



## **Homa Therapy News**

**Australian and International, Oct 2025**

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## AN AGNIHOTRA SONG THAT GOES STRAIGHT TO THE HEART



<https://youtu.be/sCPHnHi9tQc?si=AEMCXxwdZT9rLR8o>

**Lyrics by Jarek Bizberg, Bhruhu Aranya Eco-Village and Homa Therapy Centre Poland**

I was lost in my head  
Toxic thoughts, Netflix dead  
Life was one big “meh”  
Until someone said

Brain was a landfill, full of noise and despair  
Dragging my soul like I just didn’t care  
Dark clouds above me, couldn’t see the sky  
Even coffee quit on me — now that’s a bad sign

Then a whisper, a spark, a friend by my side  
Said, “Brother, this fire will open you wide.”  
Handed me rice, ghee, and a flame at dawn  
Suddenly my night started turning to song

Then my friend lit a fire, said, “Brother, come see -  
This is Agnihotra, it will set you free.”  
Smoke in my hair, ash on my hands  
Feet on the Earth, I can finally stand  
Sacred fire rising, sky turns gold  
Breath of the Vedas, making me whole

Hands to the flame, I let go of my pain  
Watched it dissolve like old summer rain  
Chanted the mantra, heart beating true  
Each spark a prayer, each ember brand-new

Every sunset now feels like a birth  
A little more heaven descending to earth  
Neighbours stop by, and we all take part  
Fire in the center, roots in our hearts

Then my friend lit a fire, said, “Brother, come see —  
This is Agnihotra, it will set you free.”  
Smoke in my hair, ash on my hands  
Feet on the Earth, I can finally stand  
Sacred fire rising, sky turns gold  
Breath of the Vedas, making me whole

I came from shadows, from endless scrolling  
Now I rise with the sun, my spirit unfolding  
No more landfill, no more “meh” days  
Just sacred fire lighting my way

Then my friend lit a fire, said, “Brother, come see —  
This is Agnihotra, it will set you free.”  
Smoke in my hair, ash on my hands  
Rooted in Earth, I can finally stand

Sooryáya sváhá, Sooryáya idam na mama  
Prajápataye sváhá, Prajápataye idam na mama  
Agnaye sváhá, Agnaye idam na mama  
Prajápataye sváhá, Prajápataye idam na mama

Sacred fire rising, sky turns gold  
Mantras eternal, making us whole

## **AGNIHOTRA IN THE OPERATING THEATRE**



**Dr. Ravindra Bhosale, General Surgeon**  
**Bhosale Hospital, Ahilyanagar, Maharashtra, India**

'At Bhosale Hospital, during surgery timings, when the time for the sacred Agnihotra fire coincides, I perform Agnihotra healing fire — right in the operation theatre.  
I look at it as my seva. (selfless service)

**What I observed:**

1. Calm & focused operation theatre atmosphere.
2. Natural fumigation & purification of the surgery theatre.
3. Spiritual grounding for both, patients and staff.
4. A sense of sacredness in the process of operation and healing.

**I am practicing Agnihotra for the last 5 years and here are some of my personal healing experiences:**

1. My BP (blood pressure) reduced from 140/100 to 138/88.
2. My prediabetic condition was reversed.
3. While I only recently began consuming Agnihotra ash for enhanced health.

**Spiritual Atmosphere in the Hospital:**

- From 7 am to 7 pm, the hospital resonates with devotional music and chants.
  - Patients and visitors often express, "It feels like a temple, not a hospital."
- Bhosale hospital provides general surgical care, specializing in abdominal operation.

