



Homa Therapy News

Australian and International, March 2026

- ❖ *Group Agnihotra for world Peace at Om Shree Dham 18 April*
- ❖ *Free Zoom Agnihotra Workshop this Sat 28th March focussing on the science*
- ❖ *Free Agnihotra Workshop held at Om Shree Dham Sunday April 5th 8.30 am- 10am*
- ❖ *Om Shree Dham, Homa Therapy Centre for Environmental Healing and Inner Transformation, update*
- ❖ *The importance of performing Agnihotra in the vegetable garden*
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- ❖ *Om Tryambakam Homa on full and new moons*
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GROUP AGNIHOTRA FOR WORLD PEACE

Sat April 18th at Om Shree Dham



Group prayer and meditation for world peace is the need of the hour. When combined with Agnihotra it becomes extra powerful.

We invite you to gather here for this purpose on Saturday the 18th of April, the day after the New moon heralding a new cycle.

3 PM	Arrival
3.30	Tour Om Shree Dham
4.00	Set up for group Agnihotra
4.15 – 5.15	One hour Om Tryambakam Homa for world peace. All join in singing the mantra.
5.26.03	Group sunset Agnihotra, silently praying for or visualising world peace
6.00	Shared vegetarian meal
7.00 – 8.00	Devotional singing for world peace

Email us at info@agnihotra.com.au if intending to participate.

OUR MONTHLY ZOOM AGNIHOTRA WORKSHOP THIS SAT 28TH MARCH

This free zoom meeting will focus on the science – showing the healing effect of Agnihotra on the environment and on our bodies and minds.

I will be presenting an inspiring Power Point session. Hope to see you online.....Love from Lee Ringma

Zoom Link is: <https://zoom.us/j/8984041185?pwd=MDdJaXFpMzZZaElhR0x5UXdrdnJLZz09>

Meeting ID: 898 404 1185

Passcode: 2z73br

Duration: Approx. 1 hour,

For your Time Zone, the local time will be:

NSW 7.00 PM

QLD: 6.00 PM

S.A. 6.30 N.T. 5.30 PM

W.A. Malaysia, Singapore, Hong Kong, Philippines, Bali, China 4.00 PM

India 1.30 PM

New Zealand 9.00 PM

Western Europe 9.00 AM

U.K. 8.00 AM

Vietnam 3.00 PM

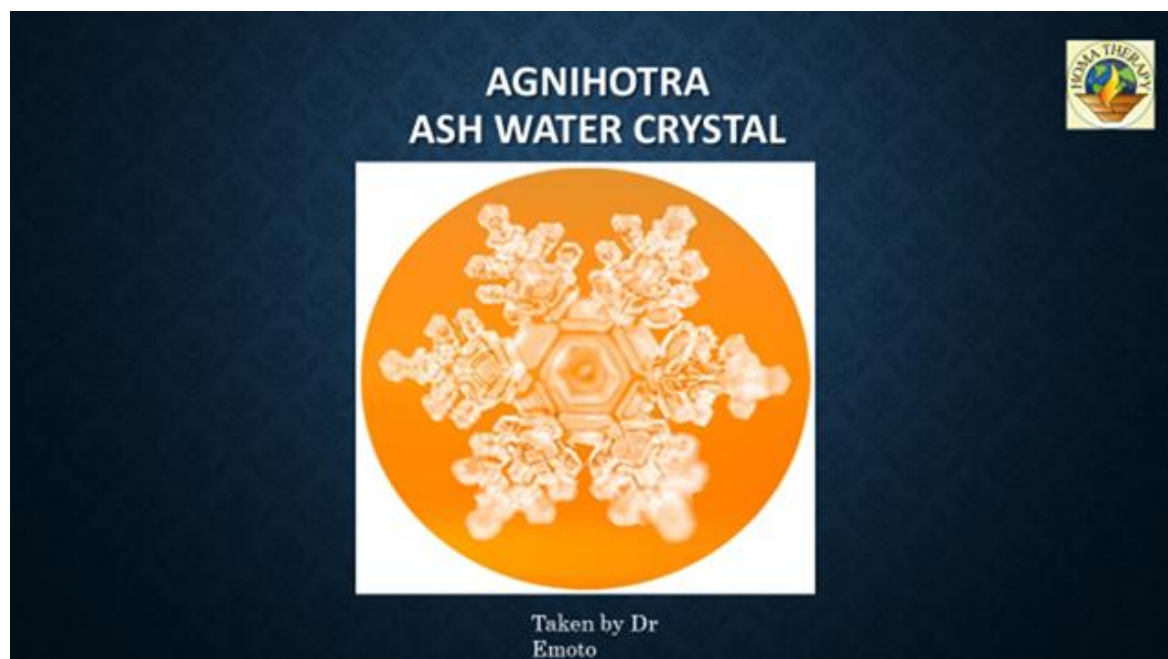
Japan 5.00 PM

Two examples of what we will cover:

DR EMOTO'S WORK

When Agnihotra ash is placed in water and a droplet is frozen the crystal formation shows harmony, beauty, balance.

When water is polluted the crystal formation is distorted and broken



AGNIHOTRA AND ITS IMPACT ON BLOOD PRESSURE

A simple experiment was done, checking blood pressure before and after Agnihotra. These remarkable results show high blood pressure being lowered, and low blood pressure being raised. In other words just sitting for Agnihotra normalized one's blood pressure.

Person	Blood Pressure	Blood Pressure
	before Agnihotra	30 min after Agnihotra
<i>P 1</i>	<i>180/100</i>	<i>150/90</i>
<i>P 2</i>	<i>160/90</i>	<i>140/85</i>
<i>P 3</i>	<i>153/88</i>	<i>134/80</i>
<i>P 4</i>	<i>140/90</i>	<i>130/80</i>
<i>P 5</i>	<i>138/86</i>	<i>122/79</i>
<i>P 6</i>	<i>100/62</i>	<i>130/80</i>
<i>P 7</i>	<i>98/60</i>	<i>125/75</i>
<i>P 8</i>	<i>105/58</i>	<i>115/77</i>
<i>P 9</i>	<i>95/55</i>	<i>110/70</i>
<i>P 10</i>	<i>107/57</i>	<i>135/82</i>

INTRODUCTION TO AGNIHOTRA, A FREE WORKSHOP HELD AT OM SHREE DHAM



Conducted by Frits and Lee Ringma

Sunday April 5th, 8.30 AM – 10 AM

An inspiring workshop outlining the correct procedure for Agnihotra along with sharing many of the wonderful healing effects on the environment, home atmosphere, body and mind.

Contact to confirm attendance – info@agnihotra.com.au

ABOUT OM SHREE DHAM RETREAT CENTRE, Update



Homa Therapy Centre for Environmental Healing and Inner Transformation

As you know we share information about Agnihotra and Homa Therapy and provide the appropriate equipment and dried cow dung patties. However we are also moving ever closer to opening a Retreat Centre in this beautiful building and labour of Love shown above.

The Retreat Centre will provide accommodation for those wishing to benefit from Homa atmosphere; a sacred space for going deeper into Homa Therapy. As well as Homa Therapy related courses such as Agnihotra workshops, Homa organic farming, Homa Therapy and spirituality, etc. It will also be a venue for music, crystal bowl sound healing, yoga and all that is wholesome and helpful.

Progress so far; plumbing and electricity done, wall cladding and first paint undercoat, beautiful Sydney blue gum floors, bathrooms have been water proofed and the floors are tiled.



This is the central workshop room. The sacred geometry brings clarity and harmony to the space. Many people who have entered this space have felt an overwhelming presence of Light and have even cried sensing the healing that it will bring.



The first coat of paint! This is one of the upstairs accommodation rooms with beautiful views of the farm and surrounding hills. Below A spacious upstairs corridor.



