

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 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.

There are vibrations that exist everywhere. Where there is vibration there is also sound. When we do these Mantras, the sounds we utter activate these special vibrations that will create certain atmosphere of effects. Then the desired results are realized. These vibration exist for everything, so anything can be activated, controlled or changed by Mantras. When one with a pure mind speaks the Mantra into the Agnihotra pyramid at the correct time, the ash retains that energy and the healing properties of the ash becomes more powerful.

Agnihotra Mantras

At Sunrise

1. Sooryaya Svaha

Sooryaya Idam Na Mama

2. Prajapataye Svaha

Prajapataye Idam Na Mam

At Sunset

1. Agnaye Svaha

Agnaya Idam Na Mama

2. Prajapataye Svaha

Prajapataye Idam Na Mama

Add portion of rice after each Svaha

For further information:

AGNIHOTRA

ANCIENT AYURVEDIC HEALING FIRE



Agnihotra is a healing fire from the ancient science of Ayurveda. It is a process of purifying the atmosphere through a specially prepared fire performed at sunrise and sunset daily. Anyone in any walk of life can do Agnihotra and heal the atmosphere in his/her own home. Thousands of people all over the world have experienced that Agnihotra *reduces stress, leads to greater clarity of thought, improves overall health, gives one increased energy, and makes the mind more full of love. It is a great aid to drug and alcohol de-addiction. Agnihotra also nourishes plant life and neutralizes harmful radiation and pathogenic bacteria. It harmonizes the functioning of Prana (life energy) and can be used to purify water resources.*

Agnihotra is an ancient science given in Sanskrit language at the time of creation. Sanskrit was never anyone's mother tongue; it is a language of vibration. We can make changes in the atmosphere with Sanskrit mantras and fire prepared with specific organic substances, timed to the sunrise sunset biorhythm. The fire is prepared in a small copper pyramid of specific size and shape. Brown rice, dried cow dung (manure) and ghee (clarified unsalted butter) are the substances burned. Exactly at sunrise or sunset the mantras are spoken and a small amount of rice and ghee is given to the fire. There is not just energy

from the fire; subtle energies are created by the rhythms and Mantras. These energies are generated or thrust into the atmosphere by fire. This, in addition to the qualities of the materials burned, produces the full effect of this healing HOMA (healing fire). Much healing energy emanates from the Agnihotra pyramid.

Tremendous amounts of energy are gathered around the Agnihotra copper pyramid just at Agnihotra time. A magnetic type field is created, which neutralizes negative energies and reinforces positive energies. Therefore, a positive pattern is created by one who does Agnihotra merely by his/her performance. Agnihotra purifies the atmosphere of pollutants and neutralizes harmful radiation. The resultant atmosphere gives nourishment to plant life.

Agnihotra and Plants

The ghee is thrust into the atmosphere and attaches itself to the molecular structure of the soil, allowing the soil to retain more moisture. Thus, plants grown in Agnihotra atmosphere are better able to withstand droughts. Agnihotra causes a change in the cellular structure of the plant which sends more nutrients to the fruit of the plant and less to the leaves, stem and roots. Many people have found that the size, taste, texture and yield of fruits and vegetables grown in Agnihotra atmosphere are superior.

Performance of Agnihotra in the garden reduces pest problems and organic gardening and farming are made easier by using Homa (healing fire) techniques.

Medicinal Properties

According to ancient science, Agnihotra renews the brain cells, revitalizes the skin and purifies the blood. It is the holistic approach in life. Many people who are normally allergic to smoke experience a healing effect by sitting in Agnihotra atmosphere. The healing effects of Agnihotra are locked in the resultant ash. Thousands of people in different parts of the world have experienced healings of all types of ailments by using Agnihotra ash.

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