Homa Therapy News

Australian and International, May 2025

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A SHORT INSPIRING VIDEO ON AGNIHOTRA'S TRANSFORMING EFFECT ALL OVER THE WORLD

A short and comprehensive video detailing Agnihotra and Homa Therapy practice around the world showing the vital importance of the worldwide practice of Agnihotra and to provide easily understandable reasons for its performance. The more people performing Agnihotra, the more vital benefits there will be for the whole of Nature and humankind. In the face of an endangered civilization, Agnihotra offers a clear solution - a way out. For more information about Agnihotra and Homa Therapy in Australasia: www.agnihotra.com.au

https://youtu.be/4jU2Amwv_1E

Please share far and wide!

SOMETHING IN US SHIFTED WITH FIRST AGNIHOTRA

Omprakash and Nehha, Brisbane, Queensland Australia

Nehha: 'Omprakash and I went to the hills of Uttarkhand, India to visit our family friend- Atul Bakshi or Gogi uncle as he is called by us. There, we experienced a most profound calming effect-of course the hills were a factor as was the beauty of the place- but there was something more. We could not place a finger on what that was, till we experienced the first Agnihotra Homa that evening. The fragrance of the burning cow dung, the gathering of a few of us around the copper vessel, the silence that followed- **something in us shifted and life as we know, would never be the same again**. Next day and the next and the next- Agnihotra was carried out to the rhythm of sunrise and sunset, and it was as if **our circadian rhythm was coming into more balance**. We were never really late risers or late sleepers, however, this Homa gave a more final touch to the way days were meant to be spent, with the rays of the sun rising and setting. Since then, to now, we have tried to not miss a day of at least once a day Agnihotra Homa, and it has been a wonderful practice along with Ashtanga Yoga that has helped spiritualize our relationship further with each other, and with the world around us. One thing I can say for sure is that I notice a change in the **reduction of frequency of negative thoughts** that rise in my brain. Being a Psychotherapist and Counsellor, I am always on the lookout for holistic ways to help clients heal for sustained results- and I think I wanted to practice first on myself to see the changes, before sharing it with others.

Omprakash and Nehha performing Agnihotra during their recent stay at Om Shree Dham

“This month we had the privilege of spending two days at Om Shree Dham in the presence of Homa Therapists, Lee and Frits. They helped us understand the nuances of the Homa Therapy process and I also had the chance to light my own Agnihotra Fire. It added deeper dimensions to our practice and Omprakash and I got even more convinced that living on the land is the only answer to the future of this world, which is definitely hurting with human misdeeds. Three years ago we had purchased a few acres of land in rural India and we were planning to transition on it from our life here in Australia. Now, the process has definitely been accelerated after meeting Frits and Lee! We can’t wait to practice Homa Agriculture. I am also going to introduce this practice in the not-for-profit I run, called Sarvam Shakti, holistic education for marginalized female students. I will try to ensure that the beneficiaries sit around the evening Agnihotra Homa at the southern India Centre.

The rural land in Karnataka,India where Omprakash and Nehha plan to relocate to practice organic farming with Homa

I am grateful to Gogi uncle for introducing his practice so passionately to us and for Lee and Frits to give us a firsthand glimpse into a Homa lifestyle of so many decades. My Pranams to Shree Vasant Paranjape and his family and of course his revered Guru, Shri Gajanan Maharaj for this extraordinary vision.’

SHREE VASANT – ON YOUTH
February 10, 2025

As received via Parvati during group meditations at Ecovillage Bhrugu Aranya in Poland

Shree Vasant: Focus on the Youth. Carry Our teachings now to young people who are in desperate need for comfort and wisdom. Timeless wisdom. Speak simply. It is not to fulfil their intellectual curiosity. What We have in our hands is a lifesaver. Don't hold back.
Using the true teachings, as you have experienced them, is the best place to begin. Begin by listening. Listen to them but also teach them to listen to their own higher selves.
Emphasize finding a creative endeavor for relief of tensions and for expressing whatever it is they are experiencing in their lives.
Listen. Listen. Listen.
Encourage musical self-expression, art, dance, writing.
Encourage them to seek silence, solace in Nature.
Help them learn to listen to their inner wisdom.
They do not require you to have all the answers, but simply to hear them tell their story, share their impressions, joys, ideas, fears, and dreams.
How sacred it is to be allowed into their hearts and minds.
No judgment. Acceptance and compassion will lead them to learn to accept themselves.
And impart GRATITUDE. Suggest writing a gratitude list daily.
And encourage Laughter, the lightness of being able to feel, see and hear that which awakens or reawakens JOY.
Be always kind.
You carry Light. Allow that Light to guide them without too many words.
Remember, when you listen you will hear what you also may need to comfort and cleanse yourself.
All love and blessings.
OM TAT SAT.

Maria Broom, Homa Therapist, US, sharing Agnihotra with youth

LET'S HELP OUR YOUTH
Orion, January 21, 2025

Orion Transmissions are received in meditation by Parvati Rosen-Bizberg, Homa Therapist Poland
www.oriontransmissions.com
On Facebook: Orion Transmissions Prophecy

'…... Many young people see what is going on in their countries, on the news, and amongst each other. The tensions in the world get magnified in the young.
Those of you with a bridge to reach them, open your hearts to receive them, guide them, comfort and inspire them.
Those for whom these words inspire, create such a bridge to reach young souls. Many will be searching now—not yet jaded, not yet discouraged, still maintaining hope.
How can this begin? For those involved in such services, stay strong. Continue your work. It is sacred practice.
YOUTH ARE TRULY YOUR TOMORROW. THEY NEED YOUR HELP TODAY.
Walk in Light of Truth always.' ORION.