Many people comment on the quality of 'Light' throughout the building.

We will be able to accommodate several people in the upstairs accommodation. We also anticipate many day events and gatherings.

The next tasks are; tiling the bathroom walls, tiling the kitchen, painting, and installing doors and architraves.

There is an opportunity for skilled volunteers to help us complete this project with a higher purpose.

The advantages for you: We have a beautiful cottage on the edge of the forest where you can stay. We provide the main meal for the day, vegetarian and organic. You would have the benefit of staying in Homa atmosphere and will be able to participate in the Homas throughout the day. You will be helping to create a Centre of Light!

In exchange we ask for volunteer work 5 days a week.

Contact us with expressions of interest. We would love to hear from you.

We also want to acknowledge and thank those who have donated money and time to this project so far and a special thanks to the generous donation of all the paint needs.

ACCOMMODATION at Om Shree Dham



A small cottage for those who want to experience Homa Therapy lifestyle. Secluded in nature with wood-fired heater and aircon. It includes a queen and single bed. Even short stays can be quite a transformational experience.

THE IMPORTANCE OF PERFORMING AGNIHOTRA IN THE GARDEN



Om Shree Dham vegetable garden



A great variety of Homa produce this year at Om Shree Dham

We see a tremendous improvement in our vegetable and fruit growing since performing just 1 cycle of Agnihotra (sunrise followed by sunset) just once a week! See our snake beans above going bananas. Also growing capsicum, eggplant and potatoes without any problems compared to previous years (in previous years we did not do Agnihotra in the garden- just adding Agnihotra ash every now and then).



Harvesting our Russian garlic

A SUCCESS STORY IN RUNNING A HOMA DRUG DE-ADDICTION PROGRAM



Interview with Abel Fernandez and Aleta Macan

An inspiring 26 min interview: <https://www.youtube.com/watch?v=w54ZzinCACs>

A powerful demonstration of healing the body/mind with Homa Therapy is in Drug De-addiction

Since 1995 Abel Hernandez and Aleta Macan have been prolifically sharing Homa Therapy throughout Sth America and abroad.

In 2012 they conducted a 2 month live-in Homa Drug Deaddiction program at the Fenix Rehabilitation Centre in Columbia in combination with professional Therapists. Normally after 1 year of drug deaddiction live-in program there was some change but many would revert back to the drugs on leaving.

However after 20 days with Homa Therapy transformation in people's lives was very evident, not only for those suffering drug addiction but also for family members and staff.

Here is a testimonial of one of the participants - Carlos Andres



'I am 28. I have been involved in Homa Therapy for 22 days. I was on cocaine almost every day for 13 years. I started when I was 15.

With Homa Therapy one feels at ease and lighter. Addiction is like a weight on your shoulders, that is killing you. Even though you know the addiction is harmful, you feel that you cannot control it. With Homa Therapy I feel very calm, my anxiety is gone and I don't feel the need to consume drugs.

This was the program

- I participated in all the Homas in this rehabilitation program
- Agnihotra at sunrise
- Vyahruti Homa at 10 am
- Gayatri at 12 noon
- Vyahruti Homa at 3 pm
- Agnihotra at sunset
- Tryambakam Homa at 9 pm
- Plus the 30 minutes of personal Om Tryambakam Homa.
- We also kept ourselves busy with other activities including Positive Mind Training and working in the garden.

Before Homa I used to sleep for 2 or 3 hours and woke up with depression. Now I have a very peaceful sleep until I get up for sunrise Agnihotra.

We also take ½ teaspoon of Agnihotra ash after each Homa (6 times a day) and drink Agnihotra ash water at any time. This helps me to clear the anxiety and obsessive thoughts of the drugs.

I feel good about myself and I think I can go out into the world and not fall again. I am very happy because I'm doing Agnihotra with my own kit and Tryambakam Homa sometimes till late at night with great enthusiasm.

