

THE LIGHT AGE

A guide to Humanity's
Spiritual Evolution

VishwaAmara

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To Light,
Our Inner Self

and

The Rishis,
Our Higher Self

A humble offering to the great Masters
Maharishis Vishwamitra, Vasishtha and Amara

THE LIGHT AGE – CONTENTS

Preface

xiii

BASICS

- | | | |
|----------|---|-----------|
| 1 | GOD AND RISHIS — THE HIGHER INTELLIGENCE | 2 |
| | Light – The Supreme Intelligence | |
| | Creation | |
| | Souls – The particles of Light | |
| | Rishis — the Guides | |
| | Our World—The Material Cosmos | |
| | Gaia | |
| | Beyond the known God | |
| 2 | YUGAS — THE TIME PERIODS | 10 |
| | The Concept of Yugas | |
| | Satya Yuga – Golden Age | |
| | Treta Yuga – Silver Age | |
| | Dwapara Yuga – Bronze Age | |
| | Kali Yuga – Iron Age | |
| | Duration of the Yugas | |
| | Some Misconceptions about the End of Kali Yuga | |
| | Larger Cycles of Time | |
| | Shambala – The Divine City | |

THE DIVINE PROJECT

- | | | |
|----------|--|-----------|
| 3 | PAVITRENA KARYAM | 22 |
| | The Divine Project | |
| | Initiation of this Project | |
| | Where is this implemented? | |
| | The first steps | |
| | External factors influencing the project | |

4	THE NEW SPIRITUAL LAWS The Principle of Free will Redefining the Purpose of Life The Laws of Karmas A New Pattern of Yugas Birth and Death in the coming Age The Souls from Other Universes	31
TRANSITING INTO THE LIGHT AGE		
5	2012 — THE END OF ALL NEGATIVITIES It is not an Apocalypse The Mayan Calendar The Galactic Alignment Entry into the Photon Belt The Second Sun Solar Flares What will be the result of these events?	40
6	THE EARTH CHANGES OF THE FUTURE Our world at present Natural Calamities Geographic changes Shift of Poles and change of Earth's Rotation Schumann's Resonance The collapse of systems	49
7	PRALAYA — A PERIOD OF INTENSE TRANSFORMATION An Intense Period within the Transition The Necessity of a Churning How does Pralaya Work The different phases of Pralaya The Years Ahead	58

8	2012 POSTPONED Reasons for postponing 2012 The New Date The beginning of the New Light Age What will happen in 2012? What should the individuals do amidst this chaos?	65
9	TRANSFORMATION FROM HUMAN TO DIVINE Positivity Introspection and Inner Healing Balancing the Material and Spiritual Meditation Activation of Dormant Faculties Opening up to Higher Realities Develop a relation with Light The Larger Role — Assisting Others Manifesting the Higher Principles	71
DIVINE ASSISTANCE		
10	HIGHER HELP TO THE INDIVIDUALS The Role of Rishis Special Energies Push in Sadhana Counselling and Guidance Fixing of Gadgets Taking Birth among Humans Preparing our systems for the Light Age	84
11	DIVINE ASSISTANCE AT THE GLOBAL LEVEL Reduction of the duration of Transitory Period Strengthening of the External Energy Bodies The New Energy Grids	91

	Tuning of the Gadgets – Mahameru and Shaishumara	
	Healing Gaia	
	Postponement of Wars	
	Compression of Time	
	The Seven Earths	
	The Divine Assistance	
12	DIVINE INCARNATIONS — KALKI AND MAHAVATARA	101
	Necessity for the Birth of an Incarnation	
	Lord Kalki	
	The Mission and Work of Lord Kalki	
	Lord Mahavatara	
	The Mission and work of Lord Mahavatara	
	Additional Responsibilities in this Cycle	
	When will they appear?	
	The co-ordination between Lord Kalki and Lord Mahavatara	
THE LIGHT AGE		
13	THE LIGHT AGE	116
	A Utopia on Earth	
	A New Light Age in this Cycle	
	The humans of this Age	
	New Plants and Animals	
	The Activities in the Light Age	
14.	THE DIFFERENT PHASES OF THE NEW LIGHT AGE	126
	The Different Phases	
	After the Seven Phases	

THE EVOLVED HUMAN

15	AN ENHANCED HUMAN SYSTEM	136
	The Human System — Five bodies	
	The Improvements in each Body	
	An Integrated Human System	
16	THE LIGHT BODY	145
	The Necessity of a Light body	
	The Features of the New Light body	
	Some Special Features	
	The Different Light bodies	
	The Process of Transformation	
	When will the Transformation Occur?	
	Becoming a Light Body	

THE LIGHT PRINCIPLES

17.	YAMA AND NIYAMA — THE VALUE SYSTEM	160
	The Principles of Yama	
	The Principles of Niyama	
18	LIGHT PRINCIPLES — THE NEW CONSTITUTION	167
	AFTERWORD – BY SOLUNTRA KING	179
	ABOUT VISHWAAMARA	184
	AN APPEAL	187
	ADDITIONAL READING	188

PREFACE

*Lead us from untruth to Truth
Lead us from darkness to Light
Lead us from death to Eternity*

This ancient prayer of the sages is in all our hearts today. Everyone is looking forward to move ahead from the chaos and confusion that is rampant all over the world to a better tomorrow. Humanity is united in its desire to move away from these agitations to a life of peace and harmony.

This turbulence is a part of the churning process that is taking us towards a New Age — a period of Peace and Love, of Righteousness and Truth. The future age is one where the Supreme Intelligence will be present on Earth, guide everyone and also radiate through all. This Kingdom of God is aptly called as the Light Age, and humanity is on the doorstep of this divine period!

We have been regularly publishing the information related to the Light Age on our website — www.vishwaamara.com. A close friend suggested consolidating the entire information as a book so that it can help everyone understand this knowledge holistically.



This book is an eye opener to all individuals about the Light Age. It has answers to various questions regarding the present state

of affairs of the world and how one should deal with them. It also introduces the different works of the Higher Intelligence and the role of God in our lives.

We have presented this knowledge in different sections to facilitate a better understanding. After explaining the Cosmic significance of our shift into the Light Age early on, an entire section deals with the current period of transition and the ways in which one can deal with these immediate challenges. It is followed by the revelations of the divine help that is available to all of us in this age of strife.

A lot of information about the general life in the Light Age and the potential that humanity can actualise is presented in the subsequent sections.

The last section which deals with the Light Age principles is the most important one because entering the Light Age is not just about knowing the realities but transforming and manifesting the necessary qualities. This section highlights these principles which anyone can adopt in their lives in order to qualify for the Light Age on this Earth.

All the information has been given directly by the Rishis, the Spiritual masters in charge of administering Creation under the guidance of God. This Wisdom has been brought down through higher Spiritual experiences and direct channellings. It is published as a book to help everyone understand more about the new realities, equip better to deal with the challenges, and finally sail through this tumultuous period into the Light Age.



This book is not a compilation of the articles already published on our website. In consolidating the available information, we have understood more, added a lot of new information and revised the previously presented content. The context in which the information is explained in the book makes it a refreshingly new read even if one is familiar with these concepts through our articles.

We are releasing this book on the first anniversary of starting our website, vishwaamara.com. And we have taken the initiative to keep it as a free download for everyone, so that the information, knowledge and energies from the Rishis can spread easily.

A Light worker friend, Soluntra King from New Zealand lovingly gave us a write up for this book. We have presented it as the Afterword as it summarises the entire content.

Writing this book has been a team work and we thank everyone who has helped us with their time and efforts.

We hope that the knowledge presented here inspires and helps everyone to sail through the present turbulence and move into the Light Age of tomorrow as One Humanity.

In Oneness,
Kavitha and Karthik
15 July 2011



I. Basics

GOD AND RISHIS — THE HIGHER INTELLIGENCE

Man, since time immemorial, has been fascinated by Existence, its purpose and the forces that influence his living on this planet. Not satisfied with just leading a life from birth to death with all its details, he has tried to probe into the mysteries that surround him and understand the Unknown. Standing under a clear night sky and gazing at the magnificent deep space, the ancient human must have wondered at the spectacle of Creation filled with billions and billions of Planets, Stars and Galaxies, stretching far away beyond his sight.

When we contemplate on the enormity of Existence, its sheer magnitude fills us with wonder and awe. It stirs in us, the questions like, "What is the purpose of all of this?", "Is there life beyond what we know?", "What is our relation with this whole?", "Why are we here?", "Where have we come from?", "Where do we go?" and so on...

Those who probed these mysteries in states of reflection and deep silence could perceive many truths when their awareness transcended the intellect and expanded into the mystical realms. They could understand many more realities of Creation by direct experience, which they simplified and explained to others. They realised that what we see, know and understand is nothing but a

small speck when compared to the extraordinarily gigantic Existence, which has been there since eternity. And the more one understood these truths, the more realities and truths unfolded, as if they were waiting to be probed and grasped.

The highest knowledge about the origin of Existence was perceived by the Seers over many, many lifetimes of Meditations and *Tapas*. The essence of that knowledge is presented here and it answers many of the fundamental questions that Man has asked since thoughts evolved in him.

LIGHT - THE SUPREME INTELLIGENCE

From the Unmanifested Void, an immensely vast field of Light emerged and came into existence, zillions and zillions of Earth years ago. This Ocean of Light which is the most intelligent, potent and all pervading entity is commonly referred to as God, the Source or the Supreme Intelligence.

At the highest and most subtle level, God is a pure and formless presence. The realm of this very pure presence, also known as **ParaBrahma**, is an infinite expanse of Light, which exists beyond the confinements of space and time. At that level, Light manifests as Love, Bliss, Expansion and many other divine qualities that are beyond human comprehension.

CREATION

Creation happened when Light began expressing its own potential and manifested further into various energy fields. Out of God, a field of consciousness manifested. In addition, another field of

Energy with Light at its core also emerged. This Energy field was the first manifestation from God which had its own intelligence and a personality. She is commonly known as the Supreme Mother—Adi Shakti.

From Her, three more huge Energy fields emerged with definite roles to create, sustain and finally destroy all further Creation. They were Shiva (for destroying), Vishnu (for sustaining) and Brahma (for creating), the trinity of Gods.

These Four Energy fields together constitute the Divine Cosmos out of which new Worlds and Cosmoses sprang forth for further manifestation of God's potential.

From the last Divine Cosmos – Brahma, many more Cosmoses or Brahmanda's were created further. Our third dimensional world, the Material Cosmos, is one of these Brahmandas!

SOULS – THE PARTICLES OF LIGHT

When God came into existence, it comprised of trillions and trillions of Light particles that emerged from the Unmanifested Void. The energies and light of all these innumerable particles combined together to form a singular field of Light. This integrated Light field is God!

The particle of Light that is a part of God is called Soul. God and the Souls manifested together instantly, in no time!

The Soul always experienced expansion, oneness, love and bliss while being in the Ocean of Light. When Creation happened and innumerable Cosmoses, Worlds, Galaxies, Stars and Planets came into existence along with a diverse life on the Earths, the

Souls wished to come down into Creation to experience the richness and variety of Life. All those Souls that chose to descend took 'birth' into creation, experienced life and then returned to merge back into the Ocean of Light.

When these Souls shared their experiences with others, more Souls chose to descend into Creation, into the human bodies on the Earths. This cycle of the old Souls going back and new Souls taking birth still continues. However, some of these Souls violated the laws that were created here and hence got stuck, unable to return to their Source at will. As time passed, more and more Souls got entangled in the Creation, where they had come to just experience life.

RISHIS – THE GUIDES

A few Souls volunteered to guide all the other Souls that were entangled in the experiences of Creation. The Supreme Intelligence, God, equipped these Souls with special powers and capacities so that they could guide and help others. They were called 'the Rishis'. A group of seven Rishis, known as 'the Saptarishis', was formed with other Rishis working under their supervision and guidance.

The Rishis evolved to become the highest beings in Creation. They used their ability to directly access the Energies, Wisdom and Capabilities of God for the benefit of others. They took birth among humanity to guide them, uplift them and show them the way back to their Source after experiencing a rich, balanced life here on Earth. As time passed, many more Souls grew spiritually to become Rishis and began assisting the other Rishis in their work.

The role of the Rishis extended beyond guiding Souls to administering and governing God's Creation on His behalf. They were involved in all the decision-making and governing processes of Existence. A huge network of Rishis spanning all the planes and dimensions of Creation was formed, working under and assisting the Seven Great Masters, the Saptarishis, also known as 'the Hierarchy'.

God, together with the Rishis who guide all humanity and take care of Creation, is referred to as the Higher Intelligence. This Higher Intelligence always assists every Soul on its journey through innumerable Worlds and Cosmoses of God's Creation.

OUR WORLD – THE MATERIAL COSMOS

A collection of billions and billions of Galaxies filled with innumerable Stars, Planetary systems and intelligent life evolving on countless Earths – this colossal space which our scientists call as the 'Known Universe' is our Material Cosmos or Brahmanda. It is approximately 18 billion Light years in diameter.

Our Material Cosmos is one among the trillions of similar Cosmoses which were manifested by Brahma – the Creator. All these Cosmoses are bound by Time. In our Cosmos, Time moves in cycles, whereas in some Cosmoses, it moves linearly or in a different fashion which we are yet to understand.

Life that exists on all the billions of Earths in our Cosmos is diverse and unique, with the Souls engaged in material and spiritual activities of varying degrees. These Earths are divided into 14 categories on the basis of the percentages of material and spiritual activities that occur in them. The 1st category consists of

Earths which are full of spiritual activities, whereas the 14th category consists of Earths where only material activities are pursued.

Our Earth belongs to the 7th category, which is known as Bhoo-Loka. This is the place which provides equal opportunities for Spiritual and Material activities.

Life on our planet is made more diverse by the movement of Time in different cycles – big and small. In some time periods, the spiritual activities are abundant while in others, there is more inclination towards the material pursuits. These bigger time periods are called as Yugas.

GAIA

Our Planet Earth is not a lifeless rock spinning in space, but a living entity, teeming with millions and millions of life forms. At a higher level, a Goddess takes care of this planet and is in charge of all life on it. This Goddess is referred to as Bhoo Devi (Mother Earth) or Gaia in the West.

Long ago, when evolution attained a particular level and life forms began to appear, Gaia was brought down from the Higher realms to take care of Earth and all life on it. She holds the responsibility for everything that happens on this Planet. If a new energy has to be brought down, her consent is required; if there is any calamity, She has to permit.

Mother Earth is the embodiment of Tolerance and Patience. She withstands the injustice, negativity and environmental degradation that is raging through our Earth since thousands of years, the way a Mother bears with her children and all their acts

with kindness. When this negativity of humanity crosses a limit, she does a 'self-cleansing' to assist the process of restoring a balance of life.

However, when there is a genuine effort towards growth and evolution, She supports such an effort. We who live on this Earth are connected to Her at various levels. Our evolution into the next level happens through her nurturing love and care.

BEYOND THE KNOWN GOD

The Supreme Intelligence – Light, which emerged out of the Unmanifested Void, is our known God – ParaBrahma. This Ocean of Light has given rise to a diverse Creation where we, the Souls have arrived to experience it. When the Rishis explored the Unmanifested part of Existence, they came across many other vast Manifestations, which had similarly emerged out. They could identify twenty such Manifested Universes.

The Rishis soon realised that an extraordinarily immense Intelligence exists even beyond the Unmanifested realms. The dimensions, expressions and manifestations of that huge Intelligence is beyond all limits, boundaries and understanding. The Rishis named that tremendous Intelligence as **Mula Brahman** – the Primordial Intelligence.

Whether anything exists beyond Mula Brahman – is yet to be explored and understood!

This exploration never stops; it continues to build up as Humanity evolves and grows spiritually. With every step of our evolution, new knowledge is revealed and newer realities unfold before us. This knowledge expands our horizons to understand

more, and with that, humanity gathers newer knowledge and wisdom. This cumulative process continues infinitely as long as Creation exists, and as long as Souls descend into this Creation to experience, understand and explore it.



YUGAS – THE TIME PERIODS

Our Cosmos is one among the millions of Cosmoses that manifested from Brahma – the Creator. This World is unique and has its own characteristics when compared to the other Cosmoses. One of its features is dynamism or movement. There is always some form of movement here at various levels – from the Planets moving around a Star to the electrons revolving around a nucleus inside an atom. Our Cosmos exists because of this movement.

THE CONCEPT OF YUGAS

A feature of our World is the cyclic movement of Time. We can see this circular movement of time in our day-night, the days of a week, the seasons in a year etc. Time also moves in larger cycles. One such time period is called as a Yuga. It represents a particular way of life on the Earths in our Cosmos.

Yugas were introduced in our Cosmos to enhance the diversity of life and prevent monotony. Each Yuga allows a particular percentage of spiritual and material activity on any Earth. This cycle of time is present in all the Earths across all the

14 levels of our Cosmos. The duration and characteristics of these time periods varies from one Earth to another.

THE FOUR YUGAS ON OUR EARTH

Our Earth has four Yugas. Each of them comes with a distinct characteristic and set of features. This cycle of the four Yugas, also called Mahayuga, repeats continuously.

1. SATYA YUGA – GOLDEN AGE

Satya Yuga is an age of peace, harmony and perfection on our Earth. This Yuga is also known by the names: Krita Yuga (meaning 'perfect'), the New Age and the Light Age. In this phase, the highest priority is given to a righteous living based on divine principles such as truth and love. Mankind lives in total surrender and alignment with the divine will. No dilution of values is allowed in this age.