**REGULAR AGNIHOTRA IN THE VEGGIE GARDEN KEPT IT FREE OF FUNGAL AND INSECT ATTACK**

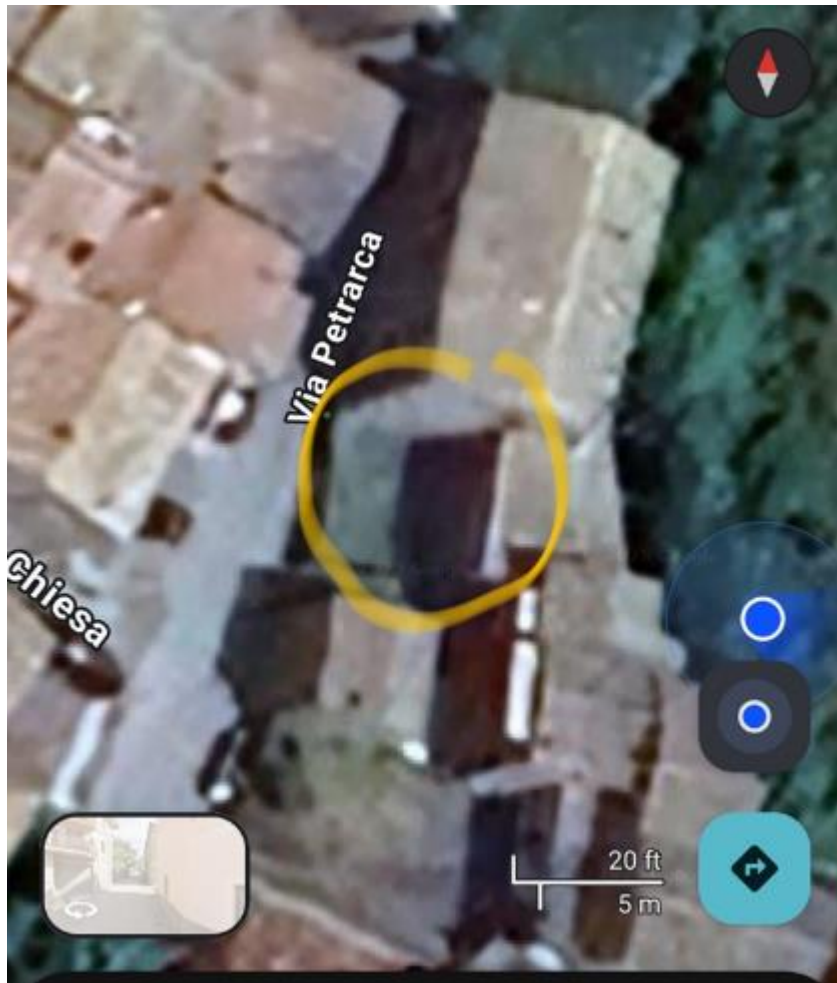


**View of suburban veggie patch**

Luca Fogliatti, 'I've been back in Italy for about 2 years now. My family and I moved into this little Tuscan town called San Quirico about 16 months ago.

Next to the house there was an abandoned little patch with mainly weeds. Straight away I pictured a beautiful veggie patch and speaking with locals veterans growers it was suggested not to spend much energy into it as the position wasn't great.

There's not much light, it's in the part of the town with too much humidity, too cool winds, no irrigation...



**Difficult position for growing food**

I did it anyway.

So I started cleaning it up and working on it around March 2024. Didn't have time to perform Agnihotra regularly, mainly sunsets occasionally and some sunrise here and there but nothing constant.

I have to say, the first summer crop was pretty good, I had a few zucchinis, lots of tomatoes, beans.....

...but around August a massive storm with big hail occurred and not much was left. Winter crop was alright. Nothing special but still got some crop from it.



Around April 2025 I started the summer crop again. This time I was more settled with work and lifestyle in general so I was performing Agnihotra pretty much every sunset and during the weekend sunrise as well.

Around July I was able to be more constant and rarely skipped a Fire. **The increase in production was astonishing but not just that.**



**Plentiful healthy veggies keep coming right up to October**

All local growers had fungal infections on their veggies and infestation of stink bugs (which occur every year). They spray copper and sulphur as preventive fungicide (and still, downy mildew takes over on zucchini and tomatoes), and they would just surrender to the stink bugs as nothing works to get rid of them.

All these veterans growers also say that after the 10th of August you can basically get rid of the summer crop and start planting the winter one as there won't be much to harvest...

With Agnihotra I had plentiful healthy veggies right up to Oct!

As you see from the pics, with Agnihotra all the local issues didn't really happen for me but, I have to say, every time I skipped Agnihotra for eg 2 full days, I would find the beginning of a fungal attack on zucchinis and maybe 2 or 3 stink bugs on tomatoes so...**keep the fire going!**



Luca's children enjoying munching greens in the suburban garden

## RESEARCH ON BRAIN WAVES SHOWS AGNIHOTRA RAPIDLY GENERATES DEEP MEDITATIVE STATES

By Homa-Hof Heiligenberg, Germany

Agnihotra has a significant effect on brain waves; it relaxes and can generate such peaceful states of consciousness that are otherwise detectable in deep meditation only!



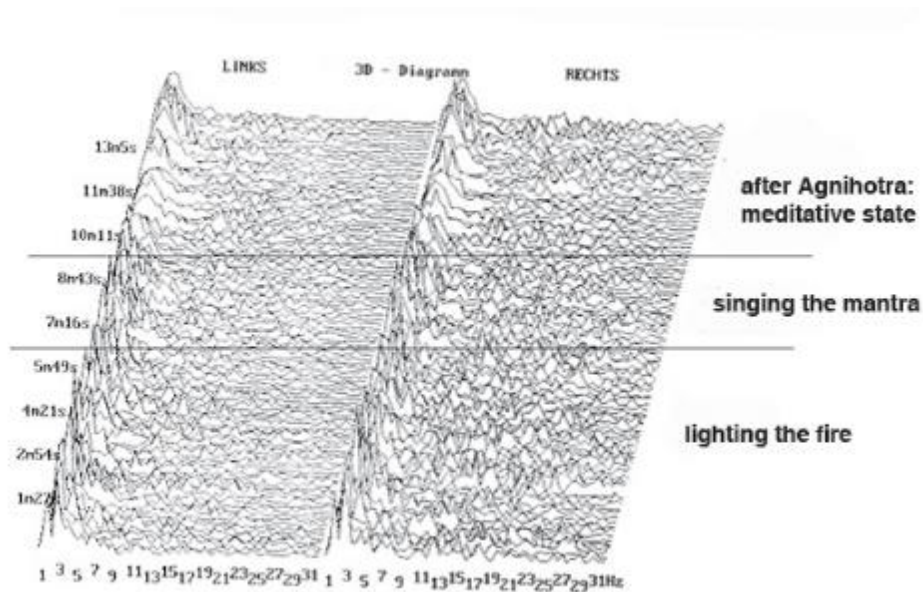
EEG taken during Agnihotra

In 2015 tests were made at the Institute for Communication and Brain Research in Stuttgart, Germany, with the latest technology. The physicist and brain researcher Günter Haffelder developed a new method of EEG spectral analysis, which allows detection even of signals of the limbic system (processing of emotions).