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 i.e. 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.



In Homa Therapy people take turns tending to the Fire. For example one person may feel comfortable performing half an hour, then another takes over for their preferred duration. This way several hours of the Homa is performed to send the maximum amount of healing out into the atmosphere. It is not that we perform for example one hour and all other participants sing along with the mantra. This can be done but the ideal is to take turns to extend the Homa. The ultimate is daily Agnihotra and ceaseless Om Tryambakam Homa. This was done in Baltimore USA for 17 years and in Tapovan, Homa Therapy Centre in Madhya Pradesh India, run by Bruce Johnson and Anne Godfrey for 22 years.

If you are reasonably local and would like to contribute some Homa at Om Shree Dham on these special days feel free to contact us.

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.

Below is the Moon Calendar indicating the days that we perform several hours of Om Tryambakam Homa at Om Shree Dham

Moon Calendar 2026 for Homa Therapy

Eastern Standard Time Australia

Date	AEST	Moon	comments
3 Jan	9.02 PM	Full	
19 Jan	6.52 AM	New	
2 Feb	9.09 AM	Full	
17 Feb	11.01 PM	New	
3 March	10.37 PM	Full	
19 March	12.23 PM	New	
21 March	1.46 AM		Autumnal Equinox
2 April	1.11 PM	Full	
17 April	9.51 PM	New	
2 May	3.23 AM	Full	
17 May	6.01 AM	New	
31 May	6.45 PM	Full	
15 June	12.54 PM	New	
21 June	6.24 PM		Winter Solstice
30 June	9.56 AM	Full	
14 July	7.43 PM	New	
30 July	12.35 AM	Full	
13 August	3.36 AM	New	

28 August	2.18 PM	Full	
11 September	1.27 PM	New	
23 September	10.05 AM		Spring Equinox
27 September	2.49 AM	Full	
11 October	2.50 AM	New	
26 October	3.11 PM	Full	
9 November	6.02 PM	New	
25 November	1.53 AM	Full	
9 December	11.51 AM	New	
22 December	7.50 AM		Summer Solstice
24 December	12.28 PM	Full	

ONLINE 5 HOUR SESSION ON AGNIHOTRA, HEALING EARTH EVENT

The collage consists of 18 posters for the Agnihotra Healing Earth event on Sunday 1st March 2026. The central poster is a large blue one with the text "AGNIHOTRA HEALING EARTH, BODY, MIND and SPIRIT THIS SUNDAY". Surrounding it are 17 smaller posters, each featuring a different speaker and topic. The speakers include Prof. Ulrich Berk, Dr. Amrita Sharma, Lisa Powers and Evan Grant, Law Ringma, Monika Koch, Asia Maher, Abel Hernandez and Aleta Macan, Suwindi Karina Kadir, Dr. Ulrich Berk, Barry Rathner and Dr. Henry Gregory, Lisa Powers and Tom Cooke, Anita Boral, Alan Boral, and Dennis and Gillian. The topics include "HEALING THE BODY", "HEALING THE MIND", "HEALING THE EARTH", "BLOOD ANALYSIS", "AGNIHOTRA ASH MEDICINES", "SINGING", "INTRODUCTION TO AGNIHOTRA", and "ROOF TOP GARDENING".

Experts from all over the planet talk about their experiences and share how to make use of this life saving knowledge.