Life will be at its highest glory during this entire forthcoming duration of the Golden Age. No negativities or diseases will exist, and people would live in peace and joy, without ageing. In this period, there will be no divisions or boundaries like nation, race or class that may create barriers among men. Spiritual values like freedom, accommodation and sharing will be the norm. With everyone manifesting divinity all the time, it will be an absolute Utopia – a heaven on Earth.

Humanity will scale great Spiritual heights in this phase. Humans will be able to experience the highest with ease and also explore hitherto unknown areas in the mystical realms. They will

be able to communicate with and experience God and other higher realities. With Light guiding every aspect of their lives, this age will truly be a Light Age.

Great advancements will be made in the Material fields too, but there will be no greed, selfishness or narrow-mindedness that accompanies Material success. In the previous cycle of Yugas, people of Earth could even travel to other Galaxies physically, during Satya Yuga.

More details about this Golden Period in Humanity's History will be explained throughout this book and also in a separate chapter devoted to the Light Age.

2. TRETA YUGA – SILVER AGE

Satya Yuga is followed by Treta Yuga or the Silver Age. In this period, some dilution of values is allowed. Materialism overshadows the Spiritual values to a small extent, giving rise to negative traits in the minds of people such as greed and the urge to control.

Life in general is peaceful and prosperous; however, the concept of kingdoms gets established. This leads to a few battles among the rulers to possess lands.

The concept of currency is introduced in this age. In Treta Yuga, people use gold as their currency. For everyday purposes, Silver is the most commonly used metal, hence it is called as the Silver Age.

Man is still able to experience God, but he has to make more efforts for Spiritual growth.

3. DWAPARA YUGA – BRONZE AGE

During this phase, the Spiritual laws are further relaxed as compared to Treta Yuga, accompanied by an increase in Material activities. More kingdoms get established leading to more wars and acrimony.

The Material pursuits increase in everyday life leading to more advancement in various fields. This also brings with it the negative effects of excessive materialism like individualism, urge to control others and divisions among people on the basis of caste and creed.

Silver will be the main currency while metals like brass and bronze will be used in everyday life, thus it is called the Bronze Age.

The Spiritual life will be pursued by only a few people in this Age.

4. KALI YUGA – IRON AGE

The last of the Yugas called Kali Yuga is also known as the Dark Age. In this phase, Materialism overpowers everything else. There is no regard for Spiritual values. This is the age where darkness rules, bringing with it all the negative values and decay into Human life.

Men are almost always at war with each other for gaining territory and control. Greed, selfishness and other corrupt ways of living are very common in everyday life. Man loses touch with his inner light and is led by his ego in every aspect of life.

In the midst of the chaos of this period, it will be very difficult to pursue any spiritual practices or manifest positive values. This is the phase where Spiritual masters take birth to help humanity as people will not be able to even understand the higher spiritual concepts.

This age is ruled by a personality known as Kali Purusha (Satan). Under Him, the dark forces like rakshasas, illuminati and others function with ease and keep the entire humanity in darkness.

Iron is the predominant metal in this age, hence it is called the Iron Age.

DURATION OF THE YUGAS

The four Yugas occur cyclically on our Earth. Satya Yuga is followed by Treta Yuga, then Dwapara Yuga and finally Kali Yuga rules. At the end of Kali Yuga, Satya Yuga restarts and the cycle repeats.

These Yugas have fixed durations. Satya Yuga exists for a period of 20,304 years, whereas Treta Yuga is for 15,228 years. Dwapara Yuga exists for 10,152 years, and Kali Yuga is the shortest with 5076 years of duration. (These durations are the successive multiples of 5076)

Nothing happens in Creation abruptly, thus a transitory period is provided between every two Yugas. Like dawn between night-day and dusk between day-night, this transitory period allows a smooth transit from one Age to another without upheavals. In these periods, the characteristics of the next age

replace that of the previous one and the new spiritual values take effect.

This transitory duration is 108 years between Satya Yuga and Treta Yuga, 216 years between Treta Yuga and Dwapara Yuga, 324 years between Dwapara Yuga and Kali Yuga and the longest, that is, 432 years after Kali Yuga ends and Satya Yuga begins again.

Since Life transits from one extreme to another after Kali Yuga, more time is provided for the transition into Satya Yuga. In this duration, the values and darkness of Kali Yuga are gradually replaced with the divine life and light of Satya Yuga.

We, on this Earth are in the midst of this transitory period between Kali Yuga and Satya Yuga, at this point in time!

SOME MISCONCEPTIONS ABOUT THE END OF KALI YUGA

Hindu scriptures maintain that Kali Yuga has a duration of 4,32,000 years and that we are still in the middle of this Dark Age. This discrepancy has occurred because of misreading the timescales of different worlds.

Time moves at a different pace in the Earths belonging to the 14 different levels within our Cosmos and also beyond – in the Divine planes. At the Source, time is still, or there is ‘no time’ in that plane.

For all the Earths in our Cosmos, Brahma Loka (the world of the Creator) is a common reference point to interact with one another. Normally, when there is a communication between Intelligent life of two Earths, the year, month, day and time of each Earth is quoted, and then the corresponding reference to

Brahma Loka is mentioned. The scriptures which talk of 4,32,000 years are in fact referring to the Kali Yuga of Brahma Loka; hence the misconception came into existence that Kali Yuga on this Earth will last for lakhs of years.

Another misconception occurs in the New Age circles, where the total duration of the 4 Yugas (a MahaYuga) is mentioned as 25,920 years. This value is based on the Axial Precession of our Earth rather than the Total Time Period of the Yugas.

Our Earth’s axis is not fixed. It undergoes a gradual shift of about 1 degree every 72 years resulting in a slow shift in the axis of rotation. At the end of 25,920 years, the tip of Earth’s axis would have traced a circle, which is called as the ‘Arc of Precession’. At present, our northern axis is pointed towards the Star, Polaris. As the axial precession shifts, other Stars like Gamma Cephei, Vega, Thuban, etc will become our North Stars. After 25,920 years, Polaris again becomes our Pole Star.

This cycle is misunderstood as a shift in Ages in the New Age circles.

LARGER CYCLES OF TIME

The Four Yugas together form a larger Cycle of time known as a MahaYuga. This runs for a total duration of 51,840 years, including the transitory periods between the Yugas.

There are cycles of time which are larger than this. 71 Mahayugas constitute a **Manvantara** which is equivalent to an hour in the timescale of Lord Brahma. At the end of each Manvantara, life on our Earth is totally destroyed. At the end of the previous

Manvantara, there was a great deluge. This complete destruction is also known as 'Mahapralaya'. After thousands of years, life begins again from single celled organisms.

And there is also a larger time period called a **Kalpa**, which is equal to a day of Lord Brahma. Since its creation, our Earth is presently in the 7th Manvantara. It has completed 28 Mahayugas so far and is in the beginning of the 29th MahaYuga. We are in the transition between these two Mahayugas, moving from the Dark Age to the Light Age.

SHAMBALA – THE DIVINE CITY

As we are transiting into the Light Age, a special Divine place on Earth is opening up for humanity. This 'paradise on earth' always has the conditions of the Light Age and hence it remained hidden, being inaccessible until now. This unique place is called as Shambala!

Shambala is a Divine city located in the Gobi desert. It exists at a higher dimension and hence was unreachable to everyone outside, as the life was still tuned to Kali Yuga. This was the reason that many explorers who tried to locate it from centuries could not find it. Shambala is also referred to as Shangri-La in the famous novel/movie – The Lost Horizon.

The people of Shambala live in peace and harmony at all times and at the heights of material and spiritual achievements. They live in advanced physical bodies known as the Light bodies and hence do not age; they are free of disease, decay and all blemishes of the outside world. They follow all the divine Laws and live in total surrender to the will of the Supreme Intelligence.

A Special Soul from the Sun (Surya Loka), Lord Maitreya rules Shambala. Many divine personalities, spiritual masters and immortals live in this holy place. Shambala holds the repository of highly advanced material and spiritual knowledge that has been gathered across eons of time. Due to these important features and the purity of this place, it remains shut to the rest of the world during the other three Ages.

Shambala opens its doors when we pass through the present transitory period and enter the New Light Age. In fact, the entire world would become a Shambala in future. The Spiritual and Material wealth it holds will add to the glory of the Light Age on our Earth.



II. The Divine Project

PAVITRENA KARYAM

Our Creation came into existence because of God's desire to manifest and experiment with His own potential. God manifested further and further in different ways, creating innumerable and diverse Universes, Cosmoses and Worlds. A lot of this experimentation is already completed. In the next part of the Creation story, God will be withdrawing the less successful manifestations and consolidating the existing Creations.

The withdrawal of these less-successful manifestations does not happen easily or automatically. These manifestations have been existing since eons of time and have strengthened. Their removal and the subsequent stabilisation of Creation require a mammoth effort at different levels. Many processes have to be initiated and their effects have to be studied for the successful completion of this task.

THE DIVINE PROJECT

As a part of these processes, a special project has been initiated in our Galaxy (our Earth in particular) by the Higher Intelligence. This project has been named as 'Pavitrena Karyam' (Sacred Work or the Divine Project).

The aim of this project is to remove certain aspects of God's manifestation and introduce newer aspects in their place. One such aspect, which the Higher Intelligence has decided to withdraw from our Material Cosmos, beginning from this Galaxy – is 'Evil'. So, this project is mainly about the withdrawal of Evil from all Earths of the Material Cosmos completely.

The forces of Light and Darkness have been created and given equal opportunities to reign all over our Cosmos. In some Earths, the influence of Light is total, whereas in others, Darkness and Materialism rules. The interplay of these two forces, Light and Darkness, has created a varied and diverse life in the Earths of our Cosmos. All these Earths are graded in a hierarchy of 14 planes (Lokas) on the basis of the combination of percentage of Light and Darkness present in them.

Our Earth belongs to the 7th plane and provides equal opportunities for both these forces to rule; with varying percentages in different Time periods. This is evident in the four Yugas where Light and Spiritual values become prominent in one while Evil and Materialism reign supreme in another, with a shade of these two forces operating together in the other two Yugas.

However, over a period of existence, it has been observed that the Souls have always invariably chosen their freewill to break the divine laws and manifest non-positivism. Parallel to this, the forces of Darkness and Evil have also gained strength beyond measure and are beginning to dominate the Light and Spiritual aspect of Manifestation. This change of balance poses huge challenges onto all those Souls who choose Light and righteousness. And the Rishis, who administer and govern God's Creation, have to work beyond their capacities and expectations in order to set right this balance and suppress the forces of Darkness.

In order to bring stability to this part of Creation, the Evil aspect will not only be made dormant but will also be removed completely from this Earth. This also means that the other three Yugas will no longer be present on this Earth henceforth and there will be the Light Age all the time.

The withdrawal of Evil will result in the re-organization of the way of life in all the Earths of the Material Cosmos, which has been habituated to one way of living until now. If life is all good and positive, it would also be without any challenge and opportunities for growth reduces. So newer aspects will be introduced to keep the challenges alive and it will also be made sure that one aspect does not dominate the other, as it has happened before.

INITIATION OF THIS PROJECT

At the highest level, this project was initiated by a very great Rishi – Vishwamitra Maharshi. He has been contemplating about this for many many years. Roughly around 1980, he wanted to spread his energies around our Earth, so that when people woke up the next day, it would be Satya Yuga. However, the Higher Intelligence intervened and wanted to allow a natural progression of changes, although hastened, so that people can make choices and transform

Vishwamitra Maharishi has been working on this project ever since and gathering the required energies for the purpose.

In the beginning of the new century, the Supreme Intelligence held a meeting with a batch of selected Rishis regarding the future of this Earth and the Milky Way Galaxy. They were Maharishis Vishwamitra, Vasishtha, Mangal Brahma, Kapila

and Vajreshwari. It was concluded in that meeting that the repetition of the four Yugas would result in more harm and damage to our Earth because of the strengthening of Dark forces over many cycles of Time. Hence, the decision to abolish the other three Yugas and have only the Light Age on our Earth from this cycle onwards was taken in that meeting.

They also decided to implement the 'Divine Project' in our entire Galaxy and observe the results, on the basis of which it would be further expanded to the entire Cosmos. Vishwamitra Maharshi holds the responsibility of implementing the divine project in the entire Brahmanda (Material Cosmos)!

At the level of our Galaxy and our Earth, it is Vasishta Maharshi who is in charge of this project. Many other Rishis and their workers are involved in executing the details of this project in our Earth as well as the other chosen Earths of our Galaxy.

WHERE IS THIS PROJECT IMPLEMENTED?

Our Milky Way Galaxy is the first Galaxy where 'Pavitrena Karyam' is being implemented. This Galaxy contains Earths that belong to Bhoo Loka or the 7th Plane of the Cosmos. The Rishis reveal that there is life in a total of 115 planets in the Milky Way galaxy and the project is being implemented in all these planets.

The Project will then be gradually spread to the other Galaxies, on the basis of the results of the experimentation being carried out here. In our Cosmos, the purest and most spiritually advanced Earths belong to the first category called as 'Satya Loka'. This Special Project will elevate our entire Galaxy to a level that is much more advanced than Satya Loka!

After its successful implementation in this Galaxy, this project will slowly be spread to the entire Material cosmos. All the Earths in our Cosmos will belong to a single category after the completion of this Project. In course of time, the 14 planes will gradually be dismantled and the entire Brahmanda will become one special unit.

THE FIRST STEPS OF THIS PROJECT

The Implementation of this project has already started simultaneously in many Earths in our Galaxy. The Rishis had in fact studied the possibilities of such a project long ago and had placed a request for its implementation. Once the approval came from the Supreme Intelligence, this project was started on our Earth from January, 2007.

Some of the key steps which have been taken in this regard are:

Reduced Transitory Period

The transitory period between the Dark Age and the Light Age is usually 432 years, with an intense period of churning called Pralaya occurring for 49 years. As a part of the Divine Project, the Rishis have decided to reduce these periods by a huge margin so that the transitory period and the Pralaya period end by 2015 and the Light Age can begin earlier.

Reorganisation of Spiritual Guides

The Rishis are assisted by a group of 144,000 workers on this Earth, who live in different parts of the world, in various cultures

and guide humanity. In the transitory period, more volunteers and special masters also take birth to help humanity sail through Pralaya and move into the New Age.

The Divine project has resulted in redefining a number of spiritual laws on our Earth. To suit these laws and processes, these spiritual guides are getting overhauled and their roles and responsibilities are being redefined now. The approach to work and the type of guidance given to humanity is changing. This is done to improve the efficiency of their work.

Also many new workers are taking birth now to stabilise the New Light Age. These processes are also connected to Gaia or Mother Earth directly. She will become spiritually stronger, with a sense of oneness and Light becoming more prevalent in all life on this planet.

Once the New Light Age gets established, the number of workers who will remain on this Earth will be revised. This number is yet to be fixed, but it will be lesser than at present. Many of these guides will be shifted to other parts of Creation to further the experimentation process.

Anchoring Of Energies

Anchoring is a process by which Energies from various Sources in Existence are brought and installed on Earths, so that the desired changes take place quickly. This is a very important work which has prepared the groundwork for the implementation of the Divine Project.

A lot of hard work is done at the astral level to bring these Energies from different Sources. When these Energies arrive, they

are anchored inside our Earth by the Light workers at the physical level. These Energies are further allowed to operate under careful observation and their effects are studied so that the desired effect is achieved.

These new Energies have helped in an intense churning at the individual and global levels, exposing many unethical and corrupt practices. They have healed many wounds of Mother Earth and nurtured her. They have also helped various places and people to open up to the new changes and new realities. Most importantly these newly anchored Energies have reduced the power of Dark Forces.

Due to the uniqueness of this project and the special needs, for the first time in the Earth's history, energies from the Unmanifested Universes have been brought down and anchored here. Different energies from other Manifested Universes too have been anchored. Two main energies which are very active now are the energies from Prakasha Brahma, also called as the Ra energies, and the energies from Neela Brahma.

These energies are helping the Higher Intelligence to initiate many new projects and achieve the results faster.

EXTERNAL FACTORS INFLUENCING THE PROJECT

Our Solar System, in course of its movement in space, has just entered a very special energy field known as the Photon Belt. This energy field contains energies of a higher spiritual vibration, and hence it improves the spiritual condition of any Planet that passes through it. Our entry into this energy field has given a major push towards the Light Age and thereby aided the faster

implementation of the 'Divine Project'. In addition, Rishis are executing a lot of work to strengthen the energy field of the Photon Belt.

Another important factor aiding the implementation of the Divine Project is the alignment of some important stars along the Galactic Plane. This is commonly known as the Galactic Alignment, where the stars of Sirius and Alcyone form a triangle with the Galactic Centre. This alignment results in the release of very strong energies from the Galactic Centre which results in massive transformation. This alignment is expected to occur at the end of 2012 and will last for about 20 years of our Earth's time.

The other external factor aiding the implementation of this project is the activation of the Second Sun. The Second Sun is a twin of our Sun and is present in a higher dimension. As we near the Light Age and our Earth begins to vibrate at a higher frequency, we slowly open up to the Second Sun and its energies. The Second Sun contains higher Pranas (life-force energies), and other special energies which can only be absorbed when an individual is pure. The Second Sun will be playing an important role in the Light Age.

Other than these external factors, there are many new energies that have been brought down to our Earth for the first time. These energies too are playing a vital role in the implementation of the Divine Project. Among these new energies, three are predominant and of great importance at this juncture of time. They are (1) the Ra energies, (2) energies from Neela Brahma and (3) the Transparent energies.

