



# **COMMUNING WITH LIGHT**

**Techniques of Light for Everyday Living**

**VishwaAmara**

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VishwaAmara

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## Techniques of Light for Everyday Living

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TO  
MAHARSHI VISHWAMITRA

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## INTRODUCTION

Communing means 'living in harmony' with a greater whole. Such a living enables the manifestation of the finer and higher qualities. A harmony in our system results in good health and well being. Similarly, the feeling of a 'commune' in the group leads to its growth and prosperity; and a harmony between nations results in world peace.

To Commune with Light is the highest ideal and paradoxically, the easiest. Through the ages and times immemorial, humans have been searching for ways to know the unknown and relate themselves with the greater Reality. The spiritual masters and mystics, who could grasp these higher realities and know Light through their direct experience, have devised various methods to help others do the same. Those who walked these paths have lead harmonious and enlightened lives irrespective of the times they lived in.

With our planet going through a shift in the Time Period and moving into the Light Age, this contact and communion with Light has become simpler and possible for everyone! There is a flood of Light into our Earth which makes it easier to establish a relation with it and be in communion with it all the time. We are heading

towards a future Earth that will be inhabited by an 'enlightened humanity'.



Light is the highest reality and the deepest truth. It has been with us all the time but we were ignorant and oblivious to this fact. Light is our true companion, our closest friend and more intimate to us than our very breath. As we open up to its presence, it becomes an integral part of us and our lives. We can be in communion with it at all times, take its help even in the smallest detail of our lives, and continue to experience Creation here and elsewhere without getting stuck in its laws. In short, we can live an enlightened life *now*, in true alignment with the divine.

Establishing such a link with Light should be the foremost priority of our lives. We live in a world that is in transition – a twilight zone between two Eras. The churning and chaos that we are witnessing today is the result of a clash between the departing old and the arriving new way of life. When we choose Light we also choose the new. The earlier we wake up to the reality of Light and align with it, the smoother will be our individual and collective transition into the age of Light.



This booklet is a collection of methods and techniques of aligning with Light in various aspects of our lives. Behind these simple methods lie thousands of years of efforts, experimentations and improvisations by the great Rishis, the masters who are assisting

our transition into the Light Age. The practice of these techniques brings in more clarity, links us to the Supreme Intelligence and hastens our spiritual growth and evolution.

Our first book '*The Light Age*' was an introduction to the knowledge about the New Light Age of the near future. This booklet, '*Communing with Light*', describes practical ways that can be followed by anyone to make a shift into the higher consciousness. These two books which complement one another are invaluable gifts from the Rishis to all of us.

We are publishing this small booklet on Christmas as an offering to the great Light Master – Jesus Christ, who laid the foundations of the Light Age that we are entering now. His Love and Light illuminates the wisdom presented here. Let this wisdom brighten our lives and tune us to the divine vibrations of Light.



**LIGHT – THE HIGHEST REALITY**

Light is God Himself. Everything around us – the things we see and experience and the things that we cannot see – all are different manifestations of Light. There is nothing in Existence that is not Light at its deepest level. Light is the all pervasive, all powerful and most intelligent presence in the entire Creation and beyond!

The mystics, in their deeper states of Meditations have experienced God as an extraordinarily immense ocean of Light and have expressed that it is as radiant as billions and billions Suns. This Ocean of Light from which our Cosmos has manifested is known as Parabrahma.

From Parabrahma, various energy fields with different characteristics and functions came into existence. Huge Cosmoses were created, which further manifested different Worlds spanning across various dimensions. Energy condensed as matter to give rise to Galaxies filled with Stars, Planets and other Cosmic bodies.

As Creation continued, a very rich and diverse life took root in millions and millions of Planets. When living beings were created, the particles of Light (also known as Souls) from various Sources descended into these bodies in order to experience the Creation that had manifested out from God.

Creation is not accidental or mechanical. The highly intelligent and compassionate Presence – Light, nurtures all Creation, from the level of Cosmoses and Galaxies to the tiniest level of a single celled organism and the sub-atomic particles.

**WE – THE PARTICLES OF LIGHT**

We are the Souls who are covered with layers of different bodies. We have come down from the Source into the human bodies on these Earths, so that we can experience this diverse Creation manifested by Light.

Living in this creation, we normally experience only the immediate tangible realities. We miss the hidden presence that exists behind everything. This presence is Light. We can always connect to and relate with Light anytime. We have to just try.

**EXPERIENCING AND RELATING TO LIGHT**

Light is a permanent reality that continues to exist even after Creation is withdrawn and manifested again and again. We, who are the specks of Light are related to it at the deepest level. This relation can be expanded to many other levels including the physical. When we experience and relate to Light at the physical level, our lives here are transformed and illuminated.

We can easily experience Light when we begin to interact with it in our daily lives. As we make more room for Light, it begins to radiate and work through us. When Light arrives, all darkness vanishes as Light brings knowledge, wisdom and energies. From then onwards, we literally start living in Light.

