

# SATSANG

## ***Perform Agnihotra - Heal The Atmosphere***

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## **Yoga and Meditation Program**

*Vasant*

How can you get Yoga and Meditation Program recognized in the preschool curriculum? If it is realized in such a situation that effects can be documented, it becomes then a program that is useful for stress reduction in children. Preschools are more open for new methods now but later all ages will be, as the need rises due to stress manifesting itself in various ways in older children. Allergies, nervous tension, aggression, hyperactivity, even many physical illnesses and progressive degenerative diseases are caused by the pollution of the planet in which we live.

If at first they do not include Agnihotra in the program, it does not matter. Let these concepts be recognized and accepted. Then Agnihotra will follow. If it is possible for someone to perform Agnihotra in the school, of course this is preferable, but because of timing and family obligations, unless sunrise/sunset fall during school hours, it will be difficult.

Second possibility is that someone or a group of teachers learn Agnihotra and begin practice of it on their own, observing the effect it has on their own family and, therefore, becomes motivated to use it with the children's program in school.

Agnihotra has the most powerful effect on the nervous system and magnifies all other effects. Of course, each of those activities has its own effect and works in harmony with each of the other activities. That is the wholistic approach. Each works as a whole and together becomes a whole. The best way for teachers to grasp this is to experience it over the two days in a workshop. Then they will begin to know how the program takes effect.

Unless someone has that experience of using the program in its entirety, they should not train teachers or present the program as their own to the Education Board. They will not have the experience to make it stand up in that arena. Otherwise the program gets mixed with other ideas or goes in an incorrect manner.

Step by step you outline the concept. Each can be found taught exactly as in the Bible. Karma, for example, is simply, "You reap as you sow," or, "Do unto others as you would have them do unto you." Nothing is hidden. There is no mystical bent. It is simple concepts to live by, taught through activities designed to encourage ultimately, "Love thy neighbor as thyself."

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# Personal Healings with Homa Therapy

*compiled by Aleta Macan; translated by Dr. Abel Hernandez*

**Lily Cuculiza de Schaefer**  
**Piura, Peru**  
**Tel: (074)323914**

## **Allergies**

I had an allergy for about two years; I was tired of taking so many medicines such as injections, cortisone, etc. I also went to the U.S. where the doctors prepared special allergy injections, but I was still sick. I could not sleep and I was waking up constantly to cough and scratch myself. I had nausea. My eyes were tearing. I had to take some medical syrup so I could sleep and stop coughing, but all these medicines affected my digestive

system. I chose to give them up and leave everything in God's hands. I thought that HE had to cure me. I was guided to the Agnihotra healing fire.

After the fires (Agnihotra) I sleep quietly. If I wake up it is just one time and I don't have any allergies, nor do I feel like coughing. Thank God, I found the Homa Therapy, which I practice regularly in my home.

**America Camacho**  
**Piura, Peru**  
**Tel. (074) 301044**

## **Mouth wound**

### **Smoking**

I learned about Homa Therapy on TV. The first time I arrived a little late to the Agnihotra fire, but I received some of the healing ash. I had a wound in my mouth; during eating I had bitten my lips hard. After two days of ash treatment I got healed. At the fourth day I got the pyramid and started the Agnihotra fire at home.

My husband did slow down the smoking. He said: "It is kind of funny--you do the fires and I really feel happy." I am so happy because he was smoking for twenty-five years about one and a half to two packages daily, now the most is three cigarettes per day. When I did not buy the cigarettes along with the bread first thing in the morning, he used to give me a hard day. Thanks to the Agnihotra fire things changed!

I also had menstrual problems with cramps and irregularity in the cycle. After four months of practicing Agnihotra, my cycle is regular and also the cramps are getting less each time. My life has so much changed to the better; I did not like to live in Piura and was crying a lot. Now, I am so grateful I can live here and share the Agnihotra fire with so many new friends.

**Maria del Rosario Nuñez Ariola**  
**Piura, Peru**  
**Tel. (074) 343180**

## **Nervous tension**

### **Bad humor**

### **Spots on the skin**

### **Swollen ganglion**

People call me Charo. Homa Therapy is a simple, wonderful and incredible technique. I started feeling very well since the first time that I came to the healing fires. Homa Therapy changed my temper. Now, I do Agnihotra in the morning and feel a joy within, which I cannot explain.