The Ra energies are from a different Universe called Prakasha Brahma. These Energies are totally positive and do not allow the existence of even a trace of negativity in their presence.

Many Galaxies of the higher planes began receiving these energies first because of their purity. After a lot of experimentation and observation by the Rishis, it was decided that these energies will be used for this special project. These energies are helping to cleanse the effects of the Dark Age on our Planet.

Neela Brahma is another Universe, the energies of which are also playing a very important role at this point in time as they aid in healing. A lot of energies from Neela Brahma have been released all over the world many times so far. These energies are helping in the faster healing of Gaia and also of all the individuals who are open. This has helped in giving a major boost towards the successful implementation of the project.

The third energy called as the transparent energy is from Vishwamitra Maharshi. This is a special energy created by him and as the name mentions, is transparent. This energy is very potent and can easily exist with other energies. Because of these features, the transparent energies are being mixed with the other existing energies so that their functioning can be amplified and faster results can be achieved.

These are the first steps of this Divine Project. Its implementation has made our current transition into the New Age a very special one and unique as compared to such shifts that happened earlier. This is also the reason why the Light Age we are entering now will be an entirely new experience for humanity.



THE NEW SPIRITUAL LAWS

Our Earth is governed by a number of Laws and Principles at various levels. These laws help to carry out the way of life in a particular age. So when Earth moves from one age to another, the principles of living also undergo a transition to suit the ways of life of the next age.

The shift in these laws and principles does not happen automatically, but is initiated and monitored by the Rishis. Such a shift occurs in the transitory period between two Yugas, where the principles and values which suited the previous age are replaced by those of the next age. These changes are initiated at the Spiritual level by the Rishis. Then the blue prints of the New Laws, also known as *The Light Codes*, are anchored on our Earth at the astral level. They finally manifest in detail at the physical level, in the living of all intelligent life on the planet.

However, the current transition that is happening on our Earth is special and different from any change that has happened until now. The 'Divine Project' which is being implemented on our Earth has ensured that we are moving into an entirely new way of living. A very advanced and spiritually evolved life-system will take root on our Planet in the New Age – one that is different

from and superior to those which happened here in the previous New Ages.

To support such a higher life, the Rishis are revising many spiritual laws and are introducing new principles for the first time on our Earth. While some of them are already implemented, there are many others which will gradually take effect as humanity moves ahead and into the New Light Age.

These new principles are the initial results of the Divine Project on our Earth.

THE PRINCIPLE OF FREE WILL

Free will is one of the basic characteristics of God's Creation. It is an opportunity given to a Soul which comes into existence, to experience the various aspects of this Creation. In fact, the Souls incarnate mainly to have different experiences of God's manifestation; hence they have the freedom to choose anything at any point in their journey.

This gift from God has been used, in most cases, to choose the wrong than to align with divine will. It has resulted in humanity getting caught in the cycle of birth-death-rebirth, with an ever growing bondage of karmas. Over a period of billions of years, it has also lead to the increasing strength of evil in our Universe.

To reverse these effects and to help a smoother life here, it is proposed to curtail or even remove the free will. The Rishis are studying the effects of such a process. The new Energies like the Ra energies from Prakasha Brahma Universe which have been

introduced for the first time on our Earth help in the curtailing of free-will. The Universe of Prakasha Brahma works on the principle of No Free Will; the Souls there are so tuned to the divine will that they do not possess an individual will of their own.

When this law is implemented on our Earth and when the Ra energies begin to act fully, the Soul here will not be able to choose wrong or evil. However, when it makes more spiritual progress, it will gain greater access to free will. This is because spiritual growth brings wisdom and maturity in an individual. Hence, he will use his free-will at the right time, in alignment with the greater good of all life.

REDEFINING THE PURPOSE OF LIFE

Most of the Souls that take birth in this Cosmos arrive with the purpose of experiencing the diversity of God's creation. They come here to have new experiences, like a moon-rise or an ice-cream, which is not possible in their Source, the ocean of Light.

Henceforth, the purpose of Life will be enhanced, and along with experiencing the diversity, humanity will be working to serve God and His creation. They will explore the unknown realities and bring down new knowledge and energies from the hitherto unknown parts of existence.

Humanity will also make more efforts to harness the potential of the Soul to the fullest possible extent. This will result in very interesting experiments and areas of growth. Many New Souls from other Universes will take birth on our Earth thus adding to this process with their unique potential. As creativity and

intelligence increases, many new things will be created, invented and manifested.

So in the New Light Age, humanity will be engaged in a growth-oriented living rather than merely surviving and experiencing life. Every Soul will contribute and add value to the quality of living on this Planet and in Creation.

THE LAWS OF KARMA

The laws of karma play an important role in deciding the life-pattern of an individual. Essentially, this law is about cause and effect. A Soul which gathers excessive experiences or violates the spiritual laws (called karmas) in its life-time has to undergo those effects, either in the same life or in the next. A positive karma results in a pleasant and supportive life whereas a negative karma leads to suffering and pain.

With the introduction of the Divine Project, many changes are occurring at the fundamental level; hence the laws that govern life here will also be overhauled. The New Light Age that our Earth is moving into, will be full of purity, love and oneness. So the laws of karma which were operating until now will become obsolete in that age. The revised and refined laws will be gradually implemented in course of time and will be revealed to mankind when the Light Age is established on our Earth.

A NEW PATTERN OF YUGAS

Even since Creation began, Life on all Earths has moved through a cyclic repetition of Four Yugas — Golden Age, Silver Age, Bronze

Age and Iron age. Since Evil is being withdrawn now, this concept of four Yugas has been modified. From now onwards, only the Light Age will exist on this Earth.

To bring diversity, this age has been divided into seven phases, each with a different challenge for everyone. And life here will also take a higher form from this Yuga onwards. Everyone will live in their evolved bodies – the Light bodies and will use Light in every aspect of their lives. More details about the New Light Age are being gradually revealed by the Rishis.

BIRTH AND DEATH IN THE COMING AGE

In the earlier Light ages, there were no births and deaths. A person would live in his Light body for the entire duration of 20,000 years before a New Yuga began. Now, as the system of Yugas is being abolished, the rules of birth and death have also been changed.

In the new Light Age, humans will live on this Earth for 200 to 250 years. Once they take birth, their astral body will take about three years to fully integrate with their physical bodies; hence, they will be adults within three years. And by the age of 12 to 15 years, the bodies will grow to the height of 24 feet, as in the earlier Light Ages. And after their life-span, the astral body will get severed from the physical body, resulting in death.

The basic principles of living now onwards will be Love and Oneness. The entire system of life will be guided by Light. All the Souls that qualify to live in the New Age will be spiritually advanced. Many of their faculties will be open from birth itself.

They will be very sensitive to Light and divine energies and will be able to connect to God easily.

A lot of revision is being done in the concept of families and their responsibilities. Every individual will also be participating in the work of God and serving Him. They will be doing so, out of their natural choice.

THE SOULS FROM OTHER UNIVERSES

The Souls which live on this Earth and other Earths in our Cosmos always come from ParaBrahma or from other worlds manifested from It. Very few souls from other Manifested Universes have taken birth here so far. Now, with the new experimentation and access to other Universes, more souls from those Universes are beginning to take birth on our Earth.

These New Souls bring newer energies and experiences with them. They will be able to share their way of life from their source, thus improving the quality of spiritual living for other Souls here. With the New Souls and the culture they bring with them, the diversity in the creation will increase. Many such Souls arrive from various origins.

Some of these origins have a lot of creative energies while some have extraordinary intelligence and other special qualities. The Souls from these sources carry these qualities and hence, will add more in those respective areas when they take birth here. This will lead to an exponential growth in many areas of human endeavour, accomplishments and finesse – more than what was achieved in the earlier Light Ages!

Those who move into the New Light Age will be able to intuitively grasp these and other Spiritual principles and follow them automatically. While many more laws are being revised and updated, these are the essential ones which have been revealed by the Rishis. As we move ahead into the New Light Age and as a new way of living gets established, the other revised laws will be implemented and also revealed to all humanity.



III. Transiting into the Light Age

2012 – THE END OF ALL NEGATIVITIES

The transition between the end of night and the beginning of a day happens in the small duration of dawn. At a certain point, when the Sun peeps above the horizon, the night recedes and daylight breaks over the landscape. From then onwards, it is the rule of the day.

Every transition has such a crossover point, where the effect of the previous phase is overpowered with that of the new phase. We are aware that humanity on this Earth is in a Transition Phase from one Age to another. In this transition, there comes a point at which the effects of the previous age are blocked and the principles of the New Light Age start taking total effect. We are nearing that crossover stage.

No other year in recent history has caught the attention of people across the world as 2012 has. And no other date is the convergence point for so many important events as 21st December of 2012 is. While most of the population seems blissfully unaware of the importance of this date, those in the spiritual circles have been eagerly anticipating this day, where an old world gives way to a new one.

This date marks the end of the Mayan Long Count Calendar. This calendar which had correctly predicted many of the global

events, does not give any predictions after this date. Hence many consider this day as apocalyptic, where the world as we know it will come to an end and humanity will perish.

IT IS NOT AN APOCALYPSE!

Many people believe that 2012 is the year of Apocalypse. The end of the Mayan Long Count Calendar is one reason for this belief. The alignments and other astronomical events, which will be explained further, also add to this belief that our Earth is nearing a stage where no life will survive after this date. Such apocalyptic theories have repeatedly been proven wrong like prophecies of Nostradamus, but still the belief in 2012 is strong.

An apocalypse (MahaPralaya) occurs, when our Planet completes a bigger cycle of time, called as a Manvantara (approximately 4.3 million years). Our Earth has passed this stage many times earlier when life was completely wiped out and started again from amoeba after thousands of years of lifeless existence. At present, we are completing a much smaller cycle of time and are definitely not facing an Apocalypse!

Many events converge in this year and on this date, thus giving it an aura of apocalypse. The following sections explain these events in brief.

THE MAYAN CALENDAR

The Mayans were a very special group of people who lived on Earth about 5000 years ago. They were space explorers and also great mathematicians, astronomers and scientists, and hence very

advanced in both the material and spiritual sciences. With their knowledge, they charted out the almanac (called as Panchanga in Sanskrit), applicable to the entire Galaxy, and also built physical structures like the pyramids in Central America which depicted this almanac.

When the Dark Age began nearly 5000 years ago, they ascended directly to the higher planes. The present generation of Mayans comprises of the local tribes who inherited the knowledge from the original group. Some of them are evolved ones who help in decoding the preserved knowledge.

The Mayan Calendar which is in focus these days is one of the many parts of the almanac given to this Earth by the Mayans. There are many such calendars which are subsets of this almanac. The Tzolkin calendar (short count) recognises the shift of energies on a daily basis and keeps track of these energies of a particular day. The long count calendar keeps track of a similar energy shift on a bigger time-scale. The other calendars are used for various purposes. Since the Mayan almanac incorporates many details of astronomy, energy zones, alignments and auspicious dates of the entire Galaxy, the calendars based on this almanac can be used across different Earths and Solar systems of our Milky Way Galaxy.

The much talked about calendar in the New Age circles is the Long Count Calendar, which is believed to predict the beginning of the Light Age from 21st December, 2012. Since our Earth has entered the Light Age many times in the past, this date does not refer to the beginning of Light Age.

Another interpretation of this calendar is the concept of the 'underworlds' and 'thirteen heavens', which basically talks of the shifts in human consciousness on our Earth, beginning from the cellar life – to individual – to human – to galactic – and finally

cosmic, through nine distinct steps. This interpretation that is commonly available on the Internet and books is incorrect. The original concept of underworlds was given to humanity for a different purpose. The distortion has occurred because the knowledge required to decode the original recordings was lost during the Dark Age due to human negligence.

In reality, the Mayan Calendar actually speaks about the huge shift in consciousness that is expected to occur on a particular day. It establishes a cross reference between this shift and the effects of the Galactic Alignment that happens on 21st December 2012. The alignment brings in a lot of new energies and changes, thus resulting in a great shift in human consciousness on Earth.

THE GALACTIC ALIGNMENT

Our Earth and other Planets in the solar system revolve around the Sun. The Sun along with six other Stars revolves around a bigger star, Alcyone, also known as the Central Sun. Alcyone revolves around a much bigger Star, Sirius, which is called as the Greater Central Sun. This system of Stars revolving around one another is a feature found in all Galaxies in our Cosmos where ultimately, each Galaxy rotates around its own centre. The Milky Way Galaxy, to which our Earth belongs, has billions of such Stars and Planets, all revolving around a massive Black Hole in its core, called as the Galactic Centre.

As the Sun and other Stars revolve around one another and move in their orbits, they come in various alignments with each other. On 21st December 2012, two alignments are expected to occur in our Milky Way Galaxy: (1) Our Sun and the entire solar

system will come in direct alignment with the Galactic equator and (2) The Galactic Centre, the Greater Central Sun and the Central Sun will form an equilateral triangle in space at the same time.

Our Earth receives energies, both physical and subtle from the Sun as well as other Stars. To receive the maximum amount of Energies, it has to come in a proper alignment with these celestial bodies. For example, during an eclipse, where the Earth, Sun and Moon align with each other, very rare spiritual energies flood our Earth because of this alignment. Hence, in earlier times, the duration of eclipses were considered sacred and were spent in meditations and other spiritual activities, to make the best use of these subtle energies.

An alignment occurring at the level of the Galactic Centre will have an effect which is many, many times higher in magnitude. When our Earth (along with the solar system) aligns with the Galactic Equator, it will come in direct focus of a huge amount of subtle energies, which emerge from the Galactic Centre. And the triangular formation of Alcyone, Sirius and the Galactic Centre in 2012 brings a massive amount of spiritual energies from these Stars to our Earth.

These alignments will exist for a rough period of 20 years and this will cause a surge of energies and it will have a great effect on our Planet at various levels, resulting in a great mass consciousness shift. These energies will be used by the Higher Intelligence to effectively remove all traces of negativities on our Earth.

ENTRY INTO THE PHOTON BELT

When the Sun moves around the Central Sun, it passes through various energy fields in space. One such energy field is the Photon Belt. It is a spiritual field which emerged out of the Greater Central Sun, Sirius. The Photon belt is a field of very high vibratory frequency, which enhances the spiritual condition of our Earth and all associated life forms here when we enter it.

This energy field is being continuously strengthened with different energies by the Higher Intelligence periodically in order to amplify its influence on the Earth.

The planet Pluto entered into this field in 1987 and our Earth entered the outer layers of this energy field on 21st December, 2009! The influence of the Photon Belt on our Earth will increase in stages as we cross each of its layers. Our Earth will enter the core of the Photon belt towards the end of 2012, almost coinciding with the Galactic Alignment!

THE SECOND SUN

Our Sun has a twin, another star, which is called as the 'Second Sun'. This is also referred to by many as Nibiru and Planet X. This star exists at a subtler level and is not visible to the naked eye. It is only visible to those who are spiritually evolved. As the spiritual condition of humanity improves and enhances, the Second Sun will open up to all and everyone receives the subtler energies from it.

The energies of the Second Sun are expected to become more influential from the dawn of the Light Age. These energies, together with the effects of the photon belt and the Galactic Alignment, help us in our spiritual evolution and opening of higher

faculties. Since the Second Sun exists at a higher level, it supports a refined, evolved life. As we progress more into the New Age, we will be using these energies from the Second Sun.

SOLAR FLARES

Solar flares are sudden and intense bursts of energy from the Sun's surface that are caused due to the variation in Sun's magnetic field. When they occur, a large amount of matter, intense magnetic fields and other radiations are ejected into space. These activities normally follow an 11-year cycle that peaks in the middle. Although these are generally harmless, an intense solar activity is observed every 150 years, which can have a strong impact on Earth's atmosphere and electromagnetic field.

Recently, scientists have warned of intense solar flares in 2012-2013. These solar flares will be so high in magnitude that they can destroy the electrical grids and communication systems on Earth. Such damage will take several years to be repaired and restored. This can lead to a collapse of the electrical, electronic and telecommunication systems, thus bringing our modern life to a virtual stand-still.

WHAT WILL BE THE RESULT OF THESE EVENTS?

All these events occurring almost simultaneously within a short span will trigger massive changes on our Earth at the physical level. There are possibilities of shifts in tectonic plates leading to earth quakes, volcanic eruptions and other natural calamities. Another result is the flip of Earth's magnetic and geographic poles and a subsequent reversal in the direction of its rotation.

Another result will be the breakdown of modern systems and the destruction of human life. These occurrences are parts of a bigger process of change – a transition. There are higher forces which are monitoring these events and guiding the processes behind them. The events, alignments and occurrences of 2012 will be used by the Higher Intelligence to clearly expose and remove all negativities on our Earth. All those people, places and systems which are still tuned to the Dark Age and continue to follow those ways will collapse!

The most important result happens at a subtler level. The huge surge of spiritual energies that flood our Earth will lead to a shift in mass consciousness. There will be an expansion occurring at the level of thought and emotion in all individuals all over the world. The dormant faculties like intuition and telepathy will begin to function with these events. We will be able to choose and implement the values of the New Age with ease.

These results will be explored in the subsequent chapters of this book.

SUMMING UP

Considering all the predictions, alignments and their consequences discussed in this chapter, we can assert that 2012 is not the last year of our lives! It is also not the year where the Light Age begins. Rather, it is an important year in our individual and collective evolution.

It will be a year of massive changes, both at the physical as well as subtler levels. These changes have already been initiated and will intensify in the coming months.