With four persons, the necessary electrodes for the EEG (electroencephalogram) were fixed in time before sunset. Three of them have performed Agnihotra for many years; the fourth person did not know Agnihotra. While preparing for Agnihotra there were different results according to the emotional state of mind of the subjects. After the singing of the mantra at the right time into the Fire something very amazing showed:

With two people, **both hemispheres of the brain were working in sync**. With the other two people, **a significant change in the delta area became visible**, which means switching to an increased perception processing.

Despite the short time frame, the four persons all entered a state of relaxation during the Agnihotra! All four subjects showed this rapid and significant change of brain waves after singing the last sound of the mantra. The mantra during the **Agnihotra process seems to act as a trigger and puts everyone involved in a higher spiritual level of consciousness**, which opens other areas of perception. Striking is the synchronicity of all those involved. This also applies to the person for whom Agnihotra was unknown and who was only sitting there.



Mr. Haffelder, who, over decades, has performed countless EEG measurements during long-distance and spiritual healing, meditation techniques and extrasensory perception techniques from many cultures, speaks of an “unexpected and remarkable result”.

This was also the conclusion of scientists in India in 1989, who made brainwave measurements (EEG) with several persons during Agnihotra.

Source :

A detailed description of the measurements can be found in the journal of the Homa-Hof Heiligenberg, “Agnihotra Aktuell” (In German only) [www.homa-hof-heiligenberg.de/phocadownload/agnihotraaktuell/](http://www.homa-hof-heiligenberg.de/phocadownload/agnihotraaktuell/) Agnihotra-Aktuell-2016-01.pdf



## REMEMBERING ANCESTORS, RESPECTING ELDERS, HEALING RELATIONSHIPS

Among our Indian brothers and sisters there are many who perform Pitr Paksha, a fifteen day period in the Hindu calendar during which they remember their ancestors and departed souls in the family lineage and offer prayers for them. Janardhun from Mauritius shares how Agnihotra makes Pitr Paksha a very powerful and tangible experience.

**Janardhun**, 'During Pitr Paksha I find Agnihotra a sacred time to remember my ancestors and departed family members, to honour them and to pray for their peace and liberation.

**Recalling and invoking the ancestors during Agnihotra gives a special kind of feeling. The vibration is different.**



**Janardhun and friends performing Agnihotra at the beach**

After making the offering, I recalled my departed relatives whom I have seen and known : my father and Aunts.

Then I mentally invoked all my ancestors: grandparents, great-grandparents, both from my mother's side and father's side, whom I have not seen as they had already passed away before I was born or before I could recollect things.

I mentally ask for forgiveness from them for any shortcomings on my part. I express my gratitude to them. For being born in the family because of them.

Then in meditation, I noticed **a profound type of vibration**, something different from the usual, something special that has come by invoking the ancestors during Pitr Paksha at Agnihotra time.



**A profound type of vibration**

Yet, there is an irony... In some families, when a parent or grandparent is still alive, their children and grandchildren hardly care for them. But when they are no more, the same children and grandchildren observe Pitṛ Pakṣha. There are homes where elders receive little respect. Children talk very little with them. Because of old age, elders suffer from ailments, taking medicine itself becomes a struggle. They forget doses, or even face difficulty in cutting a pill into half for the prescribed dosage.

Why does this lack of care happen? Property disputes, lack of time, or long standing family conflicts, many reasons can be given.



**Janardhun, 2<sup>nd</sup> from front**

However what I have experienced and many have experienced around the world is that **Agnihotra helps to ease tension among family members**. Disputes become fewer or of less intensity.

I recall one beautiful feedback of an Agnihotra experience: a son spoke again to his father, after years of silence only after Agnihotra was performed there.

**Editor-** There are some people who find benefit from placing a photo in front of their Agnihotra Fire of loved ones who may be suffering or who have passed on, knowing that the Agnihotra Fire is blessing them. Indeed Shree Vasant Paranjpe, our Agnihotra Teacher said that **Agnihotra Fire performed regularly heals 7 generations before us and 7 generations after us!** He also said that Agnihotra is a bridge between the physical and spiritual planes thus empowering communication and prayer.

#### **AN EXTENDED FAMILY OF NEW AGNIHOTRIS OVER 3 CONTINENTS**

**Nehha and Omprakash, Brisbane: ‘**

“Omprakash and I began Agnihotra in 2024 April after our uncle taught it to us in the lower reaches of the Himalayas. The way it set us up for the day is what stuck with us and also the lovely fragrance that reminded us of Indian temples. We immediately took to the practice and have been fairly diligent over the past 1.5 years and now we also practice Om Tryambakam and Vyahruti Homa. We have introduced this practice to several of our Australian friends and family members who have taken to this like fish to water.



**Regular Agnihotra and Om Tryambakam Homa gatherings at Nehha and Omprakash's home in Brisbane**

**Feedback after one of the Homa gatherings:**

'So glad I finally made it. Felt sooo good. I thought who needs ecstasy. Felt a lot of love and pure positive energy.'

**Nehha continues:** 'Our journey deepened on meeting Lee and Frits Ringma- visiting their space in New South Wales and interviewing them for a podcast I made on the preceptors of this wonderful practice. Their lives are an example for us on what practice and dedication for a sadhana really embodies. All of our immediate family members are now doing Agnihotra Homa and so I have made a WhatsApp group called 'Hom-ies', which also means 'close relations' but the pun on the word Homa was fun too!'

**Feedback from friends and family over 3 continents:****Brigette Prema, Ayurvedic Practitioner, Brisbane**

As an Ayurvedic practitioner, I see Agnihotra as a powerful energetic cleanser cultivating sattva. Even in the short time that I have been practicing Agnihotra, there is a calm and uplifted atmosphere within my home and even my plants feel more vibrant and alive. Thank you for this wonderful gift!

