

**Homa Therapy Talk  
by Vasant  
at  
Art of Living Ashram  
Bangalore, India**

*Perform Agnihotra*



*Heal The Atmosphere*

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# Homa Therapy Talk by Vasant at Art of Living Ashram

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*Bangalore, India, August, 2005*

Homa Therapy comes from Vedas. Vedas is the ancientmost body of knowledge known to mankind. It is given in a language called Sanskrit which was nobody's mother tongue at any time on Earth. All languages of the world have words coming from Sanskrit, but there is not a single word in Sanskrit which comes from any other language. So this is a heritage, a patrimony of all human beings, and this is nothing regional. All this knowledge existed all over the world but in course of time things got lost and now it is being resuscitated to get us out of these polluted conditions in which we find ourselves today.

We find today that, whether we like it or not, whether we wished it or not, we have handed ourselves on a silver platter of technology into the jaws of death. This is the reason why Homa Therapy is now being resuscitated by Divine Will and practised all over the world.

The basic idea in Homa Therapy is "you heal the atmosphere and the healed atmosphere heals you." The basic tool in Homa Therapy is called Agnihotra. Agnihotra is a small fire you prepare in a copper pyramid tuned to the biorhythm of sunrise and sunset. Vedas tell us what is sunrise. What I am telling is not a definition but it is a description as given in the ancient guru tradition of knowledge

coming from Atharva Veda. It is described like this: "At the coordinates of the planet where the sun appears to rise a flood of energy comes from the sun which consists of several types of electricities and subtle energies. It is an inundation which purifies everything that comes in its wake." They say where the sun appears to rise because the sun does not rise and the sun does not set; it is only an appearance due to rotation of the Earth around the sun. We have to catch the first rays of the sun to bring healing effect all over the planet for plant kingdom, also for humans, animals. It is a wonderful tool also in psychotherapy.

We prepare fire in a small pyramid of fixed size. The materials used for preparing this fire are available all over the world. We use dried cow dung (male or female of the cow). Second thing is cow's ghee, only cow and not any other animal. It should be pure cow's ghee. And the third thing is a few grains of rice, as much as you can hold in the tips of your fingers. Actually it is not only rice but it is Akshata. Akshata means with no wound on its body, i.e. unbroken. If rice is broken, both the pieces will have the same chemical analysis, but according to ancient science the subtle structure which exists around that rice is broken and therefore it is not suitable for any type of healing process. Now in India this knowledge is lost but some tradition remains.

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For example, if you go to any village, from Kashmir to Kanyakumari or from Dwarka to Jagannathpuri, anywhere you go, any village, you will find an elderly woman without any education, if she is to cook some food she will call it rice, but for pooja (worship) she will not say rice, she will say Akshata. But actually it has to be Akshata, means unbroken. The word Kshatriya means one who protects the society from getting wounded. So it has to be Akshata. Secondly, it is better to use less polished rice so that the nutrition goes into the fire.

We prepare this fire a few minutes before the moment of sunrise or sunset which is given by the timetable. This service is available all over the world free. When exactly the first ray of the sun comes to your house or your farm it is very easy to calculate now with modern instruments. You keep the fire ready just a few minutes before. Exactly when that moment comes (it is given in minutes and seconds) you do the first mantra:

*sooryáya swáhá,  
sooryáya idam na mama*

After the word **swáhá** you put this rice with a little ghee applied to it into the fire. You keep it ready either on your left hand or on a small copper plate. (Copper or gold are the only materials recommended for this, but of

course gold is out of the question.) So you do this mantra After the word \*\*\*\*\* you put a few grains of rice mixed with ghee into the fire. Then the second mantra is:

*prajápataye swáhá,  
prajápataye idam na mama*

After the word **swáhá** you again put a few grains of rice and ghee into the fire. That completes morning Agnihotra. For the evening the mantras are:

*agnaye swáhá,  
agnaye idam na mama.*

After the word **swáhá** you put a few grains of rice and ghee into the fire. Then:

*prajápataye swáhá,  
prajápataye idam na mama.*

Put a few grains of rice and ghee into the fire after **swáhá**. This completes evening Agnihotra. It is very simple to learn. Anyone anywhere in the world can learn it in just a few minutes. If you miss the timing it will not have any effect.