The year 2012 was supposed to mark a definite end to the ways and life-style of the Dark Age that we have just passed through. The negativities and degenerated values that thrived on this Earth were planned to be blocked by the end of 2012! However, the Higher Intelligence which continuously monitors the spiritual progress of the entire humanity, has observed that Mankind has not made sufficient progress to transform by that time. As a result, the crossover deadline has been extended by a few more years. We shall discuss this in detail in chapter 8 of the book – 2012 Postponed.



EARTH CHANGES OF THE FUTURE

Our Earth is constantly undergoing many changes at all levels. Most of these changes occur so slowly from our perspective that they are hardly noticeable and hence negligible. The continental drift is one such example. Millions of years ago, most of the present continents were all clustered together near the poles, which later began to drift away from each other. This drift continues even to this day, with the landmasses moving at the rate of a few millimetres per year.

Some changes are more dramatic and happen relatively quickly at the turn of Yugas, or during events like Galactic Alignments or entry into the Photon Belt. Within a short period, the landscapes and water-bodies shift, entire species go extinct and new life-forms appear and thrive. Even the weather patterns change and our Earth goes through extreme conditions like the Ice age for thousands of years. Many of these changes are induced by the Higher Intelligence as a part of the transformational processes.

We are in the middle of such an Earth change where many dramatic transformations have been initiated to help us sail us through to a New Age. These processes that began in 1987 were happening slowly and were still in their infancy. A major boost was

given to these Earth Change processes on 1st January 2007 and since then, the pace of transformation has increased.

The events of 2012 will further accelerate these changes, which culminate when we fully enter the New Light Age.

OUR WORLD AT PRESENT

Our world is facing major challenges and changes in every area. We can observe these shifts happening at the individual, societal and global levels.

Millions are affected by earthquakes, floods and other natural calamities all over the world. Many others are facing the heat of terrorism, wars, political dictatorship and denial of their rights. Although the politicians and economists assure us otherwise, we are yet to recover from the financial meltdown and its effects on our individual and collective economy. The environmental degradation has hit a new low with the recent oil spills and nuclear radiation leak across the globe. There are new scams every other day, exposing the corruption and low standards of our governments and self-centred leaders. All these things make it evident that they are not equipped to guide or lead us ahead in these turbulent times. In addition, there are mass movements in different parts of the globe, where people are coming together to demand their rights and protest against the injustice of the systems which benefit only a few.

All these challenges and turbulences happening at the same time all over the world indicate that we are in the middle of a massive churning process. This process is a part of a bigger reality, a shift from one age to another. This shift will result in visible

changes in different areas in the days to come. Our Earth, which is a living, breathing entity participates in these changes, along with the Higher Intelligence which monitors and guides all these shifts.

THE EXPECTED CHANGES AHEAD

In this background, 2012 plays an important role in this shift because, by then, the negativity in individuals and systems will totally be exposed! New energies that were anchored recently on our earth are working at different levels to bring out the true nature in everyone. Such an exposure will accelerate as we move ahead towards 2012.

Henceforth, many changes will occur on our Earth at the physical level itself. These changes will also affect many systems which define human life on this planet. Some of these changes are as follows:

NATURAL CALAMITIES

Hardly a day goes by when we do not read about a major Natural Calamity in some part of the world. These disasters have increased sharply over the past few years. Tsunamis, cyclonic hurricanes and floods have ravaged several parts of the world, while famines and earthquakes have claimed lives and livelihood in other parts. There is a sharp increase in seismic activity all over the globe. Many dormant volcanoes are becoming active. There are unusual weather patterns: some places have witnessed snowfall for the first time, while some others have observed acid rains and cloudbursts.

All these are part of the churning processes which play an important role in the individual transformations. In the face of calamities and disasters, the artificial securities of money and power collapse – the rich and poor, powerful and commoners are all rendered equally helpless. These events corner people and make them realise the transient nature of many things that they consider valuable in their otherwise comfortable existence.

In their helplessness, many turn to God or turn inwards to re-evaluate their priorities. This is when they start to open up. The Higher Intelligence which monitors these processes will help by providing new energies and educating the individuals at a different level, to pass through the situation.

Such calamities also bring out the goodness that is inherent in everyone. A lot of unity and sharing can be witnessed among those who are affected by these events. The events also bring out more love and accommodation in them. Many times, the warring nations forget their differences and extend a helping hand to each other in the time of natural disasters.

These calamities also play an important role in destroying Evil. Many places on Earth harbour dark forces like terrorist organizations and drug cartels. The destruction occurring at such places wipes them out and helps in removing the negative forces from our Earth. Such activities will increase in the coming years.

And if a person is transformed and tuned to divine will, he will not be affected by any of these calamities. Even if he is in the middle of a flood or an earthquake, he will pass through it easily.

GEOGRAPHIC CHANGES

A lot of changes are expected in the geographical configuration of Earth in the coming years. With the increase in global warming and melting snow caps at the poles, many areas at sea-level will submerge and new land forms will rise. There is a possibility of the Himalayan Mountain range going under ocean, though all these will occur much later.

Our Earth has gone through the Ice Age many times and right now, we are at the brink of such an event. The main reason for this event is to destroy many areas which have a lot of dark energies.

This process will most likely be initiated after 2015, by which time most of humanity would have chosen the Light Age, and hence will be able to go through this period with less impact. In the regions between the poles and the Tropics (North Pole and Tropic of Cancer, South Pole and Tropic of Capricorn), the warm and cold ocean currents will reverse direction. As a result, those areas will completely be covered with Ice.

With the upper and lower portions of the globe filled with ice, Life will exist only in the central equatorial belt region of our Earth! The duration of this Ice Age is not yet revealed at this point in time.

SHIFT OF POLES AND CHANGE OF EARTH'S ROTATION

One important theory is that our Earth will stop its rotation for a period of 3 days and then begin to rotate in the clockwise direction. The Sun will begin to rise in the west and set in the

east. This will also lead to a change in the magnetic field of the Earth.

The other theory is that after the Earth stops, there will be a physical flip and the North Pole of the Earth becomes the South Pole, after which the Earth begins to rotate in the clockwise direction. This pole shift will be triggered by the events and alignments that occur towards the end of 2012.

There is a good possibility of the occurrence of these events. Rishis say that unless and until humanity chooses and tunes to Light, such drastic changes will be allowed to occur to bring in the necessary changes. For these changes to take place, Gaia will do a self-cleansing. Sadly, most of those who do not align themselves with Light and its Principles will perish during these events.

Many important activities occur in the small period when our Earth stands still. All the old energies of the Dark Age can be removed totally and a 100% cleansing can occur in that duration. This enables many new Souls to take birth here. Also, the Rishis will be installing many new gadgets on our Earth in that period, which will hasten up the transformative processes later on. At the individual levels, a major cleansing will happen and the newer, higher energies available in that duration will enable everyone to make a great spiritual shift.

A change in rotation of our Earth is expected to happen at some stage for many spiritual reasons. With a clockwise rotation, there will be more Light and positivity on our Planet and the dark forces will not be able to survive those conditions. By the time this change of rotation occurs, if humanity transforms on a large scale, the event will be a smooth one and without much chaos.

Such an event will also bring about a change in the magnetic field of the Earth resulting in many other occurrences. There are possibilities of violent storms, earthquakes and volcanic eruptions leading to a lot of destruction and chaos. Like the geographic pole shift, the magnetic pole shift also depends on the transformation of Humanity.

SCHUMANN'S RESONANCE

Our Earth's Electromagnetic Field pulsates at a particular frequency between Earth's surface and the outer layer of the atmosphere. This frequency is called as Schumann's resonance. It's also called as Gaia's heartbeat. This was discovered by scientists when they observed that astronauts who spent extended time in outer space, away from the influence of these electromagnetic pulses, became distressed and disoriented.

The frequency of Schumann's resonance was 7.8 Hz during the 5000-years period of the Dark Age. It was increased slowly from 1987 as a result of which many Earth change processes were initiated. On 23rd September 2010, when the size of the Earth was increased by the Rishis by a few millimetres, this resonance was increased to 15 Hz. It is expected to peak at 22.82 Hz in the New Light Age.

The increased frequency of Schumann's resonance also allows the suppressed negativities in individuals to surface. They help everyone to open up to higher realities. With a combination of other factors, they also help in sharpening of the inner faculties.

We are connected to Mother Earth through this vibration. It helps us to communicate with her. This frequency increases as we move into an age of higher values and purity. At that high frequency, the Earth will be able to hold newer energies and knowledge. It will also allow new souls from other Universes to take birth on this Earth.

THE COLLAPSE OF SYSTEMS

The combined effect of all these changes will affect human life to a very great extent. The events of 2012, the flip of poles and the geographic changes will lead to many natural disasters. These result in a breakdown of the existing systems across the world.

An important factor is the peaking of solar activity post 2012, which has the capacity to damage and destroy the electrical grids and communication systems on our Earth. This can easily lead to a collapse of many of our modern systems which are based on electricity and telecommunications. Such a collapse will result in a breakdown of other associated structures of modern life.

We have witnessed such temporary collapse of systems in some parts of the world which were struck by tsunamis or hurricanes. A phenomenal set of events occurring on a worldwide scale will trigger a total collapse of systems across the world, which will be permanent and irreversible. The breakdown of communications can result in the collapse of the economic and financial systems. Transportation and supplies will be hit, resulting in chaos and social unrest. Due to the erosion of law and order, the social and political structures will begin to crumble soon.

Such a collapse and destruction is not random or arbitrary because these are a part of a bigger process. The man-made systems which are tuned to the ways of the Dark Age will crumble but they will be replaced by newer, divine systems. When communication systems fail, our faculties of intuition and telepathy will start functioning with ease. As the structures of modern society come down, humanity will also make contact with higher beings who will guide them to build better and efficient systems of the New Age.

How quickly will the old systems be replaced by newer ones depends entirely on Humanity. If the majority of us choose the New Age and make efforts to transform ourselves, the period between the breakdowns of the old to the establishment of the new will be smaller and less painful. And if we are not sufficiently tuned yet to the ways of the New Age by that time, these events and occurrences will be utilized by the Higher Intelligence to weed out many who prefer the old ways and train those who are willing to transform.



PRALAYA – A PERIOD OF INTENSE TRANSFORMATION

In primitive cultures, every young man and woman had to go through a 'coming of age' ritual before they became adults. This ritual usually was made to test their endurance and skills – only those who have mastered them used to pass through unscathed and declared as adult members of the tribe. The Masai tribe in the African grasslands expects the young man to hunt a lion with his spear as a test of his adulthood. These rituals are found even in modern cultures although in different forms and guises.

Such processes help the individual to move from one phase of his life to another and also adapt to the ways and challenges of the new phase. Although they appear difficult, and at times very intense, these rituals are actually helpful in shedding the influences of the earlier phase. It is because of their long term benefits that they have continuously been followed over many generations across all cultures.

It would be no exaggeration to state that the entire humanity on this Earth is going through such a coming of age ritual, at this very moment. Though it is not obvious enough like the earlier mentioned processes, those who have the foresight and vision to look at the larger picture can easily recognise the intense churning happening at all levels, and in all spheres on this Planet. This process has been called 'Pralaya', or 'Transformation'.

AN INTENSE PERIOD WITHIN THE TRANSITION

We have already understood about the transition that occurs every time our Earth moves from the Dark Age to the Light Age. This transition results in a gradual shift in the values and ways of human life on this planet.

The process of Pralaya happens in a short period within this duration of transition. This period witnesses an intense churning that helps to break the stranglehold of the previous age. All those systems and methods which are still tuned to the Dark Age are brought down, leading to chaos and confusion. These processes also create an awakening in people to resist darkness and open up to Light.

Though the disruption, chaos and the ensuing growth appear arbitrary and accidental, they are not. Behind these events and occurrences lie the work of energies, intelligent forces and benevolent beings, ever ready to assist humans at all levels to shift into a pure way of life.

Pralaya normally occurs at the beginning of the transitory period. This transitory period into the Light age started in the year 1974 and the Pralaya period was initiated by the Higher Intelligence in 1987.

THE NECESSITY OF A CHURNING

The Dark Age was an era of degenerated values. Its symptoms are still visible in our world in the form of corruption, poverty, ignorance, greed and every other human fault one can think of. Modern life has given us not only progress and advancements in every field but also oppressive governments, human rights

violations, wars and terrorism. Our disregard for the environment has come back to haunt us as global warming, melting icecaps and erratic weather patterns. At the individual level, we live purely materialistic and uneasy lives, cut off from our connections with the greater Whole.

In contrast, the New Age of Light towards which we are moving is a period of peace and love. Life on Earth will be a Utopia filled with prosperity and abundance, with mankind living in total awareness of their oneness with the whole existence. It is an era where we live like Gods at the heights of material and spiritual advancement.

Such a drastic transformation from our current life to the divine life can happen only when all darkness and negativity is removed at all levels from this planet. The negativities which have thrived on our Earth for 5000 years have to be pushed back, the wounds inflicted by them have to be healed, and humanity has to be helped to ascend into an almost heavenly state of existence along with all Nature. This is a drastic transformation which necessitates an intense churning.

The transition does not happen automatically but is lovingly guided by the Rishis. They have observed and experimented with various methods of this shift over millions of years in different Earths. Their observation is that most of humanity does not strive to transform on its own and would love to continue the existing ways of living as long as possible. To help it move on into a higher life and make progress, humanity needs to be prodded by external factors.

These external factors are brought about in the period of Pralaya.

HOW DOES PRALAYA WORK

The processes of Pralaya create extreme conditions in the lives of individuals. These conditions expose the hidden negativities and shortcomings of individuals so that they become visible and can be worked on. They also wake people out of their slumber and comfort zones, forcing them to re-evaluate their priorities and make necessary corrections in their outlook, attitudes and actual living.

These upheavals push people to turn inwards and connect to the Light and strength within. They also bring to the surface the inherent goodness and positive qualities like resilience, sharing and accommodation, which the individuals would not have realised in normal situations.

In the earlier years of Pralaya, such situations happen at the individual levels. In the later years, the upheavals happen at the collective levels where the systems of the previous age which mankind has gotten used to (like governance, economy, education, transportation, or normal social order) are pulled down or disrupted before a higher system based on divine values takes root. The disruption of the current systems results in chaos and hardships. Only those who are transformed and free of their negativities will be able to withstand and sail through such times.

We are currently moving towards this final phase of Pralaya where the collapse of the systems has already been initiated.

THE DIFFERENT PHASES OF PRALAYA

When Pralaya began in 1987, it was divided into 7 phases, each lasting about 7 years each. The entire period of churning was to

end in the year 2035, which would be followed by a longer duration of healing and transformation towards the Light Age.

These phases as well as the duration of Pralaya were revised and compressed for the implementation of the Divine Project. The revised duration of Pralaya is now roughly divided into three phases. These phases neither have fixed time durations nor are they uniform for all individuals.

The first phase is the one where the maximum Churning occurs. This helps in the surfacing of the negativities that are deeply embedded in individuals, communities, nations and the entire planet. At the individual level, there will be new situations of confusion and chaos, which are the lessons based on the person's past, and which make him aware of his own shortcomings. At the level of communities and nations, the churning will be in the form of exposure of wrong doings and corruption, which highlight the flaws of the existing systems. At the planetary level, there will be natural disasters like earthquakes and tsunamis which alter the landscapes and also affect the lives of many individuals. Sometimes these disasters will be the result of the release of old energies of Kali Yuga, as it happened in the recent Earthquake/Tsunami of Japan.

The second phase is the Period of Action. The individual has to act on his exposed negativities, deal with his shortcomings and make sincere efforts to transform himself. At a mass level, there should be an effort to replace the existing corrupt systems with efficient ones and find solutions to problems which affect the entire population. The financial meltdown that we witnessed recently was one such opportunity where serious flaws in the global financial system could have been corrected by the World powers.

The last phase of Transformation involves a positive growth towards the Light Age where the Rishis and Light workers play an important role with their help and guidance. In this phase, these higher beings contact the individuals at different levels and help them adopt the methods and principles of the New Age in their lives. This phase also witnesses the replacement of the old systems which are destroyed in the first two phases, with efficient and divine systems based on spiritual values.

Those who are waking up to the new realities of life are in the first phase of transformation, while many individuals who have evolved through these processes are in the final phase. A person, who becomes aware of his negativities, overcomes them with his efforts, and acts on the guidance from the Rishis (which he perceives with his intuition) can easily pass through the churning and destructive events of the Pralaya Period. He will be ready to enter the New Light Age on this Earth.

THE YEARS AHEAD

The entire human population on this Earth consists of Souls who have come from different origins and with various purposes. The journey of one soul differs from that of the other, and everyone is not destined to move into the Light Age on this Earth. Only those who qualify will pass through these Pralaya processes, shift into Light bodies and experience the New Light Age along with those souls who are yet to take birth on this Planet. The rest will move on according to their individual destinies and soul aspirations, although they may not be aware of these at the physical level.

The Pralaya processes will help in shifting out these individuals and also cleanse those who are the future citizens of the Light Age. These processes are definitely going to intensify in

the coming days. There will be many more tests and churnings for everyone on this planet. Those who ignore the lessons and continue with the same old mistakes will be severely tested. At the same time, these can be seen as opportunities for all of us to overcome our shortcomings and make faster spiritual progress.

