

HOMA THERAPY
The Ancient Science of Healing

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*With all love at the Holy Feet of Kalki Avatar
Parama Sadguru Shree Gajanan Maharaj and
Shree Vasant, who received from the Kalki Avatar
the command to spread this knowledge to all peoples
of the world.*

Foreword

Today's world is dynamic, diverse and full of multiple impressions that have a great impact on our daily lives. We continually have to deal with this diversity and face new situations. Thus our body is stretched to its limits to adjust and this creates a lot of stress.

We combine various factors under the term environmental pollution, e.g. toxic contamination of food and water, radioactivity, noise and many others. All these are outside pressures that create stress and strain on our system. At the same time our personal situation, habits and problems take a further toll on our health.

Above all, health is the most important thing in our lives. Without good health we are not able to do the regular things that we are supposed to do. Everybody appreciates good health, especially when we are sick. We have to face the difficulties involved in getting well again. The simpler way would be to try to stay

healthy. Health is not everything but without good health everything becomes harder.

For this, help has been given to all, whether in the home, at work, on the road, or doing sports. Wherever you are, practice of Homa Therapy is this material aid. This therapy truly has widespread applications, which not only maintain and support human health but also the health of the plant and animal kingdoms. Even rooms, buildings, water, soil, stones and the whole atmosphere profit from the healing and the joy.

What is Homa Therapy? From where does it originate and how can I benefit from it? This will be dealt with in the following chapters.

Being a pharmacist I have come in contact with many patients with different physical and mental illnesses and problems that are caused by stress, work overload, unhappiness and depression. I have also come across children's problems. All this suffering has made me realize something very important: 'The best medicine' is to stay healthy. This is the highest goal and flows into all other aspects of life. Only when I feel well and healthy can I do all that I have to and enjoy it. Therefore, the most important purpose of this book is to share experiences on how to stay healthy.

Equally important is the question, if I am sick how can I get healthy again? If I am sick the doctor whom I trust is the first person I go to for my questions. At the same time, wherever you are you can do a lot for your health and for your immune system. In all my years of experience I have found Homa Therapy the best way to help myself. It is simple, inexpensive and extremely effective. In the following chapters I would like to share these experiences in order to give you tools that will serve you in your quest for maintaining good health.

The next important question is: Would you like to be healthy? Would you like to become healthy?

At first it may sound ridiculous to pose such a question, because everybody wants to be healthy. Regardless, this is a pivotal question. Health means to have the different aspects of a human being in harmony or to bring them back into harmony. Each person has the free choice to attempt to do that or not. Our body, actually our whole being, is like a finely tuned instrument that reacts positively or negatively to any change. It lies within our power to treat this instrument properly.

Contemplate on this: Do you want to be healthy? Then Homa Therapy is your opportunity!

HOMA Therapy is a totally revealed science. It is as old as creation. In the course of time this knowledge was lost but it is now being resuscitated to give people guidance on how to correct the polluted conditions of the planet in which we find ourselves today. HOMA Therapy comes from VEDAS, the ancientmost body of knowledge known to man.

Today, already many people wish to make use of the ancient science of medicine known as Ayurveda, to maintain their health and well being. With Homa Therapy, which is a part of Ayurvedic technique, you can strengthen your health whether you are at home, at work, on the road, doing sports, wherever you are.

PARAMA SADGURU SHREE GAJANAN MAHARAJ resuscitated this ancient knowledge for the benefit of mankind and blessed Shree Vasant Paranjpe with a command to spread this knowledge all over the world. I thank them with all my heart for Their wonderful gift which gives everyone access to healing in a natural way, originating from the ancient wisdom of the Vedas.

Since 1974 I have been working with Homa Therapy, Agnihotra and Agnihotra ash. During these many years of practice and experience I have developed a simple system of application so that everyone through their own performance of Agnihotra is able to heal and to produce their own Agnihotra ash folk medicines. In this book we have summarized the basic instructions, so that it is simple to understand. Further explanation can be found in the following sites:

www.homatherapy.de
www.agnihotra-medicine.com
www.terapiahoma.com
and/or
www.homatherapy.com



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1.

Air, Our Most Important Food

Everybody wants to stay healthy, cheerful and happy. In order to achieve this one has to observe very carefully how to go about it. Even a child looks forward to a happy day. Scientists have tried to do a lot of research in this area. In spite of this, so many problems remain in maintaining health and happiness. So one continues to search for causes, solutions and ways out.

I. Food is important

Everybody knows that one has more strength when one eats well. Also one becomes weak, if one does not eat, does not eat enough or eats the wrong food. So it is important to pay attention to what and how much we eat and to eat good quality food. This is very well known. Many athletes observe their diet in order to bring optimum results to stay healthy. There are already many diet programs for different purposes

and certificates that guarantee food quality.

II. Liquid is even more important

As we start to take greater care of our body, we realize that the right intake of liquids is perhaps more important than right food. Without food we can survive for several weeks. Without water our energy levels become exhausted faster. Our physical body needs enough liquid otherwise many organs fail to function properly and the metabolism collapses. So it is very important that we drink enough and that our beverages are of good quality, so that they can serve our body in the correct way. In this way the metabolism keeps working properly, the brain functions correctly and the skin stays beautiful. It is important that we take care to have the best quality water since this is our basic liquid. We have water management departments to ensure the safety of the drinking water. We have strict laws to ensure the purity of beverages. All this and much more is of vital importance and indeed is a prerequisite to having enough quality liquid available for our body to function correctly.

III. Breathing is most important.

It is vital for our survival

This point is very often neglected. What happens to my body without air to breathe? My life immediately ends! **This points to the supreme importance of proper air for breathing. We will look at how crucial it is to have good air.**

Even though this is of utmost importance, we are hardly conscious that we have to take care of this very important fact and at the same time environmental pollution exacts a heavy toll on the air we breathe. Not only are poisonous gases of all kinds being released into the atmosphere, like the poisonous exhaust fumes from all the traffic and heating systems but also our entire industry produces many contaminating gases. In our search for comfort with our radios, televisions, mobile phones, radar/electromagnetic radiation, noise, ultrasonic waves, radioactivity and other things, we contaminate the air which is so vital for survival.

There are some options for obtaining good air. One can walk in the forest and feel a little better than for example in the traffic centre of a large city. One can walk along the beach or in the mountains and breathe in the fresh air.

There are even 'air spas' where one tries to be exposed to better air. However, even in such places the air is being contaminated. It has been shown through research that even in the Himalayas, where no industry exists or any source of heavy environmental pollution, the snow is contaminated with radioactivity. So one can imagine how the situation is in those remote, so called 'natural' areas.

The problem of environmental pollution is becoming greater and more urgent. Not only are the holes in the Ozone layer threatening us, but also there are many other health deteriorating factors.

With all these complex environmental pollution problems one basic question arises: **How do I protect myself and how can I get healthy air to breathe?**

The answer is simple.

With Homa Therapy it is possible to heal the atmosphere. One can get air to breathe and this healthy source of energy helps to strengthen oneself, one's health and one's immune system.

When exploring the subject of health, it is interesting to find references in the history of medicine on certain aspects of life. In ancient

times man used to work and live with different materials like plants, stones, soils, and metals. He burned wood and charcoal and other materials and received light by burning solid substances. It has long been known that one can obtain strength by eating good food. Therefore, in case of disease the attempt was to recover health through food or material substances like herbal pills, potato wet packs, cherry seed cushions etc. One even went so far as to apply gemstones, gold, jewellery and other materials. It was known that certain materials are important for health and therefore medicines contained in those substances are used for healing. Even today several of these applications are still practised as physical substances have an impact on the physiological level.

Later this knowledge was enlarged as man discovered other ways to achieve health and efficiency through research on liquids. Hydraulic power was used for various purposes. Heating, using petroleum and other oils became more common. And in the area of health care more and more liquid systems were utilized. Treatments involving the drinking of healing water were developed. Kneipp had magnificent success with different methods of

water treatment and homeopathic applications were developed. Alongside these methods further success was achieved with Thalasso therapies, working with seawater and associated substances. Liquids became part of our life and our progress.

Nowadays, further development has taken place and we use even finer systems. Air has become a means of transportation through the development of aeronautics. Energy is derived more by subtler methods, whether it is electricity, atomic energy, solar energy, etc. Knowledge is constantly reaching into more subtle realms.

Also in medicine more subtle healing methods are now used. For example, there are stimulation current bath treatments or irradiations applied as a last resort for severe diseases. Different kinds of therapies are increasingly being used, such as laser applications, music therapy, magnetic field therapy, aroma therapy, light therapy, etc.

Now there exists another possibility that is very simple, Homa Therapy. When one is healthy it helps maintain good health. When one is sick, healing is facilitated. Homa Therapy can be practiced at home, at work, on the road, etc. What is Homa Therapy? How is it done?

2.

Homa Therapy : The Simplest and Most Effective Aid

“HOMA is a Sanskrit word used here synonymously with Homa Therapy. Homa Therapy is the technical term from the Vedic science of bioenergy denoting the process of removing the toxic conditions of the atmosphere through the agency of fire. This means healing and purifying of the atmosphere with fire as the medium. **You heal the atmosphere and the healed atmosphere heals you. This is the central idea in HOMA Therapy.** The words ‘Heal the atmosphere’ have widespread ramifications not yet investigated by modern science.”

“HOMA Therapy replenishes the nutrients that pollution robs from our environment. The molecular change in the fission and fusion of atoms causes properties of elements to change in atomic structure and weight. The rotation of electrons and neutrons varies speeds. If proper insight is given to scientists we can show them how this knowledge can be used beneficially

in some areas when looked at from the perspective of HOMA Therapy.”¹

This may sound very technical, but we can make simple use of this knowledge and this opportunity in our lives to bring about healing in the home, at work, on the road or wherever we may be. HOMA Therapy is a perfect science. It is simple to practise and has tremendous effects. Believe only what you experience. You can, for example, practise HOMA Therapy for four weeks and then decide whether it helps you or not. This book instructs you in how to practice this ancient science yourself. The cost is negligible and it brings so many benefits!