This is the journey of every Soul. The Soul which was a particle of Light descended into Creation to experience it and lost its connection with the Source. The next step of the journey is to regain its connection and continue to experience in total awareness of its relation to the Source. Then it can merge back into the ocean of Light, at will.

### THE ADVANTAGES OF COMMUNING WITH LIGHT

Light guides every Soul, as all are a part of it. It educates and gives hope to every individual. It also guides everyone through their intuition to take the right decisions and to solve any problem in their lives.

Light also heals every Soul by churning out the inherent darkness or negativity and by assisting in transmuting them. It opens up everyone to the divine vibrations of the Light Age and exposes them to higher ways of living. It presents lots of opportunities to grow and helps in manifesting the divine qualities like Love, Peace and Oneness.

A major step that individuals can take in their growth is to experience Light and manifest its qualities in their daily living. This opportunity to experience and live out our lives in the awareness of Light is a divine gift that is available to all of us on Earth at this point in time. We can make use of this opportunity to take the next step of our evolution.



## LIGHT TECHNIQUES

A Light technique is a simple instruction on making use of Light in our daily life. It shows a way to tune to the Higher Intelligence and utilize Its power and wisdom for our as well as others' benefit. Some of the important techniques that can be practiced by anyone are presented among these pages.

Similar instructions have been taught to mankind and have been followed in all ages. We can find them in the various rituals and methods of worship in all religions and cultures. These were taught by the evolved souls who could tap into the higher intelligence and devise ways of making use of its grace. Those who practiced these instructions with interest and dedication derived the appropriate benefits.

A ritual or worship usually accesses one of the manifestations of Light. For example, in agricultural societies, the worship of rain gods was a much followed ritual, done for better yield and welfare of all. This would be followed by a harvest festival of thanksgiving. Such rituals have been practiced across the world in different time periods. They provide the necessary benefits by accessing a higher energy field which is usually represented by a God/Goddess.

### THE IMPORTANCE AND NECESSITY OF A LIGHT TECHNIQUE

A Light technique, on the other hand is more effective and most powerful because it provides direct access to the source of all – the Supreme Light! Its benefits are immediate and long lasting. Apart from the results, it also connects us to the compassionate and most intelligent Source from which the entire Creation manifested. Hence following a Light technique gives more benefits and results than expected.

Another important reason why a Light technique is more relevant today is the times we are living in. Our Earth is currently in a transition from the Dark Age to the New Light Age. Hence it is witnessing a churning where the old values and ways of life are being replaced by the new. This turbulence is resulting in the collapse of systems and people who are still tuned to the vibrations of the previous age. To sail through this period unscathed, we need to be totally tuned to the values and influence of the New Age.

The practice of a Light technique helps us navigate through this difficult period by establishing us in the Higher Intelligence. It also prepares us for a future life on this Earth, an era in which Light or the Supreme Intelligence directly influences and guides all life on this Planet. It is a period of unimaginable peace, prosperity and growth, where humans live like Gods and our Earth will be nothing short of a paradise. The simple methods presented here help everyone ascend to such a divine state.



### THE TECHNIQUES

The techniques are grouped under three sections. Those techniques that are to be practiced everyday are grouped under 'Everyday Living'. There are some practices that are to be followed during specific events in a person's life like birthdays and marriage anniversaries. These form the second group, 'Special Occasions in an Individual's Life'. The third section, 'Special Techniques' contains techniques that are to be practiced during important occasions.

Each technique has a short introduction and is followed by the actual instructions for practice, along with some additional hints. These techniques can be practiced separately or along with the normal rituals and worship that one is accustomed to. As one gets tuned to the higher spiritual methods, the ritualistic methods automatically step back. This is a natural process and one need not force any drastic changes in their beliefs or practices.

The most important and obvious thing to remember is that these techniques are to be *practiced* and not just read or understood. One has to follow the instructions and implement them diligently in order to experience the benefits. The results are directly proportional to the sincerity and efforts that go into the practice of these techniques.



**(A) EVERYDAY LIVING**

The techniques presented in this section should be practiced every day. They can be practiced in any order and not necessarily in the order that they are presented. These techniques complement one another, and when followed together regularly, build up a beautiful rhythm and harmony in our lives.

**1. WORSHIPPING GOD**

The worship of a Supreme Being is a feature that is common to all religions, cultures and groups in all of human history on this Planet. Man has instinctively realized the existence of a benign supernatural force and sought its help in leading his life or in solving the everyday problems. While this belief in a higher power has also led to superstitious practices and rituals, it has also prompted many mystics and spiritual masters to understand the truth behind existence and experience the divine directly.

Worshipping the Supreme is a way of expressing our gratitude and love for the gift of life given to us. Through worship, we can also seek divine assistance in overcoming the hurdles of our brief sojourn on this planet. The practice of worship strengthens our connection with the source from which we originated, so that we do not lose ourselves in the Creation that we have come just to experience.

