

and thickness. One of the more simple ways of drying cow dung is as follows. Get a simple window or door screen. The more cow dung you wish to spread the more screens you will need. They can be bought at used building supply outlets for as little as a dollar a piece. Place the screen on the ground or a smooth surface like a sheet of plywood. Then pour the fresh cow dung on the screen and spread it to the desired thickness with a pointing trowel or similar tool. Next use the pointing trowel to cut the wet dung into nice size pieces. Lift and dry the screens off the ground for better air flow. After the dung has dried, in usually about 4 days it can be scraped off the screen in pieces ready for Agnihotra use.

Collecting the Dung

Use fresh manure from male or female progeny of cow. Dung can be collected using rubber gloves so that you can pick up the dung without getting any dirt, grass or rocks in it. Or you can use a clean shovel or similar instrument. Think good thoughts while collecting the dung, as this heightens its healing effect.

Making Ghee

Ghee can be made from unsalted butter in a electric cooker (called a “crock pot”) or on

a stove on very low heat. The idea is that the butter heats very gently until all the white foam is cooked out and has risen to the surface. Whey also separates from the ghee, stays on the bottom of the pan and looks like water. Ghee is the golden liquid. The foam that collects on the surface can be spooned off and fed to animals. When the ghee has turned perfectly clear it is ready, and can be strained through cotton cloth, a coffee filter, or a white paper towel. Store the ghee in a glass container. Properly made ghee does not need to be refrigerated. Ghee becomes even more medicinal as it ages.

Agnihotra Mantras

At Sunrise

1. Sooryaya Svaha

Sooryaya Idam Na Mama

2. Prajapataye Svaha

Prajapataye Idam Na Mama

At Sunset

1. Agnaye Svaha

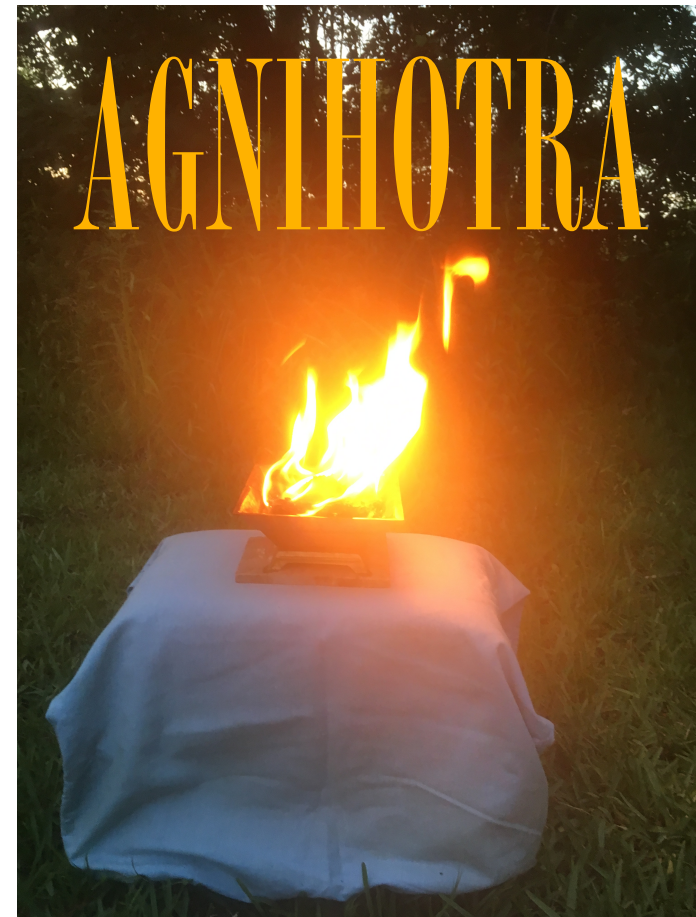
Agnaye Idam Na Mama

2. Prajapataye Svaha

Prajapataye Idam Na Mama

Add portion of rice after each Svaha

For further information:



How to perform Agnihotra and prepare the necessary ingredients yourself.

Agnihotra requires the following ingredients:

- Copper pyramid of specific shape and size.
- Dried cow dung.
- Ghee: Clarified unsalted butter from cow’s milk.
- Whole grain raw brown rice.
- Agnihotra Mantras: Available on CD
- Timings of Sunrise and Sunset for your area (available free of charge).

Building The Agnihotra Fire

The main idea in building the Agnihotra fire is to arrange the cow dung pieces to allow for good air circulation. The Log Cabin method is one way many people arrange the cow dung for performance of Agnihotra.

Spread a little ghee on each piece of cow dung. Place a small piece of dung on the bottom of the pyramid. Then place two pieces across the pyramid allowing some space in between. Next place two more pieces of dung across the first two pieces. This amount of dung in the pyramid is more than sufficient to perform a nice size Agnihotra, but you can keep adding more layers of cow dung to make the Agnihotra Fire as large as you like. A larger fire amplifies the healing effects and makes more ash that can be used for agricultural or medicinal purposes.

If cow dung is limited a small fire can be made using just a few small pieces. Just be sure your fire is large enough to burn the rice and ghee completely.

To start the fire, spread ghee on a narrow piece of dung, ignite it, and place it down the center of the layers.



After the mantras have been uttered and the rice offering given, it is best not to disturb the fire due to the interplay of subtle energies. If possible, avoid moving the pyramid until the next time you prepare for Agnihotra.

Starting the Fire

Light the fire a few minutes before the scheduled time, so the dung will be fully ablaze at Agnihotra time. Do not use lighters or candles to start the fire. Exactly at the sunrise and sunset time shown on the computer timesheet (based on one specific definition of sunrise and sunset) utter the Mantras and give the offerings of rice mixed with a little ghee to the fire, after each Svaha. Say the Mantras once only. If you miss the timings you will not have the healing effect of Agnihotra. After each Agnihotra try to spare as many minutes as you can for meditation. You can sit in silence at least until the fire extinguishes

itself. Collect the ash (at the next Agnihotra) and keep it in a container made of earthenware or glass or natural materials. It can be used as fertilizer for plants or for making folk medicines for animals and humans. In South America it is called “miracle ash”.

Time Sheets

Time sheets are available free of charge. Please give us several days notice when ordering time sheets. Daylight Savings Time (DTS) is not calculated into the time sheets so one hour must be added during the summer months where DTS applies. The latest timings program is available free of charge by email. This program prints the times in 24 hour formats.

Rice

Use brown rice. Highly polished rice loses nutritional value. We recommend organic grain. Only unbroken grains of rice should be used for Agnihotra. If rice is broken the subtle energy structure around the grain is disturbed; therefore the ash is not suitable for healing. The amount of rice for each offering is the amount you can hold in your fingertips.

Drying Dung

There are numerous ways to dry dung. There are also variations in the shape, size