The future days, months and few years will witness destruction across different parts of the world, resulting in the breakdown of the existing systems, leading to chaos and confusion. This destruction is required to remove the stranglehold of evil and negativity on our Planet and to exorcise the negative energies back to their origins. And the majority on this Earth have not yet chosen the Light Age and are still persisting with the old ways of living based on greed and non-love. The destruction will allow these primitive methods to collapse and make way for new systems and higher divine life-styles to take root.

The extent of destruction that will take place depends completely on all of us; both at the individual as well as the collective level. The faster we learn from the mistakes of the past, overcome our negativities and transform, the lesser the external destruction will be. We have to give up corruption, greed and selfishness at various levels of our living and start manifesting all the spiritual qualities. Our sincere efforts in that direction will be vastly supplemented with divine assistance from the Great Rishis and the Supreme Intelligence. This is one critical factor which many are not yet aware of – that, in this hour of need, We Are Not Alone! There are greater forces which are monitoring, and guiding all of us out of these churning times!



2012 POSTPONED

2012 is one of the most awaited years across the globe. While some believe that it is a year of the apocalypse, those in the New Age circles consider the 21st of December of this year as the date of rupture when Humanity experiences a shift of consciousness on a massive scale.

This year occupies an important position in our transition into the New Age of Light. It is the convergence point for many events and occurrences, which have been already discussed in the previous chapters. The Rishis had used the events and alignments of this year to drastically reduce the period of Pralaya and also the total duration of transition. The events of this year, along with the Divine Project, Pavitrena Karyam, play an important role in our quicker movement into the New Age of Light.

Many of these important events that were supposed to occur by the end of 2012 have been postponed by the Rishis! In effect, the crossover point of 2012 is now shifted by a few more years.

REASONS FOR POSTPONING 2012

In 2007, the Rishis had estimated that the evil and darkness on this Earth would be reduced nearly to half by 21st Dec 2009. The major

dark forces were supposed to be destroyed by this date. And the negativities at the individual levels were to be removed by the end of 2012. Based on these, they planned to conclude the pralaya period on 21st December 2012, when our Earth would be free of all traces of evil and negativity.

Their observation by mid-2009 was that only 2% of humanity was responding to the initiatives and call to transform from the higher levels.

By the end of 2009, the darkness on our Earth had strengthened instead of reducing by half. The negative forces which ruled our earth for the past 5000 years did not step back as expected by the Rishis. They became united, determined and grew in strength as this was their last battle for survival on our Earth.

Another factor was that the Light forces had not united by that time at various levels. Some Spiritual masters and World leaders, from whom a lot was expected and who had raised much initial hopes, failed in their work and did not rise to the occasion.

Hence, many events and processes which had to start from 2010 could not be initiated because of the still existing stronghold of the dark forces. All these developments necessitated a change in the plans of the Rishis, as a result of which the pralaya period had to be extended further.

THE NEW DATE

The Rishis who are monitoring the pralaya processes decided to postpone the crossover point of 21st December 2012 after observing the strengthening of the darkness and negativities on our Earth. This postponement was done in order to give more time and

opportunities to humanity to transform. If the deadline of 2012 were kept intact, much more destruction would have been necessary to remove the darkness from our Planet.

The churning period of Pralaya which was supposed to end on 21st December 2012 has now been extended to the middle of 2015!

As a result of this postponement, some of the drastic Earth change events which were expected to occur on that day also have been shifted to the middle of 2015.

THE BEGINNING OF THE NEW LIGHT AGE

Once pralaya ends in 2015, a three-year period was reserved for the healing and transformation of humanity. After that, the Light Age was supposed to start by the year 2018!

During the recent back-to-back eclipses in June 2011, different personalities carried out some works to assess the progress levels of humanity. One of the assessments is: On the basis of the way people are responding to the new changes, only 5% of the current world population will survive Pralaya and qualify to live in the Light Age. Out of the remaining, a small percentage will attain Mukti and the rest will be shifted to the another Earth for further transformation.

Based on all the observations and different assessments, the Rishis have decided to postpone the beginning of Light Age from 2018 to 2020!

So the end of Pralaya phase is fixed at mid-2015 at present. And the Light Age will start in the year 2020!

These dates may be postponed or even preponed depending on how humanity responds to certain events and transforms in the coming months and years!

WHAT WILL HAPPEN IN 2012?

Many of the drastic Earth changes which were expected to occur on 21st December 2012 have been shifted to the middle of 2015. Even though the crossover point has been postponed, our Earth will still go through the effects of various factors like the Galactic Alignment and the reception of stronger energies from the Photon Belt.

Drastic climatic changes and environmental disturbances are expected to occur by the end of 2012. Many economic and financial systems will collapse, which will lead to a lot of confusion and chaos.

The fight against the Dark forces will be severe and intense, leading to many disasters. Many demons will be destroyed and the strength of the dark forces will be curtailed by the Higher Intelligence. Many countries and areas that harbour negativities and darkness will perish completely in this duration, leading up to the end of 2013. The stopping of Earth's rotation and its reversal of direction may happen around that time. This is still a probability.

At the individual level, there will be severe changes. Only those who adopt Light in their lives will be able to survive this period. The Spiritual tests will also increase and those who do not qualify, will not become the citizens of the Light Age.

Most of the pralaya related energies will be released by the end of 2012, and release of all energies will be completed by the middle of 2013. Everyone should have a strong link, at least with their intention, with the Higher Intelligence. Only those who are open, expanded and tuned to light will be able to withstand the onslaught of all these events.

The younger generation and the newborns will already be tuned to the New Age. Many of them will have amazing capacities and faculties, and they will be able to show the way to humanity at large. Many great Rishis will begin to take birth by the end of 2013. Even when they are infants, they will have a lot of powers and will participate in the divine work.

The positive factor is that all these events will influence people to share with and accommodate others. More of oneness and equality will start to manifest in everyone's life. People will be able to feel the presence of the divine in this duration.

WHAT SHOULD THE INDIVIDUALS DO AMIDST THIS CHAOS?

In the previous cycle, nearly 50,000 years ago, there was a third World War leading to destruction and chaos before humanity approached the transitory period. The population on Earth that was trying to shift into the Light Age was very less.

In this cycle, the war and other calamities have been postponed or cancelled by the Higher Intelligence, in order to reduce human suffering and give more opportunities to every individual to choose and transform. To sail through these difficult times, each one of us should make use of these opportunities.

The Individuals should not panic when calamities occur. They have to go on with the normal flow of life, attending to all their duties and responsibilities. Each one has to positivise himself completely at all levels – thought, emotions and deeds. He has to develop spiritual qualities of Love, Truth, Honesty, Simplicity and Surrender. The awareness and knowledge about the higher realities will help us remain unperturbed in any situation.

Having a strong link with the Rishis or our own higher aspects is one of the most important factors which can help us move through these testing times. And it is possible for anyone to contact the Rishis and higher beings and get guided by them directly, in every area of their lives. Spiritual practices like meditations help us in establishing this contact and get clarity within ourselves. But the most important requirement for such a contact is purity, a clear intent and unconditional love towards others, towards all Life.



TRANSFORMATION FROM HUMAN TO DIVINE

We, the Souls, have arrived on this Earth to experience God's creation in this part of Existence. One of the greatest gifts we have is 'Freewill'. It allows us to choose our experiences – good, bad and others, and also undergo the consequences of these choices. Our destiny is created by our own intentions and actions, moment by moment.

Moving into the New Light Age on this Earth is a destiny that has to be chosen and created by each individual. Nobody else can do this for us, nor can we make this choice for another person. Every soul is given the opportunity to move into the higher life of the New Age, or continue with similar or different experiences on other Earths.

We are living, at present, in the turbulent phase of Pralaya, the purpose of which is to cleanse and rid all individuals of their negativities and elevate them to the life of the Light Age. This cleansing is accompanied by a spiritual growth and transformation in all of us.

The phase of Pralaya brings us the opportunities for this cleansing, spiritual growth and transformation as well. When we make use of these opportunities and grow, a rapid transformation

happens at the individual level where we will be awakening to new realities and possibilities with every step.

And since we are an integral part of humanity, we also have the responsibility to assist others in their journey. These two aspects of transformation – the individual and collective, go hand-in-hand.

THE TRANSFORMATION AT THE INDIVIDUAL LEVEL

The journey of each Soul is different from that of another. Hence, the transformation that is required for one individual is always unique and cannot be generalised or compared with that of another. While some have learnt their lessons and progressed sufficiently, there could be many who are still coming to grips with their initial struggles.

The following seven sections are broad guidelines in helping one understand the different facets of the Individual Transformation Process. While they are applicable to everyone in general, some may find resonance in a few of them than in others. And they represent the general principles – the particulars vary from one individual to another.

POSITIVITY

Our attitude towards life determines whether we live a happy, fulfilled existence or go through years of suffering. A positive or optimistic outlook helps us experience success, satisfaction and growth in any sphere of life, while being negative or pessimistic brings us the opposite results.

There could be many factors which make us pessimistic or cynical towards life in general. It could be our childhood conditioning or the tough situations of life or the triumph of the corrupt and unethical systems which make us lose hope in a better future.

When we begin to love life in spite of the everyday struggles and failures, we start noticing the little joys and gifts that life throws at us unexpectedly. We begin to count our blessings and find ways to express our gratitude for these. The vibes that we send out attract similar energies, hence these small acts and beliefs build up gradually until we begin to vibrate and hold very strong positive intent and attitude. Such an attitude transforms our lives in miraculous ways.

Developing a positive outlook towards life is one of the major steps in the transformation process. When we look at life positively and in an affirmative light, we align ourselves with the positive intent and force of the Universe. The combined effect of this positive outlook and the positive aspect of the Universe manifests in our lives, through our thoughts, emotions and actions. We will literally become a channel through which the Divine operates to light up the lives of all those around us.

INTROSPECTION AND INNER HEALING

Introspection is an important tool in our Spiritual Growth and a complementary practice to develop Positivity. It helps us understand ourselves better and identify our strengths and shortcomings. It gives us the awareness of who we are and what we need to do in order to become better individuals.

When we introspect, we understand many things about our nature, our positive qualities, our weakness, and also areas where we can improve. This honest self inventory, when done on a regular basis, helps us assess ourselves and gives us invaluable feedback that can be effectively used to improve any area of our lives.

An associated part of Introspection is Inner Healing. It refers to a simple practice of dissolving the energy of any negative trait that we discover through self-analysis. Once we identify a negative characteristic within ourselves, we can make conscious efforts to overcome it. At the same time, we can weaken this trait by channelling a lot of Golden Light to this aspect with our strong intent. The Light transmutes the energy surrounding this characteristic and helps us become free of its influence. Though it appears simplistic, this is a very powerful practice that can dissolve even very strong negative traits that have existed since years.

BALANCING THE MATERIAL AND SPIRITUAL

The Material and Spiritual aspects are two parts of a whole in anyone's life. While the Material aspect is all about attending to the duties, responsibilities and joys of everyday life; the Spiritual aspect is about deeply understanding our inner selves and recognising our place in the larger Universe. A healthy individual will find the right balance between these two seemingly opposite pursuits.

Establishing such a balance between these polarities is a necessary step on our journey of transformation, especially in this tough phase of Pralaya. If we over-indulge in one and neglect the

other, the consequences will ultimately be undesirable. A strong material base helps us experience life to the fullest. An equally determined spiritual quest helps us understand our purpose and look beyond temporary realities.

When we find the balance between the Material and Spiritual aspects, we also unify the underlying energies that operate through these opposite polarities. The distinction between them gradually vanishes, and all life becomes divine and sacred. In that state of living, every act, thought and emotion of ours becomes an expression of the divine.

MEDITATION

Meditation is a practice of silencing our system of body-mind-intellect, so that our awareness can release itself from our limited self and expand in Light.

This practice helps the individual to absorb higher energies, burn his karmas and cleanse the system. It also strengthens various inner processes and helps him take long strides in spiritual growth. It expands ones awareness beyond the limited self and gives him the experience of the greater whole, the divine. This experience transforms an individual very quickly helping him develop the qualities of oneness, compassion and humility.

Any method or form of meditations can help an individual in his transformation. It connects him directly to his inner self, from where he can receive all guidance and strength required for his growth.

ACTIVATION OF DORMANT FACULTIES

We possess many abilities and faculties, which have become dormant and inactive due to the effects of the Dark Age. Now activating these faculties is one of the important tasks of transformation and also a necessary step towards our evolution into the New Light Age.

The main inner faculty that we need to fully activate is our Intuition. The gut feelings and hunches are usually the results of our intuition at work. Intuition is the voice of our Soul and it carries the right wisdom for us at all crucial moments of our lives.

We need to become sensitive to such hints from our inner self and start acting on its messages. The more we listen to and implement these inner suggestions, the stronger and sharper our Intuition becomes. By continuously developing and sharpening it, we will be able to receive proper guidance and clarity from our inner self in any situation of our lives.

Another crucial faculty that needs to be activated is the ability to communicate with the Higher Intelligence – Light and the Rishis. To activate it, we should cleanse our communication channels through regular practice of Meditations and also develop purity at all levels. Along with these, we should consciously make efforts to communicate with the Higher Intelligence with great love and humility. We should consistently practice this and try to listen and grasp any communication that arrives in our silent state of mind.

The activation of these faculties is important because, as we progress into the New Age, the instruction for each individual will be unique and it will not be possible for the spiritual masters present on Earth to help everyone. The ability to communicate

and receive instructions from the Higher Intelligence becomes important in that situation.

OPENING UP TO HIGHER REALITIES

There are Higher Realities in Existence apart from the everyday life that we are usually aware of. As we are still in the grasp of the Dark Age's effects, we are either ignorant or we refuse to acknowledge its existence completely. Becoming aware of these realities and opening up to them assumes great importance as we move towards the New Age.

When we open up to these realities, we can receive a lot of new energies from those Higher realms that hasten our spiritual progress. A number of events of those planes have a direct impact on life here; hence becoming aware of them helps us to deal with the issues at this level. The most important factor is the existence of the Spiritual masters in those realities whose wisdom, love and grace benefit us the most when we establish a communication with them.

This opening up starts with a complete trust in the existence of these realities. We can connect to them with our prayers and surrender to divine will. Then we need to become sensitive to the events that occur around us and identify and relate these events to the Higher realities. Our Intuition can be a proper guide in recognising such subtle relations and strengthening our connection with the Higher realms.

A strong effort at meditations and positivisation connects us directly to these Higher realities.

DEVELOP A RELATION WITH LIGHT

Light is God Himself. As we move closer to the New Age, Light will begin to play a larger and important role in our lives. It will begin to guide all individuals on Earth directly and bring peace and love into our ways of life. In the overall transformation process, a very important step is to make Light a permanent factor in our lives — a friend and a companion.

This can be done by imagining that we are always filled with a lot of bright Golden Light. Our intention is enough to bring Light into our system. This can be done parallel to our routine works or whenever we become aware of it. After this, we should start interacting with Light. We can refer to it while taking decisions or even in the smallest detail of our life. With regularity, we will be able to receive and recognise the guidance and instructions that arrives from the Light.

When we hold a lot of Light in our system, it begins to cleanse us at all levels, make us positive and help us remain calm and composed always, in any situation. It will help us manifest unconditional love, peace and oneness.

Establishing such a relation with Light will be one of the biggest and most exalting experiences for any Soul. It marks a very major step in ones spiritual progress.

THE LARGER ROLE — ASSISTING OTHERS

The decision to move into the Light Age has to be taken by each individual. We have to make efforts for our own transformation. Yet, being a part of the entire humanity, each one of us has a larger role, a bigger responsibility of helping others in their

journey. When we assist one another, the progress is faster and the transformation occurs swiftly.

The most important part of this assistance is in sharing our understanding with another person and helping him know the various processes of transformation. We can explain the facts about the times we live in, the new realities that are opening up and what one needs to do to pass through these difficult times. We can highlight the importance of spiritual practices and aligning with positive values. We should not force our knowledge on others at any point. When the other person is ready and open, he will automatically be receptive to the knowledge which we share with him.

Another area where we can assist others is with our intentions and prayers. When done collectively and with a focussed attention, we can build up a huge field of energy with our positive intentions. This energy field attracts the required help and creates favourable conditions that are necessary for the transformation of everyone concerned. We can pray for peace and calm in the world and also for help and guidance for those who are affected by the difficult processes of Pralaya.

Channelling Golden Light to the entire World is an important work of mass transformation which can be taken up by anyone. The Light improves the vibrations at the Planetary level, guide those who are open and seeking help and also heal the effects of negativities in people and places. Such a healing through channelling light can be done at the individual level too.

MANIFESTING THE HIGHER PRINCIPLES OF THE NEW LIGHT AGE

The New Age is all about Love, Peace, Purity, Oneness and Accommodation – the qualities of the spirit. Those who begin to manifest them, *now*, will easily sail through all these events and disturbances. Spiritual practices like meditations and channelling help in bringing out and living these qualities which are our very basic nature.

One need not wait for the end of pralaya or any major event to start moving in that direction. We can start living in the Light Age, this moment onwards, by beginning to follow certain principles in our daily living. These principles and practices equip us at all levels to live the exalted life of the New Light Age. When we implement them in our lives, our transformation will be rapid and intense.

These principles, which form the basis of Life in the New Age, and which can be followed from now itself, will be explained at length in the final chapters of this book.



IV. Divine Assistance

HIGHER HELP TO THE INDIVIDUALS

The Pralaya processes do not result in random acts of destruction, because they are monitored and guided by the Higher Intelligence. This intelligence has guided Humanity through such difficult times earlier too and helped in our transit into the New Age. Though most of us are unaware about its help and guidance at the conscious level and may not even believe in anything mystical, at the astral level we all are aware of and get guided by this Intelligence.

