



3 Day Live-in Agnihotra Teacher Training Australia



Vyahruti Homa at 10am, 12pm and 3pm

In February this year we held our first Australasian Agnihotra Teacher Training course at Om Shree Dham, Homa Therapy Centre in the Hunter Valley NSW.

There are many people desirous of sharing Agnihotra with others but invariably we find that they struggle with how to describe Agnihotra often ending up using terms such as ceremony, ritual or Indian practice. And then suddenly the gift of environmental healing for all ends up reaching a very limited audience.

In response to the need we put together a 3 day live-in course that we will conduct yearly. We are not talking about Homa Therapy Teacher Training, a much larger field of knowledge and application and which has very specific requirements such as a commitment to an Ahimsa lifestyle (practice of harmlessness) which includes vegetarianism and other subtle requirements. We are talking simply about assisting others to confidently share Agnihotra in the way Shree Vasant taught us- primarily as a universal environmental healing tool from the ancient knowledge base of Ayurveda.

6 dedicated Agnihotris from various states of Australia and New Zealand travelled long distances to attend the course. Elinor Weaver from South Australia, Susie Edwards from Tasmania, Bonnie Edwards from Victoria, Janie Milne and Sheia drove about 800 kms from Northern NSW, while Darryl Sang came across from New Zealand. Elinor came a week early to help us with preparations and she remained engaged in service as coordinator of delicious organic vegetarian meals and other practical matters. Without Elinor's selfless service we would not have managed.

The course was conducted in the large 12 sided, domed central room of the new Retreat Centre (still in the process of being built). This felt very auspicious and its spacious sacred geometry was a magic setting for powerful group Agnihotras. For the dedicated up for 5am mantras we enjoyed yoga, dance and sacred song under the domed canopy to get our energies moving for the day.

The course consisted of Power Point Presentations, interactive practical sessions on the 3 most important Homas- Agnihotra, Vyahruti and Om Tryambakam Homa. Outdoor hands-on experience with collecting and laying out of cow dung and most importantly tips on how to present to others in a scientific way. Each person received a folder with comprehensive information, including their own Power Point presentation on a USB stick so that they can conduct talks in a professional and informative way.

Participants share their experience:



Darryl Sang, Auckland NZ

"Sharing and learning with the other wonderful Agnihotris under the guidance of Lee & Frits was very powerful. The group dynamic was very uplifting as often, when I am practicing back home, it can feel as though I am trying to save the world all by myself!

The power and energy from multiple Agnihotra fires, the sounding and chanting sessions and the wonderful food are my favorite memories. Om Shree!

Also having my hands in cow dung was certainly very grounding and challenging for me as a city boy.

Now I am back in New Zealand I have been much more focused and regular with my practice as the great benefit this has for the environment, my community and my family is much more real and apparent to me.

I have started sharing this with others - people that have shown previous interest and want to renew their practice.

Thanks Lee & Frits for your support and dedication" Darryl Sang



Elinor Weaver, Willunga, South Australia

"In February I was privileged to spend some time at Om Shree Dham, firstly helping to set up for the first Agnihotra Teacher training course, then participating in it.

I always find it idyllic to stay at the farm in its very special atmosphere, and have Satsang (Fellowship) with other Agnihotris. In this case I met five other regular practitioners from Australia and New Zealand. What a buzz to get to know these other beautiful people.

Frits and Lee had put an enormous amount of effort into planning and preparing the course,Now we have everything we need to give a professional presentation.

Saturday 29th March is earth hour. I am taking part in the Get-Up campaign to increase awareness of the plight of our planet, focusing this year on the Great Barrier Reef. Part of the evening's activities will be introducing the concept of Earth Healing through Agnihotra to everyone at Sunset. Hopefully after that, many of the participants will want to find out more, bringing their friends with them. Now I feel better prepared and more confident to present Agnihotra to other groups such as Sustainable Communities and Permaculture Groups....." Elinor Weaver

Elinor has been practicing Homa Therapy for over 20 years and has frequented international Homa Therapy events in India and Australia. She has now dedicated herself to bringing healing to a strip of coast line in South Australia where she regularly braves the weather and performs Agnihotra on the beach and delivers the prana-filled Agnihotra ash to the ocean. Article further on.