**Hemangi and Capt. Devendra Bhatnagar, Gurgaon, India**

Noticeable change in us has been enhanced energy to tackle the day and a sounder sleep at night. Besides this we feel more calm and fulfilled.



**Hemangi, Nehha's mother**





**Devendra, Nehha's father**

**Nanda Karmalkar, Mumbai, India**

Initially we were not so regular but slowly it has become a routine. Now I look forward to Agnihotra. Getting up early was a big problem, now eagerly I get up to do the morning Homa regularly. The sight of fire burning, the connect, positivity in and around and the flow of energy. It makes us feel happy and content; the day begins with such a wonderful feeling - energised completely. I have started putting ash in the drinking water. On the whole the mind is also at peace, able to handle things so much better. Definitely it has made a big positive difference to my life.



**Nanda, Nehha's Aunt**

**Dr Shylaja Rudraiah, Bengaluru, India**

- First change is it has set a routine for the day. Starting the day early and the rest falls in place.
- The warmth Agnihotra Homa gives is soothing. It calms everything down.
- The aroma of the Homa sets in a spiritual state of mind
- It has stopped the 'ritual' of early morning scrolling on the phone screen



**Dr Shylaja, OmPrakash's sister**



**Omprakash's sister and cousins experiencing Agnihotra**

**Thillothame AC and Rudraiah S., Bengaluru, India**

We feel very balanced and get some sort of **hope in our hearts every day** and every evening when we light the fire for Agnihotra. There is this happiness that is very balancing. We will now start doing this on the rural land that our son Omprakash has purchased. Nehha has asked us to start Om Tryambakam Homa on the land too now which we will begin to do on special days.



**OmPrakash's mother and father**

**Kavitha Rudraiah, Maryland, USA**

Our home is near the Baltimore Homa Therapy Centre, USA. I ordered the kit and the Homa fragrance takes me back to temples in Southern India. I have been through a lot of pain in the past few years, and I do believe spiritual gifts are coming my way now and this is one of them. My daughter, my friend and cat too enjoy the fragrance of the fire and look forward to this daily.

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**WHAT IS HAPPENING AT OM SHREE DHAM**

We are welcoming skilled volunteers to help us with the farming and building. In exchange you will be in a Homa healing energy field and able to participate in the daily Homa program. Accommodation is provided and an organic vegetarian lunch.

Once the Retreat Centre is built we will be holding various courses here related to Homa Organic Farming, and much more. Contact us if you are practical and wish to give a hand.

[info@agnihotra.com.au](mailto:info@agnihotra.com.au)

**THE NEW RETREAT CENTRE IN PROGRESS**

It's really coming together.

We have completed the first undercoat of paint upstairs and downstairs. We are ready for help with the 2<sup>nd</sup> coat.

Frits is busy preparing the walls of the bathrooms and laundry for water proofing. We have found a lovely local builder who will be waterproofing in the next week and then it is onto tiling.

If there are any tilers out there who would like to be in Homa atmosphere and can help us with our enormous project feel free to contact us.

After tiling then comes the wooden architraves around the doors and windows





**The progress with the first layer of paint!**

### **SEVA (SERVICE)**

Nirmala: 'Visiting Om Shree Dham was a deeply moving experience. We felt the magic of the healing fires burning within us and the grounding, fortifying energy of the land itself. We both wholeheartedly encourage anyone who feels the call to visit and offer their time and energy to Om Shree Dham. It is a truly deserving place, guided by a daily service to the Earth and humanity, and imbued with the vibration of decades of Homa—clearly felt in every moment. We send prayers for the completion of the Retreat Centre—an exquisite structure with the potential to help anchor heaven more deeply on Earth.' with love, Hemi and Nirmala



Nirmala and Hemi from Homelands Community near Bellingham lovingly helping out here at Om Shree Dham

## ACCOMMODATION



We now have a small cottage available for visitors wanting to experience Homa lifestyle. Secluded in nature with a wood fired heater.



We also have caravan stay nestled in natural surrounds. More suitable for warmer months.

### **CONTINUOUS OM TRYAMBAKAM HOMA ON FULL MOON AND NEW MOONS**

At Homa Therapy Centres around the world several hours of ongoing Om Tryambakam Homa are performed for atmospheric healing twice a month ie on full and no moons. Actually we aim for 24 hours at these potent transition times but it depends on the number of participants. We also do this on solstices, equinoxes and eclipses if possible.



If you are reasonably local and would like to contribute some Homa at Om Shree Dham on these special days we are happy to arrange a workshop here on Om Tryambakam Homa to get you started.

Participating in ongoing Om Tryambakam Homa at a Homa Therapy Centre is both potent healing for oneself but also healing for a substantial area served by that Centre. According to our Teacher Shree Vasant, an energetic shift takes place after 24 hour Fire has been performed at a Homa Therapy Centre.

## **THE MANY USES OF AGNIHOTRA ASH**

Shree Vasant, preceptor of Homa Therapy, has always stressed the importance in these polluted times to drink Agnihotra ash water regularly or at least 3x daily or when unwell once an hour if one can manage.