The following works that are being done at the individual level are revealed here to inspire and give hope that in this difficult hour of Pralaya, we are not alone. The Higher Intelligence is carrying out many tasks silently behind the scenes to reduce our pain and suffering, and ease our movement into a divine life. What is explained here is a glimpse into some of its important works.

THE ROLE OF RISHIS

Many great Rishis are present physically on our Earth at this point in time. The Rishis are assisted in their spiritual activities by a group of 144,000 workers. These workers, who are spiritually evolved masters, take birth in different cultures and nations and

carry out the tasks which are allocated to them throughout their lives. This batch meets every night astrally, at the head-quarters of the Rishis in the Himalayas, takes instructions from the Rishi in charge and execute the work before reporting back to him in the morning.

Apart from these Rishi-workers, there are many other important Rishis who are alive on this Earth or who visit our Earth astrally in order to participate in the work of transition. In addition, many Light workers, who work with the Light codes and anchor them on our Earth, are also active in different parts of the world. All of them work as one coordinated unit under the guidance and monitoring of the Saptarishis.

The Rishis and their workers carry out a huge amount of work in the service of all life on Earth, both at the higher level and at the level of the individuals. In this time of transition into the New Age, their work becomes more complex and intense.

Some of the works of the Higher Intelligence at the individual levels are described here.

SPECIAL ENERGIES

The Rishis work with energies that are gathered from various sources in Existence. These energies have their own intelligences, and they help everyone who comes into their sphere of influence to open up and transform. Behind the workings of these intelligent energies lie the intent, grace and efforts of these masters.

Many Rishis and Yogis have been in deep Tapas for thousands of years on our Earth. They transcend the usual laws of life and

death and live for long durations, holding the beam of pure Light within, which they release at the right time for the benefit of all.

They travel to different places in the entire existence and bring down new and special energies from various sources. These energies, when injected into individuals, help them make faster spiritual progress, especially in the difficult period of Pralaya. When the Pralaya processes cause destruction and suffering, the Rishis anchor and spread healing energies to these places. They also heal individuals at different levels.

During various star alignments and auspicious days, the Rishis facilitate the release of special energies to help humanity. Sometimes, these energies heal individuals and places, while at other times, they help people to open up and make spiritual progress. Few of these energies also initiate the churning processes which bring out the hidden negativities in individuals, systems and places. The release and workings of these energies are monitored carefully by specialist Rishis.

The Rishis also release a lot of their personal energies which they have gained through thousands and thousands of years of intense Meditations (Tapas). These energies are used to help individuals grow spiritually, overcome blocks in their growth or even to burn karmas. Once these energies are exhausted, the Rishis sit again for Tapas to gather energies, which will be used for helping and guiding others.

When the Rishis recently explored the Manifested and Unmanifested Universes, they brought down and anchored the special energies from those sources. Two such energies which are having the maximum impact on our lives at present are the Ra energies and the Neela Brahma Energies. While the Ra energies

cleanse and purify us and act strongly against negativities, the Neela Brahma energies nurture and heal us at all levels.

Another special energy – the **Transparent Energy** was created by Vishwamitra Maharshi. This energy is very potent. Humanity will not be able to hold it in its pure form. Since this energy can coexist with other energies easily, it is being mixed with them to enhance their characteristics. Thus, it is being released all over the world along with other energies.

PUSH IN SADHANA

Pralaya is a time when individuals make a very fast spiritual progress in a relatively short duration. The Rishis hasten this process by giving everyone a push in their growth so that transformation happens at a faster pace. Without this advantage, the spiritual growth would still be slow, even in the intense phase of Pralaya.

The Rishis have seen humanity through such periods in many cycles, across different Earths and Galaxies. They use this vast experience to ensure that the shortcomings and mistakes of the past are not repeated.

COUNSELLING AND GUIDANCE

The Rishis provide help and guidance to the entire humanity at a subtle level by equipping them with the latest knowledge and information about these changing times. They contact individuals at the astral and causal levels, and make them aware of many events and higher truths. They advise them on how to remain calm

in difficult situations. The individuals follow these advices and instructions at the physical level, though unaware of the source.

At the physical level, the Rishis work through various spiritual masters and channels. They spread higher spiritual knowledge and guide many others towards their transformation through these Gurus. Many Rishis take birth on our Earth and guide people directly in their spiritual growth.

When any individual grows spiritually and opens up to the higher realities, the Rishis communicate with him and provide specific instructions related to his Sadhana.

FIXING OF GADGETS

Gadgets are astral instruments which are created by the Rishis by using their spiritual powers and energies. These gadgets can be fixed to individuals and they help them in opening up and connecting to the Higher Intelligence. They help the individuals to tune up to the new and special energies which arrive from different sources. And they assist in the faster spiritual progress of an individual by bringing him more positivity and Light.

The Rishis take up the work of fixing gadgets to individuals during special occasions like eclipses or star alignments. This activity happens at the level of the entire humanity and all of us are fitted with these instruments at the astral levels. The Rishis monitor the functioning of these gadgets and fine tune them on occasions, so that the individuals get the maximum benefit from these instruments.

Many individuals open up to the higher realities and assist Rishis in their work at various levels. Or sometimes people help

those around them in their own ways without being aware of any higher realities. Such individuals are usually fitted with very special gadgets by the Rishis so that they receive all the help and guidance in this noble work of assisting other souls.

Such gadgets are also fitted into our Earth on special occasions, in various places. The vibrations emitted by these gadgets influence people, help them positivise and also heal them. They help individuals cope up with the processes of Pralaya.

TAKING BIRTH AMONG HUMANS

The Rishi workers who are spread all over the Earth are spiritual masters by themselves. They usually take birth among humans and carry out their works in the middle of the routine of their everyday lives. Most of their activities, although so important and crucial for human evolution, remain unknown and hidden. Maharshi Amara was one such worker who remained anonymous but carried out extraordinary activities.

During the times of Pralaya, many more Rishis descend and take birth, especially in places which harbour a lot of negativity. They work to remove the darkness from these places and from the people around them. The new born babies these days are spiritually more advanced and carry a lot of Light. They hold a variety of new energies and carry abundant knowledge about God and Higher Realities. These babies are known as 'Indigo Children' in New Age Circles. They carry the light of the future for humanity on our Earth.

PREPARING OUR SYSTEMS FOR THE LIGHT AGE

As we move towards the Light Age, a number of changes occur in our systems of body-mind-intellect so that we can live the exalted and pure life of the New Age. This transformation happens over a period of time and through various processes, which are initiated both at the physical and astral levels. The Rishis play a very important role in this process of transformation.

This work begins with imparting the knowledge to individuals about these new systems. The education happens at the astral levels, where those individuals who choose the New Age are updated and trained with the necessary information about the new bodies they will attain in the New Age.

A special batch of Rishis is overseeing these processes under the guidance of Vasishtha Maharshi. They are monitoring the individuals who are making efforts to purify and transform themselves. They assist and guide these individuals at various levels, whenever required. They help them cope up with various life situations that arise as a part of these transformational processes.

In the times ahead, our bodies will undergo extraordinary transformations before we finally enter the Light Age. Our current physical structure will be totally overhauled and refined to suit the life and energies of the future era. The new bodies, minds and intellects that we will use in the New Age have been designed and prepared by the Rishis. These systems will also be fitted to all those Souls who take birth in the New Age on our Earth.



DIVINE ASSISTANCE AT THE GLOBAL LEVEL

Many things occurring in Nature appear automatic and self-contained, but behind the natural occurrences lay the workings of a great Intelligence. As a popular saying goes, 'there are no accidents here'. The movement of the planets and stars, the turn of seasons on our Earth, or even the arrival and extinction of various species and life-forms — all these are guided and assisted by this Higher Intelligence.

Our transit from the Dark Age to the Age of Light is not a natural progression. It is a project that is executed carefully, and with great precision at different levels. This project is initiated in every cycle of 50,000 years by the Rishis. These masters are playing a crucial role now in our evolution into a higher life of the New Age.

The Divine assistance available to us at the Cosmic and Galactic levels is as important as that which is executed at the individual and personal levels. While the works done at the individual level help us cope up and transform through the bigger changes, it is the work done at the higher levels that brings about those bigger changes.

Some of the activities of the Higher Intelligence at the global and cosmic levels are described in the following sections.

REDUCTION OF THE DURATION OF TRANSITORY PERIOD

Our Earth was supposed to go through a transitory period of 432 years before ascending to the New Light Age. In this duration, there would be an intense churning period of pralaya for 49 years. The Rishis have reduced these durations so that we can make a faster entry into the New Light Age with minimum churning and tests. With the grace of the Higher Intelligence and the initiatives and works of the Rishis, we will be finishing all of this by the year 2020.

The Galactic Alignments and entry into Photon belt were the events that occurred naturally at the Cosmic levels. These events did not hasten our progress into the Light Age by themselves, but they were made use of and acted upon by the Great Masters.

An important thing to note is that, this time we are going through less commotion and destruction as compared to the earlier Pralaya periods on our Earth. We also have maximum opportunities to make very fast spiritual progress. What used to take lifetimes of great effort can now be achieved by an individual within a few years.

This is because of the help provided by the Rishis at various levels to transform, grow and manifest Light.

STRENGTHENING OF THE EXTERNAL ENERGY BODIES

Normally, our Earth is influenced by many celestial bodies like the Sun, Planets and other Stars and Galaxies — both at the physical as well as the spiritual levels. This influence is enhanced in this duration where we will be encountering alignments of the Central Sun, Greater Central Sun and the Galactic Centre. We are already

inside the Photon Belt and will be receiving more energies from the Second Sun shortly.

The Rishis are strengthening and tuning all these external bodies with the new energies from the other Manifested Universes. These energies are very strong and pure; hence they hasten our cleansing and purification fast. Some of these energies also help in taking strong and decisive action against any dark force on our Earth.

The Galactic Alignment that is expected to happen on 21st December 2012 has already begun its influence. It is slowly increasing the pace of rotation of the entire Milky Way Galaxy and will shift it to a higher level of consciousness. This alignment is so powerful that it can shift the entire Material Cosmos to the next level. But since this is not the right time for such a shift, the Rishis, headed by Vasishtha Maharshi, are monitoring the process with great vigilance, in order to keep such huge effects in check.

THE NEW ENERGY GRIDS

The Rishis and Light workers are gathering energies from various sources and storing them under the Earth at different places. The vibrations of these energies help people to adapt with the changes happening in their lives.

The distribution of these spiritual energies happens through networks known as Energy Grids.

Different grids are required to carry different types of energies. Until the end of Kali Yuga, our Earth had two main grids – the Magnetic grid and the Crystalline grid. The Magnetic grid is formed by the magnetic lines of force that crisscross our Planet.

Our Earth is influenced by the Sun and other external bodies through this grid. And the Crystalline grid is a network of all the energy centres and major crystals on our Earth. This Grid carried the energies of Kali Yuga until now.

The Magnetic Grid is tilting slowly under the monitoring of the Higher Intelligence. This shift helps in the churning processes, reduction of evil, promotion of goodness and overall transformation of Individuals. A drastic shift of this Grid will happen when the Earth stops and then changes its direction of rotation.

The Crystalline grid is slowly being dismantled so that the Newer Energy grids which hold the energies of the New Age can take over.

Whenever new energies are anchored on our Earth, similar energies form their own network. Many such new Grids have been formed since the beginning of the year 2000. The Diamond Light Matrix, the Higher Light Grids and the Solar grid (which connects all the Golden Solar discs of our Earth) are some of these New Energy Grids. They have been further strengthened by the Rishis.

The Rishis have also created many new Energy grids which connect our Earth to the different Manifested Universes (beyond ParaBrahma) and hold those pristine energies. These important grids will play a major role in our life in the New Light Age.

The Rishis have also created new energy fields around the Earth which do not form any grids but which help in the faster distribution of Energies to everyone. Also new Light Cities are being anchored onto the Physical plane by the Rishis and their workers. These will act as nodes from where Light spreads to different places.

TUNING OF THE GADGETS – MAHAMERU AND SHAISHUMARA

There are two important Gadgets on our Earth which release vibrations according to the respective Yuga on our Planet. At the beginning of every Yuga, these gadgets have to be tuned to match the conditions of that age. These are known as the Mahameru Chakra and Shaishumara Chakra.

Mahameru Chakra is a floating mountain present in the Himalayan Ranges. It functions like the brain of our Earth. Since it is covered by snow, it is not detected by scientists or explorers.

Shaishumara Chakra is a spherical gadget below our Earth. The place where it is found is not revealed here because of its sensitive nature and potential of misuse. This gadget is guarded by 7 special beings and is under the direct control of Lord Kalki. (Lord Kalki is a divine personality who has incarnated on Earth to destroy all the evil)

These two chakras were first tuned by the Rishis in mid-1979 so that they could start vibrating the frequencies of the New Age. They are tuned regularly; the last time they were tuned was during the eclipse on 1st January, 2010. This activity happens after every alternating periods of 3 and 2 years, in order to bring the necessary vibrational changes on our Earth.

HEALING GAIA

Gaia (Mother Earth) bears the brunt of any atrocity or cruelty that happens on this Planet. She has a lot of wounds and hurts because of all the wars, human negativity and environmental destruction – all of which had peaked in the 5000 year long Dark Age from which we have just emerged. Hence She has to be healed periodically.

The Rishis heal Mother Earth with special healing energies. There are thousands of Rishis, Light workers, Angels and Fairies who are working very hard to bring down new and rare energies, to assist in Her healing. A lot of healing work is done by the Rishis and their workers. All these processes are supervised and guided by Santhoshi Devi, the Goddess of healing. She monitors the type of energy and the quantity that has to be given to Earth. She is always assisted by a special batch of Rishis.

On special days like World Peace Day and World Healing Day, many rare and important energies which are brought down from different sources in Existence are released all over the Earth. These energies heal Mother Earth and all life that exists on Her.

POSTPONEMENT OF WARS

Nostradamus and many other psychics had predicted the Third World War by the end of the 20th century and it had to happen according to the destiny of our Earth. We have been on the brink of this war several times. But the Rishis, out of their love and concern for humanity have managed to postpone this war in order to reduce pain and destruction on a massive scale.

They have released their Tapas-Shakti gained over thousands of years of meditations and have prayed for grace to alter this destiny.

This war has been postponed until now. Another reason for its postponement is that a good percentage of Humanity does not want it. But if we continue to manifest negativities then the Higher Intelligence will be forced to allow this War.

COMPRESSION OF TIME

It is a common experience for anyone these days that time is racing ahead at a phenomenal speed. Although our timepieces still clock the same 24 hours a day, the pace of life and the speed at which the weeks and months go by have hastened up. This is because of the compression of time, which is a special work done at the spiritual level.

The main purpose of this work is to help humanity sail through the Pralaya period quickly and hence get over the chaos and suffering faster. The time compression also helps in better and faster inner healing for all individuals. The increased pace of life forces people to overcome their differences or misunderstandings and move towards solutions, instead of brooding over past hurts.

The hastening of time also prods the individuals to take action in different areas of their lives without postponing or waiting. Their spiritual growth occurs faster in this period. Since there is less time for negativities to operate and function, the dark forces can quickly be destroyed or pushed back. Many divine projects which help humanity can be implemented with better ease. Humanity can be made to enter the Light Age as early as possible by going through the Pralaya period at a faster pace.

This compression is not done in one go but is gradually implemented by accelerating the pace of time in phases. The pace and frequency of adjusting has increased over the last 2 years.

The hastening of time will increase in the coming days where an entire week will be equivalent to the duration of the original, single day!

This compression will be relaxed and the movement of time will be brought back to normal once we come out of the Pralaya phase.

THE SEVEN EARTHS

As we move towards the end of the Pralaya Period, a large part of humanity which does not qualify to live in the New Light Age will be removed from this Earth. They will be forced to leave their bodies in various events and disasters and will take birth in other Earths which are still in the Dark Ages.

After death, an individual takes birth again on an Earth, depending on his karmas and spiritual condition. If he carries excessive negative karmas, he will have to go through those severe experiences in Yama Loka, which is also known as Hell. Similarly, an excess of good karmas have to be experienced in Heaven. Once these excessive karmas are removed, the individual can take birth again on an Earth with his remaining karmas.

The Rishis have observed that this is a very painful and long process, and involves little learning and transforming opportunities for the individuals. To accelerate the removal of karmas as well as the learning process and to provide opportunities for a faster transformation, the Rishis have envisioned the idea of the Seven Earths, which are specially created for this purpose. Through this initiative, each individual can be taken care of and guided by the great masters directly towards a quicker spiritual evolution.

The Seven Earths are huge planets, each of the size of a Galaxy, which have been newly created at the higher levels. They have manifested at the physical level but are invisible at present

and will become visible only to those who accept the new spiritual realities and evolve.

These Earths are meant for those who have not yet transformed or who are still in the process of transformation. Those who leave their bodies on our Earths during the Pralaya Phase will be shifted to these Earths. They will be helped to realise their shortcomings and negativities and also will be assisted to get rid of them.

These Earths are inter-connected by a special link. The seventh Earth is for those individuals who require the maximum transformation while the first Earth is for people who are in their last stage of transformation. When an individual, in one of these Earths transforms, he will progress to the next Earth. This journey continues till he attains total transformation. After that he will be able to take birth on this Earth, which will be in the New Light Age by then, or opt to attain liberation and go back to his Source.

