

Nature and people thrive with Agnihotra



- Organic farming with Agnihotra -Some wonderful experiences in Australia and NZ
- Protection from illnesses going round
- Healing of chronic ills
- General wellbeing mental emotional and physical
- News and Mission statement from Om Shree Dham- Homa Therapy Centre for Environmental healing and Inner Transformation

Organic farming with Agnihotra

Acreage in rural top end of Australia - NT

Without fertilizing all my plants are lush and green since practicing Agnihotra. The surrounding blocks are brown while ours is green

"I started practicing Agnihotra on world Agnihotra day (12 March) unknown to me at the time. A friend from my biodynamic days had called and asked if I was interested in an ancient Vedic fire practice. Being a Jyotisha (Vedic Astrologer) I was thrilled to hear this and jumped at the opportunity.



The very first time I experienced it was like nothing I have ever felt before. I ordered my kit from Om Shree Dham and began to practice as soon as it arrived. I decided to do it out side. In the tropics we don't get really cold weather so we can mostly practice outdoors except in the wet season when we have massive tropical storms and days if not weeks of rain when the monsoon arrives.

Well the chooks would come for the fire the dog would take her place 20 odd minutes before the start it seemed that the birds would even be hanging around to experience this lovely healing fire.

Usually here in the tropics you have to fertilize your plants to keep them from going all yellow and skinny, since I began Agnihotra I have not had to do this again. All my plants are lush and green. When people come to visit they say WOW your block is really green, we noticed it was all

dry and brown but when we got near your place it's so green.

My neighbors are benefitting from Agnihotra unknown to them."

Carolyn Wilkinson NT-Australia

Om Shree Dham Homa Organic Farm - NSW

I noticed cut plants seemed to stay alive and vibrant for 3 or 4 days after cutting, whereas in normal circumstances they would wilt within a couple of hours.

"My name is John. I have been a naturopath/Homeopath for over 30 years. I was first introduced to Agnihotra in the late eighties at a workshop facilitated by Bruce Johnson and Anne Godfrey. I was immediately impressed with the 'fire purification' process. I performed Agnihotra spasmodically over the years until I attended another Agnihotra workshop conducted by Lee and Frits Ringma of Om Shree Dham in 2005. Again I was inspired and motivated to perform Agnihotra regularly, but still only managed irregular Homas.

Now in 2015 I attended a one month stay at Om Shree Dham Homa farm and Centre.

I felt the subtle nature of the biosphere so much so that I forgot the aches and pains I have had for years. Each day I chose to contribute a solid 8 hours service work of gardening and building for the new retreat Centre non-stop for a month. At my 65 years of age normally I would have experienced pain and fatigue, but not so in Homa atmosphere.

I felt joyous and uplifted at each day's accomplishment. When I went to the local town Cessnock I noticed the difference between town space and Homa space. On 2 occasions I neglected to do my hours commitment of Om Tryambakam Homa and felt noticeably tired as a result.



In the garden I noticed large numbers of millipedes and centipedes doing their work in the soil. As well I noticed cut plants seemed to stay alive and vibrant for 3 or 4 days after cutting, whereas in normal circumstances they would wilt within a couple of hours...

A memorable experience shared with two devotional souls, Lee and Frits Ringma and two young aspirants Tom and Hayley from England who ended up staying 8 months at Om Shree Dham instead of travelling around Australia."

John Cowen Northern NSW

Om Shree Dham Homa Organic Farm - NSW

Radical difference noticed between seedlings from Homa organic seed compared to organic seed bought in



The snow peas on the right side of the terrace have grown tall with strong stems and abundant tasty production of peas. These peas were from Homa seed from the previous year.

On the left side of the terrace are snow peas planted at the same time. These plants in comparison lacked vigorous growth, the life cycle was much shorter and production less. These were from purchased organic seed.

Again we noted with interest that the Jap pumpkin seedlings on the right which are from Homa organic seed are much bigger compared to the Jap seedlings seen on the left from purchased organic seed planted at the same time.



70 bush acres in semi-arid conditions in Central Victoria

Our diseased stone fruit trees had healed themselves without any other intervention except daily practice of Agnihotra and liberal application Agnihotra ash on tree trunks

"The impact of performing daily Agnihotra on our land has been significant, yet subtle. I also perform Om Tryambakam Yajnya for 15 minutes before each Agnihotra.