Different methods have evolved in connecting with the divine — from worshipping the natural elements to expressing devotion for a form of God and finally communing with the formless. Connecting to God through a form or an idol is one of the widely practiced forms of worship. Here, we express our love to

the personality who is symbolised in the idol, by offering the best things available: fruits, flowers, even precious stones and metals. It is the intent and not the offering that connects us to the Divine personality.

A higher way to worship a deity is to offer the most refined and sacred creation in Existence — Light. The following technique explains how:

**Technique:**

- Imagine a ball of Golden light in your hands. Then imagine for some time that this ball of Light brightens as it gathers more and more Light. Add your love and respect to the ball of Light.
- Offer it to the divine personality or deity.
- Then, for some time, try to experience the personality and also be aware that you are receiving energies from the personality.

**Further notes:**

- This technique can be practiced separately or along with the normal rituals of worship that you are accustomed to.
- Unlike the usual method of worship, this technique can be practiced anywhere.
- One can practice this as many times as required. The ideal way would be to practice it once in a day, preferably in the morning, along with the daily meditations.



## 2. PRANAYAMA WITH LIGHT

There are special energies in the Sun called **Prana** which are also present in our atmosphere. When we breathe, we absorb these energies into our system. Prana is the life-force energy that keeps our Vital body (Pranamaya Kosha) energised.

Pranayama is the breathing exercise through which we can absorb this Prana consciously and in larger quantities. A vast body of knowledge and techniques have evolved around this fascinating practice.

The practice of Pranayama removes the blocks in the flow of energies, thus keeping the energy movement regulated. It assists healing, helps in calming our emotions and energises our entire system.

A superior technique of Pranayama involves using Light, by which we will be able to absorb the higher grades of Prana. When practiced regularly, this helps in burning some of our karmas and also tunes us to Light.

### Technique:

- Face North and relax. Keep your eyes closed.
- Inhale slowly and deeply. Imagine that you are breathing in Golden Light along with the breath.
- Hold the breath for a comfortable duration and imagine that this Light spreads to your entire system.
- Then exhale the Golden Light along with the breath, slowly.
- Repeat this for 7 rounds.

### Further notes:

- Pranayama should be practiced for a maximum of three times in a day. It is beneficial to begin and end the day with this practice.
- One should avoid practicing this after a heavy meal. There should be a gap of an hour after a meal to practice this exercise.
- We can practice this especially when we are tired or feeling low. The inflow of Prana energises our system and uplifts our spirits.



## 3. MEDITATION

Meditation is a process of silencing our entire system of body, mind and intellect. This process also cleanses and purifies our system, leading to a state of stillness. In stillness, our awareness can be expanded in Light, resulting in higher experiences. These higher stages are known as Samadhi, which finally leads to Enlightenment – the direct experience of God all the time.

While ultimately connecting us to the divine, Meditation also results in many other benefits. It improves our health, helps us gain inner strength and increases our efficiency in every walk of life. It helps us sublimate our negativities and develop positive qualities. It purifies and transforms us into self-aware, harmonious beings.

At a deeper level, this practice clears our karmas and breaks the bondages that tie us to the wheel of birth and death, thus

altering our destinies. Meditation is a higher spiritual approach in comparison to the devotional approach or the way of service. It is a great gift given to mankind by the Higher Intelligence.

#### A general technique to begin Meditations:

- Sit cross-legged on a mat facing North.
- Keep your right palm over the left, close your eyes and relax.
- Pay regards to your parents and God.
- Then practice at least 3 rounds of Pranayama with Light.
- Now imagine a huge ocean of Golden Light above you and that you are receiving this Light. Let the Light enter you and fill your system completely.
- Experience the Light.
- Practice this for a minimum of 12 minutes upto a maximum of 24 minutes.

#### Further notes:

- Meditation is not a one-time practice. To achieve all the results, it should be practiced daily and should become a part of our routine.
- Try to meditate at the same time and place everyday. This builds up regularity and also removes many of the initial obstacles.
- Avoid Meditation for about 2 hours after food.
- A general technique, as the one above, is enough for anyone to start meditations. To progress further and reach the higher stages, special techniques which suit the spiritual condition of the individual have to be practiced.

A serious practitioner receives such instructions from a human Guru until he evolves to a stage of receiving them directly from the Higher Intelligence.



#### 4. STRENGTHENING THE SHIELD

We live in a world where both positive and negative forces work and influence our thoughts, emotions and growth. While the positive forces take us towards peace and prosperity, the negative forces pull us in the opposite direction, away from Light. One can counter this negative influence by aligning oneself with a field of Light at all times.

With our strong intention, we can imagine that we are surrounded by a globe of Blue Light at all times. This helps us to be in a field of higher energy which has many benefits. The foremost benefit is that connecting to and experiencing Light become easier. We are always linked to Light because of this field. It helps us manifest more positivity. The efficiency of all activities undertaken by such an individual will be very good.