CALMING THE NERVOUS SYSTEM, RESTRUCTURING THE BODY

By Stuart Watkins, Perth, Western Australia

For nearly 10 years I've lived with a persistent eye condition—Thygeson's superficial punctate keratitis. Chronic inflammation and lesions in the eyes, light sensitivity, blurred vision, and waves of fatigue through the body. It has been a strange karmic teacher. I've explored many avenues—Western medicine, alternative treatments, countless protocols, yoga, and shamanism. Some have soothed. None have fully healed. **But something shifted when I began practicing Agnihotra regularly.**

Morning and evening—most days. I deeply cherish every time it aligns for me to sit with the fire. I love it. But I've got two young daughters and a dog who needs walking. Life moves. Sometimes the timing doesn't land, or I'm pulled in five directions at once. And still, the practice keeps calling me back. Not as a should—but as a joy. A recalibration. A sacred sanctuary that feels, at times, like sitting in the Himalayas. It really does feel like it not only supports me, but also my family and beyond.

At first, the shift was energetic—a subtle feeling of purification. A deeper clarity and radiance. And then, slowly, something else: **my eyes began to feel less reactive. Less inflamed**. More moments of coolness and ease. Not gone. Not healed. But softened. Supported.

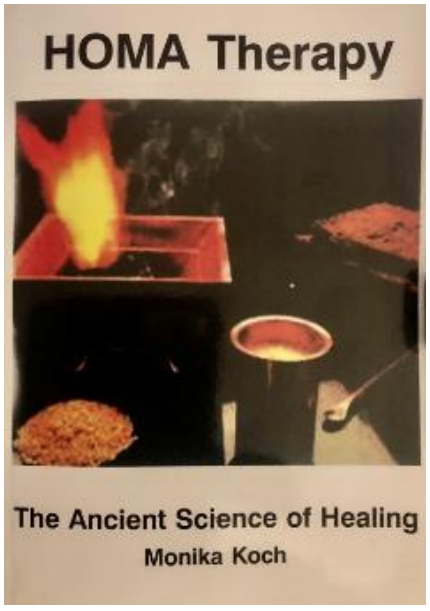
And then came the ash. What began with a hint of scepticism deepened into reverence. I began adding a pinch of ash to my drinking water. Later, under guidance and with great care, I prepared a highly diluted ash-based eye wash. Filtered. Gentle. **It feels like liquid light on my eyes, and through my nervous system.**

Description of Homa eye drops by Editor:

Agnihotra eye drops:

Agnihotra eye drops need to be prepared anew daily. Mix one part Agnihotra powder with ten parts distilled water. This mixture has to be boiled on a low flame for 10 minutes. Afterwards pass the mixture through filter paper, triple folded fine mesh cheesecloth or something similar. The patient may put one drop of the filtered solution into each corner of the eye and rub one drop into the skin beneath the eye several times a day.

Excerpt from Monica Koch's book below. Available in our online shop.



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"What I've come to feel—both intuitively and biologically—is that this practice isn't just spiritual. It's conductive.

The copper pyramid doesn't just contain the fire—it channels and shapes it. Copper is an extraordinary conductor: of heat, of charge, of electromagnetic energy. When dung, ghee, and rice are offered into the fire, and then with precise timing, with attention and mantra, they don't just combust—they cohere. The geometry of the pyramid, the light and heat of the fire at solar transition points, and the vibrational resonance of mantra come together to generate a living, electromagnetic field. It's not just a metaphor. It's multi-dimensional, and deeply felt. And the ash? It's the residue of that coherence—imbued with the frequency of cosmic alignment. (Editor- yes it is electromagnetic and beyond)

Our eyes are not passive. They are quantum sensors—highly attuned to light, magnetism, and coherence. **Sitting with the fire at dawn and dusk is like syncing to the cosmic clock**. Optimising the circadian rhythm. Calming the nervous system. Informing the body how to heal. And something in the ash speaks. I know it may sound strange to some, but this is what I've felt. I bow to the fire, and to what remains. The way I see—and the way I meet the world—deepens. This path with my eyes is still unfolding. There are still flare-ups. Uncomfortable days. But I feel the fire holding me. **Restructuring me**. Meeting me, not to fix, but to reveal.

My beloved teacher Ram Dass often spoke of polishing the mirror. I've come to feel that Agni, through Agnihotra Homa and the vibrational intelligence of the ash, helps polish the lenses of perception. Not just outward vision—but inward clarity. This is not a testimony of healing. It's a gesture of gratitude. A note of trust. **We each have karma to burn**—until we don't. **Agnihotra is a profound technology for that burning**. **For our own freedom, yes—but also for the collective.** And in those moments when I sit with the fire, I see a little clearer. Something like truth.'

Stuart Watkins is a yoga teacher, father, husband, and devoted student of Yoga and various wisdom traditions. He has studied extensively with the late Ram Dass in Maui and with Dr. Yogrishi Vishvketu in Northern India. He shares teachings and classes at yogaheartmind.com and is based in Nth Perth, Western Australia.