THE DIVINE ASSISTANCE

The divine has been assisting and still assists humanity in its obscure ways. Especially in this transition phase, these works have been in effect and yet each of it may not be candid to a layman. Many of these works go unrecorded or unnoticed as the wheels of Time turn and Souls evolve and move ahead in their journey through God's Creation. The scriptures and myths capture only some of the activities of these Masters. A huge part of their work remains hidden forever.

Yet these great Souls who are the paragons of humility and surrender to Divine Will, always focus their attention of executing God's work to perfection. They do not bother to take credit or make themselves and their activities known to others. And when their work is completed on one Earth, they move to other Earths in the Cosmos which are passing through difficult times and put their efforts in guiding and uplifting the Souls in those Earths.



THE DIVINE INCARNATIONS — LORD KALKI AND LORD MAHAVATARA

In every age, special personalities descend from various divine realms and incarnate in a Human body. They take birth with the purpose of restoring the balance of Creation on this Earth by destroying evil and helping the righteous Souls. Their works and activities are recorded in the epics, mythology and folklore to inspire and assure humanity about the divine help, when they are in the midst of the Dark Ages.

Although these incarnations arrive in different ages, those who descend during the transitory phase of Pralaya are the most important as their work is complex and difficult than that of other earlier avatars. We are in such a phase where the dark forces have ruled on our Earth for thousands of years and have grown in phenomenal strength. Curbing them and annihilating their forces is a great task which requires a special and powerful amsa (part) of God to descend. Heralding the Age of Light after the removal of dark is also an equally great accomplishment.

Hence, two special incarnations arrive on our Earth in these challenging times, equipped with great powers and capacities to accomplish two different missions. These two personalities have

already taken birth on our Earth and are working on their respective activities. They are Lord Kalki and Lord Mahavatara!

NECESSITY FOR THE BIRTH OF AN INCARNATION

Divine personalities incarnate on Earth with specific missions and purposes. Their roles differ from that of the Spiritual masters and guides, who come down periodically to educate humanity about the divine ways and help them evolve. A spiritual master lives through example and places the higher knowledge and truths before humanity. It is up to the individual to choose and the master does not impose or judge. Jesus Christ, Kahlil Gibran, Ramakrishna Paramahansa and Mother Theresa are a few examples.

On the other hand, an incarnation usually takes birth to bring a balance in life here and remove the dark and evil forces. They too teach spiritual values and help humanity but they have the authority to take the corrective action. They are assisted in their work by the Rishis and their workers. Lord Rama and Lord Krishna came down with the primary aim of killing the demons and evil forces.

LORD KALKI

Indian Mythology talks of a divine personality — the tenth Avatara of MahaVishnu, who appears riding on a white horse at the end of Kali Yuga, sword in hand, to destroy the followers of evil. Buddhists believe in the return of Lord Buddha as Maitreya, while Islam talks of Imam Mahdi. Some cultures also call him as the Saviour. The second coming of Christ, at the end of the judgement

day, is also a widely held belief among devout Christians. All of them refer to the same person, a specially incarnated soul who has already taken birth and is very active, especially in this period of Transformation. He is Lord Kalki!

'Kalki' literally means 'The Killer of Kali'. Kali or Kali-Purusha (Satan) is the personality who embodies all the darkness and negativity of the Dark Age. The One who destroys Kali is Lord Kalki.

All incarnations originate from a divine personality, commonly known as **MahaVishnu**, one of the trinity of Gods, who takes care of the sustenance of the entire Creation. The amsha of Lord Kalki was very specially created by MahaVishnu using many important energies from His core. The Saptarishis also added a lot of rare energies from other Universes and installed special gadgets that they had gained through long Tapas, in order to help create this special soul.

Lord Kalki was born in 1924 and later shifted to the divine city of Shambala. He remains at the age of 24 because of the special conditions of the city of Shambala.

THE MISSION AND WORK OF LORD KALKI

The work of Lord Kalki began in the 70s when our Earth emerged out of Kali Yuga into the transitory phase before the New Age could dawn. With the beginning of Pralaya in 1987, His activities also intensified. Much of these are done at the astral level, which later bear fruit physically. He has initiated many processes and anchored a lot of His energies into Mother Earth.

Lord Kalki's main work is to destroy all darkness and cleanse the effects of these 5000 years of the Dark Age, so that Humanity can transit into the divine life of the New Age. He is equipped to fight with many dark entities simultaneously by taking multiple forms. He has the power and capabilities to completely destroy all dark forces present on our Earth.

He is specially created to operate in this phase of Pralaya. He carries a lot of energies related to pralaya, which He releases at appropriate times at different parts of the planet. The effects of His actions can be seen in the collapse of various systems that are still tuned to the Old ways and in the mass uprisings against dictatorial and corrupt governments.

Another important mission of Lord Kalki is to educate and help every individual to pass through Pralaya. He counsels everyone, at the astral levels, about this churning period, the ways to adapt to these changes and the shift in Ages. He advises them about their old ways of living and how to leave them in order to adopt the higher ways, so that people open up to God and to the Light Age. This process has already begun.

He warns those who refuse to change and who persist with the ways of the Dark Age. After sufficient warnings, those who do not accept his guidance in moving to the New Age will be destroyed and removed from our Earth. Such souls will be shifted to the Seven Earths for further education and evolution. Only a few Souls will be given Mukti unlike the previous cycles, when anyone killed by Him used to attain Mukti.

The exposure of dark leaders all over the world is the direct result of His works. The mass movements and uprisings against corrupt and dysfunctional regimes that we are witnessing these days are the reflections of His works and influence. The political

confusions and chaos in many countries are due to His initiatives, so that Light can slowly descend and allow better systems and people to take over the leading roles.

Many weather changes and natural calamities are occurring because of the processes initiated by Lord Kalki. More destruction is expected to occur because of these natural phenomena, as these events are a part of the overall churning processes. Many nations which harbour darkness will be totally wiped out but those which are aligned with Light will be saved.

The surfacing of negativities in Individuals is another key area where Lord Kalki is working, along with the Rishis. He has the responsibility of destroying evil, not just at the level of nations, systems or dark entities but also at the very personal level of each individual by bringing them face-to-face with their own hidden negativities. Along with making them aware of their shortcomings, He also provides help and guidance, at the astral levels, in dealing with and overcoming them.

LORD MAHAVATARA

Our Earth, at the time of its formation received a very special boon from God, that a small part of Him would always be here and guide the entire life. As God is formless, a special personality carries the amsha of ParaBrahma in Him and allows the Light to operate. Because of the large quantity of ParaBrahma's Light that He carries, He is known as 'Maha-Avatara' which means 'The Great Personality of God'.

Mahavatara represents the formless God on Earth. He is the One who establishes the Kingdom of God and takes care of the

entire Earth, after the completion of Lord Kalki's Mission. He brings a balance to life, educates every individual about the higher realities, helps them to experience the different aspects of Creation and also guides everyone towards Light.

Mahavatara was born in 1982. He too has shifted to Shambala recently. He now looks like an 18 year old person and will remain at that age for a long time. Much information about Him is not revealed, as they come in the way of His work during the delicate Pralaya phase that we are going through now.

Normally, all incarnations are the amshas of Lord MahaVishnu, who comes down to destroy evil and restore the balance of life on Earth. Since Mahavatara is a special incarnation, the responsibility of his descent and holding the divine Light of ParaBrahma is shared by two divine personalities – Lord Shiva and Lord Vishnu.

The amshas of these two divine personalities come down in alternate cycles to take birth as Mahavatara. In the previous cycle, it was an amsha of Lord Shiva who incarnated to establish the Light Age. His works and exploits have been abundantly mentioned in mythology and the scriptures. In this cycle, an amsha of MahaVishnu has taken birth on our Earth to herald the New Age of Light once the effects of the Dark Age are totally removed.

THE MISSION AND WORK OF LORD MAHAVATARA

The work of Lord Mahavatara began at the astral levels in the early 90s. After the transit of Venus across the face of the Sun in 2004, He began to contact individuals and started to appear in

their dreams and visions to communicate important information to all.

From the beginning of 2012, His presence and activities will become more visible to humanity. He will also be injecting His special energies into all the Souls taking birth on Earth from that time onwards.

Mahavatara is an amazing planner and visionary. He is using these skills to prepare the blueprint of life henceforth on Earth. He will be involved in the planning and design of life in the entire Brahmanda for the implementation of the 'Divine Project' in association with ParaBrahma and Mula Brahman – the Primordial Intelligence.

He is also planning various projects and measures by which the new Light Age can be better established. He wants this Light Age to be different and much better than the ones that have ever manifested here on our Earth. He has created many special Souls from the Light field within him. They are called as the 'Light Souls'. They are being given special training and are equipped to assist Him in His work.

He has also used a lot of his special energies and grace, to minimise the damages occurring during the natural disasters.

Mahavatara is a great warrior. He is also a master in the ploys of warfare. His methods are so efficient and beautiful that the dark forces can never defeat Him. He is helping the Rishis and the Light forces with His expertise to overpower the dark forces.

Mahavatara has attached very special gadgets to all the Galaxies in the Material Cosmos, which connect to Him through special chords. Through these chords, He receives information

from these Galaxies, monitors and also controls a few of their functioning. He also has many networks connecting Him to the various Unmanifested Universes. Through these networks, He is able to draw an abundance of special Lights for His work.

He is involved in experimenting with different energies. He has also gathered a lot of special energies and powers for the purpose of his work. All these will be used to build the Kingdom of Light on our Earth.

Lord Mahavatara participates in all the gatherings conducted by Vasishtha Maharshi and Vishwamitra Maharshi and assists them. During the eclipse on 1st January 2010, he gifted the Saptarishis with many special powers and energies from ParaBrahma, for their work.

He carries an abundance of new knowledge. He is also a master in the workings of Maya and is educating the Rishis on the ways to overcome its influence and also make use of it. He is embedded with a lot of patience and always radiates peace and positivity.

When the transitory phase of pralaya ends, Lord Mahavatara will be releasing more of His energies. The vibrations emanating from His body create the New Light Age on our Earth. This Golden Age, which is nothing short of a Utopia on this Earth will be governed, guided and taken care by this great personality.

ADDITIONAL RESPONSIBILITIES IN THIS CYCLE

This cycle is different from all the previous ones because of the implementation of the Pavitrena Karyam. Henceforth the cycle of four Yugas will be replaced by only the Light Age on our Earth. And

this new Light age will be established across the entire Material Cosmos, beginning from our Milky Way galaxy. Hence the roles and responsibilities of the incarnations are different this time from their earlier roles.

In this cycle many new laws, systems and processes are being implemented for the first time on our Earth so that we have only the Light Age henceforth. Lord Kalki will be staying back for a long time to oversee the stabilisation of all these processes.

His role of establishing God's Kingdom has also been expanded to the entire Material Cosmos, spanning all the Lokas. His work this time is to ensure that the entire Brahmanda (Material Cosmos) is free from all negativities and darkness. He will use our Earth and a neighbouring Galaxy as a base for the execution of this work. He will be active in all the Earths of our Brahmanda.

Lord Mahavatara has an important role to play in the 'Divine Project' along with Lord Kalki and Vishwamitra Maharshi. He has come down this time with very great capacities.

Lord Mahavatara is a special incarnation available only to our Earth in the entire Material Cosmos, because of a boon. With the implementation of the Divine project across Brahmanda, He will be available to and present in all the Earths in this Cosmos which have intelligent life. He will be present in this incarnation for a very long time, to oversee and actualise the New Light Age in all the billions of Earths in the huge Material Cosmos.

In course of time, the special 'Light Souls' which He has created will spread to the entire Cosmos and start implementing His instructions. They will begin to lay a foundation for His work across the entire Cosmos.

WHEN WILL THEY APPEAR?

Lord Kalki was supposed to make a worldwide public appearance in the early 80s, but that event was postponed and it continues to be postponed to this date. He wants to appear anytime but is waiting for guidance from the Rishis. There is a good possibility of His appearance happening by mid-2012 but that is still uncertain and can also be further postponed.

Lord Mahavatara is also active at the astral levels at present. He might make a public appearance worldwide in the beginning of 2013, after the many drastic events that result in much chaos and destruction. However, rather than making an appearance, his main work starts from the beginning of the Light Age from when he will be present for all individuals on the Earth.

THE COORDINATION BETWEEN LORD KALKI AND MAHAVATARA

The two incarnations, Lord Kalki and Lord Mahavatara play important roles in this period of transition into the New Light Age. Lord Kalki destroys all the darkness and negativity of the Dark Age and heralds the New Age. And Lord Mahavatara shapes and guides life in the New Age. Their activities and works complement each other.

Lord Mahavatara is working along with Lord Kalki to create some special weapons, which have their own intelligence. These weapons work in accordance with the divine laws irrespective of who uses them. Lord Kalki's activities result in a lot of chaos and destruction as they are a part of the churning processes which awaken humanity out of their ignorance. The destruction will be followed by a period of healing and guidance, which is monitored

mainly by Lord Mahavatara, whose activities lead to the establishment of peace and divinity across the globe. Lord Mahavatara is an expert in establishing Light and tuning all the processes to align with the Kingdom of God that takes root on our Earth.

Both these personalities are very active in the astral planes now and are working in tandem to help humanity sail through this phase. In the bigger picture of the Divine project, their coordination will extend to all other Earths of our Material Cosmos, where both of them, along with other personalities and Rishis, will implement the Divine Age of Light across Brahmanda.

Lord Kalki comes equipped with such great powers that He can annihilate all evil on our Earth in no time. And the energies and Light of Lord Mahavatara are so brilliant, so radiant that they can establish the Light Age on this Earth, this very moment onwards. Yet, these divine personalities follow all the rules and divine laws and allow time to take its course before a New Age can dawn at its proper time.

These personalities are assisted, trained and guided by great spiritual masters and divine beings, Both Lord Kalki and Lord Mahavatara were trained by many Rishis before their respective missions began. They were equipped with weapons, gadgets and powers by these masters. The Rishis also play a crucial role of assisting in the works of these personalities, who normally consult the Rishis on all major decisions pertaining to our Earth.

Anyone can contact these incarnations and seek guidance and help at any time. One can connect to them with their prayers, sincere intentions and love. When we open up to their influence, Lord Kalki assists us in removing all the influences of evil in our

system. And Lord Mahavatara opens us to the divine vibrations of the New Light Age.

Those who have made sincere efforts to connect to these divine personalities have been able to contact them and take great spiritual strides. Their help and guidance is available for every Soul on this Earth. With their grace, anyone can make a rapid progress into the New Light Age.



V. The Light Age

THE LIGHT AGE

We carry the memory and hope of a utopia deep within us. Our stories and myths speak of a Golden Period which was either in the past or will arrive in the days ahead. This period is one of great peace, happiness and fulfilment, where people live in harmony with one another and with all life on the planet. Sometimes, it is this hope which gives us the strength to move ahead in spite of all the pains, betrayals and unhappiness of everyday living.

The golden tomorrow that we look towards in anticipation is neither a mere fantasy, nor a false hope to cope up with life. We are indeed on the threshold of such an age, which is beyond our wildest dreams in terms of the joy, expansion and advancements of human endeavour. A great era of peace and prosperity is slowly dawning on the horizons of human life on this Earth. Those who are able to look beyond the veils of everyday awareness and witness this divine age have called it as Satya Yuga or the New Light Age.

A UTOPIA ON EARTH

The New Age that we are entering into is different from all the other ages that we have passed through until now. It is an era

when values such as Truth and Love are at the highest level. These values get diluted when Time moves into the other three ages. We have just emerged out of a long dark period where truth, love and righteousness were mauled and destroyed. We stand on the border of the New Age at this point in time, when these values are being restored back to their pure levels.

Satya Yuga, the New Light Age, is the Golden period in Humanity's history. It is known as the Light Age because Light rules and manifests in all its glory in this time period. Light is God Himself and this age witnesses the abundance, thus expansion and beauty of God in all details. The Supreme Intelligence Himself guides humans directly in this period. He lives amongst them as a special incarnation, the Mahavatara, and takes care of all their needs, requirements and aspirations.

In the Light Age, humanity will go beyond the limitation of all religions and will live a spiritual life. All religions will vanish and the life will be based on love and a spiritual value system.

People live at the heights of material prosperity. They take huge strides in Material growth and advancements and will enjoy all its fruits without resorting to greed, envy or possessiveness. There will be many new discoveries and progresses in the fronts of science, astronomy, arts, architecture, music and culture. Special souls who arrive from various other Universes and take birth here bring with them the specialities from those sources and manifest them. The human beings will also connect to different Sources in God's creation and bring down unique and hitherto unknown knowledge in various areas.

Humanity will also make great spiritual achievements both at the personal and collective levels. They will be able to go beyond the known realities and explore the unknown realms. Such an

effort has already begun with our Rishis exploring the Unmanifested and Manifested Universes beyond ParaBrahma and even venturing into the extraordinarily huge Primordial Intelligence, Mula Brahman. These efforts will gain momentum and the favourable conditions of the New Light Age will help Souls achieve great spiritual heights.

Life will be filled with love, accommodation, happiness, joy and harmony. There will be no diseases, decay or discord. Even Nature will be tuned to very high vibrations of the divine and will bring forth life-forms that vibrate love and bliss. This age is nothing short of a Utopia that one can imagine.

The Rishis who are the Spiritual guides of all humanity reveal that the New Light Age will start on this Earth very shortly – from the year 2020!

