



Homa Therapy News Australian and International June 2024

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WHAT IS HAPPENING AT OM SHREE DHAM



Workshops in Melbourne Vic in May

Frits and I travelled to Victoria to conduct 2 workshops on Agnihotra early May, one with a group of Vedic meditation students and the other with an eclectic group of people who came together through Liesl, a Sound Therapist amongst many healing hats. We shared Agnihotra and its many great healing effects to 30 people all together. 20 people took up Agnihotra. Above is a photo at the workshop organised by Kathleen O'Brien in Cheltenham.

Some comments about the workshops:

"It was the healing energy we needed and we had so much great feedback as participants were leaving."

"I am loving the internal warmth that I felt; it lasted for 2 days. I am a complete cold frog most of the time however I spent the rest of the evening and the next day after the workshop with this tremendous heat inside. It was beautiful."

Visitors to Om Shree Dham

Julia and Simon from Northern NSW, visited for a few days, staying in their campervan. Julia started performing Om Tryambakam Homa for the first time.

Below Simon's first Agnihotra.



Continuing work on our Agnihotra Retreat Centre

Upstairs cladding where the accommodation will be, is finished. Now it is the downstairs cladding where the activities will be - a big central room for workshops, yoga sessions, performing arts etc , a healing therapy room, commercial kitchen and dining area.



Some wonderful photos of our bull Rama

Rama was born here at Om Shree Dham into Frits' lap.







Photos by Simon Clough

MAJOR HEALING OF DIGESTIVE ISSUES WITH AGNIHOTRA ASH



Julia from Northern NSW in meditation during Agnihotra during a short stay at Om Shree Dham

“I have been practicing Agnihotra for about three years now, I have also practiced yoga for about 30 years. I came to find Agnihotra through a strong feeling to add the fire element into my daily life. At this time I was also reading about sadhus in India and how they made a dhuni for fire worship/ceremonies. One evening without knowing what I was doing I dug a square shaped hole into the earth in my backyard, I lit a fire and sat by it all night tending the flames, offering different types of herbs I had growing in my garden to the flames while listening to pre-recorded Satsangs from various spiritual masters.

It felt like it was a nice thing to do at the time but I still felt it needed more meaning and more precision. The next day while still thinking about how I could learn more about Vedic fire practices, I remembered small parts of conversations I had heard about Agnihotra . I did a google search and found the site for Om Shree Dham. I ordered a kit and as soon as it arrived, I taught myself how to practice through Lee and Frits's instructions and videos.

The practice of Agnihotra at sunrise and sunset was exactly what I had been looking for. After about 2 months of daily practice I decided I would sell all my belongings, including my home. I know to some this may sound extreme but for me it was the right thing to do. I then left Australia (this was during Covid also) and headed overseas for three months and embarked on a healing journey through Thailand which had just opened its doors to tourists again. I then continued to travel for the next 2 years. The practice of Agnihotra has definitely lessened my attachment to material things and gifted me some profound realisations about the nature of reality and who I am. I can't say it has been an easy journey but I wouldn't want it any other way. The practice also brings a rhythm and honouring of my day that I look forward to.

Last month I had the privilege of spending 4 days with Lee and Frits at Om Shree Dham Farm. I felt very lucky to be able to hone my skills and drop in deeper to the practice with their guidance. I also learnt how to perform the Tryambakam Homa which I felt I was ready to add to my practice.



Performing Om Tryambakam Homa for the first time

I have only ever used the ash from my fires on my garden and had never taken it internally, I talked to Lee and Frits about how to do this and took some in water before I went to bed during my stay at their farm. That night I had the most vivid dream of being in a hospital in India and a doctor removing an infection from my intestines. I won't go into too much detail because it was pretty intense and gross.

All I can say is that after this experience my digestion has improved greatly as I had been having trouble with it since I went through menopause and became resigned to living with it.

