



News of Homa Therapy in Australasia June 2013

Growth and harmony with Homa



for people

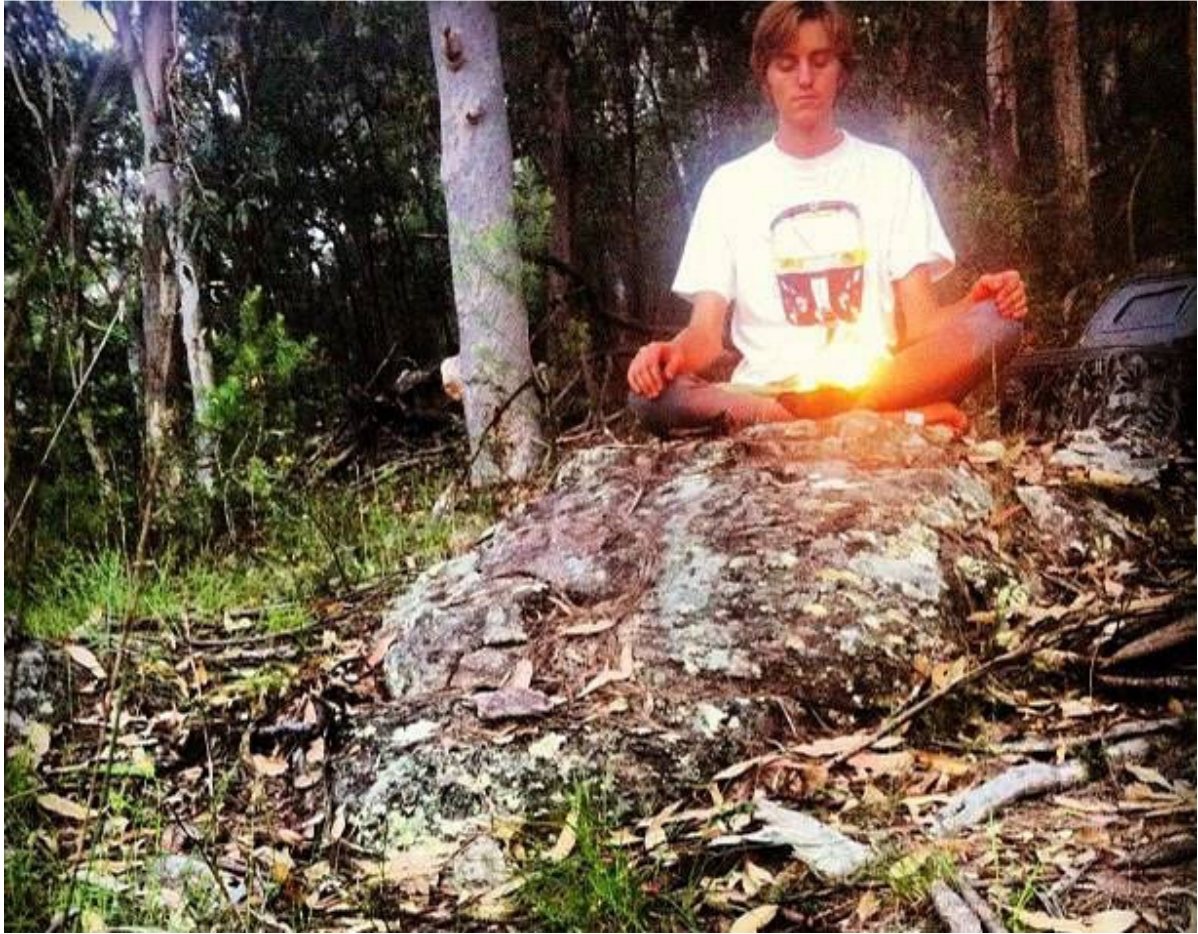


for Nature - Homa Chia and butterfly

News from Om Shree Dham

Homa Therapy Centre and Homa Organic farm in the Hunter Valley, NSW

In the first 3 months of 2013 we were blessed with many visitors: Bruce Johnson and Anne Godfrey Homa Therapists from Tapovan India landed here for a well deserved rest, two Homa helpers, Taylor Logsdon from Canada and Maryann Billian from the US flew in to give us a hand, long time Australian Agnihotri, Karuna Coleman made the massive decision to live at Om Shree Dham for an indefinite period and Kel Wilson, first ever Australian Agnihotrii, could not resist visiting twice to bask in the transformational Homa atmosphere. We also had many people staying for a while as paying guests to be in Homa atmosphere and others as work exchange. This short but very sweet experience of Homa life style was full of astounding inner shifts for all.



Taylor , Homa volunteer, performing Agnihotra in hills surrounding Om Shree Dham

All commented about the transformational experiences that each went through in such short periods of time and then follows the extra benefit of taking Agnihotra back to ones community.

Bonnie and sister, Amy came for a short stay and felt it was so healing Bonnie came back for more and then took Agnihotra home to Geelong in Victoria.

Jamie and Ayla were a great help, at home with Homa and organic food growing and a commitment to Mother Earth. They took Agnihotra back to Bellingen.

Brunie and Jean from Victoria were our guests for a week. Jean is a natural therapist for animals and has access to the inner worlds. She witnessed how at Agnihotra time earth bound spirits gather close to the Fire and when the Agnihotra mantra is uttered they effortlessly return to the Light through the bridge that Agnihotra creates. Jean has now taken Agnihotra back to Wilsons Promontory and is incorporating the ash medicine in her veterinary natural therapy practice.



Flowers, fruit, veggies, cows radiating health and beautiful people lending a hand to build this Homa Haven



Karuna Coleman celebrating her birthday at Om Shree Dham

Received clarity about issues that were running me