People tell me that I look always happy and I truly feel that way. I have good thoughts and do not think negatively.

My first healing experience was in a Tryambakam Homa on full moon. I had a swollen ganglion for about two weeks. I felt a strong pain as I was chanting during two hours. Later, I noticed that the swelling was gone for good.

I also had dark spots on my face, but thanks to the Homa Therapy and my natural desire to stop eating meat, these spots have disappeared.

**Benito Palermo Garcia Mendoza**  
**KM 1057 Tambogrande**  
**Piura, Peru**

**Chronic cold**  
**High cholesterol level**  
**Backache**

I had been suffering with colds for a long time so I took many pills daily. But I feel very well and totally healthy since I started the fires of the Homa Therapy.

I also used to control the cholesterol level with some vegetable capsules but I have not taken them since I started with the Homa Therapy. Now, all I take is one teaspoon of Agnihotra ash with water every twenty four hours. I do not have the backache that used to bother me, for I work hard on my land.

**Doris Bouillon de Chunga**  
**Av. Sullana 1035, lado sur Piura, Peru**  
**Tel. (074) 326906**

**Asthma**  
**Spots on the skin**  
**Headache**  
**Stomach ache**  
**Bad humor**  
**Dermatitis**  
**Cockroaches**

I suffered from asthma for five years. I have been coming to the Homa Therapy for two and a half months. I was scared the first day I came to the fire, because just a little cigarette smoke used to bother me and there was way more smoke with the healing fires. But I relaxed and kept on breathing the healing smoke. Since that day I no more use the inhaler.

I was in an asthma program for two years without good results. I used to need three pillows to sleep, but I use one now, like anybody else.

When I suffered from asthma, I had to see the doctor if I caught a cold, because I would have fever and I would be in bed. If I catch a cold now, there is no complication at all.

I also had dark spots on my face due to the cortisone that I used to take. Now, they are disappearing.

I invited my husband to come to the Agnihotra two times. Then one day I placed a Yantram (copper plate with a certain geometric design, charged with Pranic energies) below his pillow and the very next day he arrived at the Homa Therapy session before me. Since that time he tries to attend the healing fires as often as possible. He told Dr. Hernandez that he saw changes in me and that brought him there. He said that his wife did not talk, but barked, and that I have a very strong character, but that now I am soft and also in a good mood. I do not have headaches or stomach pain any more.

I used the Agnihotra ash creme to heal my nephew's skin infection (dermatitis). Now he is a healthy six-month-old baby.

In the living room, behind the wooden walls, lived lots of cockroaches, but they are gone now. Thanks to the Homa Therapy, the life of my family has changed for the better.

**Mari Vásquez Vélez**  
**Calle Cusco # 965**  
**Piura, Peru**  
**Tel. (074) 322265**

**Stomach ache**

**Insomnia****Mouth canker****Dry skin****Stress**

As soon as I did the Homa Therapy – Agnihotra, I took the Agnihotra ash and put it into my mouth and my stomach started feeling a lot better. Before, I would go to a meeting and I would drink a little liquor, just for toasting, then I would spend the night vomiting. Now I can toast with my friends and my stomach is okay. Before, when I had a heavy dinner outside, then I would have problems. Now I take just some Agnihotra ash and I feel fine. No more gastritis. Now I can eat and have no acidity, heaviness or indigestion. Before I started with the Homa Therapy I used to wake up many times during the night, but now I sleep better. I had a mouth canker just a few days ago, so I applied some Agnihotra ash and the wound closed within a few hours and the pain was gone.

I found out that the Agnihotra ash with ghee (clarified cow's butter) is also very good for the skin, especially to hydrate my feet.

If I am very tense for any reason and I do Agnihotra, I feel very relaxed.

I believe in God and I also believe in Mother Nature, which is His creation. Nature offers us always good things, but many times we don't know how to benefit from them.