1. Homa Therapy - Our Last Chance, by Vasant V. Paranjpe



3.

Agnihotra for Your Health

The ancient knowledge of bioenergy given through the Vedas states that there are numberless billions of universes, of which ours is one.

HOMA Therapy is a material aid for happy living.

AGNIHOTRA is the basic form of HOMA Therapy, which corresponds to a circadian rhythm of sunrise and sunset.

Agnihotra is the basis of HOMA Therapy and is very easy to practise. During this process an extremely healing atmosphere unfolds, which is also sealed in the ash of this fire. In the following chapters we will talk about the experience of this healing effect. But how does this healing come about?

In the ancient science of life- Ayurveda- the effect of Agnihotra is described as follows:

“Exactly at sunrise a flood of subtle energies reaches the Agnihotra pyramid. This moves in

a pyramidal form. At sunset these energies are withdrawn in the same shape. Wherever this energy stream hits at sunrise, it induces a strong purification effect on all levels.”

Agnihotra strengthens this process in the following way:

There is a music which accompanies this flood of energy coming from the sun. The Agnihotra Mantras reflect the quintessential sound of this music. In the interplay of the exact timing, the copper pyramid, the specific materials used in this fire and the power of the Mantras, a subtle energy channel is created above the pyramid. This energy channel rises through the whole atmosphere into the solar range and Prana or life energy moves freely through this channel.

“Tremendous amounts of energy are gathered around the Agnihotra copper pyramid just at Agnihotra time. A magnetic type field is created, one which neutralizes negative energies and reinforces positive energies. Therefore a positive pattern is created by one who does Agnihotra merely by his/her performance. When Agnihotra is performed, the Agnihotra smoke gathers particles of harmful radiation in the atmosphere and on a very subtle

level neutralizes their radioactive effect. Nothing is destroyed, merely changed. When Agnihotra fire is burnt, there is not just energy from the fire but subtle energies are created by the rhythms and Mantras. These energies are generated or thrust into the atmosphere by fire. The pyramid is the power generator, the fire is the turbine. Also consider the quality of materials burnt wherein lies the full effect of this healing HOMA.”²

Much healing energy emanates from the Agnihotra pyramid. An aura energy field is created around all living beings in the proximity of the pyramid. This way humans, animals and plants become more resistant to disease. When the flames of the Agnihotra fire extinguish, the aura field withdraws into the ash, which is used as a basis for folk medicines.

Through regular practise of Agnihotra a positive energy pattern is created, which embraces all levels.

This ancient knowledge also describes the effects of Agnihotra:

“If plants are placed in a room where vibrations of Agnihotra pyramid fire are

2. ibid

maintained, one subtle enough can actually see growth, communication, etc. Plants receiving nutrition from Agnihotra atmosphere, become happy and grow well. Just as Agnihotra pyramid fire gives nourishment to plants, it also provides the same for human life and animals. By practise of Agnihotra you will notice that tension on the mind disappears and you begin to experience peace. The mind is reshaped so nicely, so delicately, so effortlessly by sitting in Agnihotra atmosphere.

“Agnihotra renews the brain cells. It revitalizes the skin. It purifies the blood. It is the holistic approach to life.

“Agnihotra has the ability to neutralize pathogenic bacteria.

“You sit at Agnihotra fire and breathe in the smoke which goes quickly into the bloodstream and lungs. This has excellent effect on the respiratory system, lungs, circulatory system, the brain and nervous system. This effect is even more so if Agnihotra ash is ingested. Thousands of people on all continents belonging to different races, languages, religions and spiritual groups who practice Agnihotra have remarked that simply by performing daily Agnihotra, (i.e. at sunrise and sunset) they

feel as if a protective film surrounds them.”³

To perform Agnihotra the following materials are necessary:

Copper pyramid

For Agnihotra you require a copper pyramid of specific size. Copper and gold are the only materials prescribed for the pyramid. Copper and gold are conductors of subtle energies.

Organic brown rice

Organic brown rice is used for Agnihotra. Highly polished rice loses nutritional value and hence brown rice. Only unbroken pieces of rice should be used for Agnihotra. If rice is broken, the subtle energy structure is disturbed and hence it is not fit for Agnihotra healing fire.

Ghee (clarified butter)

Take some unsalted butter from cow's milk which has no additives and is pure. Heat it on low heat. The solids rise to the top where they are skimmed off with a wooden spoon and thrown away. Then the remaining clear liquid butter is passed through a fine strainer (coffee

3. ibid

filter). What passes through is clarified butter (Ghee). This can last a long time without refrigeration. Ghee is a very special medicinal substance. When used in Agnihotra fire it acts as a carrier agent for subtle energies. Powerful energy is locked in this material.

Dried cow dung

Take dung from male or female progeny of a cow. Make pancake like patties and dry them in the sun. Agnihotra fire is prepared using this dried cow dung.

In all ancient cultures, whether they are native Indians of North or South America, Scandinavians, Europeans, Africans or Asians, cow dung is treated as a medicinal substance with strong disinfectant qualities. When Agnihotra is performed using cow dung, ghee and rice, a combination is created which on the one hand rises into the atmosphere and neutralizes all negativity and on the other hand nurtures all life. Health is improved, plant yield increases and Mother Earth harmonizes again with the cosmos.

Preparation of the Agnihotra fire

Place a flat piece of dried cow dung at the bottom of the copper pyramid. Arrange pieces

of dried cow dung, which have been coated with ghee, in the pyramid in such a manner as will allow air to pass. Apply a little ghee to a small piece of cow dung and light it. Insert this lighted piece of cow dung in the pyramid. Soon all the dung in the pyramid will catch fire. You may use a hand fan to blow the air to help the flame. However, do not blow from the mouth to avoid bacteria going into the fire.

Do not use any mineral oil or similar material to start the fire. At sunrise and sunset a good flame should be ready in the pyramid.

Agnihotra process

Take a few grains of organic brown rice in a dish or in your left palm and apply a few drops of ghee to them. Exactly at sunrise utter the first Mantra and after the word SWAHA add a few grains of rice (as little as you can hold in the pinch of your fingers will suffice) to the fire. Utter the second Mantra and after the word SWAHA add the second portion of rice to the fire. This completes morning Agnihotra.

At sunset do the same by using evening Mantras. This completes evening Agnihotra. If you miss the timing it is not Agnihotra and you will not get the healing effect on the atmosphere or in the ash.

Agnihotra creates a medicinal and healing atmosphere. After each Agnihotra try to spare as many minutes as you can for meditation. You can sit at least until the fire extinguishes itself. Just before the next Agnihotra collect the ash and keep it in a glass or earthen container. It can be used for plants or for making folk medicines.

Mantras

Vibrations exist everywhere. It is only vibrations when you go into it. Where there is vibration there is also sound. When we do these Mantras, the sounds we utter activate these special vibrations that create a certain atmosphere or effect. Then the desired results are realized. These vibrations exist for everything, so anything can be activated, controlled or changed by Mantras.

When one with pure mind speaks the Mantra into the Agnihotra pyramid at Agnihotra time, the ash retains that energy and the healing properties of the ash become more powerful.

Agnihotra HOMA Mantras

Agnihotra is practised with the following Mantras:

At sunrise:

1. Sooryâya Swâhâ

(Add the first portion of rice mixed with a drop of ghee to the fire)

Sooryâya Idam Na Mama

2. Prajâpataye Swâhâ

(Add the second portion of rice mixed with a drop of ghee to the fire)

Prajâpataye Idam Na Mama

This completes Agnihotra at Sunrise.

At sunset:

1. Agnaye Swâhâ

(Add the first portion of rice mixed with a drop of ghee to the fire)

Agnaye Idam Na Mama

2. Prajâpataye Swâhâ

(Add the second portion of rice mixed with a drop of ghee to the fire)

Prajâpataye Idam Na Mama

This completes Agnihotra at Sunset.

(“â” is pronounced like “a” in “father”.)

These and other Mantras are available on CD.

The Agnihotra fire done in this manner is

described as very healing in this ancient Ayurvedic science. Based on this ancient science and with the help of my knowledge in modern pharmacy, I have developed a system of applications that has benefited thousands. You can simply utilize these or be creative and develop further applications. However, they should only be prepared with natural ingredients. Write us your experiences, so others may benefit as many others have done from the following applications.

If you are sick, your trusted doctor is the one to consult and the specialist on disease. However, at the same time you can support his efforts by strengthening your health and fortifying your immune system. It is here that you can do a lot for your own health. For that reason we want to present to you some proven Agnihotra applications.

The Agnihotra fire creates a special healing atmosphere and therefore it is of utmost importance if we want to nurture our health. Perhaps the question arises, “How can a healing atmosphere heal my body?” Perhaps we have simply forgotten just how directly we are connected with nature and how we depend upon her. Through our breath we take in a direct source of living energy. There is a big difference

between breathing contaminated air, for example, in the midst of city traffic, and breathing pure air while walking in the forest. May be through this simple illustration we can understand how pure air helps us. If I get petrol at the petrol station and then start up the motor, automatically harmful gases are created. No matter who drives the car, the result is always a harmful gas. A natural law is behind this: Wherever gas or petroleum burns toxic gases are created. The person breathing these gases suffers from corresponding effects. On the other hand, if we burn healing substances in a healing manner, no matter by whom or where, by the same natural law healing gases are created which also have a healing effect on the body. The human body gets sick due to toxic gases. Even though Agnihotra is an ancient technology, we urgently need such a healing option in our modern society because we are all exposed to contaminated and toxic atmosphere. Where can I buy bio air? I will have to produce it myself with Agnihotra and then my whole surroundings will benefit from it. My whole living environment can become healthier, full of joy and peace.