“I moved in to Om Shree Dham on 14th Jan. 2013 ... knowing that I had issues that I wanted to break free from. After 4 months of Agnihotra and other Homa Fires, joining in on ongoing Tryambakam Fires for full and New Moons, an organic vegetarian diet and living in the special tranquility that Homa creates in nature..... with Grace holding my hand, I broke through a major core issue that I had been running from for some time & didn't even realize what an intense influence it was having on my life from decision making to relationships. The breakthrough was so profound it has changed my life. I am confident, free and at peace within myself and very clear.

Digestion regulated

Also in this special time I developed the positive habit of taking Agnihotra ash everyday...First thing in the morning a Cup of warm to hot water with a pinch of Organic Ghee and a large pinch of Ash ! Wow what a difference that made, regulating digestion quite quickly.

Sciatica problem greatly improves

I continued to rub the Agnihotra Ash ointment into my thigh. After a while the pain went to every other day. It healed me to such a point of no weakness in my left leg.

So from My heart I thank Lee and Frits for their genuine input into making my stay there as comfortable as possible and with some great laughs & celebrations of Truth...Making Music with the drums, crystal bowls and Lee's voice inviting the Angels to join In.”



Amy and Bonnie from Geelong

Stayed a few days at Om Shree Dham to learn Homa and to heal

Old patterns falling away; shedding weight without trying

Since returning from Om Shree Dham and continuing daily Agnihotra, we are both feeling tremendous shifts, increased energy and a new life forming. Old patterns, habits and baggage are falling away so quickly that I have lost 6 kgs without even trying. I am normally extremely sick with my period. This time I only had a couple of little cramps, nothing else! This has never happened to me before!

I've just been up for sunrise again - something I thought I'd never have the energy to do. We are all enjoying turning our home into a Homa atmosphere. I performed Om Tryambakam Homa the other night for the first time at home (around 45 minutes) with Amy present. I don't really have words to describe it; the clarity in the air was beautiful.....

Concentration greatly improved

Amy, who is studying at Uni, is experiencing greatly improved concentration and noticing a very positive change in her studies."

Ash medicine clearing the bowell

Dad is using the ash and ghee regularly and ingesting the ash in small doses - as he feels it to be potently

cleansing saying he can only take it 'when he is near a loo' !

