

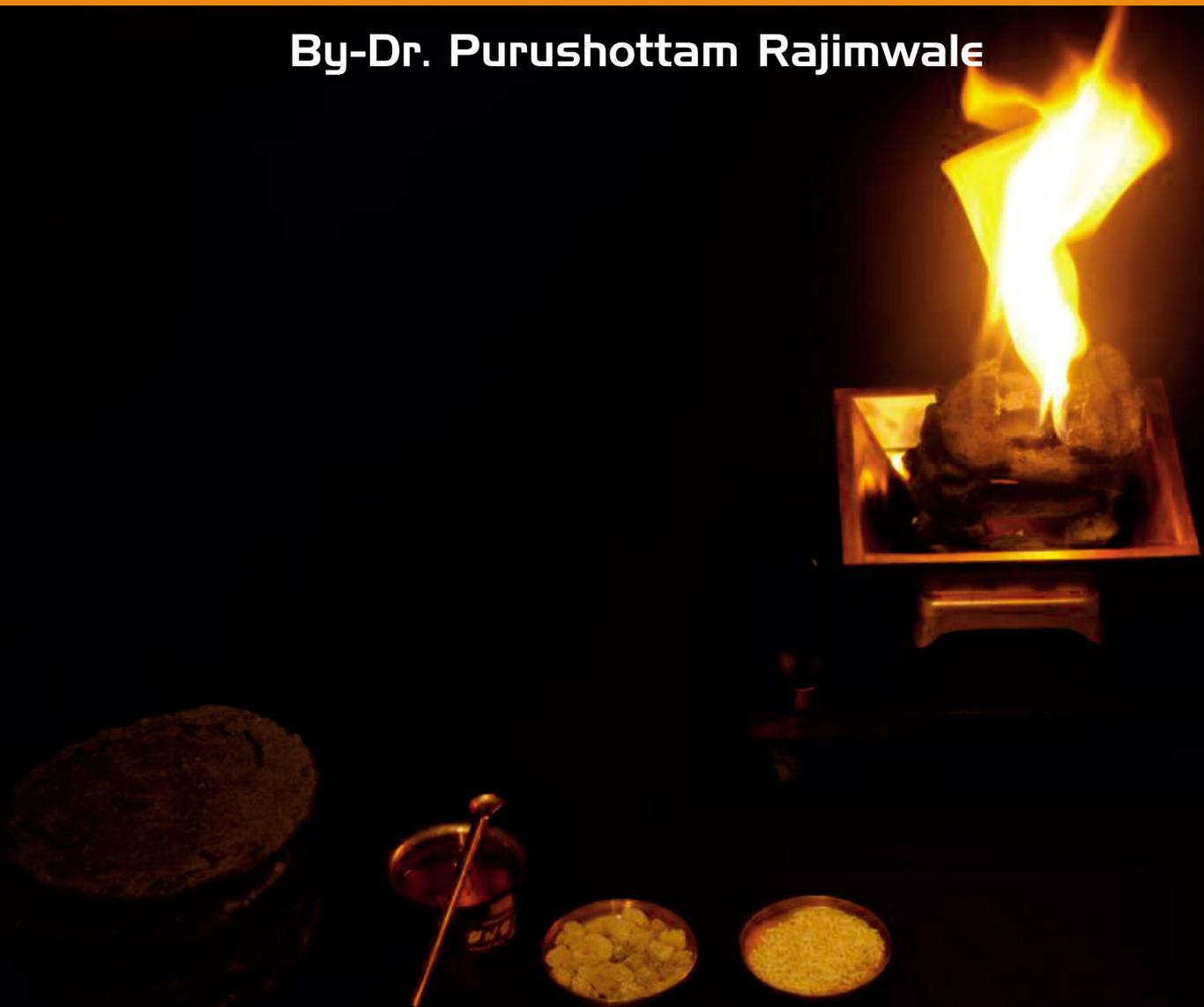


VISHWA  
FOUNDATION

# AGNIHOTRA

Principles and Practice

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## Introduction



### Agnihotra Version 2

### Things to Know About Performing Agnihotra – The Fire Therapy Ritual

Agnihotra taught at [Shivpuri](#) is based on Ayurveda & teachings of Shri Swami Samarth

#### Note:

This book will take less than a few minutes to download and will teach everything you ever wanted to learn about performing Agnihotra correctly to derive optimum benefits from the ritual. Everything we teach here is based on Ayurveda and proven by science.