The most important benefit is protection. The Blue globe acts as a shield which protects us from negative energies and thoughts which come from outside. It also shields us from psychic attacks and readings done by others. We remain untouched by the negative vibrations arising out of jealousy and hatred from others. This shield protects us from the destructive influences of the Dark Forces on our Earth.

**Technique:**

- Sit cross-legged on a mat facing North.
- Imagine that you are sitting inside a globe of Blue Light. The globe of Light can be any size that you are comfortable with.
- Pray to this Blue Light and to Lord Hanuman, for protection and positivity.
- Then experience this Blue Light for 3 minutes.

**Further notes:**

- This technique is best practiced after meditations.
- Practicing this regularly strengthens the shield around us.
- One can also consciously strengthen this globe for a minute whenever one goes out of the house.
- Try to be aware of this Blue globe around you whenever possible.

**5. ENERGISING THE FOOD BEFORE CONSUMING**

The food that we consume determines our health and well-being to a large extent. A well-balanced, healthy and nutritious diet not only nourishes our body but also influences us at different levels. On the other hand, the consumption of food with opposite qualities promotes ill health and hinders our growth.

The present day food which is high in pesticide content can have adverse affects on our health without our being aware of it. However carefully we choose our diet, there are chances that the food we consume is unhealthy because of the pollution – both

natural and those done deliberately for profits. These effects can be countered by energising the food before intake.

**Technique:**

- Before you start eating, think of Light.
- Imagine a lot of Golden Light flowing from above into you. Pass on this Light into the food for a minute.
- Imagine the food being energised and nourished by the Light.

**Further notes:**

- This practice can be done either with open eyes or closed eyes.
- We can do this every time we consume something.
- This technique not only energises the food but also disinfects and heals it. The healing energies which are present in the Light are carried into our system through the energised food.
- Light also helps in making the food taste better.

**6. AT WORK / OFFICE**

A major part of our lives is spent at work, either earning a living or pursuing a passion. Our work determines our material prosperity, defines our stand in the society and also gives us a sense of purpose and direction in life. In short, it not only shapes our lives but also allows us to contribute to the larger society in a meaningful way.

Work in the today's world can also be stressful and at times out of sync with our deeper purpose. It is possible to lose ourselves in our work at the exclusion of other important factors of our lives. Balancing our working and non-working hours is very much essential, along with finding the right vocation and contributing our best to it. In this regard, we can take the help of Light.

Our work becomes an act of worship when we involve Light in it. It makes us more efficient and also improves our interaction and understanding with our colleagues. We can take this practice to a higher level by carrying out our work as an offering to the Supreme Light.

#### Technique:

- Imagine a lot of Golden specks of Light which are moving clockwise inside your head.
- Pray to this Light and experience its presence for some time.
- Then begin your work.

#### Further notes:

- This can be practiced at the beginning of our workday or whenever we start our activity.
- The regular practice of this technique improves our efficiency at work. It keeps us focussed and balanced.
- This technique can also be practiced by students every time they sit for studies, or at the beginning of their classes.



## 7. CONTACTING RISHIS

The Rishis are the eternal guides of humanity who work selflessly for the welfare of others. They live in the higher planes of existence and guide humanity at the astral levels. Many Rishis and their workers are also present physically on our Earth, working to assist humanity and all life to shift into the New Light Age. These spiritually advanced masters always carry a lot of Light and Love from the Supreme Intelligence and are granted special powers and transcendence from the usual laws that govern life here.

Contact with the Rishis was an inborn faculty in all humans which was lost because of the effect of the previous age. Establishing a direct communication with them is very important, especially in this phase of confusion and uncertainty. As we move ahead into the Light Age, this faculty will be automatically functioning in everyone.

The most important requirement to establish a contact and communication with these Masters is Love. With persistent practice and efforts, anyone can contact them and receive direct guidance in any aspect of their lives.

#### Technique:

- Sit facing North-East and practice Pranayama with Light for three rounds.
- Then imagine a Rishi sitting in front of you. Imagine a lot of Golden Light coming from above and filling you. Experience the Light for some time.
- Then imagine that this Light as a beam connects you and the Rishi, heart to heart. Through this connection, try to experience the Rishi and communicate with him/her.

**Further notes:**

- This technique should be practiced daily until the contact happens. The preferable time would be soon after meditations.
- The communication happens through our intuition. The key to success is to be patient and listen.
- We can ask a question to the Rishi and wait for any answer that flashes. Our intuition guides us whether the answer is from the Rishi or from our own mind.

**(B) SPECIAL OCCASIONS IN AN INDIVIDUAL'S LIFE**

These Light techniques are to be practiced during specific events of a person's life. While they are one-time practices, they nevertheless are important as the events mark special milestones in anyone's life-journey. The practices align us with Light at these important stages and act as blessings from the divine for our growth and evolution.