**Clemira Coronel Chavez****Avifap # 20****Urb. Los Jardines****Piura, Peru****Tel. (074) 353981****Rats**

As soon as I learned about the Homa Therapy I bought two pyramids. One was for me and the other for my husband. We had quite some rats at home, but I did not want to kill them. So I did the Agnihotra fires with all my love and the rats left and have not returned.

I must add that my husband has to travel constantly due to his work and he takes his pyramid and his time sheets for each city, wherever he goes. The fire helps him; he does not want to miss it.

**Libertad Agurto Plata****Av. Vice A-54****Urb. Talara****Piura, Peru****Arthritis****Smoking****Bad humor**

My experience with Homa Therapy started two months ago. At that time I had a very bad cold (with fever) for two days. Then a relative told me about Homa Therapy. I went to the Homa Therapy session and I felt and slept better the same night. The next day I was happily expectorating a lot of phlegm. After only four days I was okay. Normally the recovery would take me one to two weeks. This was a real surprise.

I got excited and I went daily to the Homa Therapy sessions.

I asked Dr. Hernandez if there was anything else to increase my willpower to do what I knew was good for me. He offered me a Yantram (copper plate with a certain geometric design, charged with Pranic energies) and I feel that the Yantram really supports me.

I was surprised to see how my desire for smoking stopped after just a short time. I had smoked for twenty five years and I could not even promise my father on his deathbed to stop smoking. He died of lung cancer and he had been a heavy smoker. Now I even understand people who don't like someone smoking nearby.

The Homa Therapy helps me with many things. My arthritic pain has diminished greatly and I can move at ease now. In church I can even go on my knees again.

Thanks to the Homa Therapy that I am practicing daily at sunrise and sunset, my family has overcome and healed problems. There is much more harmony. My daughter used to compare me with a sergeant because I had such a strong character, but this has changed. Before I had a hard time smiling, but it is easy now. I feel relaxed, think better, and give myself some time to meditate and breathe consciously. I am very happy!

**Maria Ana Garcia Palacios**  
**KM 1057,**  
**Tambogrande**  
**Peru**

**Cold**  
**Fevers**

I am Mr. Palermo Garcia Mendoza's daughter. My child caught a cold two months ago and the medicine he got from the doctors did not help. He just got worse with fevers. He did not want to eat; he just wanted to stay in bed. So I took him to my father's house, where they practice Homa Therapy daily. We gave some ash to my child and the fever started going down. Then came the moment when he started sweating a lot, but after that he slept very well. The next day already he was fine, was eating and playing, thanks to the Agnihotra ash of the Homa Therapy.

**Gabi Zapata de Gonzales**  
**Urb. Las Mercedes**  
**Calle Diego Ferrer # 215**  
**Piura, Peru**  
**Tel. (074) 670070**

**Boil**  
**Insomnia**  
**Bad humor**  
**Fears**

I had a boil on the throat that was swollen and painful. It was hard to pass even saliva. A friend told me about the Ayurvedic healing fires and so I came. The first time that I inhaled the Agnihotra smoke, I felt like new. I got to the house and tried to feel this boil, but surprisingly it was not there any more.

I was suffering from bone aches, specially the face. The doctor told me the menopause (low calcium in the bones) caused it. I could not even talk. I spent a lot of money and I took a large amount of calcium pills.

Now, my bones don't hurt any more, I don't perspire like before and I feel healthy and very happy. I don't take any more pills or medicines. My husband and I had problems falling asleep; that is no more the case since we practice the Agnihotra.

Homa Therapy also helped my children. My son used to spend a lot of time "on the road" but now he likes to be at home and he is more loving. At a certain point, while I was doing Agnihotra I asked the Virgin Mary about my daughter and so my daughter did take some decisions for her better future, which was a miracle for us. Everyone in the family takes daily the Agnihotra ash. My husband got a kidney removed and I had a uterine tumor removed. We used to wear support belts but with the Homa Therapy practice we lost our fears and don't wear them anymore.

**Cesar Gonzales Saavedra**  
**Urb. Las Mercedes**  
**Calle Diego Ferrer # 215**  
**Piura, Peru**  
**Tel. (074) 670070**

Mr. Cesar Gonzales Saavedra, who is a university professor in chemistry, says:

“The experience with Homa Therapy has been very helpful to us. It changed our life. Now we are more aware of our eating habits and we gained some spiritual peace. We overcame many problems. We take Agnihotra ash with our food and we feel very good. We did not experience this in the past.”