Agnihotra can be performed by anyone irrespective of country, cast, creed, age, color, gender, preference, profession... etc. However, abiding by the rules is of utmost importance to avail of optimum benefits.

Agnihotra works on your body, mind and soul. It cleanses your body of ailments, your mind of clutter, stress, and negativity; and purifies your soul. It strengthens your aura and thus people who come in contact with you experience a positive and happy vibe.

## Definition of Agnihotra

*The process of offering two oblations of two pinch full of rice smeared with cow's ghee into fire prepared out of dried cow dung in a pyramid shaped copper vessel exactly at local sunrise and sunset times alongside chanting of two specific Sanskrit mantras is called Agnihotra.*

### Importance of Agnihotra as Mentioned in Our Ancient Vedic Sutra (Scriptures):

Agnihotra is a combination of two Sanskrit words, Agni & Hotra. Literally, Agni means fire, & Hotra means to offer. Agnihotra according to Vedas is the simplest form of Yajnya.

<http://en.wikipedia.org/wiki/Vedas>



- According to the ancient Vedic scripture Shraut Sutras, Agnihotra, is a healing fire ritual that should be performed at every sunrise and sunset.
- Purush sukta has also emphasized upon performance of daily Yajnya.
- Kathak Samhita in praise of Agnihotra has said that Gods attained godhood and swargaloka, the state of eternal bliss by practicing Agnihotra.
- Shatapath Brahman compares Agnihotra with a boat that leads to Swarg, the eternal bliss. It is referred to as Avinashi Yajnya which means, its relevance never fades.
- Agnihotra is viewed as 'jaramaryam satra' a ritual that should be performed without disruption as it's a basic and essential practices that heals and harmonizes one's life.

To perform, practice, and experience the benefits of Agnihotra, we have to follow rules. When the ritual is performed sincerely and without changing the basic rules it brings beneficial results.

# The Five Disciplines of Agnihotra

## The First Discipline –Observe Timings

उप त्वा अग्ने दिवेदिवे  
दोषवस्त्र् धिया वयाम् ॥ ऋग्वेद

### **O Healing Fire, we come (reach out?) to you daily at Sunrise and Sunset. - Rig-Veda**

Agnihotra should be performed at the prescribed timings everyday during sunrise and sunset. These two are the most significant circadian bio-rhythms.

The term "**circadian**" comes from the Latin terms "**circa**" - meaning around, and "**diem**" - meaning day. The colloquial language for the circadian rhythm is 'Biological Clock' of the body. This Circadian rhythm gets disturbed when changes take place in one's daily schedule. Normal functioning of everything in the universe is linked with the rhythmic alignment of the circadian rhythm. Any disturbance in this routine leads to chaos. When the normal schedule gets adversely affected, the routines begin to fall apart. The most common outcome of this disturbance is the insomnia, sleeplessness symptom, which begins to show in humans.

Interlink the phrase Circadian Rhythm with explanation given at the bottom instead of explaining it here. It breaks the sequence and distracts the reader. However if the reader wants to know about it in detail all s/he has to do is click on Circadian Rhythm and he will reach the bottom of the same page to get the same. Tell your ebook designer to do it for you.

Agnihotra time is referred to as '**Sandhya**' i.e. the transitional moment. It is neither day nor night, neither light nor darkness. Veda describes this particular period as **Tirtha** the Passage to Enlightenment.

(What about Agnihotra performed in the morning? Or is it also referred to as Sandhya?)

The Yogic science attaches special importance to this transitional moment. As per Yoga we breathe either from the left or the right nostril from sunrise to sunset and the order is reversed from sunset to sunrise. During sunset-to-sunrise period the 'Ida' and 'Pingala' Nadi, the channels of flow of energy, that are part of our respiratory system and remains active in succession

During sunrise and sunset they (**who?**) are in the process of transition. Mind and body are in perfect sync during this time band. And when performing of Agnihotra is synchronized with this time, the beneficial effects get enhanced.

Agnihotra is ordained to be performed precisely on these vitally important transitional moments.

It's during these moments that the changes take place in atmosphere causing vital impact on all life forms and on the environment.

The precise time of Sunrise & Sunset is calculated using Vedic methodology. The Veda considers a moment as sunset when half of the sun appears to have set below the horizon and sunrise is counted as the moment when the sun is half visible over the horizon.