It is interesting that modern research in the medical field confirms that the happier a human

being is, the more stable is his health. Happiness is important medicine for your health and by the way, your beauty. When one experiences great happiness the whole hormone system releases various substances that optimise the functions of the body. Agnihotra can help you to take advantage of this possibility.

There are continually new developments in modern medicine, such as 'chrono biology', which uses modern experiments to determine that the whole body follows special time rhythms. It has an inner clock where different cycles for health and sickness have their own special times and rhythms which are determined by nature. With Agnihotra we can adjust in a natural, optimal way to correct natural rhythms and thereby benefit our health wherever we may be.

Scientists are very excited about further research that shows how the body's cells respond to light and how health can be improved with light, sound and resonance. Agnihotra places a simple and supreme material aid into our hands, one that comes from ancient science but is hi-tech.

4.

Agnihotra Applications

Agnihotra as given through the Vedas creates healing energies. Therefore, it is directly through the Agnihotra fire and its healing atmosphere that we have the basis for reinforcing our health.

Great benefits are derived from sitting for as many minutes as possible at the Agnihotra fire. This can be used as a direct therapy to maintain or improve one's health.

For **stress and headaches**, sitting peacefully 15 minutes or more in Agnihotra atmosphere has proven results. Let go of your thoughts or think about something pleasant.

For **sinusitis and respiratory problems**, even **asthma**, it has proven beneficial for many people to sit close to the Agnihotra fire and inhale the smoke like an inhalation. Do this regularly in the morning and evening for approximately 15 minutes.

For **insomnia** it has proven beneficial to practice morning and evening Agnihotra in the

bedroom. Many people have reported having a more balanced sleep and feel fitter for the new day.

With **exhaustion and for improved general fitness**, it has proven effective to practice Agnihotra first and then do a simple yoga exercise called 'Salute to the Sun'. Many physical exercises and breathing techniques do not possess their former effectiveness, since during the exercise the polluted air is inhaled and this puts stress on the body. But if Agnihotra is done before exercising then the original effect can be experienced.

The following can be done for **depression**. Practice Agnihotra at sunrise and sunset and stay in the Agnihotra atmosphere for approximately 15 minutes or more. Additionally, you can walk outside in daylight before 10 am and after 4:30 pm. Morning and evening daylight possesses great healing power over the various bodily systems. Generally, it supports the functioning of the body and promotes health in sick or healthy people. It is in many ways a direct healing tool. Combined with Agnihotra we once again receive the original healing power of daylight.

Hyperactive children: Many parents have experienced tremendous help practicing

morning and evening Agnihotra in the room where the child sleeps. Depending on the Agnihotra timings, the child can sit near the fire, play something quietly or be asleep. During sleep the child gets rest and sleep, which is needed for a more balanced day.

Sadness in old age: It is hard to find some helpful biological treatments for sadness in old age. You can try the following: Practice Agnihotra in the morning and evening or ask someone to do it for you. Drink St. John's Wort tea and sit every morning outside for at least thirty minutes or if possible walk the same amount of time. Do this before 10 am or after 4:30 pm. Think about how you can make somebody happy. It is very simple. May be you can lovingly greet a stranger, or give someone a flower from your walk? Anything that may bring happiness to someone. This friendly action makes you feel better. You can also improve your feelings towards life with a liver detox.

Agnihotra and light therapy: Generally one will notice that any kind of light therapy gives better results when daily, morning and evening Agnihotra, is practised. Independently of whether the complete spectrum of daylight or only certain colours are applied in therapy, you

can always benefit from the fact that Agnihotra allows the light to shine through a healed and healing atmosphere, enabling the light to give its optimum effect for wellbeing.

Aroma therapy can be supported with Agnihotra since atmosphere is the transport medium for all fragrances. If you do Agnihotra first and then use the fragrance of your choice, the body can better assimilate its effect.

Agnihotra can be used in **plant medicine** excellently. If Agnihotra is performed in the morning and evening close to where medicinal plants grow, the healing properties of the plants and essential oils increase, making them more potent in their medicinal action.

In **stone medicine** you can try the following: Place your healing stones, gems or jewellery beside the Agnihotra pyramid and then perform Agnihotra. After the fire is extinguished you can use the stones and gems as usual. Many have experienced that the healing power of the stones increases.

Agnihotra is excellent for the **health of animals**. Maybe you have a pet, or raise cattle on a farm. No matter what animal or what size, your darling will always benefit from Agnihotra atmosphere as well as from the Agnihotra ash. Additionally you can add Agnihotra ash powder

into the feed or drinking water, sprinkle it on wounds, etc. This will directly contribute to their better health.

In all these applications to strengthen and balance health with the Agnihotra fire, the effect can be intensified by also using the Agnihotra ash. In the next chapter you will find some examples of applications. This means you can perform Agnihotra and in addition apply the Agnihotra ash. The cost is minimal.



5.

Agnihotra Ash Preparations

In the ancient science of life, i.e. Ayurveda, it is mentioned that the healing effect of the Agnihotra fire is locked in the Agnihotra ash. Therefore its effect is available in the form of Agnihotra ash. Agnihotra ash cannot be bought or sold, as everyone practices his own Agnihotra and can use the resulting ash for simple applications. Below you will find a number of possibilities for its use but you can be creative and develop your own applications. As Homa Therapy uses only natural substances, please also use only natural substances with Agnihotra ash in your recipes. We would be happy to receive any feedback about your successes so that they can be shared with others who are looking for help.

You can prepare these and many other Agnihotra Ash medicines yourself.

Agnihotra Ash:

The simplest way to use the Agnihotra ash

is in pure powder form. In order to have a fine, readily usable powder, pass the Agnihotra ash through a fine sieve, such as a tea strainer. It is easy to shake the Agnihotra ash through such a sieve or strainer and you will then have a fine Agnihotra ash powder. The bigger, harder parts that remain in the strainer can be given to plants or put into water sources like rivers or lakes. All water sources will be grateful for these healing energies. They can also be put into the compost pile to energize the soil. Wherever Agnihotra ash is placed it gives healing energy.

The fine Agnihotra ash obtained in this way is the basis for all the following applications. It can be used in this form as a healing powder on wounds, insect bites, eczema, skin irritations, burns, blisters, fungal infections, suppurating wounds, open leg wounds, sinusitis, cuts, bruises and all kinds of skin problems. Many people take a pinch of Agnihotra ash orally three times a day with marvellous results. They feel stronger and their bodies detoxify. According to ancient science, taking the ash is the only thing that counteracts radioactivity. You can do your own experiments: for example add ash to water, yoghurt, muesli, etc.

With this Agnihotra ash powder you can try

out many things: You can put a tablespoon full of Agnihotra ash powder into the bath for a special energy bath. You can put a pinch of Agnihotra ash powder in your body lotion, body oil or facial water so that the magnificent effects of Agnihotra ash are readily available. If you do not use any body care product, you can always put some Agnihotra ash powder in almond or olive oil and so create body oil full of energy.

You can also use Agnihotra ash powder in combination with other natural substances.

Agnihotra ointment:

Mix powdered Agnihotra ash with ghee (clarified unsalted cow's butter). Ghee is an excellent transport medium carrying the subtle healing substances to the exact location of the disease. In a vessel suitable for preparing ointments, mix one part Agnihotra powder with nine parts ghee by weight. Agnihotra ointment is used externally for all kinds of skin problems, inflammations, eczema, scars, dry skin, etc. It is used internally for example for heart conditions, kidney problems, etc. Simultaneously rub the ointment externally over the affected organs like the heart or kidneys.

Agnihotra cream:

Combine one part ghee with three parts pure spring or well water by volume. Knead together in a pure copper vessel with the palm of your right hand until the ghee absorbs some of the water. Discard the excess water and add again three parts pure water to the ghee. Repeat this process at least fifteen times. Then combine one part Agnihotra powder with nine parts of this water-ghee emulsion in a vessel suitable for preparing ointments. This cream may be used internally or externally and has a profound effect.

Agnihotra eye drops:

Agnihotra eye drops need to be prepared anew daily. Mix one part Agnihotra powder with ten parts distilled water. This mixture has to be boiled on a low flame for 10 minutes. Afterwards pass the mixture through filter paper, triple folded fine mesh cheesecloth or something similar. The patient may put one drop of the filtered solution into each corner of the eye and rub one drop into the skin beneath the eye several times a day.

Agnihotra suppositories:

Combine seventeen parts Agnihotra ash

powder with ninety-five parts ghee. Heat the mixture until well blended and pour into molds. Solidify in the refrigerator. When necessary it can be cut into a suppository shape and inserted.

Agnihotra inhalation:

Put one teaspoon of Agnihotra ash powder into a pot of boiling water. Retrieve from the stove. Then the patient should keep his head directly above the pot and deeply inhale the steam. To concentrate the steam, the patient should put a thick towel over his head and pot.

Agnihotra compress:

Put one tablespoon of Agnihotra ash into one litre of water. Now take a piece of cloth, gauze or cotton and soak it with this Agnihotra ash water and place it on the affected area of the body. Place a terry towel on top in order to catch excessive moisture, and leave the Agnihotra compress on for 10-15 minutes. Then repeat the process again. Agnihotra compresses can be applied with cold water for a cooling effect on such problems as sprained ankle, headache, calf-wrap for fever, neck wrap for sore throat, angina, contusions and sport injuries etc. But it can also be used with hot

water (as hot as is comfortable) when warmth is needed e.g. liver and gall bladder problems, back pains, heart troubles, etc.

Agnihotra yoghurt tamponade:

Soak a tampon with yoghurt and sprinkle half a teaspoon of Agnihotra ash powder over it. Use the tampon as you would normally during a woman's period. This can be applied 2-3 times a day and has proven to be effective in irritations and fungal infections of the female organs. This treatment is especially useful when combining the yoghurt tamponade with the eating of yoghurt mixed with Agnihotra ash 1-3 times a day. The body then receives extra healing.