We own 70 bush acres in semi-arid conditions, in Central Victoria, and found producing organic vegetables, herbs and fruits quite a challenge.

Our topsoil was almost non-existent, but over the years, we have found regularly performing Agnihotra, along with organic farming principles, that the soil and ecosystem on our property is now rich with healthy growth of plants, vegetables, fruit trees, insects, birds and wildlife.

Our diseased stone fruit trees had healed themselves without any other intervention except daily practice of Agnihotra and liberal application Agnihotra ash on tree trunks.

Our chickens are healthy, when our neighbours' lose theirs to parasites and flu.

We have wicking garden beds to preserve water in this arid climate, but also feed all our produce with Agnihotra ash mixed up in the watering system and composts.

Our garden is always healthy and in abundance- such a difference to the past. Seeds from our vegetables are strong and viable.

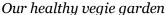
Our bees thrive, despite the dry heat of summer; in fact, working every day in our gardens we see two other breeds of native bees, which also enjoy the abundance of our gardens and bush land. Our honey is medicinal and we use it mixed with Agnihotra ash for insect bites and other stinging wounds.

Our calendula salves are made with plants grown right next to where we practice Agnihotra and made with our own beeswax, mixed also with a little Agnihotra ash. We have had amazing results for all types of skin diseases when using this.

Each day we wake to an amazing chorus of birdsong, which continues throughout the daysomething that was absent before Agnihotra. Animals and birds know when the land is healthy.

We often have feedback from guests, that they feel a sense of rejuvenation, wellbeing and peace when staying here. Indeed, both my partner and I find it a wrench to leave out property whenever we need to work away from home. We have become sensitive to harmony-it's quite tangible, this absence of it.







Agnihotra creates medicinal honey

Apart from the physical advantages of practicing daily Agnihotra, we have found that doing this regularly keeps us focused on our spiritual responsibility to actively work at keeping balance and harmony in our lives." *Catherine Menyhart*



Catherine's Calendula salve with Agnihotra ash and Homa bees wax

Suburban garden Auckland - NZ

The roots of plant cuttings are so vigorous compared to cuttings without Agnihotra ash

"As well as my own health and that of family members my plants are also reaping the benefits of Agnihotra. I had a Tulsi plant with 80% leaf tips yellow. It now has bright green new foliage. I keep it close to the Agnihotra pyramid and my daughter and I have noticed it gently sways during Agnihotra.

I also add ash to my plant cuttings and the roots are so vigorous in comparison to cuttings without ash.

I have also applied ash to old spinach plants which within 2 weeks have regenerated and now giant thick dark green leaves that taste delicious." *Sunita Morar, Auckland, NZ*

Healing bodies & minds

Protection from colds and flu

"A few years ago a friend introduced me to Agnihotra. She had just bought an Agnihotra kit and came around to share it with me for the first time. I was fascinated by it. I had no idea at the time what it meant other than something about help saving the environment. But none the less I was attracted to it. The fire, the mantra, the offering. Even the smell of the burning cow dung, rice and ghee was appealing. So I ordered a kit for myself.

Since then I have experienced things with Agnihotra I did not expect. **Firstly, the peaceful environment it creates in and around the home**. Visitors who come here comment on how peaceful and calm it feels in the house. Some who are more energetically sensitive have said *the house feels protected and the air clean*. This is without knowing that Agnihotra is being performed here.

Secondly, I have found that by doing Agnihotra my health has improved. Mentally and emotionally I feel more centered, calm and positive. This has helped me enormously in my counselling work with people. I feel my physical health has also improved. I use the ash on a daily basis; in my water and mixed with ghee for injuries and ailments. I rarely suffer from the colds and acute illnesses that those around me seem to have, even when I am exposed directly to them.

Thirdly, my garden benefits from the ash I put on it. The plants with ash sprinkled around them thrive more than the ones that haven't had any ash on them. I also put it in my compost bin.

I have been very fortunate to have been able to visit Om Shree Dham farm on several occasions since I started doing Agnihotra. I thought the atmosphere at my house was peaceful and calm. Well!! The atmosphere at Om Shree Dham is a thousand fold more beneficial!! All those years of Agnihotra has created an immensely powerful and positive energy field on the property. I felt it the moment I went onto the farm. Each time I have visited I was fatigued and in need of a good holiday before I got there. But whilst there I had no trace of any fatigue. My fatigue simply vanished after a few hours of being on the farm. It is such a restorative place to be.........Lee and Frits inspire me to continue doing Agnihotra by setting the example they do; living a life around Agnihotra and practicing ahimsa (harmlessness to all living beings). I am thankful to them for their support, encouragement and knowledge.