**Below is just some of the ways one can utilise its healing magic:**

- ❖ Place in water bodies- down bore wells, dams, lakes, rivers, ocean etc.
- ❖ Place in your water tanks
- ❖ Place in a glass or ceramic or copper jug of purified water. This charges and alkalises the water for drinking.
- ❖ Mix with ghee as an ointment and apply to sore bits and even open wounds.
- ❖ Take a teaspoon of straight Agnihotra ash to detox the digestive track.
- ❖ Use for psychic protection/energetic healing. – rub on 3<sup>rd</sup> eye or over any chakra, etc.
- ❖ Sprinkle in pet's food and water for health. They love ash and ghee balls- great medicine.
- ❖ Sprinkle around periphery of property while reciting mantra for protection
- ❖ Food storage- Put in dry grains/pulses to help maintain vitality and help deter insects
- ❖ Put in lotions, shampoo, tinctures, massage oils etc. to charge with Prana
- ❖ Cleanse objects, e.g. crystals, second hand clothes etc. by sitting in ash water. If crystals or jewellery remove from ash water after 24 hrs, dry and sprinkle on ash. Place on Eastern side of Agnihotra pyramid. Sunset followed by sunrise Agnihotra.

## **Gardening**

- ❖ Add ash in water, preferably in a copper basin. Let it sit in the sun for 3 days. Sieve and spray in the early morning or late afternoon/evening.
- ❖ Put ash in a compost tea. Water or spray.
- ❖ Sprinkle ash in your vermi compost
- ❖ Sprinkle under trees and plants before watering or rain.
- ❖ Sprinkle around rootlets when transplanting seedlings/plants.
- ❖ Put ash in watering can or tie a cloth full of ash around the outlet of a hose so the Agnihotra ash accompanies watering.

So many uses!!!!!!

**NB** For human consumption best to utilise the ash from Agnihotra Fires, before which, one has had a full shower and put on clean clothes. The shower and extra attention to cleanliness beforehand potentiates the ash.

If the cow dung is not completely consumed by the Agnihotra Fire then the ash cannot be utilised for medicinal purposes.



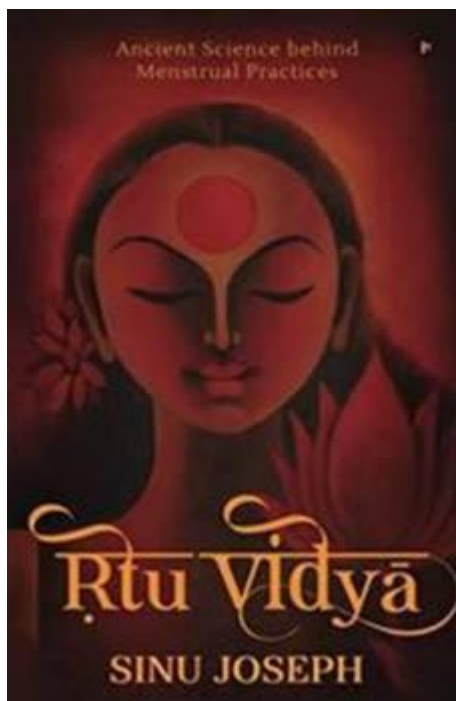
## **MENSTRUATION AND WHY WE REFRAIN FROM AGNIHOTRA AND ALL HOMAS AT THAT TIME**

In an effort to maintain the effectiveness of Homa ,Vedic knowledge advises to refrain from performing Agnihotra or other Homa fires if there is any bleeding, whether it is due to an illness, an injury or the monthly menstrual flow. The energy from the issuance of blood conflicts with the energy of the fires.

To preserve the purity of the subtle energy field of the Agnihotra fire, we follow the discipline not to perform Agnihotra (or any Homa fire) and not to come close to it whenever our own energy field is disturbed – as in the case of high fever or some bleeding. If we have a cold with mucous discharge for example, best to wear a mask when performing Agnihotra. If we cut ourselves, we stay away for as long as blood is flowing. With Agnihotra ash and/or turmeric we can usually stop the bleeding quickly so that we are again able to perform Homa fires.

For energetic reasons, the same discipline is followed by women during their monthly cycle. During menstruation, women's energy travels downward towards the earth. This energy cycle lasts for 4 days. Agnihotra creates an energy which flows in the opposite direction that is upwards. Both are cleansing energies but work in a different way and to an extent they nullify each other. Actually being close to an Agnihotra Fire at this time can disrupt one's cycle. Therefore during those 4 days women should refrain from performing Agnihotra or any other Homa and from sitting near them. In this way women will also protect their cycle. If one's cycle is longer than 4 days then one waits till the bleeding is finished before resuming Agnihotra.

When a woman has just given birth she should not perform Agnihotra for 12 days and until the bleeding has completely stopped. This is not menstruation so the 4 day energy cycle does not apply.



**'Rtu Vidya' by Sinu Joseph**

The book (pictured above) attempts to explain the reasons behind menstrual practices in Vedic culture. The book is Called 'Rtu Vidya' by Sinu Joseph.

Many cultures in ancient times knew about the impact of subtle energies in the atmosphere. Thus many disciplines and practices which required refraining from doing certain activities during certain times were quite common. Recently modern science has only started to investigate the functioning and manipulation of subtle energies. Agnihotra is a science of subtle energies and as such it is governed by universal laws.

Perhaps a visual image of the yin nature of menstruation and its watery nature that flows downwards as opposed to Fire that is very yang and moves in a vigorous upward movement can help one see the opposite types of energies happening. Also there is the elimination aspect of menstruation as a factual reality. One is also detoxifying through the skin and breath etc. and this is another reason we refrain from performing Agnihotra.