Agnihotra cough syrup:

Mix the juice from one lemon with 2 tablespoons of honey and half a teaspoon of Agnihotra ash powder in half a cup of boiled water. Take one dessert spoon of this mixture every hour.

Agnihotra horsetail treatment:

Take 5 teaspoons of horsetail (*Equisetum arvense*) and 1 teaspoon of Agnihotra ash powder in 1 litre of water and boil for 10 minutes. Then filter the horsetail tea and drink whenever

you feel thirsty. You can use the filtered horsetail as an herbal compress 2-3 times a day on the affected body part. You can also use the tea externally for scalp problems, etc.

This treatment has proven very helpful with various internal and external problems and supports your health beautifully.

Agnihotra cabbage wrap:

Take a cabbage (*Brassica oleracea convar*) leaf, remove the stem in the middle and roll it out with a bottle or a wooden rolling pin until it is bruised and the plant cells break open. Sprinkle one teaspoon of Agnihotra ash powder on one side and place this side of the leaf against the affected part. This has proven very successful for pain in the joints or other areas. After 1-2 hours remove the leaf and wash the skin with warm water to remove any toxins drawn out by the plant.

Agnihotra ribwort juice:

For insect bites or other skin irritations you take the leaf of the ribwort (*Plantago lanceolata*), squeeze the juice from the leaves of this plant over the affected area of the skin, and then add a pinch of Agnihotra ash powder. Many people have experienced fast relief with

this treatment.

Agnihotra propolis:

Take propolis and mix it with a pinch of Agnihotra ash powder. This mixture applied externally is especially helpful with difficult to heal wounds. You can also eat it for improved vitality.

Agnihotra water cure:

Put one tablespoon of Agnihotra ash powder in 2 litres of potable water, preferably well water. Bring to the boil and boil for 10 minutes without a lid. Then pour the mixture through a strainer, coffee filter or simply let the ash sink to the bottom and pour the water into a separate container. Now drink this Agnihotra water throughout the day. Many people report feeling stronger and more balanced after drinking the Agnihotra water, and they feel that it is detoxifying.

Agnihotra vitality tea:

Bring water to boil and then let it cool down to 70 °C. Add a teaspoon of green tea for each cup of water and one pinch of Agnihotra ash powder. Let it sit for 1½ minutes and then filter. You can enjoy this green Agnihotra tea as often

as you like and your body will thank you for it. There are many books written about the health supporting qualities of green tea. In combination with Agnihotra ash, all of its effects are optimised and it will greatly benefit your health.

Agnihotra herbal tea:

Prepare a herbal tea of your choice and add one pinch of Agnihotra ash to it. You will experience how much better its effect is.

Agnihotra water treatments:

When using water treatments like wraps, steam baths, steam jets, foot bath, arm bath, etc., you can simply add a tea spoon of Agnihotra ash powder to the water. This intensifies the effect of the respective treatment.

Agnihotra healing bath:

Prepare a bathing concentrate by putting 3 tablespoons of horsetail (*Equisetum arvense*) tea to 1 litre of water and boil for 10 minutes. Retrieve the pot from the heat source and add 1 tablespoon of Agnihotra ash powder and 3 tablespoons of green tea. Let stand for 2 minutes without reheating. Pour the mixture through a strainer and you have a bathing

concentrate which you can put in a full bath. This is a special bath treatment as the herbs together with the Agnihotra ash powder revitalize and care for your skin. This concentrate also has a deep action on internal problems.

Agnihotra relaxing bath:

Prepare your bath and add two drops of essential oil of your choice and 1 teaspoon of Agnihotra ash powder. In this way you can relax wonderfully and gather energy at the same time. Add vanilla if you are stressed and have a hard week ahead, or simply want to relax. Also when feeling fear or sorrow, vanilla is the ideal fragrance for relaxation.

Add rosemary if you want to be quickly alert and energized in the morning. It helps circulation and improves stamina.

Add Melissa (lemon balm) oil if you are looking for balance and inner harmony.

Add Jasmine if you want to experience beauty and joy or just use the fragrance of your choice and enjoy the experience.

One special tip: Put 1 tablespoon of honey with Agnihotra ash powder into the bath and this will nourish and regenerate your skin wonderfully.

Agnihotra mouth care:

This is a wonderful way to detoxify, vitalize and care for the whole oral cavity. Put half teaspoon of Agnihotra ash powder on your toothbrush and brush your teeth and gums regularly with it. Then rinse the mouth. Now take one tablespoon of sunflower oil, sprinkle some Agnihotra ash powder on top and then swill this mixture around in your mouth for about 2 minutes. Then spit out the oil as it will have absorbed toxins from the oral cavity. Brush your teeth as usual.

In case of toothache or if a tooth has to be extracted, you can put plenty of Agnihotra ash powder on that spot for relief and as an aid for the body.

Agnihotra massage oil:

Choose massage oil and add half a teaspoon of Agnihotra ash powder and shake it well. Now the oil is ready to be used and you will experience how much better it works for you. The functioning of the skin is improved and the whole skin surface is energized. You can use this massage oil not only when the body feels under strain, but it also helps with colds, pains, etc.

Agnihotra ghee wrap:

Pour sufficient warm ghee (clarified butter), as hot as is bearable, on a compress or lint and sprinkle some Agnihotra ash on top of it. Then place this pack on top of the affected body part and let it work for 30-60 minutes or longer. You can place a towel over the pack to protect clothes or wrap a bandage around it to keep it in place. If you want to intensify the effect of the wrap place a hot water bottle on it so that it remains warm. You can use Agnihotra ghee wraps on the chest for cough or bronchitis, for liver and gall bladder problems and heart pains. Place it over the corresponding area.

Agnihotra condiment:

Take a little bottle of healing spices (e.g. ginger, turmeric, galangal, horseradish, cumin nutmeg, fennel, dill, curry etc.), add half a teaspoon of Agnihotra ash powder and mix well. Season your food with it and benefit from the energy of the Agnihotra ash.

Agnihotra Thallaso treatment:

Use a Thallaso treatment of your choice (bath, partial bath, wrap, hair treatment, peeling etc.) and add one tablespoon of Agnihotra ash powder. Now observe how the

effect is magnified.

Agnihotra hair care:

Use 2 tablespoons of horsetail (*Equisetum arvense*), 1 teaspoon of Agnihotra ash powder and 1 litre of water. Boil for 10 minutes then strain the mixture through a sieve or folded cheesecloth. Massage your scalp gently with this water for three minutes in the morning and evening. This has worked well for scalp problems.

Agnihotra wheat grass juice - a perfect fountain of youth:

Place the wheat grains together with some Agnihotra ash powder in a flower pot, tray or directly into the soil in the garden and let them grow to hand height. Also put some Agnihotra ash powder into the watering can. When the grass has grown, cut it and chew it together with a pinch of Agnihotra ash powder so that the wheat grass juice is optimally absorbed. Spit out the grass fibre afterwards. You can also extract the wheat grass juice, add a pinch of Agnihotra ash powder and drink it immediately, before the active substances oxidise and lose their effectiveness. This is a very effective method to rebuild or maintain good health due

to a wide variety of highly energetic and vital substances that wheat grass possesses. The young light activated wheat grass is full of goodness and the body immediately absorbs it. Please use only the first cut of the wheat grass, as in the second cut the concentration of the vital substances is diminished.

Agnihotra sprouts:

All those seeds and grains that can be eaten as sprouts are even more effective when a pinch of Agnihotra ash powder is placed in the water for watering. In this way the sprouts become more energized and can be added to salads or vegetables.



6.

Health Problems and Homa Therapy Applications

According to ancient science and the reports of people's experiences, it is recommended to perform Agnihotra twice a day, at sunrise and sunset and to take a pinch of Agnihotra ash orally 3 times daily to boost your health. But you can also add to your regime. (The previous chapter shows how to make the preparations for the following health problems.)

Allergy:

Drink Agnihotra wheat grass juice 4 times a day and avoid any food containing animal protein (milk, butter, cheese, etc.) Instead eat plant proteins like tofu, soy products in general, legumes, etc.

Fear:

Perform Agnihotra at sunrise and sunset, if possible in the bedroom, and take half a teaspoon of Agnihotra ash powder with Melissa

(*Melissa officinalis*) tea 3 times a day. Put plenty of vanilla in your desserts.

Eye problems and age worn eyes:

Apply 3 times a day 1 drop of Agnihotra eye drops in each eye and rub one drop on the skin below the eye.

Depression:

Drink St. John's Wort (*Hypericum perforatum*) tea with one teaspoon of Agnihotra ash powder 3 times a day. Season your food with sufficient fennel. It is important to walk every day at least 30 minutes outside, best before 10 am or after 4:30 pm.

Diarrhoea:

After each bowel movement take 1 teaspoon of Agnihotra ash powder with a little water.

Cold:

Take every hour one tablespoon of Agnihotra cough syrup.

Fever:

Put Agnihotra ash powder in water and apply cold wet packs on the calves. Renew

every 15 minutes. Additionally drink cherry juice with Agnihotra ash powder.

Heart- Blood circulation:

Gently massage Agnihotra ash powder over the heart area 3 times a day and drink hawthorn tea (*crataegus monogyna*) with Agnihotra ash powder 4 times a day. Season your food with galangal.

Skin problems:

Apply Agnihotra ash powder or use Agnihotra ointment or Agnihotra cream 3 times a day.

Strengthening the immune system:

Drink Agnihotra wheat grass juice three times a day. Season your food with sufficient fresh grated horseradish or horseradish powder.