This Agnihotra can be used as a tool to grow better quality and quantity of food. This is now known as Homa Organic farming. The ash from Agnihotra is extremely medicinal.

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All this was developed by doctors in Germany in the last twenty years after making trials and experiments with several hundreds of patients. They have actually resuscitated the lost science of Ayurveda so far as medicines which derive Agnihotra ash are concerned.

By the way, it is interesting to note that if you go anywhere in the world--Europe, South America, the natives of North America, Africa, China--one thing you will find: cow dung is regarded as a very special medicinal substance in all continents by the ancients. In fact, as recently as about sixty years ago there were treatments in Scandinavia. I have seen it in Sweden, for example. The only treatment for tuberculosis was to keep the patient in a cow shed, because they knew the effect of the breath of a cow and the dung. It was common knowledge. If you open any book on folk medicine in any European language written at the beginning of the last century you will always find a few pages about cow dung. So this is a medicinal substance.

They describe the effect of Agnihotra like this:

We are told in the ancient tradition of knowledge that the first effect as soon as you utter the word *swáhá* goes approximately twelve kilometers in space. (By the way, what I am

talking about is only about our planet and it was specifically told that on other planets they practise Agnihotra but things are a little different. So these measurements I am talking about only relate to our planet, Earth). And it catches something from above and brings this nutrition down. Secondly, they say that after offering the rice and uttering the word *swáhá* as long as the flame lasts there will be an aura energy field around each blade of grass and each tree in the vicinity. And when that nutrition rebounds again to the pyramid it is absorbed in that aura energy field which exists around the plants, the plants become happy and they give a feedback effect of love to the atmosphere. This is the basic tool in Homa Therapy organic farming.

Of course, for farming you need to do a few more things, so we are telling the people now, you practise any method of organic agriculture (of course chemicals are absolutely out of the question now). For example, biodynamics was a wonderful method developed by Dr Rudolph Steiner. But again, the same method which used to give wonderful results ten years ago, now is giving less benefits. It is not the fault of the system; it is because of the extreme pollution which exists today. The whole world has changed in the last forty years as it has not changed in the last several thousand years.

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Agnihotra can be used for psychotherapy, for drug de-addiction; it is a wonderful tool, especially for adolescents, to help their minds. For anyone you can find in just 15 days that the mind becomes tranquil, because atmosphere, prana and mind are connected. You bring about a beneficial change in the atmosphere and it is automatically transposed to the realm of the mind. So atmosphere, prana and mind – this is the nexus, this is the modus operandi. In this way we bring about a special change in the atmosphere and that is how the effect goes to the mind and vice versa. Mind is treated as subtle matter in this ancient science. So this is the basic Homa which everyone is asked to do to offer his services in helping to sustain the healing cycle of Nature.

The coming of this Agnihotra was foretold in the Bible. At some places there are references to this. That fire is sacred is told in all religions, whether it be Muslim, Christian, Jewish, Hindu. But these other scientific things relating to fire are lost now. For example, there is a reference in the Bible in the Book of Exodus, when Moses sees the burning bush and the bush burns not; that very moment he is told by God, “Remove thy shoes from off thy feet for thou art treading holy ground”. So wherever there is holy fire you have to remove your shoes first and then tread the ground. So this practice is not only seen in

India, it is common all over the world. And catching the first rays of the sun was a very common thing in old days, especially in several countries of South America such as Peru.

Normally when we speak of a pyramid we have an idea of a pyramid such as we see in Egypt and also South America. They wanted the energy to go to the dead body of the emperor. We want the energy to go to the atmosphere, so we use the pyramid in the opposite orientation. The size and the steps are also important.

I was working for several years with the Soviet scientists on psychotherapy and various aspects of Agnihotra and other Yajnyas. They worked on different types of pyramids, different sizes, different shapes and ultimately they said this is the ideal thing as it is told in Guru tradition. Of course, it has to be either copper or gold only.