Jamie Milne Bellingen NSW

Jamie is active in sharing Agnihotra especially with young alternative and switched-on people in the Bellingen area in Northern NSW where there are many organic farms. Jamie also shares Agnihotra at New Age and music Festivals.



Left- Sheia, Mullumbimby, NSW

"I loved learning in depth about the applications and effects of Agnihotra in a way that I can communicate with others. I love that the practice of Agnihotra is so practical and easy,..... and the benefits are readily felt....."

Being able to do something daily to assist Mother Nature in these times, to be part of the solution....., means a lot to me both professionally and personally." Sheia

Sheia is involved in a large hemp growing operation. Hemp is grown legally in Australia for its oil which is used to great beneficial effect in skin creams and cosmetics. Sheia is particularly interested in interfacing with the farmers about the agricultural benefits of Agnihotra.

Right - Susie Edwards, St Mary's, Tasmania

"I felt so much healing from all our practices together, it is carrying me through!" Susie Edwards

Susie Edwards has been performing Agnihotra for many years and has an organic farm for self-sustainable living incorporating Homa Therapy practices. She is very keen for more Agnihotra to be practiced in Tasmania.



Bonnie Edwards, Torquay area, Victoria

Bonnie stayed on at Om Shree Dham for a week after attending the course and continued a healing process, becoming medication free for the first time in her life:

"- on my recent visit to Om Shree Dham I came off the last of a long list of medications that I have been taking for the last decade. I was diagnosed with Dysautonomia 10 years ago and have been on beta blockers, cortisone tablets, anti-depressants and anti-epileptics. Prior to that I took a huge amount of pain killers daily just to survive, prescription medication for a

digestive system that was falling apart and regular antibiotics for all sorts of infections. In fact for most of my childhood I was put on antibiotics two weeks on two weeks off."

(Gradually with a lot of support from Agnihotra, Bonnie was able to wean herself off most medications except for one) "I was frightened to come off the last of my medication as when I have tried in the past I have been faced with hallucination, frequent fainting, convulsions and feeling completely out of control in my own life and body.However..... I was absolutely amazed at the gentle way my mind, body and emotions healed on the farm after coming off this final medication. It was as though I was gently guided to the core issues, not bombarded with the.... lesson. So now I am medication free for the first time in my life!!!!..... I can actually allow myself to shine without having to fight through the blur of drugs. Thank-you Om Shree Dham and Homa Therapy for the miracles that become a normal happening." Bonnie Edwards

Since returning to Victoria, Bonnie has conducted her first Agnihotra workshop.

Interwoven with the course we all had a lot of fun together with precious times singing and holding sacred space. A lot of healing took place for all- an added bonus to attending a course in a beautiful natural setting enveloped by a peaceful Homa Biosphere.

Many people could not come this time due to other commitments. However we will be holding the Agnihotra Teacher Training yearly. We welcome long time dedicated Agnihotra practitioners from Australia and surrounding countries for expressions of interest.

We aim to hold the next course in a **completed** retreat Centre and invite your assistance through work exchange or through donations. Contact Homa Therapy Association of Australia – omshreedham@agnihotra.com.au

Adi and Frits lay down the beautiful wooden floor boards. Where possible the building is created from recycled timbers.



Regular Agnihotra Gatherings

Warburton, Victoria

Contact Ralph and Sushie –

Torquay area Victoria Agnihotra gatherings

Contact Bonnie Edwards -

Melbourne, Victoria

Contact Joshua Hoare -

Japan

Contact Maki Obokata -

Malaysia – Kuala Lumpur

Contact Mr Soh –

Mr Wong-

Singapore

Contact Betty Khoo –

Philippines, Los Banos

Contact Dr Pamela Fernandez -

Agnihotra in the Philippines

Dr. Pamela Fernandez and Shirley Libre are two dedicated souls working together to spread Agnihotra in the Philippines. They are especially desirous that many people take up Agnihotra to ameliorate the effects of global disasters, of which Philippines has suffered greatly over recent years.

Dr. Fernandez introduces Agnihotra to her Agricultural students at university, Shirley has recently moved to an organic farm run by Christian nuns. Shirley introduced Agnihotra to the Sisters for the wellbeing of their farm and they have taken to it like cowdung to the flame (as opposed to ducks to water).