GROWING ABUNDANT FRUIT AND VEGGIES WITH THE AID OF AGNIHOTRA

Julia, Northern NSW and her papaya tree

'Funny story; I do my Agnihotra practice right next to my papaya tree. When I first moved in I thought the tree was dying and I would have to remove it. I decided to leave it and just forgot about it . In the last month it has born so much fruit that it came crashing down last night 😂 There are still limbs left with plenty of fruit and it's looking super healthy 😂'

Betty Girón Hernández, Peru and her abundant backyard vegetable and fruit garden

‘I am a nurse, working for the Peruvian National Police. I would like to share my experience with plants. Outside the window of the room where I do the Homa fires, there is a rosebush that grows taller than the other neighboring rose bushes and it doesn't have any pest or disease. **These roses are so tall that they try to enter through the window. Their color and aroma are more intense. The flowers are more beautiful and larger.** In addition to doing the Fire every day in this window, I sprinkle Agnihotra ash on the soil. Next to the rose bush, there are other shrubs that are also **growing faster and stronger.**

When I lived in Piura, due to my job, for two years with my family and my parents, we built a bio-garden during the COVID-19 time. My mother was very involved in this garden. Because during that time, there was no garbage collection, we used all the organic waste from the kitchen to make compost, burying it and creating a bio-garden. We added the ash from the Homa fires, in addition to practicing these daily, sometimes in the company of many Agnihotris (see photo below).

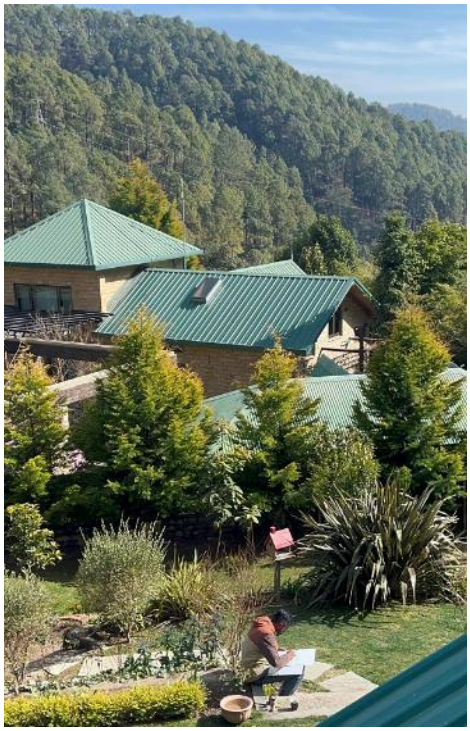
At that time, it was very difficult to obtain fresh fruits and vegetables. However, we began to have a wide variety of everything, such as herbs, paico, basil, herbs for seasoning, papayas, caiguas, and passion fruits (beautiful in color and in great abundance), cherry tomatoes, squash, cilantro, aguaymanto, pickled chili peppers, limo chili peppers, cocktail potatoes, purple corn, plums, sugarcane, etc.

Lately, we only threw the seeds in the ground, not even planting them, and many surprises "accidentally" emerged, like the papayas. Although they were only about a meter and a half tall, **each plant yielded 50 papayas.** Their juice didn't need sugar. They were as sweet as our passion fruits. The mango tree, which was nearby, also gave us sweet and delicious fruits. All these fruits and vegetables grew healthy and strong with Homa Therapy. It was a great blessing. We had a whole range of organic Homa vegetables and fruits, which gave us energy, strength, vitamins, minerals, and more. We were able to share a lot of our harvest with our neighbors.

OUR VISITORS FEEL A WONDERFUL SENSE OF CALMNESS

Atul Bakshi, Gurgaon, Haryana and Nainital, India : ' In 2016 we went to Vaidyagram , Coimbatore for 3 weeks of Ayurvedic healing. Here we stay in self- contained cottages, the meals are given to you in your cottage as they discourage social gathering, the Vaidya (Ayurvedic Doctor) visits your cottage, sits and checks your conditions and improvements.

I asked the doctor why I was feeling very calm and relaxed just 2 days after having been there. He said that the Agnihotra was the reason. This got me thinking and I went whole heartedly into the research of Agnihotra. A month later I received my Agnihotra kit etc and began my Homa.



Peaceful Agnihotra atmosphere

We live in Gurgaon, Haryana and also in the mountains of Nainital. I have my Agnihotra kits permanently placed here. I also have my kits in Singapore and Dubai where our 2 daughters live.

After so many years of twice daily Agnihotra, our visitors feel a wonderful sense of calmness. Even without knowing that these are Agnihotra homes. I do the Homa inside the house as the smoke penetrates the entire space.

Last year we had **a huge wild fire that engulfed our region** . The flame were so close but none came closer . **All our neighbours were also spared.**

I know now that Agni has an intelligence. I know Agni is a beautiful messenger to the creator of the universe. Agnihotra is an addiction to well-being. I have been drinking water charged with the Agnihotra ash, the ghee with Agnihotra ash as an ointment. I have prayed that I be able-bodied to perform Agnihotra till my last breath. ' *Atul Bakshi is a family friend of Om Prakash and Nehha.*

AGNIHOTRA REDUCES AIR POLLUTION

Dr Ulrich Berk , Scientist and Homa Therapist

We have had a lot of experiments which show that Agnihotra reduces pathogenic particles in the air. In 2016 we did a new experiment in North Maharashtra University in Jalgaon (one hour away from Tapovan), measuring particulate matter in the air plus SOx and NOx using a High Volume Air Sampler.
It was expected that during and right after Agnihotra there are more particles in the air - any fire produces some smoke.
But next morning all parameters show reduced values.
And this after only one Agnihotra!