It takes only a few minutes of your time, but you will see the effects in only fifteen days.

Now a time has come when it appears that everything is lost. According to NASA, the American space agency, they say that all the trees in the Amazon jungle are sick. Of course they are being cut down, both legally and illegally, that is one thing, but they are

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sick and they are expecting that within three or four years these trees will die and if these trees die, what is called the rainforest area, there will not be enough oxygen on the planet to breathe and human beings will not be able to survive on the planet. Of course, they have been telling this for a long time.

Secondly, the ozone layer. We go to Antarctica every few months (meaning the last human habitation); there are several people practising Agnihotra. There the situation is such that all the fish have become blind, sheep have become blind, and people's skins get oozing sores. And the television tells us not to go out in the sun for more than a few moments. About ozone, this is due to holes in the ozone layer. It has started from Antarctica and also the Arctic. According to ancient Guru tradition of knowledge we are told, before the rays of the sun reach the planet, they should pass through a carpet of nutrition and that carpet of nutrition can be created by various Homas and Yajnyas as prescribed. According to modern science there are big holes in the ozone layer and therefore you will find everywhere now leukaemia, cancer and different types of diseases. There is no cure.

Then scientists now tell us that all rain that falls on the planet is acid rain. Even if we stop all our factories and automobiles (which we

are not going to do) but even if we do it it will not be enough. What has already gone into the atmosphere is enough to bring acid rain and they tell us that in just three or four years a situation will come where the top six inches (fifteen centimeters) of topsoil all over the world will become acidic and nothing will grow. You plant something, it will not grow; you plant again, still it will not grow. Under such circumstances Homa organic farming is the only way out. It is useful from all points of view. Of course, it is a science so we have to share this with all the people and those who are ready by their Karma are immediately attracted to this and in that way the planet is going to be saved. So far as scientists are concerned, they say absolutely the planet cannot be saved now.

Several years ago two countries, i.e. U.S.S.R. and U.S.A. which have space technology, said they know better how the planet is being destroyed and they have given reports to their governments that a few years after 2000 we had better think about taking the population to another planet because it is not possible for life to exist on this planet. So all of life depends on this fifteen centimeters of topsoil. Whether it is acid rain or depletion of the ozone layer or the spoilage of water or subsoil water, all these problems are solved by Homa Therapy organic farming which is easy to practice and it gives very quick results.

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As far as modern agriculture is concerned, scientists talk mainly about soil and a little about water. They say, "Okay, get the soil analysis, these microelements are missing, they say do this, do this." Then they talk a little about water. But according to ancient science a very important part of farming is the atmosphere. If the atmosphere changes then immediately everything changes. So Yajnya is a method to inject nutrition into that atmosphere, so that people are able to lead a very happy life. This is in short the simple process of Agnihotra.

If you practice it correctly with the proper materials you will come to know in fifteen days the effect. Of course, if you have potted plants in your house, you put only a little ash and you will see how they thrive. But anyway, plants are very simple organisms; human mind is much more complicated than plants. But here you will be able to notice the effect on yourself. You will find as if from nowhere love comes into the family. It is a wonderful tool for adolescents. It is a wonderful tool for children. It has a fantastic effect. There are adolescent programs, women's programs, drug/alcohol deaddiction programs. No drug/alcohol deaddiction programs really succeed because people easily revert back to it. Here with this Homa you get some tool which has an effect on the person's mind and the motivation comes, which means half the battle is won.

People have worked on large scale with farmers in Amazon region of Republic of Peru in South America. Thousands of farmers are now practicing these Homas and Mantras to grow their food, making use of Agnihotra ash also. If you talk to any person connected with any university, when you talk of agriculture he will tell you first you have to use nitrogen,  $P_2O_5$ ,  $K_2O$  and later on, the more you do this, more insects and pests come and later on you have to use stronger chemicals. And ultimately a stage comes when the insects become immune and nothing grows. This is the report of the so-called Green Revolution. (Actually I read somewhere that somebody used the words, "Greed Revolution" which is equally true now.) Now, you will see that this Agnihotra ash which we use for planting and certain other agricultural operations, has the capacity to extract phosphorus,  $P_2O_5$ , from the soil, whatever soil is available. That itself is a very important thing.

