



SATSANG

VOL. 39
NO. 6



Homa Therapy Centre, Om Shree Dham

NEW ERA 69

JANUARY & FEBRUARY, 2012

Perform Agnihotra



Heal The Atmosphere

NEW ERA 69

JANUARY & FEBRUARY, 2012

VOL. 39 NO. 6

CONTENTS

A Love Letter	3
Homa Therapy in Australia 2011/2012	7
First Homa Resonance system activated in Malaysia	11
Agnihotra ash and alkaline water	13
From Shree Vasant's Teachings	15

Editor:

Lisa Powers

Publisher:

Fivefold Path Inc.

Parama Dham

(House of Almighty Father)

278 N. White Oak Dr., Madison, VA 22727 USA

Published seven times yearly.

Please direct all *Satsang* correspondence to the Editor.

Opinions expressed by contributors are not necessarily those of *Satsang*.

Reproduction by permission only.

ISSN 0735-1321

Satsang is available on the Internet at:

<http://www.agnihotra.org/satsang.htm>

Cover:

*Under the domed roof at Lee and Frits Ringma's
farm in Australia*

A Love Letter

*Maria Broom
Baltimore, Maryland, U.S.A.*

This is a love letter to the Baltimore Homa Community (BHC), the longtime, fully functioning, diverse collection of Shree's children, fortunate students of Vasant Paranjpe. We are an urban community that began developing in the early 1970s, comprised of youthful elders, blossoming young adults and third generation babies and children who were born into Agnihotra/Homa homes.

For at least thirty years, the unwavering linchpin for this widespread community has been Satsang, every Sunday at 11 A.M. We begin with Homa followed by a reading or discussion that promotes Swadhyaya. We stop at 12:00 noon to chant Sharanagati and the Gayatri mantra. Then we sing and drum and sometimes dance, leading us into wonderful potluck feasting. Every Sunday!



This is the Homa community that maintained a twenty-four-hour Om Tryambakam fire every day of the year for thirteen years at a farm in Randallstown, Maryland. Over time things happen, people move and new places become central. We were so blessed to have a Resonance Point established at the home of Ann and Tom Couto, where daily Agnihotra and Yajnya have been maintained for more than twenty years. This is the place now for BHC public gatherings.



Tom and Ann Couto

The most popular of all these gatherings are our seasonal events to celebrate the Spring and Fall Equinoxes and the Summer and Winter Solstices. These are the occasions

Left: Singing at Satsang with (from left) Henry Gregory, Maria Broom, Dimples and Mike Billian



when families are invited to come sing, make music and to perform Agnihotra with us, creating a huge circle of fires and collectively

sending our love across the planet. The healing vibrations are tremendous.





BHC children performing Agnihotra

For the Winter Solstice, we gather indoors at the Resonance Point where only a few can perform Agnihotra. At the last one, we were blessed by the children.

Another anchor for BHC has been the Women's Circle of Light, held every Thursday evening for almost twenty years. Sisters and daughters of the fire come each week just to sit before the fire and sing together, send up prayers together and, in warm weather, perform Agnihotra outside together. It's been a source of such comfort and healing for all of us, the old and new alike.



Women's Circle of Light

You may have met many of the Baltimore Homa Community over the past four years as we have been well represented at the

Somayag gatherings in Maheswar. Along with attending those miraculous events, many of us have travelled across Africa and throughout South America promoting Homa and supporting Homa farms. Several of us participated in the healing missions that took place at former concentration camps in Poland. The Freedom Missions here in America brought members of BHC together with Parvati and Jarek from Bhruhu Aranya in Poland, to travel through the South and perform healing fires at various places, allowing release for the trapped souls of many enslaved people from the Civil War era.



Jarek, Dimples, Tom, Parvati, Noni, Jannette, Maria Mamud, Barbara, Darlene

Over the years we have grown closer and closer as a family even though we all live in different homes in and around Baltimore. We celebrate each other's birthdays and support each other during times of illness or loss. We're always learning how to communicate with each other more lovingly. As a non-profit organization, we are getting stronger, as our elected officials and our various committees make it easier to do all the work, for what we want to accomplish.

Our major focus right now is putting down roots on a farm to create the Baltimore Homa Farm/Ark of Fire. In the meantime, we have been doing community gardening at our various homes, growing and selling some of the most delicious and nutrient-filled veggies and herbs from across the state.