**1. FIRST BIRTHDAY**

The first birthday of a child is a very important event in its life. Right from inside the mother's womb until the first birthday, the Soul will be able to communicate with God and also contact the astral beings. The first birthday is the occasion when this contact and communication begins to fade and finally stops. The astral body of the child gets fully connected to the physical world.

Many cultures across the world celebrate this occasion with a special function, although everyone may not be fully aware of its significance. We can take the help of Light to mark this important event.

**Technique:**

- The Parents of the child should pray to Light for the health and prosperity of the child.
- Then they should fill themselves with a lot of Golden Light.
- Pass this Light to the child for at least 7 minutes.



## 2. COMPLETION OF 12 YEARS: UPAKARMA

An important milestone in the child's life arrives at the completion of 12 years of age. It is the ending of childhood and the beginning of adolescence, celebrated as a coming of age ritual across various cultures.

This event is very special because, on completion of 12 years of age, the astral body of the child integrates fully with the physical body. Until this age, children do not gather any karmas for their actions – they will be the responsibility of the parents. From this age onwards, the child will be responsible for its actions and starts gathering karmas.

This function is called 'UpaKarma' in India. 'Upa' means Other and 'Karma' in this context refers to the 'aspect of Life'. The literal meaning of UpaKarma is 'Other Life', or the Spiritual Life. This occasion marks the beginning of the spiritual life for an individual.

Another process that is followed on this occasion is known as 'UpaNayana', literally meaning 'Other Eye'. It refers to opening the Third Eye so that the child can connect to the Higher Intelligence and lead an evolved life. Earlier, and even now, to symbolise this event, the individual used to be given a sacred cotton thread to be worn across the body over the shoulder. This thread was like a badge; a badge of leading a righteous life. During this occasion, the child was also taught the right values of living.

All these elaborate rituals and processes are not needed as we advance further. Simpler methods of using Light can be followed on this occasion.

### Technique:

- The Parents should educate the child about the basic spiritual realities.
- Then everyone should pray to God and fill themselves with Golden Light.
- Finally, all should pray to 'Gayathri Devi' and the Saptarishis for the prosperity of the child.
- The child can also imagine a Golden thread across his/her body over the shoulder and repeat the 'Gayatri Mantra' 7 times.
- The parents should imagine that this thread is blessed by Goddess Gayathri Devi and that the child is protected by the Saptarishis.

### Further notes:

- It is a distortion of the dark ages which resulted in this ritual being followed only by boys of the Brahmin caste. This event is important for every individual and should be followed by all, irrespective of gender or caste.



## 3. MARRIAGE AND MARRIAGE ANNIVERSARIES

When the Souls come down to Earth to take birth in a human body, they pick up the Mental Sheath (Mind) in a divine plane. The gender that the Soul will assume in the human plane is decided at this point, and also two Souls get paired here. These are the Soul mates! Usually they get married to each other in every life-time on Earth.

A marriage, at the physical level, is a process of fulfilling the promise made to one another at the higher level and thus continuing their journey together. The Soul mates help each other to experience the diversity of this Creation and also assist in their Spiritual journey. Marriage is also an opportunity to facilitate the birth of newer Souls to continue God's Creation.

The essence of this process is to take an oath in the presence of Light, which results in the sacred bonding of the two individuals.

The elaborate rituals and associated functions around weddings were included by the priestly classes, more for their selfish reasons than to assist the fulfilment of a spiritual purpose. This effect of the Dark Age will cease in future, where marriage will be a simpler affair of remembering and reaffirming the bonds of togetherness.

A **Wedding anniversary** is a special day for every couple. This is the day that brings new beginnings and opportunities to strengthen their bond of love and togetherness. Any misunderstandings or differences can easily be healed on this day.

#### Technique:

- On the wedding anniversary day every year, the couple can silently offer thanks to their partner and also to their respective parents and God for uniting them.
- Then sitting facing North, the couple should imagine that they are inside a globe of Golden Light together and experience the Light for 7 minutes.

#### Further notes:

- This technique can be practiced by a couple everyday also if they wish to. It will strengthen their bonds and help in establishing more trust, love and harmony between them.



#### 4. DEATH AND DEATH ANNIVERSARIES

Death is a part of the Soul's journey on this plane. It allows the individual to move into another life experience, either on this Earth or another.

After Death, the Soul is allowed to stay on Earth in the astral body for 10 days. In this duration, the Soul is helped to disassociate from the life experience that it was having until then. This disassociation is required to prevent the Soul from getting held back by the previous relations and experiences.

It is then taken to another World where it rests and is also educated about the past mistakes and future possible lives. The Soul then moves on into another life or returns to its Source.

The attachment and affection towards the departed person makes Death a painful and sorrowful experience for family and friends. The death anniversary is observed mainly to remember the departed Souls and continue to express ones love and sentiments towards them.

There are special astral beings known as *Pitru Devatas* or *Angels* who help us in communicating with the departed Souls.

They pass on our message, love and energies to the concerned person.