## **Second Discipline – Copper Vessel - Semi Pyramid Shaped**

The vessel or Patra approved for performing Agnihotra is made of pure copper known for its **Oligodynamic** (i.e. **antibacterial**) properties. Copper, also known to be an excellent conductor of heat and electricity, plays an important role in the process of Agnihotra as it helps to generate & hold energy. The benefits of Agnihotra are associated with fire, heat, electromagnetic forces and cosmic energy fields.



The shape of Agnihotra vessel is like a pyramid. The word pyramid (Pyra+ mid) itself means 'a geometrically perfect shape with healing energies in the centre'. The pyramid shaped copper vessel is equipped to create, receive, intensify, and emanate healing and purifying energies in the area surrounding Agnihotra performance. The effectiveness of these energies is at its peak during sunrise and sunset time. As mentioned earlier the shape and metal enhances the potency of the healing energies emanating while Agnihotra is being performed.

## **Third Rule or Discipline - Cow Dung Cakes**

While performing Agnihotra, fire is created with the help of dried cow dung cakes. Cow, here represents the entire cow family. Thus the dried dung of calves and bulls may also be used.

Cow dung is full of medicinal properties, and many other healing substances. E.g. it possesses anti-bacterial properties; it is used as pesticide and fertilizer by farmers, etc. Cow dung is also used to treat skin problems, kidney diseases, liver ailments, obesity, heart ailments, and so on.

## **Fourth Discipline - The Offerings**

### **Importance of Ghee made from Cow's Milk**

The Ghee used in Agnihotra should have been extracted from cow's milk only. The Ghee from other sources like a buffalo, etc is not permitted because as per Ayurveda, cow Ghee is known for its medicinal properties, and when used in Agnihotra the effect of its medicinal properties is released in the atmosphere when it comes in contact of fire, rice grain, and dung cakes.



Ayurveda considers ghee as rejuvenating and longevity-promoting food. According to Ayurveda, cow's ghee is best amongst the entire range of clarified butters. It's a tonic, cardiac stimulant, and invigorating, anti-bilious, and improves memory and mental faculties. Ghee is regarded as an effective medium for transporting the healing substances. When cow's ghee is offered in Agnihotra, its healing properties get infused in the atmosphere.

The ingestion of Ghee is like offering the finest of fuels into the fires of digestion-Agni.

Ghee is known to increase Dhi, refine the Buddhi and improve the Smruti. In simple language ghee promotes all three aspects of mental functioning -- learning, memory and recall.

### **Rice Grains:**

The offering of rice grains comprises two full pinches of uncooked unbroken grains. The concept of unbroken is emphasized and it is said that the Veerya or potency of the rice gets lowered when the grain is broken and exposed to the environment. For optimum benefits use of unbroken rice grains is recommended.



### **Mantra:**

The oblations (ghee & rice grains) are offered into the Agni (created from cow dung) at the utterance of certain Mantras or hymns.

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. These particular combinations of words & meanings, and the sound created by Sanskrit language are known as Mantras.

These mantras are taught to you when you learn to perform Agnihotra. These mantras are easy to chant and have a relaxing and purifying effect on the mind. They create vibrations of peace and love.

Agnihotra Mantras are chanted in their original form, i.e. in Sanskrit. You are not permitted to translate it in any other language because it will change their original frequency patterns. The translated words will be devoid of creating the beneficial vibratory sound waves and hence desired benefits can't be derived from chanting of such words.

Offering is made in the fire while chanting two short Mantras. Two mantras in the Agnihotra performed at sunrise, and two mantras in the evening performed at sunset time. The mantras should be recited in clear voice and accurate pronunciation. Agnihotra mantras are to be recited in a way that the effect of the sound created via them vibrates in the entire household.

Following are the Sanskrit mantras along with their meaning for your understanding to be chanted in the morning and evening respectively.

**At sunrise:**

सूर्याय स्वाहा, सूर्याय इदं न मम ।  
प्रजापतये स्वाहा, प्रजापतये इदं न मम ॥

SOORYAYA SWAHA,  
SOORYAYA IDAM NA MAMA {First Mantra}



Purport- O Sun, the giver of Energy, I salute you and offer unto you what is given to me by you, that which is not mine but of the Universe.

PRAJAPATAYE SWAHA,

PRAJAPATAYE IDAM NA MAMA {Second mantra}

Purport- O lord, the Creator, I salute you and offer unto you that what is given to me by you, that which is not mine but of the Universe.

**At sunset:**

अग्नये स्वाहा, अग्नये इदं न मम ।  
प्रजापतये स्वाहा, प्रजापतये इदं न मम ॥

AGNAYE SWAHA,  
AGNAYE IDAM NA MAMA {First Mantra}



Purport- O Agni, the Primordial element, I salute you and offer unto you that what is given to me by you, that which is not mine but of the Universe.