Jannette Gregory, Homa Gardening Queen

So this is my love letter and introduction to the Baltimore Homa Community, to a long-lasting and ever-widening family of therapists and builders, healers and dancers, teachers, landscapers, printers, computer tech, media specialist and one city inspector, plus the children, grandchildren and our twin boys. I want you to know that your presence on this planet, your love alone, is so magnificent. That we are still together, and more solid than ever, is amazing. That we have gotten so close, do so much, and attract so many is pure Grace.

Even though different members of the BHC family have moved away, stepped back from the group or are too ill to be with us, everyone is encircled by our love and has our support always, whenever needed. Those of us who have left this earthly plane are remembered and stay in our hearts forever.

All fire keepers and fire seekers, BHC welcomes you gladly, whenever you come to the east coast of North America. You will know us when you see us.



BHC at the Resonance Point

Homa Therapy in Australia 2011/2012

*Lee and Frits Ringma
Homa Therapy Centre, Om Shree Dham, Hunter
Valley, NSW, Australia*



building is and visitors are amazed at the heightened energy and immanent potential of the building. The 12-sided central meeting room with a massive dome is functioning sacred geometry and one young Wwoofer from the states commented that it was a perfect shape for the performing arts. **Indeed we feel that a lot of young people will be attracted here and that there will be music, plays, dance performances as well as work-**

Life-changing Experiences of People Staying at Om Shree Dham

It's been an exciting unfolding in the past few months. Some wonderful young and switched-on people have recently been attracted to our farm and are contributing their time and energy because they feel the essence of the place, and simply want to help.

They are sharing their experience of personal growth, which is happening at a surprisingly rapid and profound level, simply by participating in the daily Homa program.

The new Retreat Centre is taking shape and we find ourselves regularly taking people on a guided tour through the building. Locals are starting to comment about how attractive the

tion, organic farming, sound therapy, yoga etc.

We have a passionate 31-year-old organic gardener, Vipassana practitioner and web designer from the United States. He is inspired by the extra dimension Homa adds to all fields of life; he sees the vibrancy in the plants, in the atmosphere, in the soil like he has never seen before, and he has lived on many permaculture and organic farms.



John

John has liberated himself from an escapism addiction with alcohol through Vipassana practice. He lives his practice of mindfulness and is blown away by the depth Homa Therapy gives to his inner life, and how the impact and awareness given by Homa spreads out to the whole environment. "I have now been at Om Shree Dham for three months. So much positive transformation has taken place for me that I could write a short book. I am experiencing a deep joy and daily bliss at this point. Equanimity is more tangible and the rocky emotional ride of my life is evening out. I have found true purpose in my heart and a deep love for life. Besides my mental healing, accelerated spiritual growth and life path unfoldment, I have also experienced great physical healing of chronic problems in my body that have plagued me for years. Om Shree Dham is a true centre for healing. Words can not describe the amount of gratitude I feel daily for the practice of Homa Therapy, the presence, mentorship, and friendship of Frits and Lee."

Joshua, 24, came from the other end, a mainstream situation, meditation an unknown, suburban living and office work with little relationship with nature. Over the three months of living here, doing the fires and helping on the land--cow culture and cow dung drying being his main duties--Josh very quickly started becoming aware of the stuff in the

*subconscious mind, issues running him that he was completely unaware of before. **At one point while practicing Om Tryambakam Homa he had the most profound experience. He came out of the hut in tears and told us that a feeling of overwhelming love and connectedness with every living being, encompassing with love even those living in darkness and pain, washed over him.** He says he now understands that expanding consciousness is possible--slow but real steps to the end of suffering. Internally he feels so different now--like chalk and cheese, and realises that before his sojourn at Om Shree Dham he was completely caught up in his mind. Now he no longer feels soil is dirty and he has more affinity with all living beings--humans, animals, insects and plants.*



Joshua

Thank you, Joshua, for all your selfless help and especially for all the cow dung patties going to Agnihotris all over Australia. And for your perseverance through the sometimes intense inner awareness catalyzed by Homa atmosphere.