**Claudia Agurto**  
**Av. Vice A-54**  
**Urb. Talara**  
**Piura, Peru**

### **Hepatitis**

Sometime ago I woke up with discomfort and I felt no appetite. Then I had nausea at the University and a bitter taste in my mouth. The nurse said that it could be hepatitis. I have had liver problems since my childhood. I tried to eat and drink, but I vomited and had stomach pain also. The next day I went to the Homa Therapy session and took ash and massaged my stomach with ash-ghee crème in circular motion. This worked and I immediately vomited bile and green phlegm. I did not eat for three days; I just drank water with Agnihotra ash. The sunrise and the sunset Agnihotra were done daily in my house. At the fourth day I went to school, could eat and felt enthusiastic about the quick healing thanks to the Homa Therapy.

**Jilmer Benito**  
**Piura, Peru**  
**Tel. (074) 302528**

**High blood  
pressure**  
**Heart problems**  
**Tiredness**  
**Insomnia**

I underwent heart surgery twelve years ago. They did three coronary bypasses. Since then I was taking pills. Some relatives suggested that I should not take that many pills because of the addiction problem. I stopped the pills, got sick and then I followed the doctor regarding the pills. Then I heard of the Homa Therapy and started to come regularly to the healing sessions. Now, I do not take any more pills. I sleep very well and my friends changed my nickname from “Slow” to “Lightning Flash”. It used to take me a long time just to cross a road; I walked very slowly. Now they can hardly spot me when I pass them with my bike.

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# Upcoming Programs at Tapovan

Bruce Johnson

On May 17th, 2000 at Tapovan there will be a celebration to mark the birth anniversary of Parama Sadguru Shree Gajanan Maharaj. You are invited to share in the celebrations with us.

\* Program will begin on May 16th at 11.00 P.M. with Vyahruti Homa and chanting of Om Shree.

\* At 12.42 A.M. on May 17th Vyahruti Homa to mark Shree's actual time of birth.

\* Rudra Yajnya from 9 A.M. to 1 P.M.

\* 24 hour Om Tryambakam Homa begins at the conclusion of the Rudra Yajnya.

\* Lunch will be provided

\* Please bring drums and other musical instruments

\* Please bring white cotton clothing and towels for your stay at Tapovan. All bedding is provided.

\* Guests will be able to experience, free of charge, some of the treatments which will be available in the new Tapovan Health Resort, including use of Nature Cure facilities, e.g. steam bath, clay bath, etc.

## Directions

From Bombay, Pune or Aurangabad:

1. Train to Jalgaon or

2. Government bus (Rs.80) or private company luxury bus (Rs.180) to Dhule

(pronounced Doolay), Amalner or Parola,

then either:

1. from Jalgaon - private company luxury bus (Rs.40) or taxi (Rs.400) to Tapovan

2. from Dhule - Abhay's car (no charge) Abhay's contact phone: (02562) 36993

3. from Amalner - auto rickshaw (Rs.70)

4. from Parola - auto rickshaw (Rs.50)

Please note:

1. Tapovan is also known as Parna Kuti and Shivdham Bungla by the local people.

2. Luxury buses from Bombay and Pune travel by night only and depart at about 9 P.M.

3. Recommended option:

Luxury bus to Dhule, then Abhay's car to Tapovan. Please inform Abhay of your travel plans so that he can make arrangements to have you picked up from the bus stand.

(U.S. \$1.00 = Rs.43)

## Enquiries

If you would like to come, please first contact Bruce or Anne at the following address or phone, fax or email to book your reservation:

Tapovan

P.O.Ratnapimpri, Tal: Parola, Dist: Jalgaon

Maharashtra, INDIA

Tel: +91 2597 35 203

or +91 2562 36 993 (Abhay)

Fax: +91 2562 36 871

On top of fax write, "Please inform 36 993".

email: tapovan@angelfire.com

Tapovan - the Health Resort

for:

healing the body

purifying the mind

opening the heart

uplifting the spirit

A unique health resort is being developed at Tapovan in northern Maharashtra state in India. Tapovan is special since it is run by westerners following simple Vedic lifestyle and a discipline program of Ayurvedic Healing Fires tuned to the biorhythms of Nature.