I am so grateful for this practice in my life and that it heals our beautiful planet. I am patiently surrendering to the lessons the Fire brings. " **Julia , Northern NSW**

HEALING OF GUM DISEASE AND PAINFUL SENSITIVE TEETH



Sridevi and family at Om Shree Dham early this year

"I share the following very happily. I had very severe toothaches and my gums became very weak. Last year I had major costly treatments at the dentist 3 times, nothing improved, in fact it got worse.

After we met you at Om Shree Dham, we decided to go back to India in a year and live like you guys with natural farming. So we started watching the videos on natural Vedic farming. One person called Vijay Ram from Andhra Pradesh said in one of the videos "If we gently rub the Agnihotra ash on the Gums, you won't visit a Dentist in your life". This made me remember by grandparents using the ash for cleaning the teeth; they never needed to visit a dentist in their life.

I started using the Agnihotra Ash(sieved) twice daily. Now I feel very happy and have strong gums and teeth; no sensitivity, no pain." **Sridevi, Brisbane QLD**

WISDOM FROM SHREE VASANT, PRECEPTOR OF HOMA THERAPY FOR ENVIRONMENTAL HEALING

'Look around you. Crime is increasing and disease is running rampant. Children are becoming more unruly, more hyperactive, more allergic. This is a direct result of the effect of unchecked pollution on the environment. Practice of Agnihotra and Homa Therapy reduces all these effects and harmonises the energy cycle around the planet.'

-Shree Vasant-

ENVIRONMENTAL PROTECTION DURING DROUGHT

Homa Farm 'Satsang', Curacavi Chile, South America



Juan José Rodrigues putting Agnihotra ash into the well everyday

In 2022 Chile was facing the worst drought in its history – a 'Mega Drought'.

Curacaví, where we live on a Homa Farm called 'Satsang', was precisely in the area of extreme drought. Several residents, even with deep wells of more than 30 meters, had to start buying water in cistern trucks because their wells dried up. During the summer, we saw every day water trucks passing to our neighbours' plots.

After a while we started to worry about our well, which was less than 15 meters deep, because it was giving less water. We had to buy in several water tanks and we had to reduce to the minimum our water consumption.

In these circumstances, Juan José Rodrigues began to go every day to the well to place Agnihotra Ash into it. About two weeks later -without rain- the well began to recover. One day, I saw Juan happy filling the pool with the hose ... We no longer needed to buy water and I was able to wash more clothes again!

Shortly afterwards we travelled out of the farm and was away for 10 days. Our friends who were in charge of Satsang did not place Agnihotra Ash into the well. When we returned, the water level had gone down! Juan José announced me, we would probably have to buy water again however, a week later, by placing Agnihotra Ash in the well every day, the well was already recharged.



I shared this experience in the different weekly Agnihotra workshops that we were giving during the summer. One of the attendees was Ester Rojas, also from Curacaví. She took home some Agnihotra Ash from one of the workshops, and also bought the Agnihotra Pyramid to start the Homa Fires practice by herself. About a month later, we held another workshop on her own plot. And surprisingly, she shared her own experience. She admits that she is “less constant” with her practice of Agnihotra but even so, she was amazed with the effects of Homa Therapy. “I started using the Agnihotra ash you gave me – she said enthusiastically, – and I used it in the well here”. She walked to the meadow and pointed towards the well on the other side, near a swimming pool.



Mrs. Ester Rojas pointing to her well, which started having water after receiving Agnihotra ash

“We were running out of water, we only had 50 cm left, and the pump could not catch it, it didn’t give water. Every time I came here, I threw a little portion of Agnihotra ash into the well. And it started to work out. Look at the pool: it has water. The grass is green. The well started giving water again ... I don’t know how!”

SIMPLE AND FAST DETOXIFICATION OF THE BLOOD: DARKFIELD MICROSCOPY ON BLOOD WITH AGNIHOTRA

Bernd and Dr. Birgit Frank, Germany

In contrast to “normal” light microscopy (bright field microscopy), the variant of dark field microscopy has been known for over 250 years. In this case, the uncolored structures that can be observed stand out against a dark image background. Dark field microscopy is, in particular, a diagnostic procedure in holistic naturopathy. To do this, a drop of blood is taken from the patient's fingertip or earlobe and the living cells are examined in their environment on a microscope slide in the dark field. A magnification of the microscope of 400 to 1000 times is selected. One milliliter of human blood normally contains around 4.2 to 5.8 million erythrocytes (red blood cells)!