**Technique:**

- Pray to the Rishis and to the Pitru Devatas.
- Imagine a Golden beam of Light connecting you to the departed Soul.
- Through this connection, offer your love, respects and energies to that person. Communicate your message to them.
- Pray to God for the wellbeing of that person, wherever they might be.

**Further notes:**

- This technique should be practiced only on the Death anniversary.
- Another distorted ritual specifies that only the son should carry out the rites after death and during death anniversaries. This Light technique can be practiced by any of the children and descendents, as the essence of this technique is of expressing ones love towards the departed person.



**(C). SPECIAL TECHNIQUES**

**1. HEALING**

Healing is usually done to cure an individual of a specific illness. The energies related to healing are drawn from a higher realm and directed to the affected part of the body. Such healing is not a substitute for the usual medical methods, and should be practiced along with them. However, there are cases where severe ailments which were beyond medical intervention have been cured by Healing.

Our movement into the Light Age has opened up access to newer and higher healing energies which are much more efficient. The Rishis have discovered various Manifested Universes outside the realm of our Supreme Light, ParaBrahma. One such Universe, **Neela Brahma**, carries Light which has great healing properties. This special technique draws energies from that Universe.

**Technique:**

- Sit facing East.
- Imagine that you are receiving a lot of Dark Blue Light from the Universe, **Neela Brahma**.
- Let this Light enter into and spread to your entire system. Pray to the Light to heal you.
- Keep repeating the mantra 'Om Neela Brahmaya Namaha' silently for a minimum duration of 7 minutes. Experience the Light all the time.

**Further notes:**

- Practice 7 rounds of Pranayama with Light before practicing this technique.

- To heal others, ask the other individual to practice this technique by themselves. If they are unable to practice, pray to Light for their well being.
- This technique can also be used to experience Neela Brahma, hence one can practice this for longer durations too. The energies from this Universe vitalise the individual and give a lot of hope towards Life.



## 2. ENERGISING AN OBJECT

Energising is a process of linking to God, experiencing Him, bringing down the subtler energies and passing it on to another person or object. If it is passed on to a person, we call it a blessing; if it is an object or place, it is called energising.

In earlier times, crystals and beads were energised after many rituals and then were worn. In India, there is a practice of worshipping and energising new vehicles. Every year on the day of Ayudha Puja, all the tools, equipments and vehicles are worshipped.

This practice originated in times when people were so spiritual that they experienced the presence of the Supreme even in inanimate objects or places. Energising an object is a way of offering our gratitude to the help it provides and the ease it brings into our lives. Along with energising, we can also communicate with an object or a place. We will be surprised when we experience the response from them, from the consciousness present deep within even the inanimate objects.

### Technique:

- Strongly think of Light. You get linked with it.
- Allow your awareness to expand in the Light and experience it.
- Then imagine the Light flowing through you and pass on this Light to the object you want to energise.
- Channel the Light for about 2 to 3 minutes.



## 3. BEGINNING OF NEW PROJECTS

Every project or venture has an energy field associated with it. This field strengthens with our passion and efforts towards that venture, which ultimately leads to its successful completion. We can also add Light to this field with our strong intentions and pray to Light to assist us in our endeavours.

An important principle to remember is to follow the law of secrecy while starting a new project. We should not go about speaking too much about it, especially to those who are not associated with the project. This dilutes and dissipates the energy field that is built up and also undermines the sacredness and sanctity of the project.

### Technique:

- Before starting a new project, fill yourself with Golden Light.
- Pray to the Rishis and Lord Hanuman for the successful completion of the project.

- Then pass on this Light to the project and imagine that the field around it gets strengthened.

#### Further notes:

- At different stages of a project, there could be unseen hurdles and obstacles. While solving them, we can also pass a lot of Golden Light to the situation until the problem dissipates.



#### 4. HOUSE WARMING

After a new house is built and before moving in, a traditional ritual is performed to cleanse the place of the old energies and fill it up with Light. The house is energised with new energies so that it is filled with Peace and Love. Such a dwelling place promotes better understanding between the inhabitants and also assists in their spiritual growth.

Our Material Cosmos is guarded in the eight directions by eight special worlds, also known as 'Ashta-Dikpalaka Lokas'. The deities of these Worlds are invoked during this ceremony with elaborate rituals, and their protection is sought. The same can be done in a simple way with the help of Light.

#### Technique:

- Face North-East and practice Pranayama with Light. Pray to the Rishis and God.
- Pray to the Ashta-dikpalakas. Then pray to Lord Hanuman.

- Imagine a lot of Golden Light coming to you directly from God (Parabrahma) and filling your system. Then channel this Light to the entire house, room by room. Do this slowly and experience the Light while doing it.
- This process energises the house completely, which completes the house warming ceremony.

#### Further Notes:

- This technique is to be practiced at the time of the house warming only. To keep energising the house regularly and strengthening it, we practice the 'Light the House' technique.