Recently Pamela and Shirley gave a workshop at the 'farm in Tiaong, Quezon site of the 'Bahay Madre,' the cradle of the Susi Foundation that continues to serve farmers and advocates natural and organic farming and other soul-enriching pursuits.... The farm is run by Emma Alday and Isyang Lagahit, who had left the comfort of convent life to dig into the riches of the earth.'

The above quote is an excerpt from an article featured in one of the daily newspapers of the Philippines, written by journalist Ma Ceres P. Doyo. Ma Ceres attended the workshop along with 20 or so others of diverse backgrounds including nuns, women farmers, scientists/agriculturists, promoters of indigenous culture, representatives of NGO's, artists, women from a shelter for abused children and recovered drug addicts who now help the young find wholeness.

Nine of the participants were so impressed they have taken up Agnihotra as a result of the presentation.



Agnihotra presentation at the farm April 9th 2014

Many people commented that they felt peaceful and calm after Agnihotra. One particular woman arrived in a stressed out state and she reported that she was quickly brought into equilibrium through Agnihotra.

SAKHAY Farm Behia Tiaong Quezon Philippines



Morning Agnihotra at Sakhay Farm

There are four mainstays who perform Agnihotra regularly on the farm including the two managers Sister Emma Alday and Sister Isyang Lagahit . It was Shirley Libre who introduced Agnihotra to the Sisters. Shirley had been ignited to share Agnihotra with as many people as possible in the Philippines after spending a year in Sydney in 2013 and connecting with Homa Therapy Centre Om Shree Dham.

The Sisters took up Agnihotra straight away. It took them into deep meditation and connectedness and they quickly noticed more joy in themselves and the staff on the farm.

Sister Emma Alday

Hope for the future of the planet
Mini miracles on our farm

"Before I encountered Agnihotra last February, it was as though I was facing a blank wall. Being an environment advocate for more than two decades, I felt that I have already maximized my time and effort and some savings addressing the water and air pollution in our town.

Agnihotra came like dawn after dark. My first experience of Agnihotra, even without understanding, calmed my nerves and senses. As I practiced daily and deepened my appreciation of its essence, my negative feelings and desperate thoughts about the future of Mother Earth have significantly lessened.

Within the farm, small miracles have happened to some of my plants and animals with the use of Agnihotra ash. The leaves of my hot pepper and eggplants started to yellow and fall. After applying ash they started to grow new shoots, bloomed again, and have many fruit. Another plant, which I have been waiting to bear fruit for more than five years, bloomed after putting Agnihotra ash. It continues to bear fruit for more than a month now. One of our hogs showed signs of weakening and couldn't stand up. When it was fed with Agnihotra ash and honey, it was instantly energized and became active again.

Every sunrise and sunset, whether alone or with others, I feel that the whole of creation is expressing Love for her enemies and prayers for those who persecute her. It is so liberating!"

Updates on the farm by Shirley Libre

We are all so enthused by and committed to Agnihotra and Homa Therapy that we are regularly adding to our Homa Therapy infrastructure. We have constructed a temporary drying area for the cow dung using old structures in the farm during the dry season. We intend to build a stronger one that can withstand the heavy rain and strong wind. We have in mind to build something similar to what you have at Om Shree Dham. (A hot house tunnel open at both ends to allow for air flow)

Last May 9-11, Sr. Isyang conducted a three-day natural farming course. Most of the participants joined us in the sunrise and sunset Agnihotra.

There were many times when friends, people staying for Retreat, or organic/natural farming training participants would join us during Agnihotra. We felt inspired to build a separate hut just for the purpose of the performance of Agnihotra and Om Tryambakam where guests can join us or practice performing Agnihotra.



Group Agnihotra in Dr Fernandez's garden with NGO Mission Makiling March 2014



Students from a Faculty of Western Mindanao State University learning about Agnihotra



One of the first people in the Philippines to take up Agnihotra- Jojo Cagurangan and her colleague Evelyn Luceno. These two women are dedicated Agnihotris and live in Zamboanga City.