PRAJAPATAYE SWAHA,

PRAJAPATAYE IDAM NA MAMA {second Mantra}

Purport- O lord, the Creator, I salute you and offer unto you that what is given to me by you, that which is not mine but of the Universe.

## **Fifth Discipline: Understanding Mantras & Tuning Your Mind & Surrendering To the Power**

The Sun and the Fire are chief energy sources on the planet. The words Soorya, Agni and Prajapati in the Mantras are synonyms of energy and the Consciousness. The Agnihotra Mantra's inculcate a feeling of surrender unto the Universal Consciousness.

The Sunrise Mantra is a prayer to the Sun, the propeller and the impelling power behind our world, to provide energy, healing, and life till the Sunset.

The Sunset Mantra is a prayer to the Agni symbolizing warmth and protection, to provide energy, healing and protection of life till the Sunrise.



The second line in each Mantra referring to the word Prajapati meaning The Creator is a sign of praying unto the Universal Consciousness to create a feeling of surrender in the mind, body and soul.

The words Idam Na Mama in the Agnihotra Mantra mean 'Not mine but of the Universe'. These words induce a feeling of surrender unto the higher energy of the world. The oblations are also synonymous with an implied meaning of giving away the Ego or Ahankaar and attaining oneness with the Universal Consciousness. The feeling of total surrender is developed through the utterance of these Mantras.

It inculcates a feeling of surrender in the Mind, thus lowering the Ego and elevating the Sattva or positive emotions. This encourages positivity and creativity in the mind. The positive emotions like happiness, love, compassion, etc are heightened. The person performing Agnihotra feels calm and peaceful from within. The vibrations and energies of Agnihotra have a harmonizing effect on the mind of the person performing it and also those attending it.

## The Effect of Agnihotra

As the day breaks and sunrise approaches changes take place in the global energies. These changes in the environment prompt changes in the nature and in the metabolic processes of the body which in turn affects the psychosomatic health.

When we perform morning Agnihotra at these timings we release high potency energy into the atmosphere to stabilize any negative effect that has happened on the Prana - the Cosmic Life Energy.

The positive energies created and released from morning Agnihotra remains active in the atmosphere throughout the day in the house, office, farm... or wherever it has been performed. As the effects start to wear off at the initiation of the second global energy shift, we perform the evening Agnihotra for the positive energy cycle to continue. The affirmative effects of the evening Agnihotra remain in the



atmosphere till the next morning, when it's time again for a fresh round of morning Agnihotra. The ritual attunes our mind and body to the rhythms of nature, which helps to regulate the flow of Prana energy from the nature into us.

*All the people, plants & animals in the purview are benefited by the healing wheel of Agnihotra.*

When Agnihotra is performed in a family, one person offers the oblations into the Fire and everyone else can join in chanting of the Mantra's. The benefit is received by everyone sitting in that area or room.

Agnihotra technique is also used as an Ayurvedic treatment. It is called Sattvavajaya Chikitsa or positive reaffirmation therapy. A rhythmic chanting done during specific and important times of the day helps to imprint the meaning of the chant on the Mind.



The chanting of the Agnihotra Mantra's at the Sunrise and Sunset reaffirms the feeling of surrender to a higher power and energy. The impact of the healing energies of Agnihotra on the Mind added with the rhythmic chant of the Mantra's has incredible benefits on the mind, body and soul.

## Procedure to Perform Agnihotra

Find out the ideal time for you to perform Agnihotra during mornings and evenings. Start preparations about 5-10 minutes before the actual time. Start by arranging pieces of dry cow dung cakes (CDC) in the Agnihotra vessel. A convenient way of arranging the pieces is in which adequate air circulation scope is allowed as shown in the adjoining illustrations.