Ambient Air Quality Report
(Values are in µg/m3)
Sampling Period: - 30 min

Date	Time		SOx	NOx	RSPM	SPM
28/03/2016	5:15 to 5:45	Before Homa	7.9	27.3	105	69
28/03/2016	6:30 to 7:00	During Homa	6.2	23.7	75	63
28/03/2016	7:00 to 7:30	After Homa	8.3	29.1	152	83
29/03/2016	10:30 to 11:00	After 15 hrs	5.6	21.9	56	47

SOx: Sulphur Oxides
NOx: Oxides of Nitrogen
SPM: Suspended Particulate Matter
RSPM: Respirable Suspended Particulate Matter (particulate matter with diameter of less than or equal to 10 micrometres)

Now we want to do further studies:

a) Take samples say every hour to see how the reduction is proceeding in time.
b) Continue to perform Agnihotra for one week.
c) Compare with Control Fire (a fire in which same substances are burnt, but without the disciplines of Agnihotra)

The director of the Environment Institute of that university was so much impressed by this result that he suggests a cooperation for three years with comprehensive research, joint publications, and a conference on the science of Agnihotra!

Seems that now research on Agnihotra and Homa Therapy enters a new phase.

Dr Ulrich Berk

WHAT IS HAPPENING AT OM SHREE DHAM

ACCOMMODATION

We now have a small cottage available for visitors wanting to experience Homa lifestyle. Secluded in nature with a wood fired heater.

We also have caravan stay nestled in natural surrounds. More suitable for warmer months.

SEVA (SERVICE)

Above 2 photos: Nirmala and Hemi from Homelands Community near Bellingen lovingly helping out here at Om Shree Dham

Nirmala: 'Visiting Om Shree Dham was a deeply moving experience. We felt the magic of the healing fires burning within us and the grounding, fortifying energy of the land itself.
We both wholeheartedly encourage anyone who feels the call to visit and offer their time and energy to Om Shree Dham. It is a truly deserving place, guided by a daily service to the Earth and humanity, and imbued with the vibration of decades of Homa—clearly felt in every moment.
We send prayers for the completion of the Retreat Centre—an exquisite structure with the potential to help anchor heaven more deeply on Earth.' with love, Hemi and Nirmala

CONTINUOUS OM TRYAMBAKAM HOMA ON THE FULL MOON

Full moon on the 13th of May. Present on this day at Om Shree Dham were Homa Therapy guest, Jenny and Karen, friend and volunteer along with residents Frits and Lee. We completed 12 hrs of continuous Om Tryambakam Homa together, taking turns. It sounds strenuous but taking hourly shifts is manageable and very soothing for the psyche.

At Homa Therapy Centres around the world several hours of ongoing Om Tryambakam Homa are performed for atmospheric healing twice a month ie on full and no moons. Actually we aim for 24 hours at these potent transition times but it depends on the number of participants. We also do this on solstices, equinoxes and eclipses if possible.

Karen performing Om Tryambakam Homa on the Full Moon

If you are reasonably local and would like to contribute some Homa at Om Shree Dham on these special days we are happy to arrange a workshop here on Om Tryambakam Homa to get you started. Participating in ongoing Om Tryambakam Homa at a Homa Therapy Centre is both potent healing for oneself but also healing for a substantial area served by that Centre. According to our Teacher Shree Vasant, an energetic shift takes place after 24 hour Fire has been performed at a Homa Therapy Centre.

Jenny performing sunrise Agnihotra at Om Shree Dham on the Full moon

THE MANY USES OF AGNIHOTRA ASH

Shree Vasant, preceptor of Homa Therapy, has always stressed the importance in these polluted times to drink Agnihotra ash water regularly or at least 3x daily or when unwell once an hour if one can manage.

Below is just some of the ways one can utilise its healing magic:

- Place in water bodies- down bore wells, dams, lakes, rivers, ocean etc.
- Place in your water tanks
- Place in a glass or ceramic or copper jug of purified water. This charges and alkalises the water for drinking.
- Mix with ghee as an ointment and apply to sore bits and even open wounds.
- Take a teaspoon of straight Agnihotra ash to detox the digestive track.
- Use for psychic protection/energetic healing. – rub on 3rd eye or over any chakra, etc.
- Sprinkle in pet's food and water for health. They love ash and ghee balls- great medicine.
- Sprinkle around periphery of property while reciting mantra for protection
- Food storage- Put in dry grains/pulses to help maintain vitality and help deter insects
- Put in lotions, shampoo, tinctures, massage oils etc. to charge with Prana
- Cleanse objects, e.g. crystals, second hand clothes etc. by sitting in ash water. If crystals or jewellery remove from ash water after 24 hrs, dry and sprinkle on ash. Place on Eastern side of Agnihotra pyramid. Sunset followed by sunrise Agnihotra.

Gardening

- Add ash in water, preferably in a copper basin. Let it sit in the sun for 3 days. Sieve and spray in the early morning or late afternoon/evening.
- Put ash in a compost tea. Water or spray.
- Sprinkle ash in your vermi compost
- Sprinkle under trees and plants before watering or rain.
- Sprinkle around rootlets when transplanting seedlings/plants.
- Put ash in watering can or tie a cloth full of ash around the outlet of a hose so the Agnihotra ash accompanies watering.

NB For human consumption best to utilise the ash from Agnihotra Fires, before which, one has had a full shower and put on clean clothes. The shower and extra attention to cleanliness beforehand potentises the ash.