Our blood is seen as a supply and disposal understood as a “flowing” organ. From this, therapists are able to provide information about the body's supply situation with oxygen and nutrients, the detoxification situation, mainly of the liver and kidneys, oxidative stress, metabolic performance as well as environmental pollution with toxins and heavy metals, electro smog and hyper acidification recognize.

This means that disorders can be treated before serious symptoms of the disease appear. The erythrocytes can do their job of transporting O₂ and CO₂ well if their entire surface is available. The red blood Bodies should therefore be visible individually, have a stable cell membrane, be very similar in size and be approximately round. They can only do all of this if the environment (ambient fluid) allows it. In the so-called “money rolls” the erythrocytes are tightly packed together. They no longer repel each other, so they cannot make their entire surface available. The blood can no longer flow in a relaxed manner and, for example, there is too little oxygen available in the cells.

We were able to recruit two alternative practitioners who work in diagnostics with dark field microscopy for our first experiments with Agnihotra in this area.

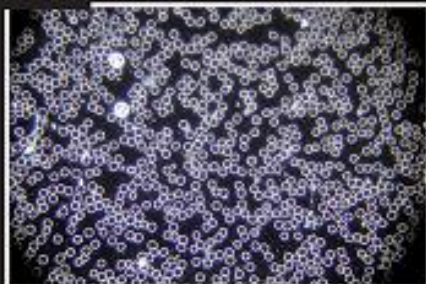
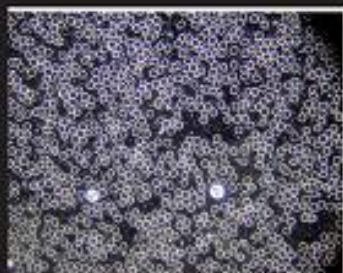
In his DF shot, Dr. Ralf Hertle shows a subject with “money roll formation” (Image 1).

After taking 500 mg of Agnihotra ash in 100 ml of water, the test was repeated after about 15 minutes “Money roll formation” dissolved! (Picture 2) This persisted when water was consumed alone.

The alternative practitioner Katrin Mögel had 4 test subjects for the tests before and after carrying out Agnihotra. In one test subject there were massive clumps of red blood cells with the formation of money rolls, which were completely dissolved by Agnihotra! (Pictures 3 and 4)

In another test subject there was slight roll formation and after Agnihotra there was an improvement in the flowability by breaking up the clumps. (Pictures 5 and 6)

Conclusion from Ms. Katrin Mögel: “Based on the 4 measurements, I can confirm with certainty that Agnihotra causes a significant improvement in the flowability of the blood.” It would be interesting to further investigate whether the physiology of the blood stabilizes in a good state after long-term intake of Agnihotra ash and regular use of Agnihotra, as well as to determine the results of experiments without additional ash intake.



THE MANY USES OF AGNIHOTRA ASH

We have a potent earth medicine and medicine for us in the humble and easily produced Agnihotra ash. Below is just some of the ways one can utilise its healing magic.



Mornington Peninsula Agnihotra group performs Agnihotra at the beach and later places the ash into the sea

- ❖ 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.

So many uses!!!!!!

For human consumption best to utilise the ash from Agnihotra Fires before which one has had a full shower and put clean clothes on. 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.

With Ash medicine, either consuming in water or using as an ash and ghee ointment, many healings take place

Gargling with ash water for sore throat

Christine, Newcastle: "One physical experience I had with Agnihotra was when I could feel a sore throat coming on. You know when it's painful to swallow.