Here are a couple of things that spoke to me: On an atomic and cellular level there are changes in the body during menstruation. The body registers as having a wound and produces excess free radicals, throwing the body into oxidative stress. Free radicals are unstable atoms that have a positive charge and in order to stabilise they 'steal' negative ions. When someone is in oxidative stress their body automatically takes negative ions through touch from others and objects (such as Ghee, Cow dung patties, the copper pyramid, for example) hence the advice to refrain from touching these. This oxidative stress is why rest is often needed during the period and also a diet high in antioxidants.

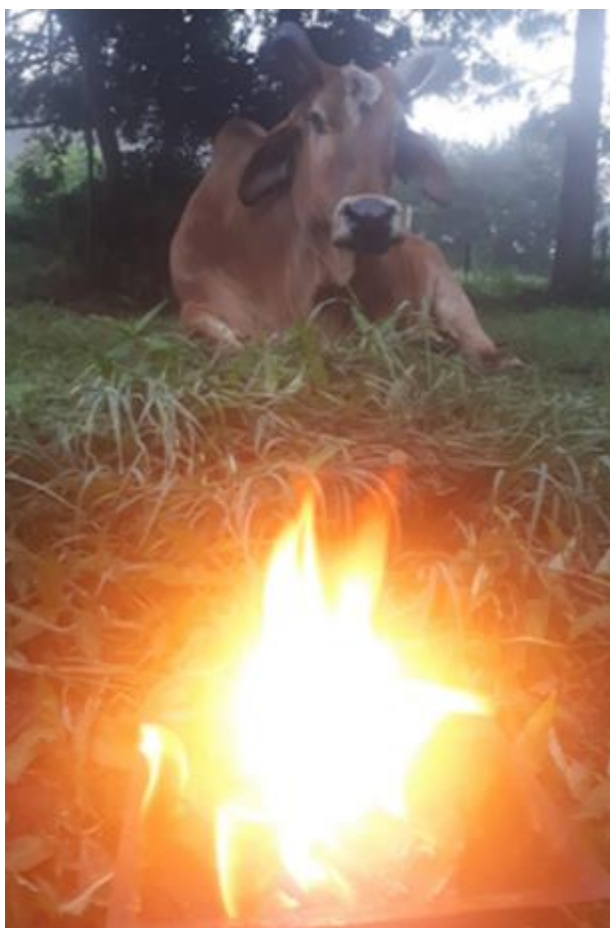
On a Pranic level, when a woman menstruates she is losing blood and can become depleted i.e. loses life-force. Thus when a menstruating woman touches something, she automatically takes Prana or life-force from what she touches. Here is another reason why one does not perform Agnihotra or touch Agnihotra materials and why one is advised to sit at a distance if another person performs Agnihotra.

After the 4<sup>th</sup> day of menstruating, the energetic cycle of menstruation is over. On the 5<sup>th</sup> morning **or when the bleeding has ceased**, one takes a full shower including running water over the head, puts on clean clothes and can then resume Agnihotra practice. Even if menstruation goes for a shorter duration than 4 days one waits until the 5<sup>th</sup> morning before resuming Homa. It is interesting that it must be running water not still water in a bath for example. We are told that the running water neutralises the earthward spiral that accompanies menstruation but also running water gives off negative ions and Prana and enlivens the person.

## **THE IMPORTANCE OF PURE COW'S GHEE FOR HOMA THERAPY**

*GHEE for the purposes of Homa Therapy must be cow's ghee only.*

NB. Many commercial ghee's, despite being labelled 100% pure cow's ghee, have been shown in laboratory tests to be buffed up with other oils, both vegetable and even animal fats. This is not only unsuitable for Homa Therapy but can have a detrimental effect on the atmosphere. For this reason we recommend one makes one's own ghee from unsalted butter. If possible, Organic product is the best. See the Agnihotra Instruction Manual that comes with your Agnihotra Kit on how to make ghee or email us for simple instructions. It is a simple process.



If your only option is to purchase readymade ghee we recommend you choose carefully. Many Indian brands have been found to be contaminated with other oils.

A reliable Australian brand is Sol ghee which can be purchased on-line. Sol ghee is available as an organic product. It also comes non-organic and the latter is therefore more affordable for some. <https://www.solorganics.com.au/> Most New Zealand brands stating that it is pure cow's ghee from grass fed cows should be reliable. Another reliable brand is Golden Farm.

At Om Shree Dham we sell reliable ghee from grass fed cows.

<https://omshreedham.com.au/?product=cow-dung-by-mail-larger-quantities-information>

## **AHIMSA AND GHEE**

Having said all the above about ghee, in ideal circumstances the most ethical ghee would be from organically treated cows that are treated with kindness and respect. Ahimsa is a Sanskrit term for 'harmlessness'. Vedic lifestyle advocates 'Ahimsa' i.e. a lifestyle whereby all of life is treated as sacred and even the thought of harming another living creature would not enter one's mind.

In the modern world it is very rare to find a dairy that practices ahimsa. Still we encourage people to perform Agnihotra using the pure cow's ghee that is available to you. When you look at the higher picture and consider that Agnihotra is a powerful purifier of consciousness it thus goes to the core of the problem ultimately bringing about a consciousness of harmlessness.

## **HOW TO BECOME SELF-SUFFICIENT IN COW DUNG PATTIES FOR AGNIHOTRA/ HOMA THERAPY**

Cow dung for Agnihotra can be from female, male or calf. It can be from Brahman cows with hump or from cows without hump. Preferably collect from organically treated cows but if not available, cow dung from conventional farmers is suitable for Agnihotra practice.