#### 5. LIGHTING THE HOUSE

Our houses are not just dwelling places; they also hold our dreams, aspirations and energies that get strengthened over a period of time. This energy field can be made stronger and more vibrant so that there is peace and harmony in the house. Homas used to be done in houses with this intention. We can do this with the help of Light.

Lighting the home is a regular practice unlike the 'House warming ceremony' that is done only once. The energies that are anchored during house warming also get strengthened by this practice. The entire house is filled with Peace, Love and positive energies. Every time there is a confusion or quarrel in the house, it adds to the negative energies. With this practice such negative

and disharmonious energies are removed. The inhabitants are protected from outside influences and potential break-ins.

#### Technique:

- Sit facing North and relax. Practice at least 3 rounds of Pranayama with Light.
- Imagine Golden Light flowing from above and filling your entire body. Experience this Light for some time.
- Channel this Light to the house, room by room until the entire house is filled with Light.
- Then imagine that the entire house is inside a sphere. Fill up the sphere and the house with more Golden Light. Imagine the sphere getting brighter and brighter.
- Practice this for a minimum duration of 7 minutes.

#### Further notes:

- This technique will yield beautiful results if practiced daily.



## 6. LIGHTING THE NEIGHBOURHOOD

We can energise our neighbourhood in a similar way of energising our houses. This practice builds up an energy field that promotes harmony and better understanding between neighbours. Serious issues like theft and robbery are minimised and removed when the energy field is vibrant with Light. Issues like traffic jams or implementation of new projects in spite of an uncooperative government servant have been solved by practicing this technique.

#### Technique:

- Sit facing North and relax.
- Imagine the entire neighbourhood inside a sphere.
- Imagine Golden Light flowing from above and filling your entire body. Experience this Light.
- Then channel this Light to the entire sphere and fill it up with Light.
- Practice this for a minimum duration of 7 minutes.
- Similar to lighting the house, this practice yields best results when done daily.



## 7. WORLD PEACE

In the larger picture, Planet Earth is also our home, a dwelling place where the entire Humanity and all living beings co-exist. Like everything that is created, it also has an energy field that protects, sustains and nurtures all life. When this energy field is strong and vibrant, there is peace and harmony in the world.

The effects of the Dark Age have dissipated and weakened this Energy field. Countless wars, fights and negativities have wrecked havoc on the peace and well-being of this planet. At a higher level, God and the Rishis are removing the negative effects of the Dark Age and ushering in the New Light Age. We can add to this process by our individual practice of strengthening this energy field with Light.

**Technique:**

- Sit facing East. Practice Pranayama with Light for 7 rounds.
- Imagine that you are sitting in front of the Earth. Then imagine Golden Light flowing from above and filling your entire body. Experience this Light for some time.
- Channel this Light to the Earth. Silently repeat the mantra 'Om Neela Bhumi Brahmaya Namaha'. Practice for a minimum duration of 7 minutes.
- Similar to the previous two techniques, this can also be done daily.

**8. CONNECTING WITH OTHERS**

We relate to others normally at the surface level. With close friends and relatives, this connection is at a deeper emotional level. When we connect to others with Light, we establish a relation at the level of the Soul. Such relations automatically hold a lot of love, trust and mutual understanding.

By connecting to others with Light, we can experience oneness with them. This practice also heals the relation between two individuals, especially if there is a misunderstanding or negativity between them. We do not interfere in the free will of the other person or impose our will on others. In this practice, we pray to Light. Light takes care of the relation, in the highest possible good for everyone.

This technique has helped heal the mistrust of years between individuals.

**Technique:**

- Practice Pranayama with Light.
- Shield yourself with Light for some time.
- Hold a lot of Golden Light in your system. Then pass it on to the other person.
- Practice this for a minimum of 7 minutes, if possible, every day until the goal is accomplished.

**9. CONNECTING TO AND EXPERIENCING LIGHT**

This is a simple but one of the most powerful Light techniques. By practicing this, an individual will always be connected to the Supreme Light. He will always find guidance, support and wisdom from the Higher Intelligence in each and every step of his life. He will be able to manifest all the qualities of Light like love, truth and righteousness, not just in actions but also in emotions, thoughts and intentions.

Being in link with Light all the time and manifesting its values is the requirement to live in the New Light Age!

**Technique:**

- In the morning, after getting up from sleep, pray to Light. Fill yourself with it.
- Then, with your strong intention connect to it and experience this Light for some time.

- Have the awareness that you are linked to Light, and that this Light is inside your system throughout the day, whenever you remember it.

#### Further notes:

- This technique can be practiced together with the technique of having a globe of Light around you.
- During the course of the day, we can remember the presence of Golden Light inside us, whenever possible. A strong thought is enough to link us to Light.
- We can seek help and guidance in any aspect of our lives by referring to Light. This is how we actually commune with Light and make it a part of our lives.
- When this practice becomes integrated into our daily routine, we find it easier to enter the zones of silence and stillness, not just during our daily meditations but also at other times. We can take great strides spiritually with this practice.



