

Agnihotra Contact: sunlightpath@protonmail.com

THE PROCESS OF AGNIHOTRA: The Sacred Healing Fire is prepared in a specific copper pyramid at the time of Sunset and Sunrise. 2 Mantras are chanted and whole rice grains smeared with ghee are offered into the Sacred Fire. A Phenomenal explosion of Divine Energies (Divya Shakti) occurs.

Smear a few cow dung chips with ghee and arrange them in the Agnihotra pyramid. Mix a teaspoon full of rice with a small amount of ghee and keep them aside. Light the Sacred Fire a few minutes before the Sunrise or Sunset time (Precise Sunset/Sunrise time sheets for your location are available free of cost). While chanting the Mantra offer the rice smeared with ghee (just enough that one can hold in the tip of five fingers) at the utterance of ‘Swaaha’ into the Sacred Fire.

There are only 2 offerings given at Sunset and Sunrise in the Agnihotra Fire.

Agnihotra at Sunset:

Chant 1st Mantra:

“Agnaye Swaáhá - Agnaye Idam Na Mama” (Offer 1st offering when saying ‘Swaaha’)

Chant 2nd Mantra:

“Prajápataye Swaáhá - Prajápataye Idam Na Mama” (Offer 2nd offering when saying ‘Swaaha’)

Agnihotra at Sunrise:

Chant 1st Mantra:

Sooryáya Swáahá - Sooryáya Idam Na Mama (Offer 1st offering when saying ‘Swaaha’)

Chant 2nd Mantra:

“Prajápataye Swáahá - Prajápataye Idam Na Mama” (Offer 2nd offering when saying ‘Swaaha’)

After making the 2 offerings into the Sacred Fire, sit quietly looking at the flames until the offerings are consumed. You may sit in meditation after the flames go out.

Agnihotra is the daily Sacred Healing Fire performed at Sunrise and Sunset.

Agnihotra Contact: sunlightpath@protonmail.com

Purify the atmosphere, undo the effects of pollution, rejuvenate and restore nutritional balance to the environment.

Agnihotra is the process of purification of the atmosphere through the medium of a healing fire prepared in a copper pyramid tuned to the biorhythm of Sunrise and Sunset. It is a Sacred Fire that can neutralize the effects of pollution on plants, animals and humans. All the spheres of life on Earth come into harmony.

Agnihotra is a gift to humanity from the ancient Vedic sciences of bio-energy, health, medicine, agriculture and climate science.

Agnihotra:

Nourishes plant kingdom.

Neutralizes harmful radiation and pathogenic bacteria. Harmonizes the functioning of Prana (life energy).

Renews the brain cells, revitalizes the skin and purifies the blood. Creates ideal environment for meditation and healing.

Used to purify water resources.

Great aid to drug and alcohol de-addiction.

Agnihotra and Plants: 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 Yajna.

Medicinal properties of Agnihotra:

Agnihotra renews the brain cells, revitalizes the skin and purifies the blood. It is the holistic approach to 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. People in different parts of the world have experienced wonderful healing of all types of ailments by using Agnihotra Ash. Heal the atmosphere not only for yourself but also for your loved ones. Heal Mother Earth! Agnihotra in every house is the call of the day!

Start Agnihotra today!

What is Yajna? What is Agnihotra?

Yajna is the technical term from the Vedic sciences of bio-energy denoting the process of removing the toxic conditions of the atmosphere through the agency of fire. Agnihotra is the basic healing fire technique of Yajna. It forms the basis of all other methods of Yajna.

Agnihotra is performed exactly at sunrise and sunset. Even though this simple technique takes only 10-15 minutes of your time in the morning and evening, its effects are astonishing: Our atmosphere is purified on various levels and thus we become calmer and more balanced. Plants thrive and become more disease resistant, animals feel comfortable and we help to purify the environment.

Yajna is the transformation of energy; meaning, what is offered to the Divine is transformed into higher levels of manifestation. Yajna is totally a revealed science. It is as old as Creation. In the course of time this knowledge was lost but it is now being revitalized to give humanity guidance about how to correct the polluted conditions we find ourselves in on the planet today. Yajna comes from the VEDAS, the most ancient body of spiritual knowledge known to humanity.