See our video on Agnihotra Australia video channel which shows us collecting cow dung and patting out. It shows this in the beginning of the video. If you want to skip watching the whole video it is between 2.00 and 5.00 min. <https://www.youtube.com/watch?v=LHKhdLpDIEI&t=20s>

An easy method to dry cow dung is using a mini-green house with removable racks. (Can be obtained from Bunnings)



**Mini - green house with removable racks**

The ideal is to collect fresh Cow dung early in the morning in clean buckets with lids for transport. The fresh cow dung is more likely to be free of dung beetles in the early morning. The cow dung should be warm and soft. If there are dung beetles in the cow dung they will make a mess of your drying patties. Pat out on untreated, unpainted wooden boards or plywood or untreated wooden pallets as early as possible to make the most of the drying day. Also best to pat out the same day if possible to avoid fermentation of the cow dung.





**When semi dry flip over**

After a day's drying, the patties are usually ready to be flipped over with a trowel or spatula. Best to flip after a day's drying to prevent the patty from going mouldy on the underside. For protection of the patties overnight cover with a tarp or place in the mini green house. Close the zips down just before sunset to trap the heat and to keep the dew, rain and dung beetles out. Dung beetles tend to fly in to eat the cow dung at sunset.

The following morning remove the racks or tarp and place in a sunny, breezy position above the ground. Repeat this process for 3-4 days or until you notice the cow dung is cracking dry. A good test is to break the thickest piece and it should be like snapping a cracker. If you squeeze it, it shouldn't be in any way soft or moist.

### **How we dry cow dung cakes at Om Shree Dham:**

We find the best infrastructure for drying is a hot house that has doors at both ends for airflow during the day and that can be closed off just prior to sunset to prevent dung beetles flying in.

- ❖ One can either wear gloves or not to pat out
- ❖ We use a trowel to flip over the cow dung when semi-dry
- ❖ Originally we patted out on untreated wooden planks.
- ❖ However we upgraded to untreated plywood as the cow dung would get caught in the grooves between the planks and became hidey places for small dung beetles.
- ❖ Hot house with doors at both ends.
- ❖ Plywood table on left for patting out fresh patties.
- ❖ When semi dry flip over to semi dry on other side.
- ❖ When the semi dry patty remains intact when lifted off with a trowel, you can place on racks for speedier drying.
- ❖ These are slightly raised so air can flow under and over the patties. This also deters dung beetles from digging in in the night.
- ❖ We installed de-humidifiers for times when there is a lot of moisture in the air and lack of sun.



Here you can see our cow dung drying set up

### **Difficulty obtaining cow dung for Agnihotra?**

It is not ideal but you can collect lumps of dry cow dung in the field and slice it up with a bread knife into manageable thickness for Agnihotra. It is not ideal because the nutritional content is compromised by leaching from the rain, bleaching from the sun and partly consumed by dung beetles. However if this is ones only option it is far more important to keep Agnihotra going in this way.

### **Storage of your dry patties**

Keep stored away from moisture in the air as the dry patties will absorb moisture. We find the best container is a thick garbage bag with a knot tied in the top. If they do get exposed to moisture then you will need to dry them further in the sun or in front of a heater. Also keep stored away from vermin.

**Editor** - We hope that the above information will help many to become more self-sufficient in their Agnihotra practice. We understand from our Agnihotra Teacher Shree Vasant that the times that we are in now and that are to follow will be intense both environmentally, politically and socially. This may include disruption to infrastructure that we rely on. Agnihotra is very much needed for these times so the more self-sufficient one can become the better.

## OM SHREE DHAM

*Homa Therapy Teaching Centre and Homa Organic Farm, Australasia*



What is Agnihotra and Homa  
Therapy? with Lee and Frits Rin...  
Listen to this episode from Raw talk...  
[open.spotify.com](https://open.spotify.com)

### **Agnihotra Talk on Spotify:**

<https://open.spotify.com/episode/2wNEwigMPPIQWRhyGU864x?si=VEkSMkV6QmGNIUru9g-vQ>

### **A short and comprehensive video**

detailing Agnihotra and Homa Therapy practice around the world

[https://youtu.be/4iU2Amwv\\_1E](https://youtu.be/4iU2Amwv_1E)

## **LEARN ONLINE**

### **Agnihotra Information and Supplies**

Information ; [www.agnihotra.com.au](http://www.agnihotra.com.au)

Supplies [https://omshreedham.com.au/?post\\_type=product](https://omshreedham.com.au/?post_type=product)

### **Agnihotra Sound file :**

<https://www.agnihotra.com.au/mantras/>

### **How to perform Agnihotra**

<https://youtu.be/fIAs61GVH0Y>

### **How to perform Om Tryambakam Homa and Vyahruti Homa**

<https://youtu.be/7ZgeZkB8I18>

**Agnihotra Australia YouTube channel:**

<https://www.youtube.com/channel/UC5NQXovGJ6cXC5JELxgOSVQ>

**Agnihotra Community Australia and Beyond WhatsApp group:**

Open this link to join my WhatsApp Group:

<https://chat.whatsapp.com/KenySm8cDIDAw0levhqpHQ?mode=wwt>

This is the most efficient way to keep connected and inspired.

## **SUPPLIES**

See our online shop: [www.agnihotra.com.au/Products](http://www.agnihotra.com.au/Products)

Copper pyramids and copper tools for Homa Therapy have been made here at Om Shree Dham for 30 years in Homa atmosphere. Everyday cow dung is collected from our 2 resident cows, one a Brahman bull, the other a rescue bullock to make dung patties for Homa Therapy.