1. If you are using the Vishwa/ISVS Agnihotra starter kit, open it and remove the equipments one at a time.
2. It is better to sit on the floor for Agnihotra in a lotus position as mentioned in Yoga. If it's not possible to sit on the floor, one can perform Agnihotra by placing the Agnihotra vessel on a table and sitting on a chair.
3. Ensure that the area where Agnihotra is being performed is clean and hygienic. Agnihotra is a process of channelizing tremendous healing energies and must be done in a clean place so as to avoid any kind of interference.
4. Make sure that there are no flammable objects in the surrounding area which can catch fire due to the flames from the Agnihotra vessel.
5. Place the Agnihotra on a flat surface for optimum results. This helps to keep the axis of the energy on the right plane. Use a stand/table with a flat surface if you are not sitting on the ground. If you are going to place the stand on the ground, then make sure that the area is flat. If you feel that the surface is not flat, place a stand on a piece of flat stone, tile or a wooden plank.
6. Use the stand or an insulating surface like a flat wood or stone slab, if Agnihotra is being done indoors, on a carpet, wooden floor etc to avoid any accidents or damage caused due to the heat. You can place the stand on the floor if it is safe to do so and there is no danger of anything getting damaged due to the fire or heat. Placed the vessel on clean, dry ground, away from any flammable material such as dry twigs, etc if Agnihotra is being done outdoors in a garden or a park.
7. Take the vessel and place it on the copper stand provided as part of the Agnihotra kit.



8. Start with placing a piece of CDC big enough to cover the base, at the bottom of the vessel. This helps in passing the air through and making the remaining pieces catch fire fast and in a uniform manner.
9. Keep two small pieces along the 2 opposite walls or corners of the vessel.
10. Place two long pieces of CDC horizontally above the two pieces and perpendicular to them with a gap between them at the center.
11. Two to four such layers can be placed one over the other depending on the space in the area where Agnihotra is being performed.
12. Take a long piece of CDC with slightly sharp end and apply ghee to its tip.
13. Strike a match and ignite this piece. After the piece has been fully lit, insert it vertically in the central opening. You are not permitted to use lighter or any other chemical or petroleum products for lighting the Agnihotra Fire.
14. You can use Guggul (an aromatic resin of a tree with many medicinal properties) or cotton wick duly soaked in cow's ghee for igniting. If necessary use a fan to facilitate air circulation in the vessel, so that all the CDC pieces are fully ablaze.
15. Take two pinches full of clean, unbroken uncooked rice grains (raw) on the palm of your left hand or in a small dish. Smear these rice grains with a few drops of cow's pure ghee.
16. Divide the ghee smeared rice grains in two approximate half parts.
17. Check the local sunrise sunset timing on the time sheet/chart provided by ISVS. The time charts of most cities and towns in the world are available for free download on the Vishwa/ISVS website [www.vishwafoundation.com](http://www.vishwafoundation.com)
18. Keep an eye on your watch or keep a stop watch if required, and at the exact sunrise time, start uttering first Mantra Sooryaya Svaha. On the utterance of the word Svaha offer one part of the rice grains to the fire and continuing the Mantra; complete the first line uttering Sooryaya Idam Na Mama.
19. While chanting the other line of the Mantra offer other part of the rice grains to the fire after saying Prajapataye Svaha. Again while uttering the word Svaha offer the remaining second part of the offering in the Fire and complete the Mantra while chanting Prajapataye Idam Na Mama.
20. Concentrate and meditate on the fire till the offerings get fully absorbed by the fire.
21. Try and focus on the movements of the Fire.
22. You are allowed to do your regular spiritual practice like Yoga, Meditation, etc. after the performance of Agnihotra.

23. After the Fire is completely burnt out, keep the Agnihotra vessel aside in a safe, clean and hygienic place.
24. If you are in a rush and cannot wait till the Fire is completely burnt out, then, make sure to place the vessel with the fire still alive on a height or a platform to avoid any accidents or injuries. Especially with small children around in the house, this works as a practical option. Thus morning Agnihotra concludes here.
25. Evening Agnihotra
26. In the evening ahead of the Agnihotra remove the morning Agnihotra residue from the vessel and put it in a bag or box specially assigned for it.
27. Repeating the morning process prepare a fresh fire from the cow dung cakes in the vessel.
28. Again prepare two equal parts of the cow ghee smeared rice grains for the two offerings.
29. Exactly at sunset time, accompanied by the chanting of sunset Agnihotra Mantras – Agnaye Svaha offer the first part after saying Svaha and complete the Mantra by saying Agnaye Idam Na Mama.
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30. Similarly, reciting the second line of the Mantra offer other part of the rice grains to the fire after saying Prajapataye Svaha and complete the Mantra uttering Prajapataye Idam Na Mama.
31. Meditate and concentrate on the fire till the offerings are fully burnt. This concludes the evening Agnihotra.