I would recommend Agnihotra and the other Homas to all. I am currently thinking about how I can incorporate it into my counselling practice as I believe it will benefit people suffering from anxiety and depression.



Elderly Jasper the cat knows what is good for her

PS I wanted to share with you what my cat has been doing. I have attached a picture of my 19 year old cat Jasper sharing Agnihotra with me. She likes to come outside and sit with me during Agnihotra. She never used to. This is a recent thing. She will wait until the fire goes out and then go back inside. She is doing this most mornings (even though it is quite cold) and evenings. Interesting!" *Karen Ryles Castlemaine - Victoria*

Pre-cancerous cervical cells heal up in 2 weeks

"Having previously never heard of Agnihotra we had no expectations when we both arrived at Om Shree Dham, but we were both open to learning and broadening our horizons.

From the first moment that we arrived at the farm we felt an instant calm within ourselves, the energy that radiates from the land and atmosphere is trans-formative. We have been at Om Shree Dham for nearing 8 months now and we can honestly say that Agnihotra has changed our lives. We feel more awake, healthy and have experienced changes to both mind and body.

Having suffered from precancerous cells on my cervix for several years, I have continuously had negative results which lead me to undergo surgery to remove the cells. Unfortunately this still did not clear my precancerous cells. Lee suggested that I apply ash and ghee internally along with drinking ash water, I did this every day for 2 weeks before my cervical screening along with positive thoughts and prayers whilst conducting Homa fires. To my amazement for the first time in 3 years my results stated that I was completely free of HPV and harmful cells. I continue to take ash water daily and frequently use ash and ghee to maintain good health.

Staying at Om Shree Dham has honestly been way and above anything we could have ever imagined, we have met so many wonderful people throughout our journey there, people that will remain in our lives and hearts forever.



We feel more awake, healthy and have experienced changes to both mind and body....

We are so excited to return to the UK and implement everything that we have learnt. Thank you!"

Hayley and Tom at Om Shree Dham fire hut



Hayley and Tom at their Vedic wedding with Homa at Om Shree Dham

Passing kidney stones and depression lifted

"My husband had been suffering from kidney stones and had some laser surgery to have them removed last year. After practicing Agnihotra together for a few weeks and drinking the water, he passed a stone two days ago. He has also been suffering from depression for almost two years and have not been able to work. He seems so much more positive these days, like the light has been turned on again...

Once again, thank you so much for bringing this gift to our family. It has really given us so much hope and comfort in knowing what we practice is helping everyone around us."

Practitioner of Agnihotra in Perth - WA

Wounds and sores that will not heal are healing

"My husband Nenad has for the last 2 and ½ years he suffered so much stress due to a family problem.No doctors could help him. He developed sores on his body that would not heal. Now with Agnihotra ash ointment, drinking Agnihotra ash in water and sitting for the Fire when he can, the skin is healing up.

Recently my 94 year old mother had a fall and scraped her shin. Despite medical intervention the wound would not heal. With Agnihotra ointment her leg is healing. She can now wear stockings.

Gordana, Frankston Victoria

Mental instability, hallucinations, etc clear up

"In 1990 due to circumstances beyond my control and karma I became mentally unstable.....Due to visits to the Homa farm and lively lovely Agnihotra family I got better.

Shree came to me via His teaching and I have been doing Agnihotra since 1990 on and off.

All of my symptoms have disappeared apart from some depression ,which is manageable- no hallucinations or mania which is such a blessing. Doctors had said I would be unwell and on medication forever!!! When they had said that I thought that I would simply die.

Such a simple practice with miraculous remedy and the side effects of love and compassion Amen:)thankful always to Shree,Lee,Frits,Ann, Bruce and Siddha for positively influencing my whole life path and benefitting others with this wonderful Agnihotra."

Sahra Dauncey Sydney - NSW

Keepers of the Flame in NZ

Darryl Sang Auckland - NZ

In March this year we ran several Agnihotra workshops in the Nth Island of NZ. We are very grateful to the generous support from Darryl Sang and his wife Mei Ling, long time Agnihotris, who accommodated me and helped facilitate the entire tour. At the Cosmic Forest festival in the Coromandel, Darryl and I performed and shared the earth healing science that is Agnihotra.