**Extra thick gauge copper pyramids for Homa Therapy**

Manufactured at Om Shree Dham, Australia since 1994



**Various Agnihotra Kits available, Cow Dung Cakes, Ghee, Books on Homa Therapy, etc.**





**Om Tryambakam Homa Set**

#### **WE ARE A HOMA ORGANIC FARM**

The foundational practices of Homa Organic farming are twice daily Agnihotra, some hours of continuous Om Tryambakam Homa daily, Agnihotra ash application, a Homa Resonance system and the practice of harmlessness (Ahimsa).



**Performing Om Tryambakam Homa in the garden while planting seedlings with Agnihotra ash around root ball**

## SHORT STAYS AT OM SHREE DHAM

For those who wish to imbibe Agnihotra and Homa Therapy into their lives as well as benefit from a healing and transformational Homa Biosphere created over a 30 year period.

Contact us- [info@agnihotra.com.au](mailto:info@agnihotra.com.au)

- ❖ BYO tent or mobile home.
- ❖ Caravan with access to separate caravan kitchen
- ❖ Small cottage available with kitchen, wood-fired heating for winter, aircon available in summer, separate bathroom, maximum 3 people

## LEARN HOW TO PERFORM AGNIHOTRA AND OTHER HOMAS AT OM SHREE DHAM



**Performing Agnihotra in the Fire Hut at Om Shree Dham**

You are welcome to drop in half an hour before sunrise or sunset Agnihotra to experience the healing transformative atmosphere and to witness how it is performed. Phone or email first so we can let you know the Agnihotra times and our availability. 02-49981332

**Agnihotra is pivotal:** Regular practice of Agnihotra creates a biosphere full of Prana and micro-nutrients in perfect balance. This provides the energetic foundation for performing the other Homas in Homa Therapy such as Vyahruti Homa and Om Tryambakam Homa. These derive their potency of effectiveness from the foundation that ongoing regular practice of Agnihotra creates.

**Om Tryambakam is supplementary:** Om Tryambakam Homa cannot attract the flood of Prana. This can only be attracted through sunrise and sunset Agnihotra practice.

Om Tryambakam Homa fortifies the Homa biosphere with more nutrition, fragrance and heightened vibration from the ongoing mantras being broadcast through the Homa. Om Tryambakam Homa is also a wonderful aid to purifying the mind, helping one to go into the witness state, leading to equilibrium and peace.

### **AGNIHOTRA WORKSHOPS ON ZOOM INCLUDING Q AND A**

On the last Saturday of each month at 7pm- 8pm  
We send out invitations by email with a Link a week before the event.

### **FREE AGNIHOTRA WORKSHOPS AT OM SHREE DHAM**

We are also open to giving talks on Agnihotra on Saturday or Sunday at Om Shree Dham.  
If you know of interested groups of people, contact us by email- [info@agnihotra.com.au](mailto:info@agnihotra.com.au)



**A workshop at Om Shree Dham, Hunter Valley**

### **WE CAN ALSO COME TO YOU**

If you are a good networker and would like to organise a workshop on Agnihotra and Homa Therapy in your vicinity - contact us – [info@agnihotra.com.au](mailto:info@agnihotra.com.au)

We are also available as Presenters at Conferences/ Festivals, etc. Homa Therapy is always taught free of charge world-wide. We appreciate help with travel and accommodation expenses through donations.



**A workshop in WA**

### **SUNDAY SATSANG AT OM SHREE DHAM**



Most Sundays from 11am to 1pm we have small gatherings here where we meditate, play crystal bowls, sing devotional songs and read inspired texts.

All welcome. Please ring to confirm your attendance. 02-49981332

### **ONLINE SHOP**

As well as supplies for Homa Therapy we specialise in providing other powerful healing tools including Narmada Lingams, Yantras, Moldavite, raw and set as pendants (email us for photos of available pieces) and superb Meru pyramid, Natural Incense traditionally made.

See [www.agnihotra.com.au/Products](http://www.agnihotra.com.au/Products).





**Hand-held Lingams as meditation and healing tools**



**Large Narmada Lingams**  
for homes, centres and land healing. Email us for photos of recent shipment.



### **The Meru Pyramid**

A fusion of two ancient energy devices; the pyramid and the Shree Yantra  
Energise and cleanse jewellery, crystals, essences, etc.

For healing and balancing - Place Yantra underneath and pyramid on top of chakra or area of body.  
Enhances meditation. [https://omshreedham.com.au/?post\\_type=product&paged=2](https://omshreedham.com.au/?post_type=product&paged=2)



### **Moldavite as pendants or earrings**

Moldavite is a rare gem quality tektite with high vibrations offering protection

**CONTACTS FOR AGNIHOTRA SUPPLIES New Zealand:** Darryl Sang, Auckland, [darryl@sang.co.nz](mailto:darryl@sang.co.nz)

**Australia:** Lee and Frits Ringma, [www.agnihotra.com.au](http://www.agnihotra.com.au)

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**Malaysia :** Soh Wee Hock, [whsoh58@gmail.com](mailto:whsoh58@gmail.com)

May there be Love, peace and healthy environments for all,

From all at Om Shree Dham



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

**PO Box 68 Cessnock NSW 2325 AUSTRALIA**

**Visit Our Website**

[www.agnihotra.com.au](http://www.agnihotra.com.au)

**Information, Services and Supplies for Homa Therapy.**

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