Lucy is arriving tonight for her second visit here. We met Lucy when Josh and I were on an Agnihotra teaching tour in the Northern Rivers area of NSW. Lucy is a 20-year-old who grew up in the Sydney suburbs. Her father recently died and she had taken a break from university to stay in the country with her Uncle John, a bio-dynamic farmer who has fallen in love with Agnihotra. In the evenings we would chat together about the unnatural agendas happening on the planet, about Homa Therapy, organic gardening and alternative healing. I could feel Lucy's academic skepticism rising; however, at the end of our three-day stay together she told us that she had **felt a peace that she had never felt before: her nervousness had quietened and some dysfunctional eating patterns had stopped.**

Lucy stayed at Om Shree Dham for only three days, yet her internal experiences were profound. In her words, "As soon as I arrived my heart felt lighter. **The first morning I noticed how pure the air felt--so good I wanted to eat it! By the second night I**

realized I was stress-free. In hindsight it took me a while to notice the lack of heaviness because it is actually a human being's natural state; the lack of stress almost felt familiar, even though I had never felt it before. **On my third night while meditating with a Lingam after sunset Agnihotra, I experienced a sense of joy in my heart that was so intense I had difficulty breathing.** This warmth in my chest remained through the evening.

"For most of my teenage years I have been unhealthily obsessed with food. I have spent much time trying mentally to work through my problem to no avail. I would swing between binge eating and extreme diets. **However, when I am in Homa atmosphere this obsession with food has completely stopped.**



“Prior to coming to Om Shree Dham I didn’t believe it was possible to reach higher levels of consciousness and when my father died out of the blue I came to feel that life and all its endeavors were pointless if that was all it came to in the end. **Just six days with Agnihotra and my joy for life has returned with a real sense of the possibilities for inner growth and a beautiful future for the planet.**”

Om Shree Dham Centre for Healing and Transformation

The new Centre building has come a long way and we are approximately midway now. We want to express our deepest gratitude to all those who have helped in any way, including donations and physical work to turn this vision into reality.

If you or anyone you know would be interested in lending a hand, hammering a nail, or simply donating any amount of money, this project would benefit immensely. The sooner we can get the building done, the sooner larger groups of people can come and benefit from its function.

You can visit Om Shree Dham to participate in and experience the daily healing program, or you can apply to live and work here. Short- and long-term visitors are most welcome.

Participate in the creative flow of building and sustaining a beautiful thriving community.

Visit the Australian Homa Therapy website www.agnihotra.com.au to learn more.

Imagine

Imagine a holistic community in harmony with nature, growing and living on vibrant organic food, sharing, working, meditating, singing and dancing. Imagine an atmosphere free of toxins and pollution, full of vitality, Homa fragrance and mantra music.

Imagine the food you eat, the water you drink and the air you breathe healing you at every moment. Imagine a community house where ideas and knowledge are shared freely, where there are gatherings and events, music and arts performed regularly, and collaboration is a way of life--where shared meals are cooked and enjoyed in the heart of a beautiful valley surrounded by gum tree forests. Imagine health and vibrancy emanating from every blade of grass.

It is our joy to share this crucial knowledge and lifestyle with you.

We are aiming to finish in 2012. With your help we can make this happen.

First Homa Resonance System Activated in Malaysia



Phoenix Rise gathering at sunset, K.L.

In September, 2011 Frits Ringma of Homa Therapy Association of Australia was invited by Mr. Alan Yong to conduct a Homa Resonance activation at his organic jackfruit farm in Lanchang, Pahang, Malaysia.

Shared Agnihotra sunrise took place at Datin Ky's place called Phoenix Rise, situated in the hill district of Kuala Lumpur. Mr. Soh coordinates the Homa Therapy activities here.

Agnihotra and Om Tryambakam take place regularly. New people sit in the middle of the group Agnihotra circle to receive the healing from all sides. Mr. Soh is well known for his Agnihotra ash water eye drops which have been healing people of eye irritation and even cataracts.

From there Frits and Mr. Soh went on to Alan Yong's jackfruit farm 1.5 hours north of K.L. He has resident Brahmin cows for their dung and a potential for ghee supply.

Agnihotra and Om Tryambakam have been performed there for the past two years and the trees are already producing large jackfruits.

The farm next door also planted jackfruit at the same time. It is not a Homa farm. The jackfruit trees are half the size and not bearing fruit.



Frits and T.V. Chin, pyramid activation in Agnihotra Hut

Frits installed the Homa Therapy Resonance System over 2 days with the help of Mr. Soh and T.V. Chin, a retired agricultural scientist.