Liver/ gall bladder:

Apply an Agnihotra ghee compress over the kidney on the upper abdomen, and place a hot water bottle on top. Take a lot of bitter herbs like dandelion (*Taraxacum officianale*), artichoke (*Cynara scolymus*), wormwood (*Artemisia absinthium*), lady's thistle (*Silybum mananum*), etc.

Lung problems:

Agnihotra inhalation 4 times a day.

Kidneys:

Apply Agnihotra ghee compresses over the kidney area and drink 3 litres of Agnihotra ash water during the day.

Fungal infections:

Powder with Agnihotra ash 4 times a day. For the female organs apply several times a day tampons soaked in yoghurt and sprinkled with Agnihotra ash powder. If possible eat lots of yoghurt at the same time.

Psychic problems:

Perform Agnihotra at sunrise and sunset. Take 1 teaspoon of Agnihotra ash powder with St. John's Wort tea 4 times a day. It is important to take care of your liver (see liver application). Walk or do gentle jogging outside every day for at least one hour, preferably before 10 am or after 4:30 pm.

Radioactivity:

In the ancient knowledge it is stated that Agnihotra ash is the only remedy for radioactive pollution.

Back pain:

Place your back on a cushion filled with wheat grain mixed with one cup of Agnihotra ash powder at night or when you experience pain.

Insomnia:

Perform Agnihotra in the bedroom and take half a teaspoon of Agnihotra ash powder with 1 teaspoon of honey in a glass of milk before bedtime.

Pain:

Apply an Agnihotra ash water compress and renew it every 15 minutes or powder the affected part with Agnihotra ash, repeat 3-4 times a day.

Weakness:

Take Agnihotra wheat grass juice 3-4 times a day with a teaspoon of honey. During the day drink wormwood tea frequently with a pinch of Agnihotra ash powder.

Hyperactive children:

Perform Agnihotra at sunrise and sunset in the child's bedroom and have him take 1 pinch of Agnihotra ash with water 3 times a day.

Tumours (growth):

Boil 1 litre of water with 3 tablespoons of horsetail (*Equisetum arvense*) and 1 teaspoon of Agnihotra ash powder for 10 minutes and then filter. Drink this tea as a treatment over several weeks. The filtered herbs can be used as a compress on the affected parts of the body.

Further health problems:

We have made the effort to put further information at your reach. Please visit our websites:

www.agnihotra-medicine.com

www.homatherapy.de

www.terapiahoma.com

www.homatherapy.com

Another hint:

Perhaps you have pets or farm animals. You can put Agnihotra ash powder in the animal's drinking water or also in the birdbath in your garden. You can also use the above mentioned applications on animals. They will surely thank you for it.



7.

Homa Therapy and Drug Deaddiction

(The following chapter is excerpted in entirety from the book *Homa Therapy - Our Last Chance* by Vasant Paranjpe.)

In any drug program the immediate objective is to break the physical and psychological dependence on the drug. Forced abstinence in a controlled environment when the person is willing may be a good beginning. If the willingness is lacking then there is more resistance and more painful withdrawal syndrome. In either case, a way has to be found to fortify motivation to do away with drugs. When we talk of motivation we bring in the mind factor. In HOMA Therapy the mind gets help by a material process based on copper pyramid fire energies which help motivation; hence, this program can be used independently or along with any other treatment module which does not involve substituting one drug for another.

HOMA Therapy treats mind as subtle matter. It is stated that by inducing beneficial change

in the physical environment the mind can be molded. HOMA Therapy makes use of the special healing energy manipulations available on nature's rhythms corresponding to sunrise, sunset, full moon, no moon, etc. and the instrument of harmonizing these energies, i.e. the copper pyramid fire called Agnihotra and other HOMAS. No medicine is required to substitute for the drug.

In any psychotherapeutic approach to rehabilitation programs for addicts the following things have to be noted:

1. Removal of physical addiction.
2. Removal of psychological dependence even when the addict is asymptomatic.
3. Rebellious attitudes bordering on the punitive developed during and prior to therapy.
4. Steps to reduce withdrawal pains.
5. Persistence of urge for drug although the desire is reduced.
6. Subconscious pressure to indulge in imagery of pleasing experiences acquired during drug intake stage.
7. Eliminating the emotionally insecure state of the person and leading him to better health and habits.
8. To make social interaction smoother and

increase efficiency in work, etc.

9. To help him stand on his own two feet by inculcating habit patterns that lead to make mind full of love towards all.

The conditions, under which the above things need to be achieved, are usually not extremely favourable, e.g.:

Poor family ties and lack of cohesion between parents.

Inadequacy of resources and trained personnel, considering the magnitude of the problem worldwide.

Extreme pressure from polluted atmosphere on the mind, which leads to anxiety, tension, anger, insecurity and family quarrels even for normal families.

Drugs and pushers have infiltrated all strata of society irrespective of income brackets or age groups.

Close connection between method of using spurious drugs and vulnerability to disease directly or by getting pushed into the vortex of violence, sex, etc.

Confusion of ethical standards, hypocritical or otherwise, to look forward to in a permissive society that is trying to reverse the trend and trying to get back into some moral mode.

Violence and fear that seeps through all society at present.

Increasing incidence of disease, etc.

We may be reluctant to admit but if we look a little deeper, we find that a normal human in any society is in one way or other in the addiction game. He is driven by acquired habits that are detrimental. He is a victim of his own anger, greed, lust, jealousy, desire, temptations, pride, etc. He is driven like the proverbial donkey and the carrot experiencing the illusory enjoyments of bitter sweet fruits that life offers him. For all such people the prophets and saints have offered a simple formula, 'Love thy neighbour as thyself.' When we talk of *Love* we bring the mind factor into operation.

Ancient science of medicine called AYURVEDA states that disease that appears on the physical body may have a cause in the thought patterns and mind of the person. In any case, treating the mind to react with *Love* every moment helps to set up healthy life patterns and helps to acquire new sets of habits replacing old ones. Treating the mind is highly recommended with or without treatment of medicines.

In HOMA Therapy drug addiction program we are taking the biggest help from nature's cycles, their effect on mind and the potential of copper pyramid fire called Agnihotra to mold the atoms of mind and help make it full of love. Hence the role of the therapist becomes reduced. Agnihotra copper pyramid fire which takes a few minutes every dawn and dusk effects a beneficial change in the atmosphere and the atmosphere brings about a change in the mind of a person who is in that atmosphere. The patient needs only to come into this atmosphere and automatically his tension and anxiety are removed in a short time and he begins to get motivated to become better. A whole group of people could be treated simultaneously this way with practically no expense.

In any traditional treatment mode the role of the therapist is primal. If the therapist himself is in a troubled state of mind, his treatment mode is going to be seriously affected. In HOMA Therapy mode anyone can perform this copper pyramid fire and an assured result takes place. Most of the effort is taken over by nature, which is a great help. Especially for rehabilitation after removal of physical addiction, the patient takes big strides in

recovery in HOMA Therapy mode of treatment.

Hundreds of people on all continents have benefited from this type of treatment in their own homes, thus eliminating any expense from public funds.

Group Treatment Plan

Requirements:

1. One room in a house to accommodate a small group where exactly at sunrise and sunset Agnihotra copper pyramid HOMA is practiced by one person who may be a therapist, a staff member or a patient.

This room is to be kept as a room of silence except for certain Mantras and Agnihotra fire.

The persons to be treated may face West. The performer of HOMA faces East.

If such a room is located in the center of a garden it will help the garden grow. Also the feedback effect of Love from plants which have become happy due to HOMA Therapy will help the minds of the patients.

2. A larger room wherein OM TRYAMBAKAM HOMA is practiced for at least four hours or more daily. People can take turns to do the HOMA. The therapist or staff members can

share the performance of this HOMA. If patients wish to participate in performance of HOMA they may be allowed to do so.

On full moon and no moon days, if possible, round the clock twenty-four hour HOMA should be done.

3. If anyone wishes to live in this atmosphere for a few days or weeks, some rooms will be required. The person needs to be given a structured program for the day, based on HOMA.
4. With the approval of a medical doctor a vegetarian diet plan and a detoxification plan involving fruit juices and no medicines could be worked out in each individual case.
5. A small and simple program for yoga exercises depending on the individual can be set up.
6. A simple breath training program to suit individuals can be arranged.
7. Classroom lessons about diet, vegetable cookery, HOMA Therapy gardening, etc.
8. Material and mental exercises to help the person:
 - (a) inculcate the habit of sharing part of his possessions with others with a view to achieve a little detachment from material possessions and their losses.

- (b) become better manager of his physical and mind energy while dealing with day to day affairs.
- (c) perform always actions full of *Love* and service to others which would help make his life's journey a joy, eliminating bitterness, jealousy, etc.
- (d) understand that he has to achieve perfection in life and how it can be done by trying to know himself.

For assistance to set up such programs one may write to any of the addresses at the end of the book.

The above program is taught in all continents by volunteers who work free. There is no organization to join, no membership, no fee, no religious bias, no spiritual group to look to for guidance. Make your mind full of *Love* and automatically you become a better person.

Another important topic is help in the penal system. Homa Therapy can be applied to provide essential support and help for everyone involved; it can help victims overcome traumatic experiences, perpetrators to return to normal social behaviour and caretakers to receive support in handling conflicting situations and people.

8.

Health from Your Kitchen and Garden with Homa Therapy

In order to look after our health we must take care to eat healthy, organically grown food. The more vital energy the plant can receive from nature, the better it can transmit this potency as food. If plants grow in Agnihotra atmosphere they can obtain more vitality, medicinal potency, and nutritional value which can be passed on to us. Would you like to start a small 'energy garden'? It is very easy. You can decide how small or big you want it. The simplest and most energetic foods can be obtained from sprouts. Take the corresponding seeds and water them with Agnihotra ash water. Now you have special energized sprouts which you can use with any meal and which will supply you with wonderful vitality. Use in salads, with vegetables, soup, rice, and on bread. You can supplement any dish with this high quality bioenergy. Extend your energy garden by placing pots or balcony boxes in the kitchen or at the entrance of your home and here you can grow wheat for wheat

grass juice or you may like to grow culinary or healing herbs. Sow the seeds together with Agnihotra ash and sprinkle Agnihotra ash around the rootlets of seedlings when planting and always water with Agnihotra ash water. Plants can grow more vigorously and build up more vitality with the help of Agnihotra atmosphere, Agnihotra ash in the soil and with Agnihotra ash water. Your health will thrive from partaking of these 'Homa plants'. Just try it; they may become your very own personal life elixir!