For Agnihotra supplies in NZ contact Darryl Sang - darryl@sang.co.nz



Group Agnihotra at Steiner School. Darryl Sang 2nd from left.



We also shared Agnihotra at the Steiner School in Ellerslie. Organized by Darryl Sang and Agnihotri and Biodynamic practitioner, Diane de Saint-Quentin, she continues to share Agnihotra as an organic farming aid to the biodynamic community.

Diane de Saint- Quentin, editor of the newsletter for Biodynamics Auckland

Sarah Smuts-Kennedy Mahurangi Auckland - NZ

Sarah took up Agnihotra after attending the workshop at the Steiner School. As a sensitive artist and lover of the environment, she has taken to Agnihotra like a fish to water. **Sarah is instigating an art project involving the effect of Agnihotra on the endangered Kauri trees in NZ:**

"I am to be a McCahon House resident starting in Sept 2016 for 3 months.

I plan to do Agnihotra twice daily for the duration of the residency as a means to work with the kauri trees and the light onsite. The artworks that emerge from this process will be considered material evidence of gifts given as a result of service.

Currently there is an artist who is measuring the daily rhythms of two young Kauri in the gallery and one Kauri dying next to the McCahon House. He can see that their rhythms are very

different and the irritate rhythm of the dying tree reflects a pattern of suffering. I want to work with him to see if the daily practice of Agnihotra might effect this rhythm and offer the tree some peace even if it is not possible to stop the dying process which is well underway."

Patricia Iversen Hawkes Bay - NZ

"It is always good to get information about Agnihotra. It is going on for my 6th year and since the Earth began her ascension **I have managed Agnihotra twice a day without effort.** I also have company of my son-in-law's father who takes off his hat and sits quietly with hands clasped during the process.

In November I will celebrate my 70th birthday with about 12 friends at "A Place to Be " 20 minutes from here. Eileen has created a lovely space on 16 acres of land and has offered for me to celebrate there. We will have a crystal bowl, meditation, yoga, Gabrielle Roth 5 rhythm Dances, shared lunch and each person will offer an activity according to what they want to share.

I would like to give the gift of Agnihotra fire and resultant ash for the property

.... We have chosen Thursday 26th since there is a full moon in opposition to Saturn on that day..."

Sunita Auckland - NZ

New to Agnihotra but..."I have already had immense benefit from preforming Agnihotra plus the thought of helping the planet brings a lot joy."

A week of tension headaches gone after one Agnihotra

Persistent cough clears in one day

Immunity dramatically improves

6 months of heart burn clears in 2 days

Allergy rash clears in 4 days despite allergens present



Here is a picture of our daughter's dolls house!

Sunita continues:

"I am 42 years old and I have always been very sensitive emotionally and physically. The week prior to beginning Agnihotra I was suffering tension headaches the entire week due to stress. I started morning Agnihotra. After completing the morning Yajnya I noticed my headache had completely disappeared.

In the last month of practicing Agnihotra I have noticed also that with regular ash intake that my immunity had improved drastically.

Thrice this month I had initial cold symptoms - headache and feeling ill and run-down. Upon taking 1/4 teaspoon of ash, symptoms disappeared!

I have had a red itchy rash on my upper arm for 4-5 years that flares up in the spring. I applied ash ointment once a day for 4 days. The skin is completely smooth now with no redness or itchy sensation.

My 11 year old son had come down with a mild cold, this spring season. He then developed a very persistent cough which worried me since in previous years he often suffers for many weeks with cough. Because he has a dairy allergy I opted to mix Agnihotra ash with Vicks vapor rub instead of ghee. I applied it 3 times in the day. Next morning he woke with not a single cough. I took him to the GP and he was very surprised that he managed to recover so quickly.

My 73 year old father has severe neck pain due to wear and tear. He has lost considerable mobility in his neck and has to take painkillers daily. Upon applying ash ointment he has already had a 30% improvement in mobility and reduced pain.

My 7 year old niece had heartburn for 6 months. My mother applied ash ointment to her chest once daily for two days and she has not had the problem again.

My family are so happy with the results that they too are excited to start practicing Agnihotra Yajnya.

I am thrilled with the improvement of our health in the last month but the greatest effect for me is the joy Agnihotra brings to me in my heart knowing I am helping mother Earth and giving gratitude to the Creator.