## The Benefits of Agnihotra

सायं-सायं गृहपतिर्नो अग्निः  
प्रातः प्रातः सौमनसस्य दाता 1

प्रातः प्रातः गृहपतिर्नो अग्निः  
सायं सायं सौमनसस्य दाता 1 अथर्ववेद

The hymn from the Atharvaveda says that the effect of the Agnihotra done at Sunrise will last till the evening and the effect of the Agnihotra done at the Sunset will last till the morning. The primary effect will be Saumanasya or tranquility of the mind. This state will be achieved by the positive effects of the Agnihotra on the Prana and the Mind.

### Positive Effects of Agnihotra Experienced in Our Day to Day Life:

- Improved concentration levels
- Reduced Stress levels
- Feeling of being at peace with yourself and your surroundings
- Improved motivational levels
- Children can be molded in a positive manner
- Strengthening family ties
- Helps in De-Addiction
- Improved immunity
- Scientifically proven more Effective results found in farming and agriculture
- Proven and visible Bacterio-static effect

### Beneficial effect of Agnihotra on children:

The effects of Agnihotra atmosphere on the minds of children are excellent. Agnihotra instills good Sanskaar in them. Hyperactive and peevish children calm down in Agnihotra atmosphere. They can concentrate more easily on their studies in this atmosphere. It has been seen that the capacity to focus increases in children. Mentally retarded children have been found to respond much more favorably to their treatment in Agnihotra atmosphere.



## **Enhanced Willpower and confidence level:**

Countless individuals hailing from all walks of life and all parts of the world confirm unanimously that Agnihotra has brought a new dawn of peace, contentment and fulfillment in their lives. Enhanced levels of confidence and motivation are experienced by all of them with the practice of Agnihotra.

Alcohol and drug addicts, it is observed, have overcome their habits as 'Agnihotra atmosphere' generates strong will power and steely resolve in their minds.

Practice of Agnihotra has been found useful in drug and alcohol de-addiction programs conducted by Lt. Col. G.R. Golecha, (Sr. Advisor) Dep. of Psychiatry, Indian Army.

It gives positive strength to the mind and enhances motivation to quit the addiction.

The Agnihotra atmosphere elevates the Sattva and lowers the Tama causing the Mind to gain the necessary strength to fight the dependency and gain freedom from the addiction.



## **Benefits in Large Scale Farming & Gardening:**

Agnihotra ash and its resultant atmosphere are being employed as useful in Ecological-Farming practices. Hundreds of farmers are regularly practicing Agnihotra farming methods. The fruits, vegetables and grains grown by this method are qualitatively better in texture, taste and size as compared to controlled farms where regular use of pesticides and fertilizers is done.

Agnihotra atmosphere induces rapid seed germination. Agnihotra ash is an effective fertilizer and helps in releasing soluble phosphate from the soil.

The plants grown in Agnihotra atmosphere are richer in taste and higher in Veerya.



## Scientific Research & Results of Agnihotra

### Bacteriostatic Benefits of Agnihotra:

In a series of experiments conducted by a group of microbiologists & pathologists under the guidance of Dr A.G. Mondkar and Shri.Y.B. Sohoni, the behaviour of micro flora was studied in the environment created by Agnihotra; it was observed that the Agnihotra atmosphere was markedly Bacteriostatic.

It was found that more than 96% growth of bacteria was inhibited. Agnihotra atmosphere acted as a shield in which bacteria, especially the pathogenic types were not allowed to grow. In another set of experiments conducted in the highly polluted areas, similar results were noted. It was observed that there is definite reduction in aerial micro flora post Agnihotra performance.

### Tranquility through Agnihotra:

Researchers working in the area of Kirilian photography concluded that the aura of plants and human hand prints changed from high stress levels to an aura of tranquility.

### Lowered Stress levels:

At the defence institute of physiology and allied sciences (DIPAS) New Delhi, Dr. Selvamurthy (Sr. Scientist) studied the physiological effects of Agnihotra on the human mind and body. It was observed that during the performance of Agnihotra, the heart rate showed a declining trend, body temperature was raised, GSR remained significantly higher, ECG showed DC shift in base, EEG showed constant changes, power in Alpha band increased, while there was a tendency of suppression in delta power. It has been concluded that Agnihotra atmosphere has distinct beneficial effects on mind and body leading to mental tranquility.

The mind gains confidence due to the high energy Prana causing a positive effect on the Mind by elevating the Sattva. The Mind is then able to deal with situations in a more balanced way. This results in lowering of the high stress levels of the mind, induces tranquility and provides inner peace. This also helps in increasing the confidence and concentration or focus levels.