Once you experience its beneficial effects and if you enjoy plants, you can expand your special garden. Perhaps you would like to grow some fresh salad items or improve your strawberry patch. It is a joy to watch plants growing in Agnihotra atmosphere and to experience how they maintain our health or in case of sickness, give us the gift of health. You may also like to decorate your energy garden. Maybe you have a beautiful stone, a seashell or a pinecone at hand. You could use a little sea sand and a small candle to create a small oasis, or a small water bowl displaying a floating blossom. Create for yourself a wonderful oasis full of vitality and joy!

9.

Further Homas for Your Well-Being

The person who performs special purpose Homa Therapy or any other Homa Therapy must be a regular practitioner of the simple sunrise/sunset Agnihotra HOMA as Agnihotra creates the basic healing cycle around his physical body, Prana sheath, mental sheath, etc. Prana is life energy that pulsates through us and connects us with the cosmos.

Atmosphere, Prana and mind is the nexus to transpose the healing effect of atmosphere to the realm of the mind. Any change induced in the atmosphere automatically affects Prana. Prana and mind may be considered as two sides of the same coin. When atmosphere is polluted there is so much tension and pressure on the mind. If by using the material aid of HOMA fires we can bring about a beneficial change in the atmosphere the benefit goes to the mind.

Some people like to burn incense in their room. As soon as they light the incense they

begin to feel better. A little change in the atmosphere has an effect on the mind. Someone living in a crowded city wants to go to the country and spend a day there. A small change in the atmosphere makes him feel happy. Practice of Agnihotra HOMA fire brings about a terrific change in the atmosphere by ushering in purity and Love; mind, which is subtle matter, is molded accordingly. Our anger, lust and greed become less and the tension exerted on the mind by these behaviour patterns is reduced.

To strengthen the healing effects created in an area by regular practice of Agnihotra Homa, one can practice two simple HOMA fires if he wishes.

- a) Vyahruti HOMA
- b) Om Tryambakam HOMA

Vyahruti Homa

This HOMA can be done at any time of the day or night except the times specified for Agnihotra HOMA fire, i.e. sunrise and sunset. Here we prepare the fire in the same way as Agnihotra Homa. There are four Mantras. After each of the first, second and third Mantras add a few drops of ghee to the fire. After the fourth

Mantra add a teaspoonful of ghee to the fire.

This HOMA can be done before you start any gathering or meeting. It creates a nice atmosphere for the people who attend.

This HOMA can be done by a single person, a family or group in a house. Try to meditate or at least sit in silence till the fire is extinguished or for a little longer if you wish.

OM Tryambakam Homa

In this HOMA there is only one Mantra and after the word SWAHA , you add a drop of ghee to the fire. Repeat the Mantra and again add a drop of ghee. You can do this for any period of time continuously. However, if it is sunrise or sunset time while you are doing this HOMA then actually at that time you utter Agnihotra Homa Mantra and add the mixture of rice and ghee to the fire as stated in Agnihotra HOMA procedure.

It is good if one can do this HOMA at night in a room where a child is sleeping. It has a good effect on the child. There are thousands of people in all continents who practice this HOMA regularly in the evening for fifteen minutes in their homes.

For HOMA Farming this HOMA is done for four hours consecutively by people taking turns. If a new person sits for fifteen minutes he would

like to sit for a longer period next time as he experiences the healing effect. As stated before this HOMA can be done in a place where Agnihotra HOMA fire is practiced regularly.

In U.S., Europe, Asia, Africa and Australia there are hundreds of places where this HOMA fire is kept for several hours a day. If this HOMA fire is maintained round the clock continuously, a terrific healing effect takes place. People can take turns by the hour. Some may sit for two to three consecutive hours at a time. If scientists would like to check, they would find a very strong magnetic field around this place. This is from the Homa and has a direct effect on the weather. This can easily be proven as stated in ancient texts.

If there are enough people available they can perform twenty four hours Om Tryambakam HOMA on full moon and no moon days. Full moon, no moon is a very special cycle which has terrific impact on the mind and plant kingdom. The word 'lunatic' meaning a mad person comes from luna meaning moon.

May be a difficult day is in store for you, or perhaps there is much sorrow in your life? Try to do a Vyahruti Homa in the morning before you leave home or even do one hour of Tryambakam Homa. Many people have

experienced that by doing this their day flows more easily, that problems are solved more readily.

Perhaps you have an important meeting, a difficult negotiation or an urgent interview? In this case you can do a Vyahruti Homa in the room where the meeting will take place. It will relax the situation for everyone. Just try it and see.



10.

Homa Therapy with The Doctor and in The Clinic

The doctor is the specialist in questions regarding diseases. He has a lot of experience and is constantly in contact with health problems. The atmosphere of disease is intensified in the clinic due to a concentration of various diseases, where there are very sick, extremely ill or even dying people. According to ancient knowledge Agnihotra fire can help to unburden doctors and patients, supplying optimum energy for both. Also the atmosphere is purified reducing the effect of pathogenic bacteria. If Agnihotra is done beside the sickbed or in the doctor's office it can provide remarkable help. Agnihotra even helps a dying person, family members and others so that the transition is more peaceful and smooth.

A therapy room, where Agnihotra HOMA is performed at sunrise and sunset, could be set up in a doctor's office or clinic. Silence should be kept in this room. Chairs or day beds could be placed in the room for resting. Here

anybody, no matter if it is a doctor, patient, nurse or visitor can refill their energy tank and improve his or her health. Sitting regularly in this atmosphere can enhance any treatment the patient is undergoing and also contribute to a happier work force.

Agnihotra HOMA can also be used in delivery rooms. In intense situations like giving birth, HOMA Therapy supports each person within the atmosphere in a smooth, natural and relaxing way. HOMA Therapy is truly a magnificent method, custom made and universally applicable.



11.

HOMA Therapy Stress Management, Health and Environmental Protection in The Work Place

Nowadays, each working person, no matter whether employee or employer, is exposed to a very complex work situation and much environmental pressure. More is required of the person, economic situations are getting more difficult and everybody experiences more stress. At the same time optimal performance is expected. This exacts a heavy toll on health. Today, it is well known that stress, noise, computer work, cellular phones, etc. cause disease, but we often have no choice as it is not always possible to change the working situation. But what we can simply and effectively do is strengthen the immune system and reinforce our resistance to disease, so that regardless of the circumstances, people can be healthier and come to work with better motivation and more joy.

Create an 'energy source' for all employees, an 'oasis of recreation', a place

where anyone can relax and refuel. You decide how big this place will be. It can be just a corner in a quiet place, a section of a room or an entire room, depending on the situation. What is most important is the performance of Agnihotra HOMA to bring about a healing atmosphere in this space. The timetable for sunrise and sunset timings and all the necessary Agnihotra ingredients should be readily accessible, so that anyone having the time can perform Agnihotra and thereby benefit the whole company. Now you are equipped with a most vital energy source for the atmosphere and everyone.

If you like, you could design the room to your taste, by may be having several chairs for recreation, and some flowers or plants to create a relaxing atmosphere. You could perhaps have a small fountain to provide moisture and a pleasant water display, play relaxing music and decorate the room in soft pastel colours. In this way you create an oasis for recuperation, where you can rejuvenate from a stressful day and where the body can be equipped to deal with all the demands placed on it. Environmental pollution is neutralized, and everybody will be more motivated for success because they

feel peaceful and happy. Build a successful business by providing an optimum atmosphere and environment. Apply modern health technology from the ancient science of bioenergy for your success!



12.

HOMA Therapy in Kindergarten and School

The youth are our future. The whole society depends on children having a wholesome childhood and thus making a viable future possible. In one way or another our future depends on how our children develop. However, these days life is often difficult and not so happy for our children and youth.

With Agnihotra HOMA and HOMA Therapy the power is in our hands to help each child to have a happier and more fulfilling day. The child's constitution needs to develop in a healthy and correct way. It is a very special and important aid to children if they can participate in Agnihotra HOMA and live in a HOMA atmosphere. This will aid emotional balance and physical health. It would be wonderful to perform Agnihotra HOMA and other HOMAS in kindergarten and school with the children present. Everyone will benefit from this; children, teachers and educators. With small children Agnihotra can be integrated playfully

in their daily schedule, while older children like to practice Agnihotra Homa themselves. Give this great opportunity to the young and observe the emotional stability and progress of the children!

The Agnihotra HOMA fire is a tremendous help especially with hyperactive and handicapped children and their parents.



13.

HOMA Therapy and Sports

Today many people find enjoyment and balance through sports. There are many professional sportsmen who take care of their lifestyle in order to gain maximum performance in their category. For any sport following two things are going to help:

- 1) Agnihotra HOMA fire at sunrise and sunset. Why? Because for every athlete respiration and motivation are an essential component for success. With Agnihotra HOMA your very breath produces more energy, the body absorbs oxygen better and is availed of detoxified air, charged with energy. Therefore the brain and all body cells can work much better. Also it has been shown that in Agnihotra HOMA atmosphere one is further motivated to reach for higher goals.
- 2) Through the daily intake of 3 tablespoons of Agnihotra HOMA ash powder the body

is detoxified, purified and supplied with vital elements. It can therefore function better in all areas.

Test your personal secret for success and test the power of HOMA Therapy to your advantage!



14.