To make phosphorus water soluble, what are the modern methods? For example, in a country like India, we have to import rocks from the Middle East containing 46-48% non-soluble  $P_2O_5$ , then we have to import sulphur by paying foreign currency and we have to turn that sulphur into sulfuric acid which is extremely polluting for air, water and soil. When you treat this rock with sulfuric acid then you get 16-18% of soluble phosphorus,



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superphosphate. You can avoid all this. And below 45% the rock phosphate is not commercial. But here, even if the percentage of  $P_2O_5$  is much less than that, Agnihotra ash has the capacity to extract and make things water soluble. This we have seen.

The Office of the President of the Government of Peru has taken trials with all crops grown in that area and on a large scale, at one time 3,000 acres simultaneously (30 plots of 100 acres). All types of documentation is available. If you are interested you can see that documentation.

Now it is sad to say that in that Amazon area where we have been living for the last five years, the cows are sick and are dying. Sometimes now it is difficult even to use the dung. Actually I asked one university there to work on these cows (we had some credentials because they had seen how Homa works with this farming system). The dean of the department himself worked for more than 18 months observing the effect of Agnihotra on the cows. There were two Homa farms next to the university, so he saw this effect as compared to other farms and the preliminary observations are so wonderful. Of course, it requires a lot of work and a lot of research and they don't have funds to do that. (They were doing it privately, not officially.) Now veterinary people tell us that most of these

cow diseases come because when cow gives birth to an offspring, some placenta remains inside the body. This knowledge has come only very recently, in the last year or so. Now we have found if the cows are bred in Homa Therapy atmosphere, then there is absolutely zero placenta remaining inside, everything is so natural, and the mortality rate becomes less. We have seen that even if you give cows simple feed they are able to give milk and the fat content rises and the quantity of milk also increases with Agnihotra and Agnihotra ash. People of India call cows sacred, and I was wondering if anywhere else in the world there are people who do the same thing. We found only one place deep in the Amazon where there are natives, from before the time of the Europeans, who still exist there. They told me, if any animal comes on their farm they will beat the animal with a stick. But if a cow comes they will not. I asked them, "Why not?" They replied, "Because if a cow comes, it is auspicious because the breath of a cow will increase our production." And this is literally true. When economists in India, for example, talk about cow slaughter and the economic viability of the cow, they do not consider the breath of the cow, how healthy it is, and as long as a cow is alive it is going to breathe and it is going to give you dung and urine.

When the British came here and began these

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district gazetteers, cow was the only animal which was taken as milch cattle and not buffalo. Actually there are no other people in the world normally which drink any milk other than cow's milk. When some Europeans come here for a visit it is a shock to them that the people drink buffalo milk. You find it is only the former British colonies, like India, Pakistan, Bangladesh, Sri Lanka, Nepal and extremely rare areas of Africa where people use buffalo milk. Everywhere it is only cow's milk. Oh, it comes as a shock. Cow is the only milch cattle.

The veterinary scientists in Denmark and England are thinking how we can reproduce these cows which have a hump, because hybrid cows have no humps, and the Russian scientists told me that cows without a hump will be the first victims of radioactivity.

Now speaking of radioactivity, I was told several years before the year 2000, there is one thing for which we have absolutely no solution. After the year 2000, in just a few years, everything that grows in Europe--not only Eastern Europe, also Western Europe, Central Europe--everything which grows in Europe will be radioactive. Every item of food, every medicinal tablet, it will all be radioactive. And that time is now. NASA is talking about 3 or 4 more years. Others are also. After several experiments for a few

years the Russians came to the conclusion the only way to save us is by eating Agnihotra ash. Powder a little of this ash in the morning, and take twice or preferably three times a day with a little water. I asked them why. They said, "According to the Law of Metabolism, even if you are forced to eat radioactive food, the body is bound to throw it out if you use this Agnihotra ash, it contains so many elements." From the beginning I had told them, "Please do not go into methods of chemistry to find out how this Agnihotra works. You will not find much. It is much deeper than that. If you use methods of quantum physics, you will find it is a wonderful tool."