Yajna replenishes the nutrients that pollution depletes from our environment. The basic Yajna is called AGNIHOTRA and is tuned to the biorhythm of Sunrise and Sunset. Performance of Agnihotra on a regular daily basis establishes the healing energies necessary for a healthy environment, mind and body. You can practice Agnihotra in your home, apartment, garden, office or car. It takes only a few minutes of your time daily.

Agnihotra The Answer

Agnihotra is a Vedic science for purification through the medium of 'Fire'. At precisely the local Sunrise and Sunset timings, two pinch fulls of uncooked rice grains smeared with a few drops of cow's ghee are offered into a specially prepared Sacred Fire. The Sacred Fire is prepared in a semi pyramid shaped copper - vessel. While offering the 2 portions into the Fire, 2 simple Vedic Mantras are chanted.

The positive effects of Agnihotra are an outcome of simultaneous functioning of many subtle scientific principles, such as, effect of chanting of specific sounds on the atmosphere and mind, energies emanating from geometrically perfect, special

shape of pyramid, purifying effect of burning of medicinal ingredients, effects of biorhythms etc. In the process of Agnihotra, these factors are harnessed to give rise to an unparalleled purifying and healing phenomenon.

The Origin

"Agnihotra" has its origin in the Vedas, it is a Vedic fire ritual practiced daily at sunrise and sunset. It has been ordained by Vedas as a mandatory duty for each and everyone. Vedas are the most ancient treasure house of spiritual knowledge known to humanity. The word Veda comes from the Sanskrit root 'VID' which means 'to know'. Veda means 'pure knowledge'. Vedic Mantras are revealed in the Sanskrit language which is the Mother of all modern languages. As the light of knowledge is shown with the instrument of the Sanskrit language, it is honored as 'Devavani'. Here the word 'Deva' means 'Light of Knowledge'.

This spiritual knowledge is given at the time of Creation for the entire humanity and hence it is universal. It is the invaluable treasure of all humanity irrespective of caste or creed, gender, religion or faith, color, nationality etc. The spiritual knowledge contained in the Vedas is vast and unfathomable like an ocean. It lays down the eternal principles of happy living and co-existence of humans and nature in the form of 'Satya Dharma'. The essence of the teachings of the Vedas is the concept of Yajna of which Agnihotra is the basic and fundamental form. According to the Veda the regular practice of Agnihotra bestows prosperity and mental peace.

Agnihotra is the Vedic solution to the problems of the present day world.

Beneficial Effects

Agnihotra balances the cycle of nature and nourishes the human life. It creates pure, clean and medicinal atmosphere. It cleanses the negative effects of pollution. It disciplines the mind and body.

The beneficial effects of morning Agnihotra remain active in the atmosphere throughout the day. At the time of sunset many changes take place in the environment as well as the metabolism of human body affecting its psychosomatic status. This is the time of evening Agnihotra with which we once again bestow a protective shield to the atmosphere. This is an unending 'Healing wheel' of Agnihotra.

Tranquility of the Mind

Agnihotra creates a pure, clean and healing atmosphere. It cleanses the negative effects of pollution. 'Prana' is described as the cosmic life force which runs through the entire creation. Prana and mind are interlinked. If the atmosphere is full of pollution and impurities, automatically the mind will become full of stress and strain. Agnihotra spreads the vibrations of peace and love and cleanses the Prana-energy. This beneficial effect is automatically transposed to the realm of mind giving rise to mental peace and happiness. The beneficial effect of Agnihotra is also carried to the world of plants and animals.

Balancing rain-cycle

The resultant healing energies emanating from Agnihotra rise high up in the space and cause pure rains. This has a beneficial effect on agriculture and growth of plants. The yield of the crops increases and the produce is rich in taste and nutrition. Purifying properties in the Agnihotra atmosphere restrict the growth of pathogenic bacteria. Many farmers all over the world have been using Agnihotra farming method as an adjunct to organic farming practices with excellent results. In short, Agnihotra balances the cycle of nature and nourishes the human life. This process purifies the atmosphere and it in turn helps reduce the tension on the stressed mind.