Family Dynamics changing for the better

I am noticing changes in the household and family dynamics with more harmony settling. The animals and plants seem to be thriving!



Sat Sarbat and Satmukh, part-time residents of China

Stayed at Om Shree Dham for a period of 6 days in June to explore Homa Therapy and to have a well deserved Retreat.

Migraine break-through

We arrived at the farm Saturday evening from Sydney and I had been having from that same morning a slight pain on the left side of my head, of the sort that usually turns into a migraine. Migraines are a real nightmare for me; I have been having attacks for 20 years. In a few cases I am able to stop the process right at its beginning, by taking a medicine, but when this does not work, the process goes on for 4 to 6 days, of which 3 at least are accompanied by vomiting and cramps. I cannot drink even a single drop of water without a reaction, and all what I can afford is to lay down in the dark and suck from time to time on a slice of lemon.

The evening we arrived at the farm, I took the medicine and it did not have any effect. So I emotionally prepared myself to go for the nightmare of the following 4-5 days. However, to my surprise, drinking the ashes of the Agnihotra seemed to break the downward spiral and I was even able to keep on eating some food. I was also able to get out of bed from time to time— another peculiar sign!

On Monday at lunch time, the migraine was totally gone and I was left full of energy and vitality.

Spiritual Vibration in the air

We travel non-stop and wherever we go, we set up a small altar with pictures of saints and gurus, stones and little objects. After two days we realized that we did not do the altar here. We simply did not think of it. Spirituality is at the right foundation of this place and it connects to you as soon as you arrive; it welcomes and supports you. There is no need to set up the conditions and call it in; it is already everywhere, thanks to Agnihotra.

Sugar and caffeine craving disappeared in Homa atmosphere

I was not craving sugar at your place and was eating much less. I did not miss coffee at all, in spite of the fact that Satmukh teases me and says I am addicted to it.

When I came back to Sydney, I thought of coffee again but did not drink one. Now after the Agnihotra this evening, I have again no desire at all to drink one. I think that the fire removes all what we do not need or what damages our health and brings us into balance.

Excessive sweating in hands and feet disappeared

Satmukh suffers from excessive sweating, especially feet and hands. Sometimes it is difficult for him to perform some tasks with the hands because of this. He could never play an instrument, for instance.

This did not happen one single time during the time we spent with you and not even when he was preparing the Agnihotra (he could have been a bit nervous but yet did not sweat).

Thank you!...We are both very touched by the commitment of Fritz and Lee and the good job that they do. We miss you. Blessings to all.

Teachers from the Yogi Bhajan Sikh movement, Satmukh and Sat Sarbat regularly run Retreats on the 4 elements and commented that though they hold these Retreats in beautiful nature settings, nothing compares to the spiritual energy imbuing all of nature at Om Shree Dham Homa Therapy Centre. Consequentially they would like to hold their Retreats here in the future.

Wwoofing on Agnihotra farms



Sophie from Germany

“The first time I experienced Agnihotra was in an yoga ashram in Germany. I just got out of bed went into the kitchen , as I was supposed to prepare breakfast. I was tired and worrying about where my life would go, what I should decide on and I basically didn’t want to do anything but go back to bed!
Then somebody said that they were going to do “Homa” so out of curiosity I joined them.

After they had performed Sunrise Agnihotra, I realized I wasn’t tired any more and in my Heart there was this feeling of knowing that it’s all going to work out some how.
I was ready for the day!

Having stayed at some Homa farms, including Om Shree Dham for 6 weeks from May into June, I can’t help but notice more and more the harmonizing influence of Homa therapy on the whole environment, the people, the animals.....it’s a bit like you can hear the trees talking every time you walk pass them.

And it makes everybody happy.”

We would like to compile a list for our newsletter of Agnihotra properties in Australia that take Wwoofers . If you would like to be listed please contact us.