## **Circadian Cycle or Rhythm:**

The circadian rhythm refers to the natural 24-hour body cycle that humans and animals follow. With a circadian rhythm, people tend to sleep during night-time and wake up and go about their daily chores in the mornings or during day time.

The circadian rhythm is closely linked with the Sunrise - Sunset cycle and is associated with the waking and sleeping patterns of animals and the metabolism of the plants like bud becoming a flowers etc.

The circadian rhythm, present in humans and most animals is generated by an internal clock that is synchronized to light-dark cycles, and other cues in one's environment. The same rhythm also causes nocturnal animals to function at night when diurnal creatures are at rest.

## **Agnihotra Version 1**

### **Vishwa Foundation's eBook on Agnihotra With 10 Minutes to Spare - this e Book Can Change Your Life!**

Agnihotra we teach is based on the Science of Ayurveda & Teachings of Swami Samarth....

[Download Vishwa Foundation's eBook on Agnihotra in a 25 \(or 30 or 45...\) Seconds](#)

Agnihotra is a fire therapy, a process of emotional cleansing & becoming spiritual aware. It is based on the ancient Indian science of Ayurveda and works inside out. The impact of Agnihotra therapy is immediate and with regular practice, you can enjoy the benefits on a permanent basis. Agnihotra benefits the one who performs it as well as those who attend it.

Anger, frustration, feeling low or negative, losing temper & patience, alcohol and drugs abuse, getting embroiled in arguments & fights etc are all manifestations of a distressed mind. If left unattended it can lead to an emotional breakdown, and can throw life out of gear.

By performing Agnihotra you not only uplift the quality of your life but also improve your aura, uplift the quality of your success, and wisdom. The fire therapy is simple to understand, and easy to practice at home. Once you learn to practice it, you'll start feeling more in control, more sorted out and positive, and at peace with yourself.

Agnihotra is a sacred Vedic tradition that harmonizes the functioning of Prana (life energy). It offers physical and emotional healing and helps you to get rid of wrong beliefs, negative habits & thought patterns, and creating and manifesting good energies. It heals our environment, brings peace, rearranges nature's energetic grids and helps us to connect with the Divine.

Besides cleaning our aura Agnihotra also purifies our mind, and environment through scientifically proven energised fire that has healing properties. The energies generated from Agnihotra un-clutters your mind of negative thoughts that it might have accumulated over a period of time which have adversely deteriorated impacted the quality of your life.

The person performing Agnihotra creates a positive pattern in his own life and in the lives of people and environment around him. It purifies the atmosphere of pollutants and neutralizes harmful radiation. The resultant atmosphere gives nourishment to humans and plant life.

The rules for performing Agnihotra are simple to follow. Except that waking up early for some of you may not be easy, but it'll be worth the effort.

The therapy can be performed by anyone at home, in the garden, balcony, prayer or meditation room... etc. There is no restriction of caste, colour, gender, colour, age etc. Even children can perform it, albeit under supervision. Women should avoid performing it during their menstrual cycle.

The place where you are going to perform Agnihotra should be kept clean. Morning Agnihotra should be performed after having a bath. If it is not possible to bathe before performing the evening Agnihotra, it is okay to wash hands, feet and gargle before performing it. It is advised that no lighter or electric instrument is used to light the Havana.

You should face **east** while performing the therapy. **It should be practiced every day, twice (?)**. or it can be practiced as convenient....?

It should be remembered that even if the entire family is sitting around Agnihotra Havana only one person should pour the offerings in the fire. Family members attending the ritual will be automatically benefitted from it.

At Vishwa Foundation we teach Agnihotra the way it has been practiced for thousands of years by our saints. It is based on the teachings of Swami Samarth & the science of Ayurved. The impact of Agnihotra will be visible within a few sessions. You will experience an extended state of restfulness and positivity around you, feel more energised and healthy....and more

To perform Agnihotra you require - a copper or gold (the two metals that have healing properties) vessel of a particular size in pyramid shape, some brown rice, dried cow-dung, and ghee. Agnihotra is performed at dawn/sunset amidst chanting of mantras. Sticking to timings is important.

Fire is created inside the copper (or gold) vessel with dried cow dung and then brown rice and ghee are poured into (by right hand, keeping left hand on the chest) this sacred fire. This coming together of the entire combination comprising the timing, chanting of mantras, sacred fire created out of cow dung, and ghee exudes healing energies from the Agnihotra pyramid.

Huge amount of energy gets created around the copper pyramid vessel while the process is being performed. A sort of magnetic field gets created that defuses negative energies replacing them with positive ones. This has been proved by science.