I am so happy to have discovered Agnihotra. My mission is to tell more family and friends and share this knowledge. I am very grateful to Om Shree Dham for providing materials and sharing your knowledge and expertise."

Sunita Morar Auckland - NZ

Earth Healing with Fire and Sound in NZ

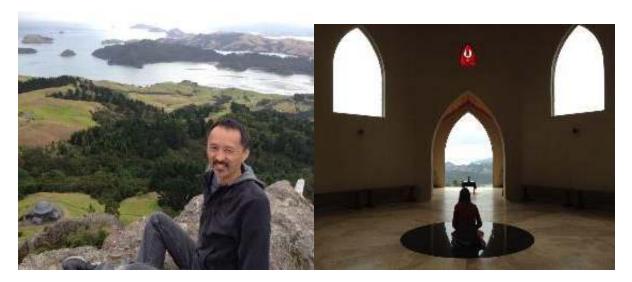
During the workshop tour in NZ in March Darryl Sang and I were lead to various powerful energy centres where we did Homas and Crystal bowl sounding.

Darryl has since emailed that "I have performed Agnihotra with a few people in the Ellerslie/ Stonefields/ Mt Wellington area recently. It is interesting this activity is mostly in the area close to Mt Wellington where Lee & I did sunset Agnihotra in the volcanic crater."



Agnihotra in Mt Wellington crater

Homa in cave above Mana Retreat Centre



Darryl on top of the rock with cave overlooking the Mana Retreat Chapel

Crystal sounding and toning in Chapel

Service to community and nature with group Agnihotra

In Parks



Agnihotra community in Baltimore comes together to give energetic assistance through group Agnihotra during the Baltimore Riots. Back in April this year, the death of Freddie Gray, who was injured in police custody, brought national attention to Baltimore City, with riots and protests ensuing for weeks to follow. Nearly twenty people circled up and performed sunset Agnihotra for several days in Druid Hill Park, close to where the rioting occurred. They held the vision for bringing peace to the city and safety to the children.

In backyards



Group Agnihotra during a workshop on Homa Therapy at the home of an Ayurvedic practitioner Olivia Wu Perth - WA

In Hospitals



Alvaro Christian with his Agnihotra service at Hospital EsSalud Marino Molina SCIPPA Comas, Lima, Peru, South America. Alvaro initially healed up from major drug addiction through Agnihotra. Later he reconnected with Agnihotra in Perth Australia at a workshop run by Lee and Frits Ringma. He took to Agnihotra once again with great commitment. Consequently his life path opened up and by a miraculous series of events he found himself back in South America where he facilitates healing to hundreds of people at a hospital in Lima Peru .



At international Conferences and Universities



Dr Ulrich Berk representing Homa Therapy from a scientific perspective at the 12th International Congress of Complementary Medicine was held from August 22-23 2015, in Santiago, Chile. He also met with various officials of the Ministry of Agriculture. In one meeting, it was agreed that Agnihotra Ash preparations and Homa Biosol (a preparation of several ingredients, including Agnihotra Ash) will in future be among the products allowed for organic farming in Chile.

At Sacred Sites

A dedicated group of Agnihotris in the Warburton area of Victoria regularly come together



for group Agnihotra. Dr Ralph
Ballard writes; "A photo of our sunset
Agnihotra last night on Mount Donna
Buang beside the water spring.... I
strongly felt the presence of many
ancient earth spirits and the spirits
of powerful elders of the indigenous
people. They gave permission for the
fire and received it. We are welcome
back again in the future." Dr Ralph
Ballard.



Homa and crystal sound bath at sacred indigenous site Hunter Valley - NSW

About Om Shree Dham



Our Mission and Vision

- To give back to our planet and mother nature through the performing of Homas daily and teaching Homa Therapy.
- To provide an example of a new way of life where nature and people thrive in a vitalized, purified, peaceful Homa Biosphere.
- To provide comfortable accommodation for people to learn Homa Therapy and Homa Organic farming which in turn benefits their homes, properties and communities.
- To inspire and facilitate a new way of life in the Retreat Centre, currently being built, where we will run courses, retreats, healing and performing arts events, espousing sustainable living such as: growing organic food, healthy eating and food preparation, non-violent communication techniques, yoga, meditation, spirituality, sound healing, dance therapy, performing arts, etc.
- To provide a loving, respectful space for inner transformation through the daily program of regular Homas throughout the day and the grounding provided by harmonious organic garden surrounds imbued with Homas and mantras.
- To work towards community living where the daily Homas, organic farming and creative humanitarian pursuits sustain us and the land physically and spiritually.
- To inspire others to set up their own Homa farms and communities in the area to support each other and incorporate such things as barter, group harvests, etc and most importantly to enable ceaseless Om Tryambakam Homa as a planetary service.
- To imbue farming and everyday life with sanctity.