If the cow dung is not completely consumed by the Agnihotra Fire then the ash cannot be utilised for medicinal purposes.

Carol Reed, far right, from Australia on her travels, sharing Agnihotra in Ecuador

My circle of friends in Ecuador are loving Agnihotra, we practiced every morning and evening and drank ash water several times per day.
We have a potent earth medicine and medicine for us in the humble and easily produced Agnihotra ash.

MENSTRUATION AND WHY WE REFRAIN FROM AGNIHOTRA AND ALL HOMAS AT THAT TIME

In an effort to maintain the effectiveness of Homa ,Vedic knowledge advises to refrain from performing Agnihotra or other Homa fires if there is any bleeding, whether it is due to an illness, an injury, or even the monthly menstrual flow. The energy from the issuance of blood conflicts with the energy of the fires.

Vedic knowledge states that a purified energy field is created around Homa fires. This energy field can be influenced by the energy fields of persons in the vicinity of the fire.

To preserve the purity of this subtle energy field of the Agnihotra fire, we follow the discipline not to perform Agnihotra (or another Homa fire) and not to come close to it whenever our own energy field is disturbed – as in the case of high fever or some bleeding. If we have a cold with mucous discharge for example, best to wear a mask when performing Agnihotra. If we cut ourselves, we stay away for as long as blood is flowing. With Agnihotra ash and/or turmeric we can usually stop the bleeding quickly so that we are again able to perform Homa fires.

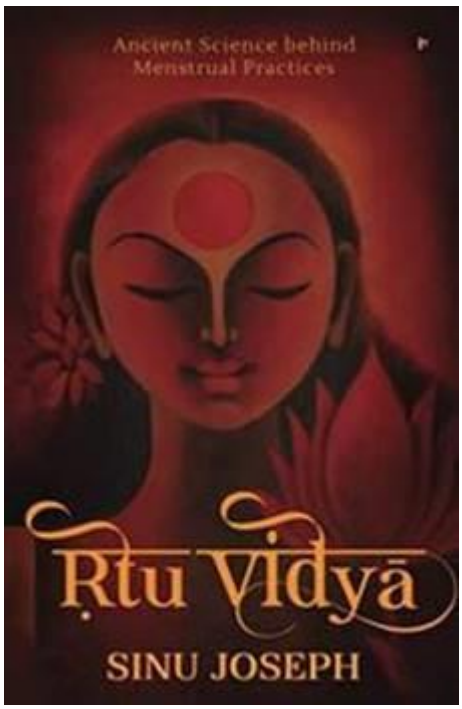
For energetic reasons, the same discipline is followed by women during their monthly cycle. During menstruation, women are surrounded by an energy that travels downward in a spiral shape towards the earth. This energy cycle lasts for 4 days. Agnihotra creates an energy which flows in the opposite direction, that is upwards towards the atmosphere, also in spiral form. Both are cleansing energies but work in a different way and to an extent they nullify each other. Actually being close to an Agnihotra Fire at this time can disrupt one's cycle. Therefore during those 4 days women should refrain from performing Agnihotra or any other Homa and from sitting near them. In this way women will also protect their cycle.

When a woman has just given birth she should not perform Agnihotra for 12 days and until the bleeding has completely stopped. This is not a period so the 4 day energy cycle does not apply.

Many cultures in ancient times knew about the impact of subtle energies in the atmosphere. Thus many disciplines and practices which required refraining from doing certain activities during certain times were quite common. Recently modern science has only started to investigate the functioning and manipulation of subtle energies. Agnihotra is a science of subtle energies and as such it is governed by universal laws.

Perhaps a visual image of the yin nature of menstruation and its watery nature that flows downwards as opposed to Fire that is very yang and moves in a vigorous upward movement can help one see the opposite types of energies happening. Also there is the elimination aspect of menstruation as a factual reality is that we are detoxifying also through the skin and breath etc. and this is another reason we refrain from performing Agnihotra.

The book (pictured below) attempts to explain the reasons behind menstrual practices in Vedic culture. The book is Called 'Rtu Vidya' by Sinu Joseph.



'Rtu Vidya' by Sinu Joseph

Here are a couple of things that spoke to me: On an atomic and cellular level there are changes in the body during menstruation. The body registers as having a wound and produces excess free radicals, throwing the body into oxidative stress. Free radicals are unstable atoms that have a positive charge and in order to stabilise they 'steal' negative ions. When someone is in oxidative stress their body automatically takes negative ions through touch from others and objects (such as Ghee, Cow dung patties, the copper pyramid, for example) hence the advice to refrain from touching these. This oxidative stress is why rest is often needed during the period and also a diet high in antioxidants.

On a Pranic level, when a woman menstruates she is losing blood and can become depleted i.e. loses life-force. Thus when a menstruating woman touches something, she automatically takes Prana or