HOMA Therapy and Music

Modern science has shown through investigation that harmonious, soft music is very helpful for good health and has healing effects on the human organism. You can now buy 'sound cures' on CD's for any ailment. Since music uses air as its transportation medium, it has a better, more beautiful and happier effect when the atmosphere is pure, charged and detoxified, regardless whether the music is used for enjoyment or healing purposes. Agnihotra HOMA and Agnihotra HOMA atmosphere enhance and deepen the effect and beauty of music and draws out the inspiration of the musician. This effect can be added to with the use of colour and light. This way you can experience Agnihotra HOMA atmosphere music as happier, more beautiful and more healing.

Through the intake of Agnihotra HOMA ash it has been observed that the speech and singing of the human voice are improved.

15.

Fivefold Path for Happy Life

HOMA Therapy—is a science of purification of the atmosphere through the agency of FIRE. AGNIHOTRA HOMA is the basic HOMA. It is tuned to the biorhythm of sunrise/sunset and gives nutrients to the plant kingdom, removes diseases in a certain area and removes tension on the mind. This is the basic process of the science of medicine, agriculture, climatic engineering and interplanetary communication.

Daan :

Sharing of your assets in a spirit of humility. This corrects imbalance in financial matters and non attachment to worldly possessions.

Tapa :

Discipline of body and mind. This is conducive to a change in attitudes of mind and body. It results in a harmonious state of mind.

Karma :

Always practicing good Karma (actions) diminishes the burden of negative Karma and one begins to invest in his own future. This means that what you do today will bring its fruits. Sowing seeds of love and kindness will bless my garden with plenty of love.

Swadhyaya :

Self study. If we really want to find answers, ask Who am I? What is my goal in this life? This brings, as a result, peace of mind, if our life is directed towards HIS DIVINE WILL. 'Not my will but Thy will be done'.



16.

HOMA Agriculture for Good Health*

HOMA Farming is a system of agriculture that may be added to any organic farming practices.

With chemical fertilizers and pesticides it becomes necessary to increase the dosage and strength or alter formulas as years go by. Then a stage comes when nothing grows unless you use them. If you do use them they ruin the soil and subsoil water. The harmful chemicals are ingested into the body when we eat food grown under these conditions. Then a few years later nothing grows at all and land that was once fertile and produced abundant crops has to be abandoned. These are some of the reasons why several communities started thinking in terms of organic farming and biological pest control. This worked for a while

These are excerpts from Chapter 6 of the book HOMA Therapy—Our Last Chance by Vasant Paranjpe.

but as the pollution content of the atmosphere increased and things got compounded, organic farmers came into terrific difficulties.

With increased doses of acid rain the top few inches of soil on Earth are likely to be totally destroyed so that nothing will grow. The answer to our ills lies just six inches beneath the surface of the Earth. HOMA Therapy Farming is the way out.

The following paragraphs are based on ancient knowledge from the Vedic science of Agriculture as handed down by seers from times immemorial. How the seed is to be treated, when the seed is to be planted, how to nourish the crops, how to harvest, when, is all contained in this ancient treasure house of knowledge. All the scientist has to do is to tap into this source.

Plant Structure and Physiology

Plants grown in HOMA Therapy atmosphere evolve networks of veins that are cylindrical and larger than normal, permitting water and nutrients easier movement to all parts of the plant. This helps growth and reproduction cycles. Also, it helps in the production of chlorophyll and plant breathing, thereby helping the oxygen recycling system of nature.

If slides are prepared they will show the difference in cellular structure in plants bred in HOMA Therapy atmosphere as compared to those which are not.

Subtle energies begin to have more obvious effect on plants now. It can be easily recorded if some scientists want to put their minds to it.

A change in the nuclear structure in plants due to pollution makes it impossible for humans to extract nutrition to survive unless plants are grown in Agnihotra HOMA atmosphere with Agnihotra HOMA ash. Then the plant defies changes and maintains its place in the balance of nature.

The pathological structure, nutritive structure of plants are changing. By practice of Agnihotra HOMA much of the nutrients, taste and above all a new highly beneficial ingredient are packed into a small area, giving satisfaction (in the sense of quality and quantity) and health. The taste, texture, color, size of kernel which is the seed become excellent.

The root system in plants changes due to HOMA Therapy atmosphere. Roots stay small and less troublesome due to the extreme quality of nutrients the plant extracts from the soil.

A new phenomena is noted in HOMA

Therapy Farming with respect to soybean crops. It will be beneficial to farmers and gardeners to set aside part of their planting area for soybeans where possible. When using HOMA Farming techniques a strange situation occurs with respect to the pathological structure of the legume. A chemical reaction occurs whereby antibodies are introduced into the body by the ingestion of soybeans. This will help combat several diseases, some of which medical people are aware of and some of which are yet to occur. This will only occur where HOMA Therapy is used and it is given by Grace.

Plant Functions

When HOMA is done in the garden or under a tree the effect of the smoke first goes to the leaves. The smoke acts as a catalyst for the generation of chlorophyll in terms of a chemical reaction which can easily be shown to someone by a botanist who may choose to study the subject.

HOMA atmosphere, especially that of this concise Agnihotra HOMA, acts as a catalyst on plant metabolism, causing the plant to reach for the nutrients it needs, necessitating strength and then yielding the nutrients, giving the plant

health and allowing it to more efficiently blend with the ecological balance of things.

The root system of a plant is like Nadi.* It draws its energy from a source and, if it has developed properly, it distributes the energy and nutrients throughout the plant, permitting harmonious and equivalent growth. When HOMA is performed properly it helps carry the nutrients equally throughout the plant by its vascular system. It does the same things to humans, on the subtle level.

Crop Yield

When growing plants in Agnihotra HOMA atmosphere do not necessarily expect the plants themselves to become large; instead observe the size, quality and appearance of the vegetable, fruit or flower. All the energy of the plant goes towards yield because by performance of HOMA we make the plants happy.

Energy patterns of plants are arranged in such a way that when HOMA is performed the injection of nutritional content into the

* Note: Nadi system mentioned in ancient texts may be described as something like the nervous system but more subtle, and can be found on the subtle body of humans.

atmosphere helps shape and mold these patterns harmoniously so that the result is fantastic yield and excellent quality. Agnihotra is the basic HOMA.

A strange phenomenon occurs when plants are bred in Agnihotra Homa atmosphere. An aura-type field of energy is generated from the plant and exists around the plant while Agnihotra HOMA is performed in its proximity. The field contains nutrients and vibrations of Love. The plant is continually able to draw on this resource that is given by performance of Agnihotra HOMA in the area. This gives the plant the ability to maintain maximum growth and yield levels. At the same time a feedback of Love is given to the area, helping to negate the effects of thought pollution.

Fruit trees will yield fruit double the usual size and with twice the meat if Agnihotra HOMA and other HOMA are performed regularly in the orchards. Orange would be a good fruit to begin with as it will quickly, almost immediately, give results.

Tangerine or orange trees will show good results with HOMA experiments. It will be easy to see quickly with either of these species. Pear trees will bear sweeter fruit in Homa atmosphere.

Thousands of farmers are doing HOMA Organic Farming in Amazon region of Peru, South America and they have coined a new slogan: “To eradicate poverty use HOMA technology.”

Soil

Soil in HOMA Therapy atmosphere holds moisture better than any soil. It is due to the ghee and the feedback of the HOMA Therapy on the atmosphere. When the nutritional rain comes, the nutrients and moisture are sustained as a unit in the soil. This makes for better quality vegetation. It seems fantastic but it is true.

In HOMA Therapy Farming, the result of the HOMA process is that something physical interacts with the soil making the nutrients already there more potent. When nutrients are absent, the HOMA process achieves cultivating the growth of nutrients necessary for healthy plant life.

In Agnihotra HOMA atmosphere the metabolic process of plants is sped up. It is the ghee used in Agnihotra HOMA process that is the catalytic factor and on more subtle level the Mantras interacting with the combined effect of the burnt ghee and rice. This combination

enters the soil after returning from the solar range. It enters the plants by, one might say, attaching itself to minerals and water absorbed by the root system of the plant. The ghee acts as a catalyst creating a chemical reaction with the plant aiding in enzyme and vitamin production and encouraging and increasing the cyclic rate. In other words the plants mature faster, taste better and are better just by mere performance of Agnihotra HOMA in the garden.

Aeration of soil, of course, is an important part of gardening or farming. If HOMA ash is placed on top of soil before it is tilled or cultivated it does a lot to help nourish the plant and make the plant happy. It is important to make the plant happy as that is the way the plants can start to give us the feedback effect of Love. The more love you put into the farm or garden, the more HOMA is performed, specifically revolving around Agnihotra HOMA, the greater the vibrations of Love will be in the area and the happier the people will be. Also the greater and tastier the yield will be.

Agnihotra and Agnihotra ash, when put on the soil, help stabilize the amount of nitrogen and potassium present.

Trace elements in the soil are changing drastically. Trace elements are important to

plant growth and maturation. HOMA Therapy farming is the way out. With HOMA Farming it begins to become important that all phases of nature work in harmony.

Trees begin to lose their hold in the ground. The soil is having difficulty supporting life. Trees tend to fall over. HOMA and HOMA Therapy nourish the ground.

The entire ecological system is benefited by HOMA. For example, earthworms are able to generate more moisture in the soil due to performance of HOMA Therapy. The HOMA Therapy makes them happy and their hormone secretions increase, thereby benefiting the soil and therefore the plants that live in the soil. The earthworm is important to farming. HOMA atmosphere increases the hormones in earthworms involved in their reproductive organs and helps multiplication of the species, which in turn helps the soil to become more rich.

Chemical fertilizers will prove less effective. There will be more government regulation to guard against health hazards. HOMA Therapy Farming is the answer.