A dairy farm in Zamboanga City where Agnihotra is regularly performed



**Regular Friday meetings for group Agnihotra in Los Banos.
This meeting was held at the University Campus.**



A gathering of around 20 organic coconut farmers in Quezon

Dr Pamela Fernandez and Shirley Libre gave a workshop on Agnihotra to the farmers who need to protect their coconut farms from the infestation of coconut scale insect. Around 8 farmers took up Agnihotra to assist their farms.

To learn Agnihotra in the Philippines contact:

Dr Pamela Fernandez on

Shirley Libre on

Acceleration of inner growth

Recently we have been in contact with people who have connected to Agnihotra and Homa Therapy to such an extent that they have made it a priority and regular practice in their daily life. We have noted revolutionary changes in these people and in their life circumstances as a result. We have invited them to tell their story:

Bonnie Edwards, Victoria,

Profound life changes

This is the most comprehensive description I have ever come across regarding the all-encompassing effect that regular Agnihotra has - full of clarity and Heart-centred perceptions.



Bonnie Edwards in her vegetable patch buzzing with Agnihotra vitality despite 40 degree summer days.

"We are enjoying beans, shallots, garlic, artichoke, zucchini, tomatoes, salad greens and many herbs at the moment and the passionfruit growing where we perform Agnihotra is going berserk! My family jokes that I have a green thumb, maybe I do, but mostly I garden with Agnihotra ash!"

I have experienced profound changes in my life with the regular practice of Homa Therapy and a visit to Om Shree Dham. I have experienced health challenges all my life, particularly in the last 10 years. I have journeyed through many natural therapies and personal realisations on my path to vitality. Homa therapy is truly the simplest, most affordable and accessible tool that works on all levels of being - mind, body, soul, emotions, environment. I am feeling stronger every day in all ways.

Courage to change careers

I recently found the courage to begin a new career path and am studying Naturopathy. I work as an Occupational Therapist in a hospital and while I love many aspects of my job I have been frustrated for some time with the medical model that I am required to work under. Naturopathy seems a wonderful fit for me as it is so complementary to Homa Therapy, organic produce and a simpler more natural way of life.

Greater connectedness

I have found a greater connection with myself and more loving connection with those around me and a more spiritual connection with the land through Agnihotra. I love working in the garden and grow a lot of my own organic produce. Nothing makes me happier than seeing a seed grow into a plant, that plant produce food and the seed that can produce more life. I love the complete connectedness to Mother nature and others that harvesting and providing food for others provides.

Alignment with natural cycles

I have always been a night owl, often having trouble sleeping and never being good in the mornings. Agnihotra has aligned me with the natural rhythms and cycles of the days and seasons. I recently stayed over the night at my old housemate's house. She was astounded that I was up and that I was chatting away to her before she went to work. I was a little confused at her confusion until I remembered how I used to be and how she knew not to talk to me until I had been awake for some time. So many changes have happened in my life like this, old habits that no longer serve me gently falling away.

Agnihotra has taken the fear out of life

Homa Therapy has taken the fear out of life for me, I now have a powerful and gentle tool. My experience is that it not only assists with change over time, but that it clears away all the negativity and fear, replacing it with love. For example, I no longer worry if I have to go somewhere or see



someone that I know is a negative environment/ person as the next Agnihotra will cleanse it all away.

The true gift that I have received is even greater than any physical healing (of which Bonnie has received in abundance through Agnihotra –see above article on Agnihotra Teacher Training)
Agnihotra has given me hope. When life throws me a curve ball in any way, I know that it is now manageable. I finally feel as though I can do something to help my circumstances and to assist with the healing of the Earth and its people. Every time I perform Agnihotra I am awash with feelings of gratitude for this wonderful gift, it brings everything back into perspective and calms the mind, body and environment, making this walk through life somehow gentler. I have often felt so lost in this life, wondering at the meaning and so often as to my purpose and how I, a small piece in a large world can make a difference, a difference that does not force or inflict my beliefs on others. Each day now, I feel as though I am doing my little piece and that it is connected to something larger than myself, I finally have meaning. The beauty and clarity of Homa Therapy has also helped me to see the gentler way forward that is aligned with my path while respecting all others.

Whenever I am confused I take my questions to the Fire and I feel my way.