A simple but robust hut had already been constructed from local material such as split bamboo for the walls and a grass thatched roof. The floor is covered with claybrick and cowdung render. Ten pyramids were activated with special Mantras and four of these were installed in the Agnihotra hut. Two more were for the Om Tryambakam hut. The remaining four were installed in resonance columns situated on the N-S-E-W boundaries of the farm. The resonance system boosts the effects of Agnihotra to cover up to 200 acres, increasing vitality and pest resistance. The farm workers were keen to be instructed on Mantras and further refinements for the Homas.

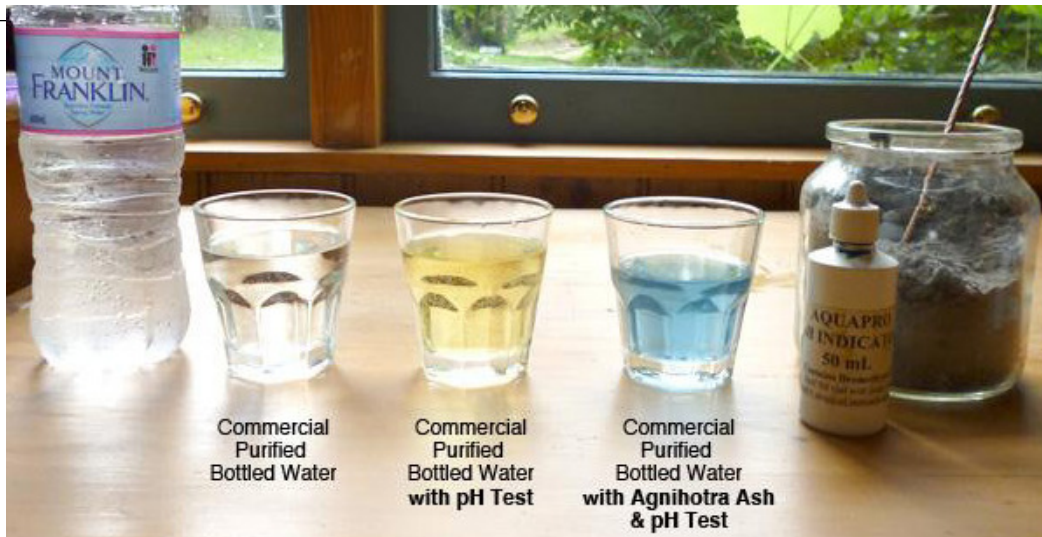


Left to right: T.V. Chin, Frits, Mr. Soh, Alan Yong

After two days at the farm, Alan and Frits went back to Kuala Lumpur where a group Agnihotra meeting was organized. After Agnihotra they did Mantra practice with the participants, before Frits flew back to Australia.

Agnihotra Ash and Alkaline Water

Frits Ringma



Home pH Test done at Om Shree Dham, Dec 10, 2011

The alternative health circuit is recommending alkaline water for health. We are in touch with a wonderful 70-year-old Italian organic farmer, who **healed himself of advanced liver cancer largely on alkaline water**. He is now happily adding Agnihotra and ash applications to his farming and for his ongoing health. The way he earns his living is through educating people about the need to stay away from acidic water and to revert to alkaline water. During a visit to Om Shree Dham he showed us with a simple pH test how commercial purified bottled water and spring water generally tests acid.

We decided to do the same test, but now with the addition of Agnihotra ash. We tested

shop-bought bottled water--it was acidic. We put a pinch of Agnihotra ash in this water and lo and behold! It instantly became alkaline! We then poured a small amount of this alkalized water into another glass of the same bottled water that had tested acidic. It immediately tested alkaline This suggests to us that if you take ash water it will help to bring an acidic body into an alkaline state.

The normal blood pH is between 7.35 and 7.45 (slightly alkaline). If the food tends to lower the pH, it is acid food, and if it raises the pH, it is alkaline. Most people are aware of the link between heartburn, diabetes, heart diseases, arthritis, etc. and acidity. Scientists have found that the acidic environment in the body promotes the growth of harmful organisms (fungi, bacteria, viruses, etc.) and dis-

eases such as cancer and other metabolic disorders.