News from WA



Sian and Richard from Perth WA

There is more peace and life goes more smoothly

My name is Richard. My partner Sian taught me Agnihotra in Mar 2012 . I found doing Agnihotra took a measure of precision, practice and dedication to get right. When you do, it's an amazing practice that done diligently reaps many rewards. Sian & I typically run 2 fires as we have a pyramid each. It's a beautiful practice to do together.

I utilise Agnihotra as an antidote for many of the environmental threats we face living in the city. For example, radiation, chem trails, EMF, Microwaves, etc etc. Also, if ever the city you live in goes into chaos, its likely your home will be unaffected as it vibrates at a much higher energy due to Agnihotra practices.

My experience is that Agnihotra brings everything into balance. There is more peace and life goes more smoothly. It answers so many of todays' issues that every family would benefit from doing it regularly.

News from Vic

Agnihotra and Homa Therapy workshops in Victoria in early May.

Maryann Billian from the Baltimore Homa Community in the US and Joshua Hoare, Agnihotri from Melbourne assisted Lee on the tour. It was lovely to share the experience, always highly inspiring and enriching , here are some photos that capture some of the magic:



At Peter Noblet's Ayurvedic Healing Centre, Highett



At Torquay in Leonie's home, attended by many young families



Women's Healing Circle utilizing Homa to facilitate a powerful group meditation

The lounge room was packed. We prayed, we sang, immersed ourselves in the pure angelic sounds of crystal bowl toning, sent healing and all felt deep transformational energy blessing us and radiating out. Thank you to Nancy Marie for opening your home in Watsonia for this event and drawing a crowd through your enthusiasm and sincerity.



At Tania Kavathas's home in Croydon. Tania is, an Art of Living teacher



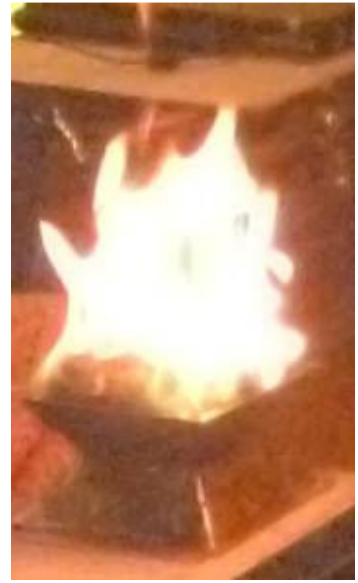
Group Agnihotra in the back yard with new people doing their first Agnihotra



Learning Om Tryambakam Homa

Fascinating Homas captured at Tania's

During 2 days of workshops- Saturday 'Intro to Agnihotra' and Sunday 'Learning the other main Homas'





The next day after a workshop at Trudy's place in Kyneton we placed Agnihotra ash in a large body of water.

Agnihotra and Lotus Birth



Jake Wearing, Melbourne, Vic

My partner and I were recently blessed with the birth of our first child on the 26th of April, a baby girl we have named Willoughby.

I practiced Agnihotra every morning prior to the birth and used the ashes to treat the placenta, as we practiced a lotus birth.

It was noted by my partner and I and the many midwives that came by how good the placenta looked, and how little smell was given off, as is usually the case. We also noticed how quickly the placenta came away from Willoughby, taking only 4 days until Willoughby kicked off the cord. During these four days Willoughby was very calm and content
The placenta is still looking really good, with very little smell nearly one month on- most unusual.

Instant Purifying Effect

Sonia from Melbourne

“I practiced Agnihotra this morning and just now at sunset and the results were as you say ‘immediate’.

Sharpened awareness, strengthened resolve

I knew from the moment I was introduced to Homa therapy that it was exactly what I needed and that it was going to transform my health. However, that said I had no idea it would happen so quickly. The immediate effect from my first Agnihotra was the sense that my awareness had been sharpened and that I was back in my body - a place I often avoid being as I manage chronic muscular and joint pain). In essence I felt incredibly present. In the week following I have experienced a deep desire to work on my health and heal the aches and pains that I have carried with me for too long and had begun to accept.