Then several problems came up. You know, unfortunately it was a communist government so everything went to the government, everything was secret. It was not like Peru where we have official documentation. But then, after the collapse of the Berlin Wall, some American scientists who had come to know about this research, were able to meet one person and the things he told about Agnihotra were extremely interesting. He was working as a research scientist for the Soviet Army. He was a specialist in geopathogenic zones. He described Agnihotra in his own way as something connected with ultraviolet photons, etc. He made a statement that, if this Agnihotra is practiced around the

## From Orion Transmissions

**October 12-November 19, 2005**

Yes, yes. There is so much suffering and loss in the world today. Much of the grief is so intense that it is unimaginable to those of you in safe, seemingly secure homes. Utilize your time as well for prayer and healing through meditation and intentional circles of healing for the planet. Realize the small insular world of the self is so much greater and more illumined when it expands its consciousness to include the whole of humanity. One connects then with the Universal Heart.

When so great a number of souls suffer and so many are lost, there is a period of deep grieving that the whole of humanity experiences. When we bow our heads and send our love to all those departing souls and to all those suffering souls, let us not differentiate between countries. Let us not differentiate between races or religions or economic status. Let us simply send Light all over the planet wherever there is need for healing, for releasing, for forgiving, for rejuvenating. Do this in all your meditations alone or in the company of others.

Yes, yes. Certainly there will be great numbers of beings awakening, moving into Light. We shall be guiding many to your doors. There are no other places left where they can

globe, then it will enhance the energy surrounding this Earth and the cycle of maintaining that energy about which we know very little. But he made a firm statement, this top scientist, that, "This has the potential to eliminate all the toxins created by the industrial revolution in the last 100 years." So it is a very important thing, this Homa Therapy.

All scientific opinion today is unanimous; they tell us that in just a few years it will no longer be possible for life to exist on this planet. But we are not talking something like a prophet of doom. Based on this ancient Vedic knowledge we have the diagnosis in one hand but in the other hand we have a solution. There is a strong Divine will and the planet is going to be saved. Science, this ancient science will pave the way to the Kingdom of Heaven on Earth. That time is soon. Soon after these disasters there will be peace, bliss and prosperity for each and every one on Earth. There is a strong Divine will and nobody can oppose it. That is why all these Homas are spreading in such a big way. All the ancient science is now resuscitated.

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receive the comfort and direction they will be requiring, once the lands shift and the storms begin to be mighty and frequent in occurrence. There will be many disasters, but apart from those of great proportions there will also be sudden storms which cause much disarray, causing panic in cities. Because of the fear so imbedded in the people of the world, now even sudden flash floods and storms of a lighter calibre are likely to cause panic to ensue. Such is the lot of panic-stricken, ill-prepared modern man. Which leads us to the next topic— preparedness.

When beings are forewarned to develop capacity for food storage and to develop Homa organic farms for the future and still are waiting to see if the situation will really develop before taking action, this is the result—lack of preparation and readiness for disaster. We do not say that in every locality there will be disaster, but there will be such grave conditions on the planet that one cannot take the chance should such disaster strike. We would say that definitely there will be severe food and water shortages. There will be massive electrical outages. There will be diseased lands where food will not grow in future. There will be diseases carried by air, by sea and by water. There will be sudden onsets of unusual weather, the conditions of which have never been seen in the areas where they occur.

Somehow, human beings have to wake up to reality and seize the time they have left to prepare themselves to be the Arks of the future, to be able to provide shelter for those without the capabilities to survive themselves. Prepare your arks now. This is the time when all of you should be moving quickly toward this reality. Then, if prepared, you will serve as true Light houses in the sea of turmoil—as oases, yes.

On the positive front, with all the new Light Workers awakening daily, the energy is shifting and there are openings into Light. There is so much attention paid to these dark times, these intense times of grave suffering to the planet, that beings are feeling overwhelmed by the prospect of a world in chaos. However, there is a great surge of energy coming through, which is causing beings to awaken in greater numbers and with immediate awareness, so that in essence, troops have come forth in the eleventh hour!