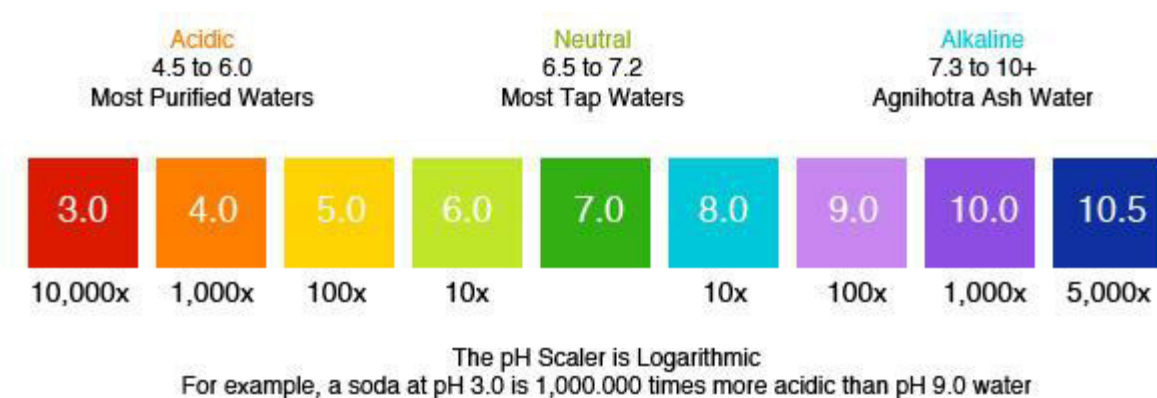
To produce your own alkalized water you can use any purified water, i.e. activated carbon filtering of rain water, for example. Add Agnihotra ash to this. **It will not only alkalize the water, but it will also energize the water. Even when water is purified, it is not necessarily alive with Life Force. Agnihotra will give Life Force back to water.**

Take Agnihotra ash in water regularly. It is

also an antidote for radioactivity. It helps to alkalize, detox, vitalize and even neutralise electromagnetic pollution.

Let's help heal the planet; perform Agnihotra for the benefit of all.

Visit our website:
www.agnihotra.com.au



From Shree Vasant's Teachings

The world, Earth, this planet, was not an error. It was made perfect so that all could work out their particular Karma. It must be done in a prescribed manner if it is to remain perfect. If it is to be perverted, then there must be destruction because no longer is it operating by natural laws; so the law of Karma continues to operate. Yajnya will restore this planet and all to a normal cycle, a normal plan of operation, an intended course.

When a holy person or a saint says that he is a great sinner, that does not mean that he has committed any murders or thefts. Forgetting the Divine nature of man, even for a moment, he considers a great sin. He, therefore, calls himself a great sinner when he misses even a single moment to attune himself to that Almighty power.

Due to lack of Self-knowledge, we spend our life aimlessly meandering through the cobwebs of desires. We know so much about our television set, our auto, our air conditioner, but we know nothing about ourselves. The average healthy man does not even know how to breathe properly. Vedas lead you to Self-knowledge. It is truly Self-awareness.

The word ADAM comes from the Sanskrit ADI MANU, meaning 'first man'. The word

MAN in English or MANU is Sanskrit come from the root verb MAN, meaning, 'to think, to know'. Thus, Socrates stated, "Man, know thyself."

One never knows when the call of death will come. Let us prepare to face that moment with a smile and fortitude. To achieve this, you have to cultivate and to train the mind. To make a beginning, the mind has to get into some patterns which will evoke healthy reactions under all situations. One grows old sooner or later. What a miserable plight it would be if the physical organs are fatigued and the mind is still in the grips of ever-increasing desires. Then there will not be a moment of happiness. Let this be an incentive to start practicing any spiritual discipline. Then choose a discipline which is simple and within your reach. Do not get enamoured by the eloquent descriptions of occult powers in yoga books. All those things are true, but they involve strict discipline. Agnihotra and the Fivefold Path is a simple discipline which will give a thrust to your mind and lead you to good Karma. Initially, you will find that this is a kindergarten affair, very simple. It is true, once you start doing it you will notice the freedom you experience. You start receiving and experiencing strength. Initially, you think it is a Volkswagen; then you come to know it is a Mercedes, and later, a supersonic jet. As your understanding grows, you feel the depth.

Fivefold Path Inc.
278 N. White Oak Dr.
Madison, Virginia 22727 U.S.A.

Website: <http://www.agnihotra.org>
Email: info@agnihotra.org

FIVEFOLD PATH for Happy Living

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.