I thought I'd give Agnihotra ash a try. I added some ash to water and used that water to gargle for a while. I had instant relief. The next morning I could feel a tiny hint of irritation in my throat, so I repeated the process with gargling water with Agnihotra ash and the symptoms were completely gone and didn't come back."



Christine performing Agnihotra in a park in Newcastle

Precancerous skin issues and Agnihotra ash and ghee ointment

"I've had some kind of lump on the top of my head, did the ash remedy and it went, well maybe about 90% and it came back. Have redone again over a long period and very consistently. It's stayed cleared up which is great and testament to the ash and all its healing properties. I recommend with skin issues to stick with it: I had to really be persistent and keep at it but worth it. I was so reluctant to go to a doctor and get it taken off."

Helen Northern Territory

OUR SISTER HOMA THERAPY CENTRE IN POLAND IS NEEDING HELP TO COMPLETE THEIR RETREAT CENTRE



Centre of Light in progress

Our sister Homa Therapy Centre in Poland is close to completing a big Centre to share principles of healthy ecological community living and wholesome lifestyle; The foundational practice being Homa Therapy to heal the environment and overall upliftment and protection for humanity. Also other holistic healing and creative arts - an oasis of healing for Europe. They are fund raising at the moment to enable them to complete the Centre.



Bringing wholesome ecological skills to children



Community working together producing highly nutritious Homa organic food

See this beautiful clip put together by my daughter Suwindi who lives and serves there.

<https://youtu.be/fxAtnz2bl1M?si=t7aUIJUFRcNkr3mp>

Here is the campaign page to get in touch and support Homa Therapy Foundation Poland.
To get involved please visit the campaign page:

<https://fundacjaterapiahoma.pl/en/donation-page/>

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 even the monthly menstrual flow. The energy from the issuance of blood conflicts with the energy of the fires.

Vedic knowledge states that a purified energy field is created around Homa fires. This energy field can be influenced by the energy fields of persons in the vicinity of the fire.

To preserve the purity of this subtle energy field of the Agnihotra fire, we follow the discipline not to perform Agnihotra (or another 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 are surrounded by an energy that travels downward in a spiral shape towards the earth. This energy cycle lasts for 4 days. Agnihotra creates an energy which flows in the opposite direction, that is upwards towards the atmosphere, also in spiral form. 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.

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 a period so the 4 day energy cycle does not apply.

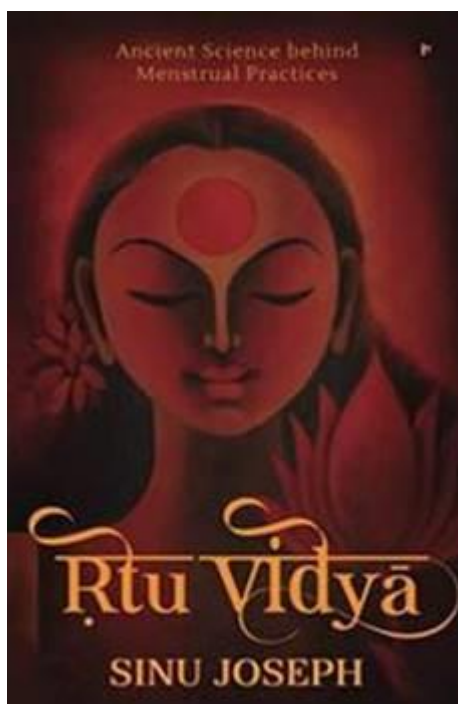
Many cultures in ancient times knew about the impact of subtle energies in the atmosphere. Thus many disciplines and practices which required refraining from doing certain activities during certain times were quite common.

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 is that we are detoxifying also through the skin and breath etc. and this is another reason we refrain from performing Agnihotra.

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



'Rtu Vidya' by Sinu Joseph

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. (Some people prefer to wait until the bleeding has ceased). 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 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.