No desire for caffeine. Physical pain reduced

My desire for caffeine has completely diminished and my nervous system is healing quickly, I'm experiencing less physical pain upon waking (which is when it's at its worst) and I'm taking Ayurvedic herbs to support this healing every day. I feel strongly that the new resolve I have to heal my body is the effect of the Agnihotra, as this sharpening of my awareness is the healing of my nervous system, which I now understand is what this healing fire offers us and the environment.. I feel an ocean of gratitude towards Lee for taking the time to travel to Melbourne and share this Ayurvedic super science with me.”

Ming yin hou from Hong Kong

I just want to share with you the first time experience when I perform the Agnihotra was very good & wonderful. I feel the vibration & energy very strongly. It put me to a deep meditation. What a wonderful experience.

Ayla Briquet from Bellingen NSW

Energised and happier

My stay at Om Shree Dham has been transformational . When I first arrived I felt an instant energy shift within myself. I had been at the time very low in energy and was dealing with a few shifts in my life. As Each day went by I felt myself becoming happier and more centered.

Agnihotra ash and ghee ointment over the entire body dissolved emotional baggage

On my last day I decided to cover myself from head to toe in ghee and ash. This was amazing. I sat in the sun for half an hour and felt all this emotional baggage leave my body when I finally had a shower, I was left feeling somewhat pure, mentally and physically cleansed and ultra energized!

This shift is sustained as I practice Agnihotra regularly

My vibration has risen immensely. Now as each day goes on through the practice of Agnihotra I am sustaining this higher energy. I love life.

Malaysia/Singapore



Patrick and See Mooy of Singapore with relatives in Malaysia

Depression, frustration and anger cleared up when I started Agnihotra

"In mid June of 2010, I started practicing Agnihotra, I was almost going into depression. I was frustrated, and going into a rage over minor things. In short I was not happy. This changed after I started up Agnihotra. Initially my family was against the idea of my practice of Agnihotra due to the smoke and smell caused by the practice, especially my mother-in-law. Due to the resistance I was practicing in my bedroom to avoid any conflicts. But a few days later, my mother-in-law had a change of heart; she asked me to do the practice in the living room. (It is experienced by many that just being in a place where Agnihotra is performed even if family members do not sit for it or perform it themselves they are still effected beneficially.- editor)

Quick healing of flu and cough

In June 2011 I went to my sister's home in Malaysia to practice Agnihotra and something auspicious happened while I was doing Agnihotra. There was a row of birds sitting on the wall outside the house as though they come for the healthy atmosphere. My sister commented that this had never happened before. My sister was skeptical initially. She had a bad flu and cough at the time and she remembered me telling her that the Agnihotra ash had healing powers. She took some in water and after a few days she notice she was healed. As for my mother, she is asthmatic but while we were doing Agnihotra, she did not have any attack miraculously.

Struggling plants become healthy; birds attracted

We also discovered that the ash could be used to fertilize our plants with miraculous effect. Those that were almost dying would flower again and the plants started to attract a lot of birds even making their nest there.

Agnihotra brought prosperity

Agnihotra has also brought prosperity to the people around me when they started practicing. They noticed that their business became prosperous and those who dabble in the game of luck had a windfall. But all in all everything changed when we started practicing Agnihotra. Miracles keep happening around the people who practice it."

Patrick / See Mooy 8/6/2013

Regular Agnihotra Gatherings

Benefits:

- *Support for your Agnihotra practice
- *Bringing healing to your home with group Agnihotras
- *Taking Homa to sacred sites or to areas needing help

Geelong area

Contact Bonnie- holistictherapies.bonnie@gmail.com or Leonie- 0430632727

Bonnie : “We plan to make it a weekly thing rotating through everybody’s’ homes. We bring a veggie plate and meet about 4pm. People are pretty excited about it, which is great! The first meeting was at our house. It was a wonderful night with a real lightness of heart and fun vibe. There was such a powerful shift having several Agnihotras and so many people here contributing to the Homa atmosphere on our property.