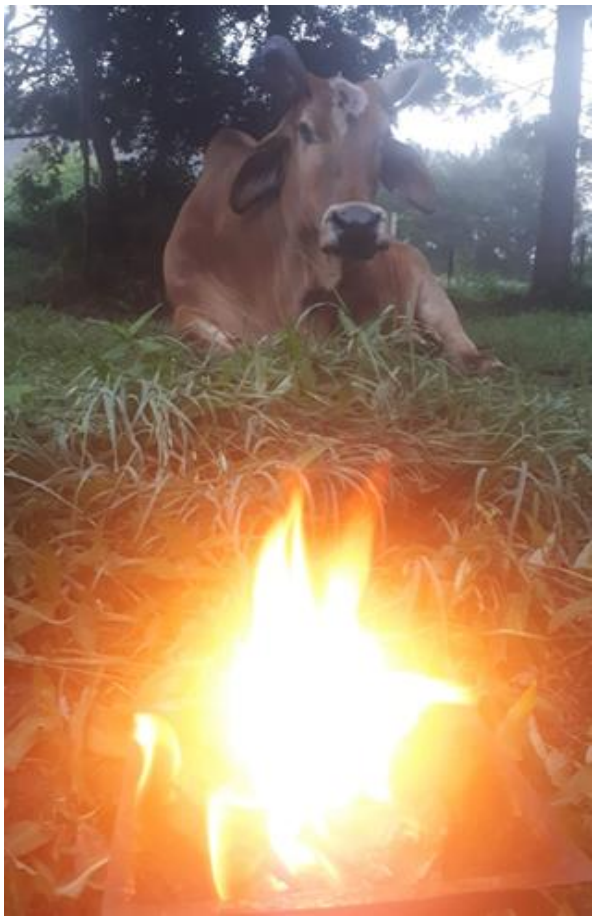
life-force from what she touches. Here is another reason why one does not perform Agnihotra or touch Agnihotra materials and why one is advised to sit at a distance if another person performs Agnihotra.

After the 4th day of menstruating, the energetic cycle of menstruation is over. (Some people prefer to wait until the bleeding has ceased). On the 5th morning or when the bleeding has ceased, one takes a full shower including running water over the head, puts on clean clothes and can then resume Agnihotra practice. It is interesting that it must be running water not still water in a bath for example. We are told that the running water neutralises the earthward spiral that accompanies menstruation but also running water gives off Prana and enlivens the person.

THE IMPORTANCE OF PURE COW'S GHEE FOR HOMA THERAPY

GHEE for the purposes of Homa Therapy must be cow's ghee only.

NB. Many commercial ghee's, despite being labelled 100% pure cow's ghee, have been shown in laboratory tests to be buffed up with other oils, both vegetable and even animal fats. This is not only unsuitable for Homa Therapy but can have a detrimental effect on the atmosphere. For this reason we recommend one makes one's own ghee from unsalted butter. If possible, Organic product is the best. See the Agnihotra Instruction Manual that comes with your Agnihotra Kit on how to make ghee or email us for simple instructions. It is a simple process.



Our beautiful cow Laxmi towards the end of her life. She served at Om Shree Dham for 20 years.

If your only option is to purchase readymade ghee we recommend you choose Australian or NZ brands as most of the dairies in these countries are cow dairies as opposed to having a mixture of cow, goat and buffalo which can often be the case in India and some Asian countries. NZ or Australian manufactured ghee should be OK if it says that **all** dairy is sourced from Australia and NZ. Stay away from brands that state that the dairy is sourced from Australia/NZ **as well as** overseas sources. There also must be no additives to the ghee such as salt.

A reliable Australian brand is Sol ghee which is often found in organic grocery stores or can be purchased on–line. Sol ghee is available as an organic product. It also comes non–organic and the latter is therefore more affordable for some. https://www.solorganics.com.au/ Most New Zealand brands stating that it is pure cow's ghee from grass fed cows should be reliable.

At Om Shree Dham we sell reliable ghee from grass fed cows.
https://omshreedham.com.au/?product=cow-dung-by-mail-larger-quantities-information

AHIMSA AND GHEE

Having said all the above about ghee, in ideal circumstances the most ethical ghee would be from organically treated cows that are not bred for slaughter or treated cruelly, but treated with kindness and respect. Ahimsa is a Sanskrit term for 'harmlessness'. Vedic lifestyle advocates 'Ahimsa' i.e. a lifestyle whereby all of life is treated as sacred and even the thought of harming another living creature would not enter one's mind.

In the modern world it is very rare to find a dairy that practices ahimsa. Still we highly encourage people to perform Agnihotra using the pure cow's ghee that is available to you. Agnihotra is a powerful purifier of consciousness and thus goes to the core of the problem ultimately bringing about a consciousness of harmlessness.

HOW TO BECOME SELF-SUFFICIENT IN COW DUNG PATTIES FOR AGNIHOTRA/ HOMA THERAPY

Cow dung for Agnihotra can be from female, male or calf. It can be from Brahman cows with hump or from cows without hump. Preferably collect from organically treated cows but if not available, cow dung from conventional farmers is suitable for Agnihotra practice.

See our video on Agnihotra Australia video channel which shows us collecting cow dung and patting out. It shows this in the beginning of the video. If you want to skip watching the whole video it is between 2.00 and 5.00 min. https://www.youtube.com/watch?v=LHKhdLpDIEI&t=20s

An easy method to dry cow dung is using a mini-green house with removable racks. (Can be obtained from Bunnings)

The ideal is to collect fresh Cow dung early in the morning in clean buckets with lids for transport. The fresh cow dung is more likely to be free of dung beetles in the early morning. The cow dung should be warm and soft. If there are dung beetles in the cow dung they will make a mess of your drying patties. Pat out on untreated, unpainted wooden boards or plywood or untreated wooden pallets as early as possible to make the most of the drying day. Also best to pat out the same day if possible to avoid fermentation of the cow dung.

Mini - green house with removable racks

After a day's drying, the patties are usually ready to be flipped over with a trowel or spatula. Best to flip after a day's drying to prevent the patty from going mouldy on the underside. For protection of the patties overnight cover with a tarp or place in the mini green house. Close the zips down just before sunset to trap the heat and to keep the dew, rain and dung beetles out. Dung beetles tend to fly in to eat the cow dung at sunset.