Our beautiful cow Laxmi towards the end of her life

If your only option is to purchase readymade ghee we recommend you choose Australian or NZ brands as most of the dairies in these countries are cow dairies as opposed to having a mixture of cow, goat and buffalo which can often be the case in India and some Asian countries. NZ or Australian manufactured ghee should be OK if it says that **all** dairy is sourced from Australia and NZ. Stay away from brands that state that the dairy is sourced from Australia/NZ **as well as** overseas sources. There also must be no additives to the ghee such as salt.

A reliable Australian brand is Allowrie ghee and also Sol ghee which is often found in organic grocery stores or 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/>



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 not bred for slaughter or treated cruelly, but 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 highly encourage people to perform Agnihotra using the pure cow's ghee that is available to you. Agnihotra is a powerful purifier of consciousness and thus goes to the core of the problem ultimately bringing about a consciousness of harmlessness.

In the meantime Homa Therapy Centres worldwide have been searching high and low for Ahimsa dairies. Homa Therapy Association of Australia is overjoyed to share with you that we found one. It is run according to Hare Krishna inspired philosophy regards cows. As far as we can ascertain from their website, they sell organic non-homogenized 2 litre bottles of Ahimsa milk at several venues in each major city of Australia. Perhaps if enough people contact them they may start manufacturing ghee. Check out their website: www.mothercowdairy.com.au

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 cows without hump. Preferably collect from organically treated cows but if not available, cow dung from conventional farmers is suitable for Agnihotra practice.

When Frits and I had a young family and lived in Bronte, Sydney in a small apartment, we used to take the kids for a drive out to the country for a picnic and at the same time we were looking out for cows. When we spotted cows with a nearby farm house, we would ask the farmer permission to collect fresh cow dung for our garden. We would take 10 litre buckets with lids, collect and bring home. We made sure the lids were secured in case the bucket fell over in the car! Once home we would pat out on wooden planks on our tiny apartment balcony to dry. We never had any issues from our neighbours!

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 skip watching the whole video it is between 2.00 and 5.00 min. <https://www.youtube.com/watch?v=LHKhdLpDIEI&t=20s>

Below is an account of successful cowdung drying for Agnihotra practice that can easily be replicated whether you are in the country or in urban situations:

Adam Murphy, NSW lived in a rural setting but did not have a car. He would go out on his bicycle with buckets in tow. You might have friends with a farm with cows. Or there might be Agnihotris who have property with cows and are happy for people to collect fresh cow dung from there. Where there is a need for the highest good, ways open up.

After many months of perfecting the art of drying cow dung at home, here I believe, is a detailed and efficient way to do so which saves time, energy, money and can make you fully self-sufficient. The following process is using a mini - green house with removable racks. (Can be obtained from Bunnings for \$30)



Mini - green house with removable racks

With permission from the land owner, I collect fresh Cow dung early in the morning and store in clean sealed buckets.(Editor- The fresh cow dung is more likely to be free of dung beetles if cow dung is fresh – warm and soft- and you collect early in the morning. If there are dung beetles in the cow dung they will make a mess of your patties. Also best to pat out the same day if possible to avoid fermentation of the cow dung)



When semi dry, break patties in half (exposing more surface area to drying) and place on a rack for better air flow

Pat out on untreated, unpainted wooden boards or plywood or untreated wooden pallet as early as possible to make the most of the drying day.

Prior to Agnihotra sunset and as you notice the edges of the patties drying out, begin flipping them on to racks (for aeration) and place in the mini green house. Remember to close the zips down just before sunset to trap the heat and keep the dew out. It's also a good idea to have it placed on a piece of cardboard to keep the moisture out that rises up from the ground over night. (Editor- Closing up the space also keeps the dung beetles from flying in to eat the cow dung. They start flying in at sunset)

The following morning open the zips to let out the moisture which has been released over night. Notice condensation in the photo. You can also remove the racks if you feel confident it won't rain and place in a sunny, breezy position, above the ground if possible, so air can flow under and over the cow dung patties. Alternatively, the plastic covering can easily be lifted off to allow more air flow. But it will always be the top rack that dries the quickest.

Repeat this process for 3-4 days or until you notice the cow dung is cracking dry just like the patties from Om Shree Dham. 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.