FOR THE FIRST TIME, COMFORTABLE WESTERN-STYLE ACCOMMODATION IS OFFERED TO

PEOPLE FROM THE WEST WHO WISH TO TAKE ADVANTAGE OF THE HEALING ENERGIES

AVAILABLE IN THIS HOLY PLACE. INDIVIDUAL TREATMENTS AVAILABLE INCLUDE THE ANCIENT

AYURVEDIC PANCHA KARMA, NATURE CURE, INDIVIDUAL DIETARY REQUIREMENTS, HYDROTHERAPY, MUD THERAPY.

This is an ancient place of Healing Fires. During the course of time this practice was lost and now it is revived by western people.

It is ideal for people wanting to undergo a complete detox program in a pleasant environment seeded by vibrations of Divine Love in the complete faith that their health is in the hands of people professionally trained in the ancient techniques of Ayurveda.

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Tapovan - the Health Resort Program

From July, 2000 the first stage of the Health Resort will be open for guests. We will be offering a fifteen-day treatment program every month beginning on the first day of each month. The program will include:

- \* Deluxe share accommodation for two persons. Bed linen and towels are provided.
- \* Each person will be under the care of a trained Ayurvedic doctor for the fifteen day period. You may extend the treatment period if you wish.
- \* All meals are prepared by staff members
- \* A cleansing nourishing vegetarian diet, partly raw and partly cooked, of garden fresh salads, juices, sprouted seeds and grains. The gourmet diet will be adapted to suit each person's individual needs
- \* Instruction on how to grow food in your own kitchen - guests can do their own planting and sprouting if they choose and learn to make their own health drinks
- \* A daily exercise program teaching the importance of flexibility and proper posture
- \* Simple Yoga practices and Pranayama to aid the healing process
- \* Spiritual unfoldment which happens automatically in this healing environment aided by daily practice of Yajnya fires including one hour daily Om Tryambakam Yajnya plus Agnihotra. (Training will be given where required)
- \* Ayurvedic massage including Shirodhara (oil on the head)
- \* A daily mud bath in roof-top privacy, aiding the elimination of toxins
- \* A daily tonic tailor-made exactly for the needs of each person
- \* A recipe book on gourmet vegetarian food and drinks will be provided for you to keep.
- \* Participation in any part of the Tapasvi program is encouraged BUT NOT

COMPULSORY

Please book in by phone, fax or email as soon as possible. We are now accepting bookings for the first six treatment programs over the period July to December, 2000. Dates are as follows:

July 1st to July 15th, 2000

August 1st to August 15th, 2000

September 1st to September 15th, 2000

October 1st to October 15th, 2000

November 1st to November 15th, 2000

December 1st to December 15th, 2000

Donation

Payment by donation to Fivefold Path Mission. Suggested donation for fifteen day Ayurvedic Pancha Karma treatment

including:

- \* all medication
- \* massages (including Shirodhara)
- \* doctors' fees

US \$120.00

Suggested donation for:

- \* all food & drinks
- \* accommodation
- \* use of equipment
- \* participation in all classes and activities
- \* individual diet plan and recipe book
- \* Nature Cure facilitation

US \$630.00



TOTAL US \$750.00

(Deposit of 50% required to secure booking)

To all Fivefold Path Teachers

Please make this information about the Tapovan Health Resort available to anyone whom you think may be interested in the Fifteen day De-tox Program beginning July 1st this year. Suggested donation for fifteen days is US \$750.00, which includes all food, accommodation, doctors' fees, Ayurvedic massages, Pancha Karma treatment, medicines, Nature Cure Facilitation. We can at this stage accommodate ten people. All treatment is under the supervision of professionally trained Ayurvedic doctors. We would appreciate it if you could try to organize two people to come.

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## Letters to Satsang

Homa Farming in Western Australia

Since starting Homa Therapy twelve months ago, we had remarkable results in healing a devastating plant disease in a plantation of macadamia nut trees.