Let there be no fear amongst you. When you see the sorrow and suffering of those without homes, having lost loved ones and livelihoods, let this stir compassion in your souls—not worry in your minds. Let your souls envelop those who are in need, showering them with comfort and love. Be true to your own awareness. When you know the world is in dire straits, where is the question

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of giving into fear? Give into strength. Give into compassion. Give into love. Give into intuition and healing. This is what is needed. More worry will only stir the pot of rancid ignorance and callous disregard. Worry can never serve to liberate you or anyone else. So, toss it out and begin your work—all of you— with great zeal, armed with tools of healing and minds full of solution and calm good sense. This is what is meant by ‘coming to fore’. Certainly, all your gifts shall always be in demand.

It is vital that those of you who are in tune with the art of music begin to look into music and its use in healing body, mind and soul. The creative arts prepare the soul in providing outlets for one’s self-expression and often call upon the Light to unmask one’s own frailties and bask in Divine Love. Creative arts, music and dance are all avenues being used for awakening of souls. Explore and develop your own creativity. Within the fabric of the creative impulse is an aspect of Divinity, and this offers great potential for healing body, mind, spirit, and world.

Everyone who has been gifted with talent either in arts, sciences, or music shall realize now that these gifts were not randomly distributed and each one has specific purpose. To those awakening souls who now are realizing their places in the ‘field’— realize

too that blessings of ‘talents’, creative artistry and intuition have their place in healing of planet Earth. Begin to actualize your potential in these areas.

This is not simply a time to begin to live lives of self-sufficiency and a time for healing. It is a time to strive to become the greatest beings your gifts have blessed you to be. Time wasted is time lost. Make every moment the blessed opportunity that it truly is, for actualizing and activating the precious gifts Divine has so generously placed in your care. We salute all of you. It is truly a blessed time for all. Though it is cloaked in chaos, true joy will emerge.

Yes, yes. Where one plants the seeds of Light, there will be some which grow to maturity and others which never shall sprout. This is not your direct concern, dear Light Workers. When you choose to be instruments in greater Hands, your main concern shall be maintaining your focus and your instrument. If your particular instrument—that is the physical body—is not getting sufficient rest, over a period of time the instrument will become weaker and less able to maintain clarity of mind and focus. Until the body receives the attention it requires for maximum efficiency, it will grow weaker and perhaps employ the aid of various ailments such as colds to get your attention! After a

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longer period of time ignoring the natural needs of the body physical, greater calls for attention will result. This is often why one develops diseases or more serious illnesses or even accidents. We come to identify them as 'wake-up calls', but if one cares for one's bodily needs and maintains a balance between physical-mental-spiritual in one's life, one may very well encounter less illness, more ability to concentrate, increased efficiency in action, clarity in thought, and a greater ability to serve and complete one's work for the Light.

Often, paradoxically, beings who devote their time and energy to doing work of the Divine find they require less sleep. However, one shall certainly benefit from a regulated life which is more in balance. If one is serving the Divine, one's work is vital. However, part of the lesson in doing Light Work is learning how to live one's life in balance. When one's life is out of balance, one may appear less focused and grounded than the ones he is teaching. Beings learn from what they experience. If one's life is out of balance and one's impression on others is chaotic, nervous or sleep deprived, one's words may often fall upon deaf ears. Therefore, in the chaos and tumult of the world today, one shall take responsibility for keeping one's blessed instrument in good condition. This in no way means to become obsessed with appearance

or overly concentrated on oneself. Simply, sleep when you are tired. Eat when you are hungry. Keep the body clean and clothed in clean clothing of natural fibres. Care for your eyes, your ears. Care for your emotional well-being. Maintain a greater awareness of your environment and maintain your inner being as well.

Walk in balance with Nature, with the ancestors who walked before you, in harmony with the Devas and in communication with angels. And through your purified instrument, Divine's symphony will have a sound of absolute clarity and beauty. And your instrument will be always playing in His Hands. OM.