I love that Homa therapy is a practice that aligns oneself with their true Self in a state of oneness with all; the answers are always found within. This most amazing tool doesn't breed dependence or the constant seeking outside oneself, but rather the unlocking of our own potential. I have found Homa Therapy to have profound effects on all layers of myself - physical, emotional, mental, and spiritual - and I have felt and seen the changes to the environment supporting all life. Much love, light and blessings,

Bonnie Edwards XxooxX

PS. you will be pleased to know that we have regular Agnihotra gatherings”

Aaron Ward Hunter Valley NSW

Agnihotra catalysed major shifts

Aaron Ward performing Agnihotra at Om Shree Dham

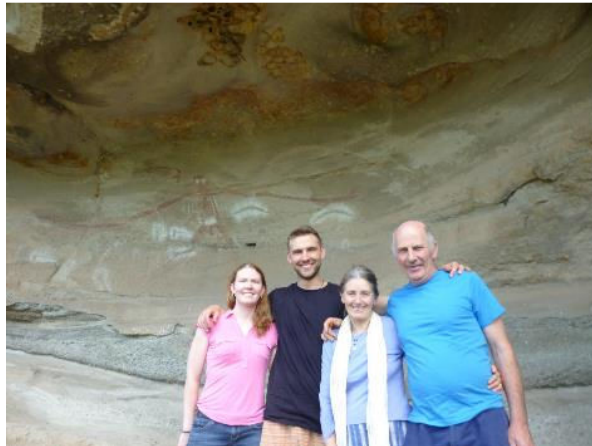
“Practicing sunrise and sunset Agnihotra daily plus most days an hour of Om Tryambakam Homa for the last 6 months has brought an incredible amount of coincidence and acceleration of inner and

outer change in my life. Outer circumstances immediately came to a head and shifted the moment I took up Agnihotra. My sense is that deep and unresolved karma can now heal.

The most profound occurrence was a deep sense of peace and grace experienced through Agnihotra. This has been a tremendous help to maintain personal stability and balance- amid outer turbulence. As such I look forward to each Homa and learning more about ash medicine and the transformational powers that are now available to me on my journey."

Aaron lives on a property close to Om Shree Dham and has been sharing his skills to help beautify the Centre. He recently helped to create a beautiful water feature next to the Agnihotra hut. We hope to find a Mother Mary statue to preside over the water feature.

Honouring the indigenous roots of this land with Homa.



Biami cave near Broke ('Biami' is the local indigenous word for the Creator)



Performing Vyahruti in Biami cave (above) and in Women's cave(below).



Taking Responsibility for the Bigger Picture

It can be very freeing to make the shift from living for self to living for a higher purpose. Agnihotra is a simple but potent means to bring healing to Mother Earth. Agnihotra can be taken to areas of nature that need healing, massacre sites, sacred sites, rivers and oceans, to inconspicuous spots near jails or hospitals, etc. These days there are more rules and regulations than ever so we need to be discerning. Frits and I often do small Agnihotra Fires in our car if it is too conspicuous to be outside or if there is a 'Total Fire Ban'.

Below is an inspiring initiative by long time Agnihotri, Elinor Weaver to bring healing to coastal waters:

"I have been doing Agnihotra fairly consistently for many years and was beginning to feel that I could be doing something more for the wider environment. I have also been using the pendulum for several decades so I used the tool to help me access my inner guidance about what I could do.

The message that came through was that it would be really good if I did Agnihotra over a long stretch of coast line in South Australia. This will be a long term project, as it seems to require doing an evening Vyahruti and Agnihotra, followed by morning Agnihotra the next sunrise at locations down the coast, often only about three hundred to five hundred metres apart.It is dauntingbut one step at a time is the way I am going.

I now have a sometimes companion to accompany me, a new convert to Homa therapy. I average one to two locations a week..... Any suggestions for fires out in the elements in winter?" Elinor Weaver



**Elinor doing evening Agnihotra at Moana Sands Conservation Park, just behind a coastal dune.
The photo is taken by new Agnihotri Lindsay Monteith.**

Om Shree Dham News

Homa Therapy Centre for environmental healing and inner transformation



Beautification project: A lotus pond in the making built with the assistance of Aaron, horticulturist and Landscaper. Above - Frits performing Agnihotra in the new pond to be.