## 10. EXPERIENCING ONENESS

At the deepest level, we are one with everything and everyone in all of Existence. The diversity and differences at the surface levels are not only natural but also necessary for Creation to exist and continue. Yet, when we experience oneness with everything around us, we connect to them at the deepest level. We go beyond the limitations of time and space and experience Light, directly and totally.

Experiencing oneness heals the world. It is one of the highest Spiritual practices given by the Rishis.

#### Technique:

- Sit facing North. Practice Pranayama with Light for 7 rounds.
- Imagine Golden Light flowing into you from above. Experience this Light for some time.
- Imagine that this Light spreads to every individual on this Earth, and each of them becomes a Golden ball of Light.
- Imagine that all these globes of Light are merging into one huge Globe of Light.
- Experience the unity and oneness by being a part of this Globe of Light.
- Practice this for any duration.



## COMMUNING WITH LIGHT

A Light technique is not just a piece of knowledge to be understood intellectually. It is a step-by-step process, which is to be practiced so that the results are felt directly and deeply. When the individual repeatedly experiences such results, he goes beyond the techniques to access the Source directly. Until such mastery arrives, a Light technique is our ladder to the mystical realms.

The techniques presented here are just pointers to develop a direct and intimate relation with the Supreme Presence — Light. You can relate to Light in numerous ways over the course of the day. If you are struggling with a tight screw, send Light and try again. If a key is missing, pray to Light, send it to the key and search. Or if a small thorn is stuck deep in the skin, fill up that area with Light before attempting to remove it. Devise your own ways to commune with Light. Talk to Light as you would with any other person. Light responds; and you will know it as you begin to pay attention.

As we commune more and more with Light, we begin to hold and radiate it. The more Light we carry, the more peace and love we manifest automatically. At that stage, we need not practice any techniques or consciously do anything. The Light in us acts and makes things happen. This was how great Spiritual masters lived. People would feel peaceful, the sick and defeated would find

healing and solace and those who were attuned would take rapid strides spiritually — just by being in the presence of a Master.

Each one of us has the potential to radiate such a divine presence. The way is simple. Be in communion with Light all the time.

As the physical body holds and radiates more and more Light, an inner transmutation happens. We become Light bodies at the physical level. Many of our hidden faculties get activated as our communication channels to other dimensions get opened up. We realise the true purpose of our existence and live out that purpose, in total alignment with the Supreme Intelligence.

When many individuals radiate Light and its qualities in this way, the Light Age manifests on this Earth. That is the destiny we all are moving into. The way towards that destiny is to begin communing with Light, in every way possible, *now onwards*.

May this book inspire you towards such a living. May the Divine Light in you shine forth and assist in your transcendence into the New Age of Light.

In Oneness,  
Kavitha and Karthik



## ABOUT VISHWAAMARA



We are at a Historical period on this planet – a threshold point, where an old world is giving way to a new one. The previous structures are slowly collapsing but the new edifices are yet to be established in their place. In the bigger picture of this evolution, where do we fit in and who we truly are? Our perception about these realities has been dulled because of the thousands of years of confined living in the old world.

In this transitory period of confusion and chaos, a great network of Spiritually evolved beings are guiding and helping humanity find its way. These beings, commonly known as Angels, Ascended Masters or Rishis work for the welfare of all Humanity and all life, under the guidance of the Higher Intelligence and the great administrative council of Seven Rishis. At the human level, they work directly through those who've awakened to the mystical realities of life.

VishwaAmara is one such light – a part of the network of this Higher Intelligence.

The name 'VishwaAmara' is derived from two great Spiritual Masters, Maharshi Vishwamitra and Maharshi Amara, who are the main guides of VishwaAmara and also of the entire Humanity. At the physical level, it's a ground crew of two - Kavitha and Karthik, assisted by a few others, who actualise the work of spreading the Light from the Rishis.

One of the works of VishwaAmara is to bring down the undistorted truths from the Spiritual Masters in the Higher realms and share them with the world. The knowledge and wisdom of the Rishis is channelled primarily through their website – [www.vishwaamara.com](http://www.vishwaamara.com) and through eBooks such as this.

Another aspect of VishwaAmara's work is to explain the spiritual concepts which are to be applied in daily life, especially in this turbulent period of transition. This knowledge is of great importance in helping individuals transform and move into the New Light Age that's unfolding on our Earth. VishwaAmara guides individuals in meditations and aims to assist them evolve spiritually and establish a direct contact with the Higher Intelligence.

VishwaAmara is also dedicated to share the insights of the divine plan, a special project whose activities encompass not just our Earth but the neighbouring Galaxies and the entire Cosmos as well. It aims to present a comprehensive understanding of the origin of Humanity and Creation, along with explaining the new truths which are being explored and grasped at the highest realms by the Rishis.

A lamp with the symbol 'Om' is the logo of VishwaAmara. It signifies God's Light for the entire Humanity. It also indicates a soothing radiance which guides all aspirants towards their true divinity.



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