Our six-year-old macadamia nut plantation was plagued with trunk canker, a fatal plant disease. Shortly after planting the trees, expert advice was to burn the affected trees to stop the disease from spreading or to try a different number of chemicals.

Since we decided not to use any chemicals on our farm, we chose from a number of different options that didn't have much success.

About twelve months ago I started Homa Therapy and applied the ash on the affected trees. After approximately four months I noticed an improvement in the diseased trees, and after six months the trunk canker on the affected trees started to dry up.

The overall appearance of the trees improved. After twelve months of sunrise and sunset Agnihotra the trees are doing extremely well, need less water and no non-organic fertilizer has been used, only Agnihotra ash diluted in water.

We also noticed that the Agnihotra ash had a remarkable affect on our farm dam as well. After adding Agnihotra ash to the dam water it became much clearer.

I am very happy with the results and recommend the Homa Therapy to anyone with similar problems.

Lothar Losch  
Perth, Western Australia

We continue to see results from the practice of Agnihotra. Our German shepherd dog was hit broadside by a car and thrown fifteen feet through the air. Within one week he is healed completely. Everyone says it's a miracle. Also, we have more birds than we've ever seen this spring. Our grass is unbelievably lush, and we've not fertilized it for a year. Yet our real purpose in doing Agnihotra is doing it and trusting the results will be used by Nature as necessary. Even with no evidence, we would do it as service.

Thank you!  
Ellie Hadsall

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## From Vasant's Correspondence

Limited knowledge is as good as no knowledge at all. Knowledge that is given through regular practice of Agnihotra is beyond reason, thought or even man's massive intellect. It is beyond science itself.

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Hatha Yoga can be incorporated into physical therapy; same with psychotherapy. This could be extremely effective in HOMA atmosphere.

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All we have been telling is nothing new, nothing novel. It is ancient knowledge. It is all Fivefold Path.

When we ask that you look over your day, how your actions affect others, check your attachments, expectations, it is Swadhyaya, self study.

To make an effort to correct behavior is good Karma. To discipline the mind, what is required is Tapa. When you observe yourself and look over the day, do not criticize yourself. Do not berate yourself. Simply look at it honestly. If you have erred, then best to act in a forgiving way with yourself. Learn from your mistakes. If it is through speech you have erred, practice Tapa. For example, "Think before you speak." If it is thought, try to examine your thoughts. ONE CANNOT PROGRESS WITHOUT LOOKING WITHIN.

When a married couple does this practice of Swadhyaya each night, you can sometimes share your realization with the other person, if this helps. It may not be necessary, but at other times it may be helpful. This promotes honest communication between the partners. If children learn to practice Swadhyaya in this way, they will have their own check and balance system.

It is a time of change. It is a time when powerful forces intermingle. Everything is intensified now.

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After some time the strain becomes more and more and even the best personal relationships fail. So one has to have humility. Until one is willing to really go a little deeper, all the relationships are the same: highs and lows. Pride is the worst enemy. Humility is the way.

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Thoughts are seeds we put into the atmosphere. If your thoughts are of love then you help to purify the atmosphere. Love knows no boundaries, no limitations. Do not fear. All your fears will be wiped out by truth.

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One can maintain Ashram disciplines and purity of body and mind even when in the world outside. One is always in his Ashram.

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Concentrate on ingoing breath/outgoing breath. Take a few deep breaths. Push the mind towards CHIDAKASH, i.e., away from the sense organs. Then attachment to material things is reduced.

Man is all the time driven by desires. Any amount of sense gratification is not able to quench the desires and the thirst for desires. Mind which is in the grip of desires, hankering after gratification through sense organs, has to be turned inwards with constant effort and then pushed to CHIDAKASH. Breath and Prana is the modus operandi. When mind gets concentrated on breath it becomes easier to ease the attachment to material things. With more practice of this meditation the consciousness about body, mind and intellect withers away.

While moving in the world of matter we come across various situations. This leads to conflict. However, with some training, we can train ourselves to remain unruffled. Accept whatever situation confronts you. Never complain or be sad. This is how you recognize that the attachment to the body is withering away. This is the beginning of the ladder which leads to soul vision.

If one sees God in every person, nothing more is necessary in terms of effort. It is ALL GRACE. Grace lifts you up.