One cycle can give you almost 3kg of cow dung which provides you with 1- 2 months of daily sunrise and sunset Agnihotra depending on how much you use per Agnihotra.

With a growing number of people practicing Agnihotra everyday it's always a good idea to dry a bit extra for storage in case somebody in the area may need it or due to a change in weather pattern which prevents you from drying. For storage I double up two big plastic bags and keep in a dry place indoors.

I find collecting and patting out my own cow dung is really enjoyable and self empowering. It gives me a feeling that I am carrying out an act of kindness for Mother Earth and there is the satisfaction of self-sufficiency! There is also the possibility that you can provide for others if you want.

The ideal drying facility if you can manage

If you have land and some space and would like to dry your own cow dung patties, 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.



Karen patting out cow dung in our hothouse at Om Shree Dham

- One can wear gloves or not.
- We use a trowel to flip over the cow dung when semi-dry.
- The above photo shows wooden planks.

-Below 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.



Here you can see our cow dung drying set up

- 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 and demand for cowdung is high.

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 is 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.

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.

Above compiled by Karen Cleveland and Adam Murphy, community members at Om Shree Dham

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

Agnihotra Talk on Spotify

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

Agnihotra Information and Supplies

Information ; www.agnihotra.com.au Supplies https://omshreedham.com.au/?post_type=product

Learn online

How to perform Agnihotra using minimal amount of cowdung <https://youtu.be/flAs61GVH0Y>

How to perform Om Tryambakam Homa <https://youtu.be/7ZgeZkB8l18>

Agnihotra Sound file

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

Agnihotra Australia YouTube channel

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

INFORMATION AND 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. 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.

Agnihotra and Homa Therapy Supplies



Extra thick gauge copper pyramid for Homa Therapy



Various Agnihotra Kits available, also 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



Winter crop of snow peas and broad beans



First Cauliflower of the season

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.

At present we have no accommodation. However you are welcome to visit for short stays if you can BYO tent or mobile home. This is only feasible weather-wise in Spring and Autumn due to hot summers and cold winters.

Contact us- info@agnihotra.com.au



LEARN HOW TO PERFORM AGNIHOTRA AND OTHER HOMAS

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



How to perform Agnihotra using minimal amount of cowdung <https://youtu.be/flAs61GVH0Y>

How to perform Om Tryambakam Homa <https://youtu.be/7ZgeZkB8I18>

NB 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 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.

FREE 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.

SUNDAY SATSANG AT OM SHREE DHAM

Most Sundays from 11am to 1pm we have small gatherings here where we meditate, sing devotional songs and read inspired texts. All welcome. Please ring to confirm your attendance. 02-49981332



Meditation with Vyahruti Homa, healing work with Lingams, Crystal bowl sounding, singing uplifting songs, mandala drawing; Just some of the spontaneous activities at Satsang

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





Touring Om Shree Dham as part of the Workshop

WE CAN ALSO COME TO YOU: FREE WORKSHOPS AND TALKS

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 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 Vic with a Vedic Meditation group



A workshop in WA (We will travel interstate if there is enough interest)

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



Large Narmada Lingams for homes, centres and land healing



Hand-held Lingams as meditation and healing tools



The Meru Pyramid

A fusion of two ancient energy devises; 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



Moldavite as pendants or earrings

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

WORK EXCHANGE AT OM SHREE DHAM

We are welcoming volunteers to help us with the farming and building. 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



The new Retreat Centre in progress

Contacts for Agnihotra Supplies in NZ, Singapore, Philippines and Malaysia

New Zealand

Darryl Sang, Auckland, darryl@sang.co.nz

Singapore

Ajuntha Anwari, ajuntha.anwari@gmail.com

Philippines

Pamela Fernandez, pamela_g_fernandez@yahoo.com

Kuala Lumpur, Malaysia

Soh Wee Hock, whsoh58@gmail.com

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

Frits, Lee, Ana, Adam and Karen



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.