When semi dry flip over

The following morning remove the racks or tarp and place in a sunny, breezy position above the ground. Repeat this process for 3-4 days or until you notice the cow dung is cracking dry. A good test is to break the thickest piece and it should be like snapping a cracker. If you squeeze it, it shouldn't be in any way soft or moist.

How we dry cow dung cakes at Om Shree Dham:

We find the best infrastructure for drying is a hot house that has doors at both ends for airflow during the day and that can be closed off just prior to sunset to prevent dung beetles flying in.

- One can either wear gloves or not to pat out
- We use a trowel to flip over the cow dung when semi-dry
- Originally we patted out on untreated wooden planks.
- However we upgraded to untreated plywood as the cow dung would get caught in the grooves between the planks and became hidey places for small dung beetles.

Here you can see our cow dung drying set up

- Hot house with doors at both ends.
- Plywood table on left for patting out fresh patties.
- When semi dry flip over to semi dry on other side.
- When the semi dry patty remains intact when lifted off with a trowel, you can place on racks for speedier drying.
- These are slightly raised so air can flow under and over the patties. This also deters dung beetles from digging in in the night.
- We installed de-humidifiers for times when there is a lot of moisture in the air and lack of sun.

Difficulty obtaining cow dung for Agnihotra?

It is not ideal but you can collect lumps of dry cow dung in the field and slice it up with a bread knife into manageable thickness for Agnihotra. It is not ideal because the nutritional content is compromised by leaching from the rain, bleaching from the sun and partly consumed by dung

beetles. However if this is ones only option it is far more important to keep Agnihotra going in this way.

Storage of your dry patties

Keep stored away from moisture in the air as the dry patties will absorb moisture. We find the best container is a thick garbage bag with a knot tied in the top. If they do get exposed to moisture then you will need to dry them further in the sun or in front of a heater. Also keep stored away from vermin.

We hope that the above information will help many to become more self-sufficient in their Agnihotra practice. We understand from our Agnihotra Teacher Shree Vasant that the times that we are in now and that are to follow will be intense both environmentally, politically and socially. This may include disruption to infrastructure that we rely on. Agnihotra is very much needed for these times so the more self-sufficient one can become the better.

OM SHREE DHAM

Homa Therapy Teaching Centre and Homa Organic Farm, Australasia

Agnihotra Talk on Spotify
https://open.spotify.com/episode/2wNEwigMPPiQWRhyGU864x?si=VEkSMkV6QmGNIUrhu9g-vQ

A short and comprehensive video detailing Agnihotra and Homa Therapy practice around the world: https://youtu.be/4jU2Amwv_1E

Agnihotra Information and Supplies
www.agnihotra.com.au https://omshreedham.com.au/?post_type=product

LEARN ONLINE

How to perform Agnihotra https://youtu.be/fIAs61GVH0Y

How to perform Om Tryambakam Homa https://youtu.be/7ZgeZkB8I18

Agnihotra Sound file : https://www.agnihotra.com.au/mantras/

Agnihotra Australia YouTube channel:
https://www.youtube.com/channel/UC5NQXovGJ6cXC5JELxgOSVQ

Agnihotra Community Australia and Beyond WhatsApp group:
https://chat.whatsapp.com/IgiNmwSIgtbIQkVuzKl5AV
This is the most efficient way to keep connected and inspired.

INFORMATION AND SUPPLIES

See our online shop: www.agnihotra.com.au/Products

Copper pyramids and copper tools for Homa Therapy have been made here at Om Shree Dham for 30 years in Homa atmosphere. Everyday cow dung is collected from our 2 resident cows, one a Brahman bull, the other a rescue bullock to make dung patties for Homa Therapy.

AGNIHOTRA AND HOMA THERAPY SUPPLIES

Extra thick gauge copper pyramids for Homa Therapy

Manufactured at Om Shree Dham, Australia since 1994

Various Agnihotra Kits available, Cow Dung Cakes, Ghee, Books on Homa Therapy, etc.

Om Tryambakam Homa Set

WE ARE A HOMA ORGANIC FARM

The foundational practices of Homa Organic farming are twice daily Agnihotra, some hours of continuous Om Tryambakam Homa daily, Agnihotra ash application, a Homa Resonance system and the practice of harmlessness (Ahimsa).

Performing Om Tryambakam Homa in the garden

while planting seedlings with Agnihotra ash around root ball

SHORT STAYS AT OM SHREE DHAM

For those who wish to imbibe Agnihotra and Homa Therapy into their lives as well as benefit from a healing and transformational Homa Biosphere created over a 30 year period.

- BYO tent or mobile home.
- Caravan with access to separate caravan kitchen
- Small cottage available with kitchen, wood-fired heating for winter, aircon available in summer, separate bathroom, maximum 3 people

Contact us- info@agnihotra.com.au

LEARN HOW TO PERFORM AGNIHOTRA AND OTHER HOMAS

How to perform Agnihotra using minimal amount of cowdung https://youtu.be/fIAs61GVH0Y

How to perform Om Tryambakam Homa https://youtu.be/7ZgeZkB8I18

You are welcome to drop in half an hour before sunrise or sunset Agnihotra to experience the healing transformative atmosphere and to witness how it is performed. Phone or email first so we can let you know the Agnihotra times and our availability. 02-49981332

Re Agnihotra: Regular practice of Agnihotra creates a biosphere full of Prana and micro- nutrients in perfect balance. This provides the energetic foundation for performing the other Homas in Homa

Therapy such as Vyahruti Homa and Om Tryambakam Homa. These derive their potency of effectiveness from the foundation that ongoing regular practice of Agnihotra creates.