# Homa Healings

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Name: Noni Faruq

Location: Baltimore, Maryland, USA

Length of time doing Agnihotra: 30 years

“At a community gathering one of the young people in our community who was, as a child, was raised in Agnihotra atmosphere came over to me and said, “Look, I have pink eye”. I asked if he wanted to try some Agnihotra eye drops and he said yes. I handed him the vial of freshly made Agnihotra eye drops and he went and applied the drops. By the end of the gathering, everyone was remarking about how his eye had cleared up.”

Name: Jamal Wilson

Location: Union Bridge, Maryland

Length of time doing Agnihotra: Since 1973

“My nose was bleeding slightly, then more over the course of a few days just before I embarked for Poland. I started snorting Agnihotra ash up each nostril, offering there pinches of Agnihotra ash to each nostril for about three or four days before I left. While in Poland I continued this process as the bleeding got thinner and thinner. Of course I was eating Agnihotra ash two or three times each day. After about three weeks of daily doing this, the bleeding stopped and has not returned.

“My nineteen-month-old grandson Kameron just had a very bad cold. He was taken to the doctor and prescribed medicine, which Delia, his mother, religiously gave him. Still his temperature was high. In three more days he was rushed to the emergency room and in fact the nurse told Delia not to worry about his temperature being high. The next morning as I was performing Rudra, Delia brought Kameron to me, saying his temperature was 103 degrees. I told her not worry about it, just to rub him down from the top of his head to the tips of his toes with the Agnihotra Ash up in the kitchen herb cabinet. She never came back to me about his temperature anymore and of course he is driving us crazy with his bountiful energy, drumming and dancing.

“At fifty years old I was riding down the street on my 21 speed mountain bike, pulling my bike gloves up over my fingers when my hands slipped and jarred the handle bars so hard that the front wheel was knocked 90 degrees, causing the bike to flip me up into the air with my feet in the peddle stirrups. I landed on the small of my back with the weight of the bike on top of me. Of course the pain was excruciating. I got home and by the time I pulled my bike pants down there was a swelling the size of a large grapefruit on my buttocks bone. I had my wife apply a

very thick coating of Agnihotra Ash and ghee paste to the swelling and wrapped it in a large piece of cotton bed sheeting and laid in the bed for about a week. All my friends called and came to see me but I could not get up for a few days. They were all worried because I am so physically active. I changed this Agnihotra Ash compress about once a week for about 6 weeks.

“Slowly the swelling went down. For many weeks after I would feel aching in that very same area. That has been well over ten years ago as next month I will be 68 and the pain has never returned. Go figure.

“Whenever I cut myself or my children bruise or cut themselves or have any kind of open cut or wound, the first thing we did was put Agnihotra ash on it and in it and wrap it. The reason we did this first was because we discovered that when we did this there was never ever any secondary infection arising. Enough said.

“During the thirty years of performing Agnihotra too countless have been the times and conditions of injury that I have used Agnihotra ash directly as the remedy. In fact, just a couple of hours ago I sifted some Agnihotra ash from Agnihotra performed on time and put the jar of finely sifted Agnihotra ash in the herb cabinet. The grittier grains of

the Agnihotra Ash I placed in different jar and will use that for external injuries. The fine grain Agnihotra ash all of my family members eat, whenever they feel a cold coming on or have an upset stomach particularly. As for me I just eat it as food.”



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## FIVEFOLD PATH for Happy Living

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1. Perform **AGNIHOTRA** for purification of the atmosphere which leads to automatic purification of mind.

2. Practice **DAAN** (sharing of assets in a spirit of humility to reduce attachment to worldly possessions).

3. Practice **TAPA** (becoming better managers of our energy expenditure by training the body and mind to react to all circumstances in life with Total Love).

4. Perform **KARMA** (every action for self purification only and thus no expectations which bind us to the material world).

5. Practice **SWADHYAYA** (Self-study) for liberation. Who am I? Why am I here? My work on this planet is to learn to react with total LOVE with each opportunity given to me.

This is the Fivefold Path for happy living on the planet. By practicing the Fivefold Path you become better members of your society, group, religion, community, etc.