The 5 Required Disciplines

For the practice of Agnihotra, 5 required disciplines are to be observed. If Agnihotra is performed sincerely, without changing its basic rules, it will certainly bring beneficial results.

1. Observe Timings*

Agnihotra is performed daily at Sunrise and Sunset timings. Sunrise and Sunset are 2 of the most significant circadian bio-rhythms. Agnihotra is ordained to be performed exactly on these vitally important transitional moments. During these moments, changes take place in the atmosphere which causes vital impact on all life and environment. Agnihotra time is referred to as 'Sandhya' i.e. transitional moment. It is neither day nor night, neither light nor darkness. The Vedas describe

this particular period as the 'Passage to Liberation' (Tirtha). The Science of Yoga attaches importance to this transitional moment. A human follows a particular pattern of breathing from the right or left nostril during the period from Sunrise to Sunset and beginning with Sunset to Sunrise. During this period the 'Ida' and 'Pingala', 'nadis' remain active in succession. Exactly at the time of Sunrise and Sunset they too are in the process of transition during which short time the 'Sushumna' nadi is active. The mind and body are in balance during this time band. Performance of Agnihotra synchronizing with this time strengthens the beneficial effects on the mind and the body.

2. Semi Pyramid Shaped copper vessel

The vessel prescribed for Agnihotra is made of pure copper which is known for its oligodynamic (i.e. antibacterial) properties. Copper, which is known to be an excellent conductor of heat and electricity, plays an important role in the process of Agnihotra. Agnihotra has close connection with fire, heat, electromagnetic forces and cosmic energy fields. The shape of Agnihotra vessel is precisely similar to pyramid. The word pyramid (Pyr + midst) means 'a geometrically perfect shape which has healing energies at it's centre'. The pyramid shaped copper vessel receives and emanates healing and purifying energy in the surrounding area where Agnihotra is being performed. Its effectiveness reaches peak levels at sunrise and sunset.

3. Cow dung cakes

Agnihotra Fire is to be prepared out of dried cow dung cakes. Cow here means the cow family. Thus the dried dung of calves and bulls may also be used. Cow dung is regarded as highly medicinal and healing substance by Ayurveda and ancient healing systems.

4. Pure Cow's Ghee and Unbroken Rice

Only pure cow's ghee is used for Agnihotra. Medicinal properties of cow's ghee have been known for thousands of years. According to Ayurveda, cow's ghee is the best amongst the entire range of clarified butters. It is a tonic, cardiac stimulant and invigorating. It is anti-bilious, improves memory and mental faculties. It is regarded as a very effective medium for transporting the healing substances. When

Agnihotra Contact: sunlightpath@protonmail.com

cow's ghee is offered in Agnihotra, its healing properties are injected in the atmosphere.

5. Mantras:

The oblations (ghee & rice grains) are offered into the Agni at the utterance of certain Mantras. These Mantras are in Sanskrit language. The sound of the Sanskrit language is endowed with special vibrational healing powers. Their utterance in esoteric combination produces unique sound waves. These vibratory sound waves create immense energy and power which impacts atmosphere, living beings and even plants in an extremely pacifying and positive manner. Combinations of words and meanings, and the sound created by Sanskrit language are known as Mantras.

Agnihotra Mantras are chanted in their original form in Sanskrit. You are not permitted to translate it in any other language because it will change their original frequency patterns. Offerings are made in the Sacred Fire while chanting 2 Mantras: 2 Mantras for the Agnihotra performed at Sunrise, and 2 Mantras for the Agnihotra performed at Sunset. The Mantras should be recited in clear voice and accurate pronunciation.

After the Sacred Fire has cooled you can remove the ashes and strain through mesh or cloth resulting in medicinal Agnihotra Miracle Ash. Add Agnihotra Ash to water for drinking, watering plants, etc. Add Agnihotra Ash to ghee for a healing salve. Sprinkle Agnihotra Ash on body, land/property, water sources, etc. for purification.

Email for Agnihotra Supplies

Agnihotra Classes

Agnihotra Workshops

Agnihotra Contact: sunlightpath@protonmail.com