Patty Powers from the US and Josh Hoare from Victoria with an abundant harvest of Homa organic pecan nuts.

Patty stayed with us for 1 and a 1/2 months and Josh for a week to be in the transformational energy of Homa atmosphere and to contribute towards the running of the farm and Centre. It was a great commitment from Patty and a great experience for us to have her with us. It was her first trip to Australia and instead of touring she gave her all to Om Shree Dham and the inner development that a Homa biosphere affords

Gallery of vibrant Homa organic veggies at Om Shree Dham





Bottom right- Miracle grapes at our door. When we first arrived in 1994 at this property this grape vine produced sparse and tiny little inedible grapes. Apparently it is a decorative grape not cultivated for edible grapes. However each year in Homa atmosphere the plant has produced increasingly abundant delicious bunches of full size sweet grapes.

Accommodation at Om Shree Dham

Om Shree Dham is a Retreat Centre and organic farm nestled in a beautiful valley in the Hunter region of NSW. Homa Therapy, practiced daily creates a special peaceful, vital and transformative atmosphere that provides a perfect space for healing and learning.

Accommodation, both caravan or self-contained flat, is available for those who would like to partake in Homa lifestyle.

Accommodation cost

BYO tent/ campervan-	\$15 per night. Extra person - \$10
Caravan -	\$25 per night. Extra person - \$12.50
(max 2 people)	
Caravan with kitchen/Annex -	\$30 per night. Extra person - \$15 (max 2 people)
Flat with kitchen and bathroom -	\$65 per night. Extra person- \$25 (max 3 people)

Food Cost

Option 1) \$35.00 per day per person – We provide a communal lunch. You prepare your own breakfast and dinner along with other guests in guest kitchen. We provide mostly organic vegetarian food.

Option 2) \$15 .00 per day for a communal organic vegetarian lunch. You bring you own vegetarian food for breakfast and lunch to be prepared in guest kitchen. Must be vegetarian- no eggs, fish or meat.

Special Conditions

- 1) Sitting daily for sunrise and sunset Agnihotra
- 2) Regarding menstruation and Homa. When a woman is menstruating she is not able to sit for any of the healing Fires- Homas for energetic reasons. For this reason we ask that women plan their visit and stay accordingly. See explanation – www.agnihotra.com.au and look under 'Centre'.



Self-contained flat with kitchen and bathroom, accommodates up to 3 people- 1 double bed, 1 single. Wood fired heating for rustic winter cosiness.



Tenting at Om Shree Dham- avoid the winter months.

We also accept Wwoofers/ work exchange.

Sunday Gatherings

Most Sundays-Starts at 11am with Homa, group meditation sending healing, joyous sacred music making with voice, musical instruments, drums and crystal bowl toning. Bring vegetarian (organic) plate for shared lunch. All welcome. Phone to ensure it's on - 02 49981332

Cow dung patties for Agnihotra are available for sale

The cow dung cakes are prepared in Homa atmosphere from Brahmin cows lovingly maintained by Homa organic principles. Homa Therapy teachers practice Ahimsa- that is harmlessness to all living creatures so our cows do not carry the burden that they are being bred for slaughter. All these factors give a subtle refinement, facilitating an even more powerful Agnihotra. The cow dung patties are \$17.50 per dried kilo plus postage to your area. Some people living in the same area choose combine their orders in one large order of up to 10 kg, saving on postage. Contact us for details.

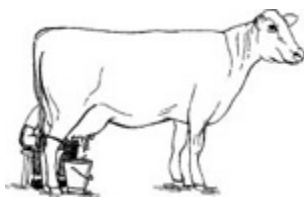
You can place your order directly from our shop on our website www.agnihotra.com.au

Note: contact us to add postage to your order.

Or you can order by emailing us at: omshreedham@agnihotra.com.au

Call us on 02 49981332

You can of course be totally self-sufficient with your Agnihotra practice by drying your own patties. It is a relatively simple matter. Please contact us for some practical tips.



With moo compliments

Donations welcome

Support the work of spreading Agnihotra around the world. Our Non-Profit organization has no paid staff; 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.

Printable copy

To request a printable PDF copy of this newsletter, please email us.

“Let’s help heal the planet. Perform Agnihotra for the benefit of all”



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Homa Therapy Association of Australia

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