Items required for performing Agnihotra can be prepared at home or if for some reason you aren't able to do so, you can order it online.

## For Agnihotra we need:

Copper or gold pyramid shaped vessel of particular size and shape,

Dried cow dung

Ghee (clarified unsalted butter prepared from cow milk)

Whole grain raw brown rice

Agnihotra Mantras (audio can be bought)

Your sunrise/sunset timings (available on request)



## Havana Preparation:

Preparing the havana kund that allows air to pass through is an important aspect of the process. Havan kund can be small or big depending on your choice and need. Small Havana vessel will have a small fire and will generate lesser energy as compared to a large havan kund that'll have a bigger space for fire and other ingredients. Size depends on availability of area.

Pieces of cow dung (prepared from female progeny of cow) should be arranged in a manner so that there is space between each piece to enable oxygen to circulate through. It will allow the fire to blaze freely. You should lightly brush ghee on all the cow dung pieces.



Once arranged, a little ghee is poured over all the pieces and then we ignite it. The fire has to be kept ready in time to pour the ingredients into it. If you miss the timings you will miss the effects.

Make sure that the fire is ablaze at the time that has been recommended so that you can pour the entire whole grain raw brown rice and other ingredients as suggested, over chanting of mantras Suryaya Svaha/ Prajapataye Svaha or Agneya Svaha/ Prajapataye Svaha into the fire to generate the right energies.

While pouring the ingredients in the Havana kund the person performing Agnihotra should focus on surrendering himself to the Almighty, try to look within and discard all other thoughts.

After performing Agnihotra try to meditate near the Havana for as long as you can to absorb all the energies created around the copper vessel. Don't move the Havana kund preferably till the next time that you prepare for the next Agnihotra session. You should not try to extinguish the fire artificially and let extinguish naturally. The cow dung pieces that are left in the vessel should be washed and kept aside and be used next time.

Collect and keep the ash/residue in a copper container to retain all the energies, instead of a glass or plastic container. It can be used as manure for plants or for preparing Ayurvedic medicines at home. This residue is full of healing properties. It's also sometimes referred to as powerful or miracle ash.

You are requested to contact us to know the best time to perform Agnihotra. We shall calculate the timings based on your geographic location (based on latitude and longitude of your town or city) where you are going to perform it and inform you of the same.

The timings of Agnihotra are set at a time when healing energies of the sun are in favour of the person performing Agnihotra, and not when the sun rises. As calculated by experts the difference between the two is approximately 4 minutes.

We also inform you about the timings when you should begin chanting the mantras and ensure that all the ingredients are poured into the Havana-kund (copper vessel) simultaneously. When the ingredients burn and releases energies during that period you derive maximum benefits from it as that is the time when maximum healing energies are upon you. To maintain timing and accuracy we advise disciples to keep a stop clock.

When you write in to us, we will be able to explain the exact procedure, with every detail a lot more clearly keeping your specific situation in mind.

### **Agnihotra & Science Experiments:**

Many experiments have been conducted by scientists worldwide to verify the effect of Agnihotra on the environment and time and again the claims made by our sacred saints have been found to be true.

Agnihotra helps to undo the effects of pollution by almost 90% on microorganisms that carry disease or infection causing bacteria.

Agnihotra fumes are rich in formaldehyde and other substances which have inhibitory effect on microorganisms. This was also studied- the effect of Agnihotra on the bioenergetics systems of individual microorganisms. <http://www.agnihotra.org/content/scientific-experiments-agnihotra>

Agnihotra performs many functions. E.g. it helps to purify our environment and water resources i.e. it helps to undo the effects of pollution. By adopting Agnihotra Farming Method we can nourish our plants better by neutralizing harmful radiations and pathogenic bacteria. Chanting of Sanskrit mantras and fire prepared with select a combination of organic substances fills up the environment with positive energies.

There are scientific evidences to prove that Agnihotra has medicinal properties. For example, it renews cells of brain as well as skin, and purifies blood. People generally allergic to smoke also experience a wave of healing when they attend or perform Agnihotra.

Besides in the smoke, the healing effects of Agnihotra are also found in the residual ash. You can read about [healing effects of Agnihotra residue](#) or ash here (Ref: [www.homatherapy.de/linked/buch\\_eng.pdf](http://www.homatherapy.de/linked/buch_eng.pdf)) People across the world have shared their most [wonderful experiences of healings \(link to testimonial page\)](#) many ailments by using Agnihotra ash.



# *Thank You*