Melbourne

Contact Tania Kavathas- taniakav@hotmail.com

Melbourne Agnihotra group is having its first official gathering at Tania's home in Croydon on Saturday 22nd of June at 2pm for some full moon Om Tryambakam followed by Sunset Agnihotra and a vegetarian feast. We have 9 people confirmed who are bringing friends and relatives, so this will definitely grow.

Singapore

Contact Nazli Anwari - ph: 96312957

Every Thursday Shared sunset Agnihotra and Satsang

At Nazli Anwari's home, 393 Joo Chiat Place, ph: 96312957 (phone first)

This is a weekly gathering.

Shared sunrise Agnihotra at Swami Home at Sembawang Walk

Every First Saturday of the month preceded by Meditation

Gather at 6.00am. This is a monthly gathering

Malaysia

Contact Soh Wee Hock whsoh58@gmail.com

Come rain or shine, courtesy of Datuk and Datin K at Phoenix Rise, Penchala Hills, KG. SG. Penchala

We can now perform Agnihotra not just on weekends but also on any day of the week. We've even got a few spare kits for those who have forgotten to bring theirs or for anyone wanting to learn how to perform Agnihotra.



Phoenix Rise, Penchala Hills

Homa Biosphere protects and beautifies



This Fire that ignites my soul and puts my Heart to rest
Every morn a breath of fresh air fills my body
Straightens my spine
Aligns my mind
This same Fire
Weaves magic in the trees in the sweep of light
Breathes shapes of beauty
Everywheregardens of Eden

Lee and Frits Ringma, Om Shree Dham

Nature arranges Herself beautifully in Homa

Frits and I are not landscape artists yet every day I revel in the beauty that nature spontaneously creates in Homa atmosphere. This tree standing in front of our Agnihotra hut with its Zen garden qualities grew spontaneously here. We did not plant it and it is not native to the area.

Energetic dome of protection

We have had many experiences over the 24 years of Agnihotra practice of being in a bubble of protection. Earlier this year we were sharing Homa Therapy in Singapore. While performing Agnihotra

with Patrick and See Mooy in their high rise flat looking over the great urban metropolis the atmosphere above us was pervaded with the roar and ominous vibration of fighter jets. It was so loud, all pervasive and menacing, like a war going on just over our heads yet we all experienced being in a deep protective sphere of wholesomeness and stillness, totally untouched and untouchable.

Carmel on her Agnihotra property in France

Chem-trails broken above Homa property

When Anne Godfrey was staying with us she looked up one day and pointed out that the many chem-trail lines directly above our house were broken. On observation by both of us we noticed that they started off in the distance towards our house, then there was a big gap over the house and farm, then they resumed again further along in the distance.”

Lisa from Perth

Dome of clear atmosphere over Agnihotra home

Elinor Weaver told us a story about Lisa of WA. She worked in a high rise office and everyday she would look out the window and see the pollution over Perth. Each time she noticed a clear dome of pollution-free atmosphere at the same spot. Finally by looking at a map she noted that it was in the area of her home where she was regularly doing Agnihotra.

About Om Shree Dham



Homa Therapy Centre offering support to Australasia . 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

Om Shree Dham has accommodation available for visitors wishing to experience a Homa lifestyle and its healing atmosphere, set in the beautiful country side of the Hunter Valley NSW.

New website available to calculate your Agnihotra timings.

We have now available an online 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.

The current version can calculate 3 months at a time , but as time progresses and the program is updated you will be able to calculate a full year . Enter your address and time zone and click Search. You can then 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 still provide the ongoing free service of calculating and providing your Agnihotra timetable for you.

For this service please use: <http://www.agnihotra.com.au/agnihotra-timings-request-form>

To calculate your own timings online:

http://www.homatherapie.de/en/Agnihotra_Zeitenprogramm.html

Donations welcome

Support the current work of building and completing our Homa Therapy Retreat Centre- pictured above. We are aiming to complete this project this year. Your donations will help us to accomplish that and will 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 to 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 deductible.

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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