If you would you like to be involved, our current needs are:

People with skills in building and organic food growing, cow culture, website and digital outreach, etc, to spend time here to help create the infrastructures and ongoing Homa organic food production. As an exchange we provide accommodation and a delicious organic vegetarian lunch in a beautiful nature setting full of transformational potential and adjacent to vast bushland/national park. You provide for your own breakfast and dinner. Give us a call or email and we would love to chat with you about it. (61) 2 49981332

-Help seed this great project through donations. We are unwaged volunteers, totally dedicated to this mission to help create a healthy, happy, joyous life. Regular and one off donations are greatly appreciated. See how below.

The services we offer now

Homa Therapy Centre offering support to Australasia for over 2 decades . Information and Homa Therapy supplies available. Website with comprehensive information , world clock, timesheet service and products for Homa Therapy and other healing products . www.agnihotra.com.au

Australian made Chemical free Agnihotra Pyramids and copper tools made in Homa Biosphere at Om Shree Dham

The Agnihotra pyramids and most of the copper tools are manufactured here at Om Shree Dham. Unlike factory produced pyramids where chemicals are used, there are no chemicals utilized here in the pressing of the pyramids. Produced in a Homa biosphere where daily Homas have been performed for the last 27 years, the pyramids and other copper items are both physically and energetically clean. As well as supplies we provide comprehensive instruction in the form of an information package and are available to answer questions to support your ongoing practice.

Accomodation in transformational atmosphere

Om Shree Dham has accommodation, both caravan and comfortable apartment complete with bathroom and kitchen, available for visitors wishing to experience a Homa lifestyle and its healing atmosphere, set in the beautiful country side of the Hunter Valley NSW. See www.omshreedham.com.au

Our online shop includes powerful energetic tools and beautiful Rose Circles handicrafts

Apart from Agnihotra supplies, including cow dung patties, we also carry powerfully effective high energy healing tools such as Lingams, Yantras, Moldavite, Malas, Rudraksyas, sacred jewelry handmade with mantras, meditation cushions imbued with high vibration.etc. We also have beautiful Rose Circle hand-crafted one -off bags and quilts. Rose Circles run by Homa Therapist, Anne Godfrey, provides sewing skills and economic help to Indian village women.

Your purchases and donations support the voluntary work of teaching Agnihotra and the building of our Retreat Centre and Homa organic farm – a centre of healing and transformation to benefit many.

Please note; At present our online shop is available for viewing of products. The shopping cart is not operating at present due to update needed. When you would like to place an order, view on the website and then email us directly with your requirements.

Website available to calculate your Agnihotra timings

Available online is the Agnihotra timing program where you can calculate the Agnihotra timings yourself. It is linked to Google Earth and easy to use for Mac or PC.

Enter your address and time zone and click Search. You can than fine tune your exact location by zooming in. After you click "Next" select the dates you want to be calculated. After clicking "Calculate" you can copy and paste the results.

We also provide the ongoing free service of calculating and providing your Agnihotra timetable for you.

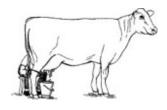
Request your PDF copy for 2016 now.

For this service please use:

http://www.agnihotra.com.au/timings-request-form/

To calculate your own timings online:

http://www.homatherapie.de/en/Agnihotra Zeitenprogramm.html



With Moo compliments

Donations welcome

Support the current work of building and completing our Homa Therapy Retreat Centre - pictured above. Your donations will help us to accomplish our mission to enable us to reach many more people with courses in Homa Therapy, Teacher training, Homa Organic farming and the opportunity to stay in comfortable accommodation, eat Homa produce brimming with life-force, and enjoy the healing and transformation that the daily Homa Fires bring.

All work is done by volunteers. Homa Therapy Association of Australia is non-profit, however donations are not tax deductable.

Donations using paypal: omshreedham@optusnet.com.au

By mail: Homa Therapy Association of Australia, PO Box 68 Cessnock 2325, NSW Australia

By Direct Deposit: Please email or phone us for details.

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"Let's help heal the planet. Perform Agnihotra for the benefit of all"



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