Held on March the 1st this year. Now available on YouTube

<https://www.youtube.com/watch?v=0EgyQFVijn8>

Timeline [00:00](#) – Agnihotra video [00:01](#) – Bhrgu Aranya Community in Poland – short statements of Parvati Rosen-Bizberg, Karina Suwindi Kadir, Rory Maher, Jarek Bizberg, Barry Rathner [00:15](#) - Healing the Body with Agnihotra – Lisa Powers and Dr. Evan Grant, USA [00:39](#) - Introduction to Agnihotra Ash Remedies, Monika Koch, Germany [00:44](#) - How to prepare Agnihotra Ash Remedies – Joanna (Asia) Maher, Poland [01:23](#) - Lee Ringma from Australia interviews Abel Hernandez & Aleta Macan, Peru, about the Homa Therapy Drug Deaddiction Program [01:58](#) - Karina Kadir, Song – ‘It is Not About Us’ [02:03](#) - Sunset Agnihotra in Bhrgu Aranya, Poland, performed by members of Bhrgu Aranya Ecovillage [02:13](#) - Effects of Agnihotra on Human Mind – Dr. Ulrich Berk, Germany [02:24](#) - Homa Psychotherapy, Dr. Henry Gregory, USA, and Barry Rathner M.A., Poland [03:05](#) - Lisa Powers & Tom Couto, USA – Healing Our Earth with Agnihotra [03:25](#) - Environment & Farming – Dr. Ulrich Berk, Germany [04:39](#) - Dennis Jansen & Gillian Tje, Netherlands - Mantras and Music

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 3rd 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.

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 potentises the ash.

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

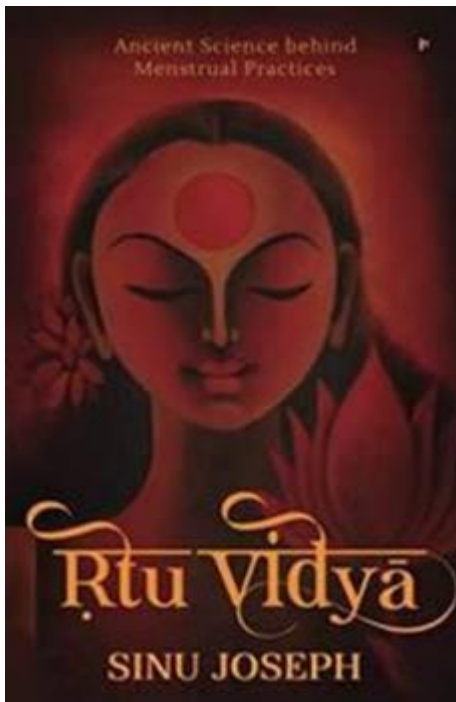
MENSTRUATION AND WHY WE REFRAIN FROM AGNIHOTRA AND ALL HOMAS AT THAT TIME

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.

After reading the above book 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 4th day of menstruating, the energetic cycle of menstruation is over. On the 5th 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. 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 enlivenes 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.

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

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>



Mini - green house with removable racks

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

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 services

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

Agnihotra Talk on Spotify:

<https://open.spotify.com/episode/2wNEwigMPPIQWRhyGU864x?si=VEkSMkV6QmGNIUrhu9g-vQ>

A short and comprehensive video

detailing Agnihotra and Homa Therapy practice around the world

https://youtu.be/4jU2Amwv_1E

LEARN ONLINE

Agnihotra Information and Supplies

Information ; www.agnihotra.com.au

Supplies https://omshreedham.com.au/?post_type=product

Agnihotra Sound file for mantra pronunciation

<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 our 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

Copper pyramids and copper tools for Homa Therapy have been made here at Om Shree Dham for 30 years in Homa atmosphere. Every day 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

- ❖ 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 6048 4158**

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.

ZOOM AGNIHOTRA WORKSHOPS 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 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



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

We are 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.



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

CONTACTS FOR AGNIHOTRA SUPPLIES

Australia : Lee and Frits Ringma, info@agnihotra.com.au

New Zealand: Darryl Sang, Auckland, darryl@sang.co.nz

Singapore: Ajuntha Anwari, ajuntha.anwari@gmail.com

Philippines: Pamela Fernandez, pamela_g_fernandez@yahoo.com

Malaysia : Soh Wee Hock, whsoh58@gmail.com

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

From all at Om Shree Dham



Agnihotra Australia
Homa Therapy Association of Australia

'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

Information, Services and Supplies for Homa Therapy.

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