Re Om Tryambakam: Om Tryambakam Homa cannot attract the flood of Prana. This can only be attracted through sunrise and sunset Agnihotra practice.

Om Tryambakam Homa fortifies the Homa biosphere with more nutrition, fragrance and heightened vibration from the ongoing mantras being broadcast through the Homa. Om Tryambakam Homa is also a wonderful aid to purifying the mind, helping one to go into the witness state, leading to equilibrium and peace.

Performing Agnihotra in the Fire Hut at Om Shree Dham

FREE AGNIHOTRA WORKSHOPS ON ZOOM INCLUDING Q AND A

On the last Saturday of each month at 7pm- 8pm

We send out invitations by email with a Link a week before the event.

AGNIHOTRA WORKSHOPS AT OM SHREE DHAM

We are also open to giving talks on Agnihotra on Saturday or Sunday at Om Shree Dham.

If you know of interested groups of people, contact us by email- info@agnihotra.com.au

A workshop at Om Shree Dham, Hunter Valley

WE CAN ALSO COME TO YOU

Free Agnihotra Workshops And Talks

If you are a good networker and would like to organise a workshop on Agnihotra and Homa Therapy in your vicinity - contact us – info@agnihotra.com.au

We are also available as Presenters at Conferences/ Festivals, etc. Homa Therapy is always taught free of charge world-wide. We appreciate help with travel and accommodation expenses through donations.

A recent workshop in Victoria with a Vedic Meditation group

A workshop in WA

SUNDAY SATSANG AT OM SHREE DHAM

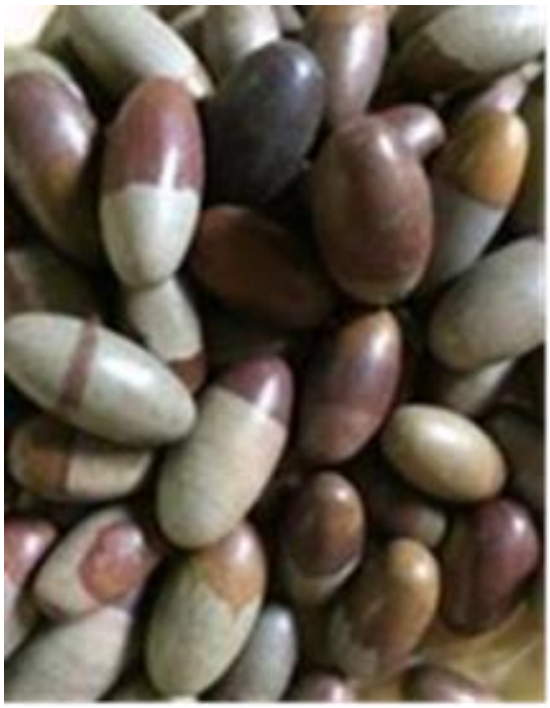
Most Sundays from 11am to 1pm we have small gatherings here
where we meditate, play crystal bowls, sing devotional songs and read inspired texts.
All welcome. Please ring to confirm your attendance. 02-49981332

ONLINE SHOP

As well as supplies for Homa Therapy we specialise in providing other powerful healing tools including Narmada Lingams, Yantras, Moldavite, raw and set as pendants (email us for photos of available pieces) and superb Meru pyramid, Natural Incense traditionally made. See www.agnihotra.com.au/Products.

Large Narmada Lingams

for homes, centres and land healing. Email us for photos of recent shipment.



Hand-held Lingams

as meditation and healing tools

The Meru Pyramid

A fusion of two ancient energy devises; the pyramid and the Shree Yantra

Energise and cleanse jewellery, crystals, essences, etc.

For healing and balancing - Place Yantra underneath and pyramid on top of chakra or area of body.

Enhances meditation. https://omshreedham.com.au/?post_type=product&paged=2

Moldavite as pendants or earrings

Moldavite is a rare gem quality tektite with high vibrations offering protection

VOLUNTEERS AND WORK EXCHANGE AT OM SHREE DHAM

We are welcoming volunteers to help us with the farming and building. Once the Retreat Centre is built we will be holding various courses here related to Homa Organic Farming, and much more. Contact us if you are practical and wish to give a hand.
info@agnihotra.com.au

The new Retreat Centre in progress

Contacts for Agnihotra Supplies in NZ, Singapore, Philippines and Malaysia

New Zealand

Darryl Sang, Auckland, darryl@sang.co.nz

Singapore

Ajuntha Anwari, ajuntha.anwari@gmail.com

Philippines

Pamela Fernandez, pamela_g_fernandez@yahoo.com

Kuala Lumpur, Malaysia

Soh Wee Hock, whsoh58@gmail.com

May there be Love, peace and healthy environments for all,

From all at Om Shree Dham

Agnihotra Australia
Homa Therapy Association of Australia

'A nonprofit Association for Homa Therapy education and support to create vital, peaceful environments and people'

PO Box 68 Cessnock NSW 2325 AUSTRALIA

Visit Our Website
www.agnihotra.com.au ***Information, Services and Supplies for Homa Therapy.***

To unsubscribe return email with 'unsubscribe' in the subject bar