Reproduction

Some fruits begin to increase their

reproductive cycle if Agnihotra HOMA is performed in proximity to where they are grown. A plant's strength depends upon the nutrients of the soil and atmosphere that surrounds it. Science perhaps does not lay so much stress on atmosphere but it is one of the biggest factors due to the oxygen recycling system. Also if the atmosphere is filled with nutrients the plant becomes especially happy when this is done by HOMA Therapy process. This helps increase the number of seeds, the number of fertile or potentially fertile seeds germinated. Also the period of germination is helped and the quality of pollen produced is improved. The whole reproductive cycle of the plant is benefitted by HOMA Therapy atmosphere. The whole ecological system is changing. The reproductive cycle of plants is changing. This affects the bees and therefore their ability to perform their role of pollination is inhibited. This adversely affects the ability of plants, especially certain vegetables, to yield and propagate.

Help for the Environment

The principles of life must be restated now on this Earth. Everyone must be made aware that HOMA Therapy is necessary to survive. We withdraw nutrients from the environment. They

must somehow be replaced. HOMA Therapy is the means.

Elements begin to change. Somehow, due to a magnetic-like pull set up where HOMA Therapy is performed, the elements required to make certain life sustaining essentials are again attracted to the planet by manifestation of some other mode of transference. Some may even come from other planets.

When Agnihotra HOMA is performed there is turbulence of electricities and ethers created by the combination of Mantras and fire that extends all the way to the solar range. This turbulence leads to a quick upheaval of the nutrient structure in the area.

More people should begin to perform Agnihotra HOMA under a tree. This makes the tree happy and the tree dances and sings. Also the birds are much attracted to Agnihotra HOMA. It is healing to them. HOMA trees will soon begin to grow. They will be a species in themselves. They are now generating in intense HOMA atmosphere.

Nature is in total turmoil; so much destruction is coming now. We must saturate the atmosphere with nutrients. Ghee is the vehicle. Mantras are the power. HOMAS must be done now on a large scale.

The Earth has been robbed of its elements by pollution. HOMA Therapy can replace these things which are vital to all life. The Earth is wasting away. HOMA Therapy is the way to save it.

Insects

Inborn in the honeybee are certain hormones that are produced solely in HOMA atmosphere. This subject is foreign to anything science has encountered so far in this respect. These hormones help the nutritional levels yielded in vegetables and fruits to yield at much increased rates.

Bees are attracted to HOMA atmosphere as the amount of energy they receive from Agnihotra fire helps them perform at a greater level of efficiency. When this is translated to pollination, they can help to increase the yield of crops. This is especially true with corn, tomatoes, berries, fruit and the like.

If a HOMA is going on round the clock in proximity to a garden, that in itself is an effective aid to insect control. The atmosphere becomes saturated with ghee and the plants are able to manufacture a protective coating due to a special chemical combination in their chemical makeup interacting with the ghee absorbed by

the plants by breathing. The HOMA atmosphere also creates something intangible that permits this situation to occur, which is based on the vibrational content of the atmosphere due to the Mantras going on all the time. Insects become immune to insecticides, pesticides, and cold. Line your house with Agnihotra HOMA ash.

Grasshoppers become tremendous pests. There is no way to control them. There is one method according to HOMA Therapy. If you use the spray made of Agnihotra HOMA ash, dried cow dung and distilled water and spread ash on the ground the plant will be spared.

Albino bugs cause considerable damage to crops. They infest the crops through the roots of the plants. These are worm-like or larvae-like creatures. Only way to prevent destruction is to perform Agnihotra HOMA on the farm and put ash around the plants.



17.

HOMA THERAPY FARMING PRACTICES⁴

The following suggestions are based on current HOMA Farming practices in U.S.A., Europe and South America.

HOMA Farming is holistic healing for agriculture and it can be added to any organic farming practice. Intensive farming practices, however, seem to be the most productive and practical. HOMA Farming practices are used in treating the atmosphere, the soil, plants and to prevent / treat pest and disease problems. One can grow maximum yield out of minimum agricultural area and keep the soil fertile, water pure and the atmosphere nutritious by practicing HOMA Therapy Farming techniques.

Treating the Atmosphere

Agnihotra is the basic of HOMA Farming. This should be preformed at a central location

4. Chapter no. 7 of Homa Therapy—Our Last Chance by Vasant Paranjpe.

on the farm or in the garden. If the farm is a large one, Agnihotra HOMA should be done on the four extreme corners of the farm: north, south, east and west. If the farm exceeds 200 acres and if the personnel are there, you can perform HOMA in the interior. Use a lot of cow dung and other ingredients when doing Agnihotra in the garden. Make offerings when the fire is fully ablaze. The Agnihotra HOMA in the garden pyramid is a generator of life-sustaining energies.

If at all possible four hours of OM TRYABAKAM HOMA should be done in the garden daily. This fire enhances the healing energy cycle set up by daily Agnihotra HOMA fires, generating more nourishment into the atmosphere.

Treating the Soil

Composting

One should give back to the Earth that which has been taken. In farming this comes through composting. A compost bin/pile can be constructed according to any method. To this layering of organic materials Agnihotra HOMA ash should be added. Agnihotra Homa

ash energizes the material and it decomposes, given the earth it is treated with subtle energies to aid growth.

Raised Beds

It is probably best to plant in mounds like the Biodynamic/French Intensive method. Mounds allow more food to be grown in less space than many other gardening methods. They also make the garden easier to care for. When the garden is prepared in mounds this becomes a permanent layout of the garden. The beds should be built running north to south, double dug and not to be stepped on again to avoid soil compaction.

Super Soil

Have the soil tested in the garden to find what nutrients and pH modifiers are needed in the soil.

To the top six inches of the soil organic fertilizers, soil conditioners and Agnihotra HOMA ash should be added and worked in. Suggested fertilizers are cottonseed or soyabean meal, rock phosphate and greensand. Suggested soil conditioners are dried cow manure, compost, peat moss and sand. Dolomite lime can be dusted over the

beds according to the recommendation from the soil test and worked in with the above ingredients.

Treating the Seeds

Seed Selection

To begin a garden one may select about 10 crops that grow well in the locality and can be managed easily. After designing a garden according to an organic, preferably Biodynamic/French Intensive method, the appropriate amount of seed may be purchased. Seed should be organic where possible and non-hybrids if one wishes to use the seed from the garden for the future garden.

Vedic Method of Seed Treatment.

Use seeds which have not been treated with chemical.

Treating seeds by the following method can make them more disease and pest resistant and give an initial boost.

1. Place the seed in cups or jars and label each container with the name of the seed.
2. Cover seeds with cow's urine (you may obtain from a local dairy farm) and soak the seed for one or two hours. Make sure that seed mix well with the urine and none

- are floating on top.
3. Drain the seed and cover them in cow dung. Seeds can be mixed with enough dung to coat them thoroughly. The dung and seed mixture can then be spread out to dry on plates, screen or boards.

As some seed cannot survive complete dehydration after having been moistened , it is advisable that the seed/dung mixture be dried until just damp dry. The mixture can then be crumbled easily and sowed down a planting row in the garden or in planting pots or flats. If you are planting a small amount of seeds and if the seeds are not too small, each seed can be wrapped in an individual bit of cow dung.

Seed Planting

When planning / planting intensively one needs to start seeds indoors before the last frost date, plant intensively in the beds and plan / plant for a fall crop. When first starting a garden, it is helpful for future yields if green leafy vegetables are planted in initial stages. This will enable one to grow anything suitable to the climate later on.

Alfalfa can be grown on most farms. It puts

something special in the atmosphere, something more when grown by HOMA Therapy Farming methods. Also try to set aside part of the planning area for soya beans if possible.

Phases of the moon by which we plant have a great deal to do with the success of HOMA gardening. Plant on a no moon day or full moon day, depending on the type of seed planted. Try planting root crops on or before the new moon and above ground crops on or before a full moon day.

When you plant the seeds, try to be full of love, do Mantra, be clean in body and mind.

Plant the seeds with Agnihotra HOMA ash. It can be sprinkled along with the seeds down each row. As you water the newly planted seeds, Mantra should be done.

When transplanting seedlings to the garden be sure to plant them with Agnihotra HOMA ash round the roots. Planting or transplanting should never be done in the heat of the day.

Women in monthly period should never plant or venture near the garden.

Feeding the Plants

Watering

In HOMA atmosphere and with intensive

gardening, watering demands become less, depending on the climate and rainfall. The basic rule of thumb for watering is $\frac{1}{2}$ - 1 inch of water per week. This is roughly two to three twenty minutes sessions of watering a week, minus any rainfall. Consistency is the key.

If hand watering, it is best to allow the stream water to pour off of your right hand onto the plant soil. A pure mind full of Mantra, a heart full of Love at this time is beautifully nourishing to the plants.

Feedings

Soil feedings and foliage sprays are recommended every other week. Agnihotra HOMA ash can be spread on the ground around the plants and on the leaves to help protect the plant from insect damage.

Agnihotra Plant Therapy

To make Agnihotra HOMA plant food solution, put two to four tablespoons of powdered dried cow dung into a gallon of distilled water and mix well. Plants will thrive if watered with this mixture and with love.

A spray solution can be made by mixing two or four tablespoons of Agnihotra HOMA ash to a gallon of water. Let the solution stand

for three days. Then strain through a tea strainer as if you were making ghee. Use the spray to protect the plants from insects and disease.

Pest/Disease Treatments

If a plant has diseased roots, a paste can be made with Agnihotra HOMA ash and a little water. Apply the paste to the infected roots and water the plant minimally and only with Agnihotra HOMA ash-water solution. The plant will quickly heal.

If a plant is diseased, feed the plant with Agnihotra HOMA plant food solution twice daily, just before sunrise and within one hour after sunset. Be full of Love but with compassion, not pity. Talk to the plants, tell them to be strong and get well. At the same time you water the plants with the plant food solution, spray them with the ash-water solution.



18.

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