A NEW LIGHT AGE IN THIS CYCLE

This Light Age will be unique and different from similar past eras on this Earth. From this cycle onwards, the system of Yugas is undergoing a major change, as we have discussed in the earlier chapters. These changes will come into effect from this Light Age itself. Hence the Light Age that we are entering into is totally different from all the previous innumerable light ages on our Earth. This will be an entirely new experience for of the entire humanity.

Due to the great changes that are made in the laws of the Universe, the exact features of the New Light Age are yet to be completely understood. Yet there are some details available about

how this Light Age will be unique and different from the earlier ones.

In the New Light Age, only Love and Peace will prevail. There will be no place for any Evil. The earlier Light ages had allowed the individuals who were not totally pure but who genuinely repented for their mistakes to continue living. This small leniency from the Divine was misused by the dark forces to penetrate the Light Age. No such thing will be allowed henceforth.

The duration of this New Age has been changed. Earlier, the Light age spread over approximately 20,000 years before the next age started. This is reduced to 2400 years. On completion of this duration, another Light age will begin instead of any other age.

The Light age will not be uniform as it was earlier. There are seven phases within this duration, each having different characteristics. Because the other three ages are being abolished from this cycle onwards, these phases are introduced to bring in diversity and challenges to humans living on this Earth. On completion of these 7 phases, a new Light age with another 7 phases will start on our Earth. This cycle will repeat. Further details about these phases will be discussed in the next chapter.

The Individuals who live in this New Age will still have some challenges to face. They will be tested in terms of – Surrender, Truth and Equality, Humility and Willingness to Work for God.

These tests and their outcomes will further decide the evolution of the Soul in the New Age. This is a new feature from this Light Age onwards.

The Souls of the New Age usually live in very advanced Physical bodies, also known as the Light bodies. They also have

unusually advanced mind and intellect, equipped with new gadgets, faculties and capacities. These Light bodies have been enhanced and optimised to a great extent for this cycle. The intricate details of the light bodies and the new human systems will be separately dealt with in the next section of chapters. Overall, the new light bodies from this age onwards have been improved by nearly 75% as compared to the earlier ones.

God will continue to incarnate among humans but since there is no concept of Evil henceforth, His incarnations will be totally different from any of the earlier ones. Two of His incarnations, Lord Kalki and Lord Mahavatara, are currently working on our Earth to herald the New Age. These two personalities will remain on our Earth for a very long time to ensure the stabilisation of the New Light Age here.

This system of the New Light Age will first be experimented on this Earth. If this experiment succeeds, then it will be implemented in others Earths in this Galaxy and the Cosmos as well. There is also a possibility that this new experiment can be rolled back and the earlier concept of Light Age may again be introduced on this Earth.

THE HUMANS OF THIS AGE

Out of the 7 billion people on this Earth at present, only about 5% are expected to pass through Pralaya and enter the New Light Age. The Rishis and their workers are putting in great efforts to increase this number so that more people can qualify to live on Earth in the advanced times. All these Souls will acquire new Light bodies when the New Age begins.

Whenever Dark Age begins on our Earth, many advanced Souls shift to higher dimensions or move over to other Lokas (Planes of Existence). The Mayans are one such example. Once the New Age begins here, many of these Souls would want to return to live here and experience the Light Age, which is a unique and a new experience even for them. All these ascended Souls will take birth in human bodies.

Most of the Souls on this Earth are from ParaBrahma. In the New Age, many new Souls from there, who have not come here before, will be arriving to take birth on our Earth. Along with them, there will be Souls from other Universes beyond ParaBrahma, who are coming into this part of Creation for the very first time. Such special souls will also take birth and will be given special Light bodies, which are very pure and operate with maximum efficiency. These bodies help the Souls to experience life to the optimum extent at the physical level.

The work of the Rishis and their workers will continue in the New Light Age too. They will be engaged in various activities related to spiritual advancements; so these personalities will also take birth in the New Age. Along with them, many specialist Rishis who are experts in anchoring energies are expected to take birth as well.

The incarnations of Gods will also take birth to live amongst people and further the work of administering Creation and helping the Rishis in their work. These incarnations will be new amshas of the divine which have not arrived here before.

All these different Souls will live together in harmony though they have different capacities and come here with various purposes. 'Oneness' is the essence of living in the New Age, hence manifesting it in spite of the diversity will be one of the tests for

these individuals. The Souls who are arriving for the first time and those from other Universes will have more capacities and faculties, yet they have to be humble and share their gifts with others. The Souls from ParaBrahma have to manifest more love and accommodate everyone.

NEW PLANTS AND ANIMALS

Many wild animals may become extinct in the coming years. Newer species will arrive on our Planet. For these species to take birth purity on Earth is required; hence they will arrive only after the Light Age gets fully established. All life will be tuned to a higher state of consciousness.

The animals and birds in the New Age will be tame, soft-natured and will co-exist peacefully. All of them will be herbivorous and will live harmoniously without killing one another.

Plants will continue to gather the life-force (Pranas) even in the New Age, but they will gather them from the Second Sun. They will continue to provide sustenance to birds, animals and humans through grains, vegetables and fruits. Humans will have the capacity to absorb this life-force directly from Nature but they will use this capacity only for higher purposes, without violating the laws of that time.

The newer, evolved species of Plants will be very intelligent. They will provide food only to those who are humble and divine. Humans or animals with ego will not be able to take food from these plants. And if the plants develop ego, they will get disconnected from the Second Sun and will perish.

The soil will be very rich in fertility and nutrients. An important work regarding this was done by Maharshi Amara in Dec 1975 when he was physically alive on this Earth. He had brought down a Kumbha, a huge pot containing divine energies, and had anchored it deep down under the Earth's surface. This Kumbha will begin to release its energies from 2015! The effects of these energies will make the soil very rich in fertility all over the world, to sustain the higher life of the New Age.

THE ACTIVITIES IN THE LIGHT AGE

The Light Age is not a replacement for heaven so that an individual can have only pleasant experiences. It is an age of purity, oneness and love, with immense opportunities for growth, advancements and accomplishments. The details of such an advanced life are too numerous and complex, with most of the information being yet to be revealed by the Rishis.

The following account gives a general idea of the activities of individuals in this New Age. Human beings will live together in joint families comprising of 8 to 12 members. Initially they will undergo a higher training to live in oneness and harmony with the entire world. Only large families will exist in the Light Age.

Work and Sadhana will be given equal time and importance. The individuals will be engaged in some or the other activity all the time. The Light body does not require sleep, hence this gives them sufficient time to balance their roles and engage in diverse activities.

The individuals will link up to the Sun for 2 hours every day - once in the morning and once in the evening – to recharge the

entire system and keep all the faculties tuned. During this time, they also consume 'food', in the form of different fruits, but the main consumption will be Pranas that the system can easily absorb instead of having a process of digestion.

After the morning recharge, the individual will pursue the work of his choice. This could be some research or building a machine or an administrative work. Some can even choose to connect to Nature, learn and share things. Every activity that is undertaken will have the goal of advancing the knowledge and benefitting the entire globe. There will be no selfish motives in these pursuits.

Some members of the family also stay at home to take care of the house.

A part of the day will be spent in Meditations. This is mainly for individual Sadhana and growth. Many new realities are opening up; hence, this time will be dedicated to experience them and also make individual spiritual progress. After meditations, there will be various activities until the end of the day, where people would share their knowledge and energies with each other. This will also be the time when barter of different goods will take place. People attend different classes to learn new things that they are interested in.

During the Evening recharge, they also consume food that is rich in Pranas to sustain their bodies. After this, they complete the day's pending work up to midnight. This is also the time for them to interact with the other family members.

The time between midnight to early morning will be utilised in meditations. This session will not be for individual Sadhana but mainly to explore the Spiritual realms. New energies and

knowledge that have to be experimented upon will be brought down. Sharing of spiritual knowledge and wisdom will also occur in this duration.

This is a general understanding of the way of life in the New Age. The specifics may vary from one individual to another. And the way of life will be different in each of the seven phases in the New Age. Many more details about various aspects of this life are yet to be revealed by the Rishis.



THE DIFFERENT PHASES OF THE NEW LIGHT AGE

The New Light Age that will start on our Earth will have many variations. It will not be a monotonous or uniform period. The concept of diversity that exists in all of God's creation will also be brought into play here, through the introduction of different phases. These phases will still be categorised on the basis of the percentage of material and spiritual activities, much similar to the cycle of Yugas we had until now. But the negativities and evil that accompanied material growth will not be allowed in the New Age.

The entire Light Age on this Earth is divided into seven phases. In all these phases, no corruption or evil will be allowed to operate. It will always remain a kingdom of God and life will exist the way God wants it to. All of us will be living in His higher energy field on this Planet.

THE DIFFERENT PHASES

In the initial phases, the spiritual growth will be at its peak, gradually moving towards a balance and towards the end, the focus will shift towards material advancements. The life duration of humans varies in these ages. In the first three phases,

individuals will be allowed to live between 50 to 200 years, whereas in the next 3 phases, they can live between 50 to 160 years. The maximum life duration will be 100 years in the final phase.

PHASE 1

The first two phases of the Light Age will almost be similar, when life in general will be fully oriented towards spiritual progress. In the first phase, many Souls from the other manifested Universes will take birth along with the Souls from ParaBrahma.

All the Souls will bring the energies and specialities of their respective source and exhibit them here. This will bring in new ways of life and cultures, and will help in enhancing the overall diversity on Earth.

Life will be full of Love, Peace and Oneness. The entire humanity will be living as one large family.

This will also be a phase when huge advancements will be made in the spiritual field. The unknown realms of existence will be explored further. Inner faculties like Intuition, telepathy and teleportation will be fully active in everyone.

Multiple Light cities will be built during this phase and there will be gateways from our Earth to other parts of Cosmos. People will be able to travel physically through these gateways, either directly or in their spacecrafts. They will gather abundant knowledge and energies from those places and bring them back.

This phase will last for an approximate duration of 430 years.

PHASE 2

The second phase will be very similar to the first one. The main difference is that the Souls from other Manifested Universes with either go back to their sources or shift to other Earths. Our Earth will have Souls from ParaBrahma and other Divine Cosmoses, along with a few transformed Souls from the Seven Earths.

The role and functions of individuals will be similar to that of the first phase, with humanity working towards enhancing the available spiritual knowledge.

In the first two phases, Lord Mahavatara will be the guide, but he will not have much of a role as the entire humanity will be highly advanced. Due to their higher spiritual states, there will not be many spiritual tests for the individuals. Their challenges will be in experiencing the new realities, higher degrees of Spiritual experiences, etc.

The second phase is expected to continue for 340 years.

PHASE 3

From the third phase onwards, the material pursuits will gain momentum. A lot of research and development to advance the material sciences will be taken up by the inhabitants of this phase. The divine laws will still be followed in spite of the beginning of materialism. As this phase progress, the material comforts on this Earth will also increase steadily.

Other than the Souls from ParaBrahma and the Divine Cosmoses, more Souls who transform from the Seven Earths will be allowed to take birth on our Earth. In the previous two phases,

people will be living on Pranas alone. From this phase, they will start to consume fruits and other basic food items.

Intuition will be sharp in all individuals, and hence they will be able to experience God and interact with the Higher Intelligence easily. But Rishis feel that this will be an interesting phase as it will be a test to see which life an individual chooses and pursues – the spiritual or the material!

This phase will also last for 340 years.

PHASE 4

The fourth phase will witness an equal balance between the Spiritual and Material aspects of life. A lot of innovations will happen in the physical sciences in this duration.

There will be some dilution in the spiritual values that people follow. The oneness with the entire humanity, which would be prevalent in the earlier three phases, will begin to reduce as this phase progresses. Smaller groups will be formed and individual desires will increase.

Due to the delicate balance of values in this duration, the role of Lord Kalki and Lord Mahavatara in supervising and guiding life on Earth will increase. Many Rishis will assist them too. They will see to it that no laws are broken and everyone continues to manifest all the divine principles in their work and living. Severe actions will be taken if any of the laws will be broken. This is the phase where individuals face a number of tests.

This phase will continue for a period of 250 years.

PHASE 5

The fifth phase of the Light Age will continue to have balance between the Material and the Spiritual. But there will be many other changes. Lord Maitreya, the king of Shambala will rule the entire Earth under the guidance of Lord Mahavatara.

During this phase, special incarnations from the Divine Cosmos will take place. They will not be the ones we are familiar with, but new manifestations from the Divine. These personalities will incarnate because only they can herald many changes in the way of life here. They will also bring various advanced skills and teach them to humanity.

The material life will shift towards establishing trade and commerce for the first time. As everyone will be spiritually advanced, they will use Light and Intuition for these processes. These activities will be under the vigilance of the Higher Intelligence. There will be peace and prosperity all over the Earth. Due to the shift towards material activities, the brightness of the Light bodies will begin to decrease in this duration.

This phase will again be for a period of 250 years.

PHASE 6

In this phase, the material activities will reach their peak. Unfortunately, it will result in a lack of oneness among individuals although there will be no dilution in the spiritual values.

Instead of one ruler as in the previous phase, there will be many kings and queens ruling different territories. A strong democratic system will exist under these leaders where the people

will decide on how they want their life to go about. This system will allow humanity to decide on their preferred way of life and make progress in those areas. These leaders will have a final say in all matters. There will be no wars as people will respect each others' boundaries.

Intuition will be very feeble and many individuals will lose their direct contact with the Higher Intelligence towards the end of this phase. The radiance from the Light bodies will also further decrease in this phase. The number of spiritual masters who will guide people will gradually increase as this phase progresses.

The duration of this phase will also be 250 years.

PHASE 7

The last phase of the Light Age will appear to be the closest to a non-Light Age. Everyone will follow all the spiritual laws and manifest them in their lives but the spiritual life will be in a primitive state.

The population on Earth will be very less as compared to the earlier phases. Most of them will not have a direct contact with the Higher Intelligence. Many will not be living in their Light bodies.

This will be the age of Material dominance as humanity will make huge advancements in the areas of science and technology.

The Souls from two Manifested Universes which have no spiritual activity will be allowed to take birth on our Earth in this duration. Although they follow all the laws, their focus and

activity will be completely materialistic in nature. This will be the shortest phase lasting just 160 years.

AFTER THE SEVEN PHASES

These different phases presented here are the initial concepts of the New Light Age devised for our Earth by the Higher Intelligence. Towards the end of these Seven Phases, a number of decisions will be reviewed and many changes will be made. Based on these decisions, either the Light Age will repeat again with these Seven Phases or a new system with longer durations will take its place.

A transitory period will exist between each of these phases where the ways of life and values will change gradually from one phase to another. These short durations will be between 25 to 75 years depending on the requirements. As this is the first cycle of the New Light Age, the Rishis plan to finish the entire Age quickly so that they can review the results of their experiments. Hence the entire cycle will be over within 2400 years.

Different experiments are being implemented in the other Planets, where the New Light Age is beginning, and those observations will be used in revising these phases at a later stage. The following phases are meant only for this Earth. These are the details available at this point in time. Further changes could be made in these details based on many other observations. By the time the Light Age begins, the actual way of life will be based on those improvised details.



VI. The Evolved Human

AN ENHANCED HUMAN SYSTEM

Our system of body, mind and intellect help us experience and make sense of the world around us. The quality of our living depends not only on the external situations but also on our ability to understand and make sense of those circumstances. Life would appear meaningless and ordinary even in a heavenly place, if we lack the capacity to perceive such an experience.

This human system was basically designed to suit the conditions of the Dark Age which we have left behind now. The Light Age that awaits humanity is an age of purity and higher vibrations. Our current human system will not be able to withstand those pure and pristine conditions. To experience the divine life of that age, our system, which is still attuned to the ways of the previous age, needs to be overhauled and upgraded at every level. Many of the dormant faculties need to be activated along with fitting our bodies with new capacities.

Such an enhancement will occur as we move towards the New Light Age. The Higher Intelligence has designed the blueprints of a new body, a new mind and intellect along with many faculties and other intricate details, which will upgrade and modify our systems into superior instruments of perception. Many more changes are expected to occur at the individual level based on the

experiments being conducted by the Rishis and their workers. When the Light Age starts on this Earth, those who qualify will find their systems being modified and upgraded on the basis of the blueprints of these experiments.

THE HUMAN SYSTEM – FIVE BODIES

We are Souls – sparks of Divine Light, covered by five Koshas or sheaths. These sheaths help us to survive and live on this Earth and also experience the diversity in the Creation that has been manifested on this planet. The Soul is enclosed by the 'Anandamaya Kosha' or Spiritual body filled with bliss. This is further covered by another sheath, the Intellect, filled with intellect matter. The next sheath surrounding the intellect is the Mind, which is filled with mind matter. The Physical body which houses all these sheaths is the most gross among these bodies. It is permeated by the Vital body which provides the life-force energy for the system. These five bodies together form the Human system in which the Soul lives.

The Soul has unlimited capacities to know and experience Creation. But the sheaths which cover it impose many limitations on the capabilities of the Soul. These limitations and the characteristics of the sheaths also vary from one Age to another. These bodies are in their purest form in the Light Age and the Soul can experience Creation to the maximum extent.

The Light Age this time is unique because of the new experimentation that is being initiated in our Galaxy. To suit the way of living in the New Light Age, all of our bodies will be enhanced and upgraded like never before. The limitations which are imposed by our bodies will be minimised so that the Soul can

express more of its potential. The new Human System on this Earth will be the best in the entire Material Cosmos for the Soul to occupy and experience Life. It will be better than the human systems which were created in any of the earlier Light ages on this Earth.

Any transformation will take effect gradually so as to not upset the balance. All these changes will not be effective immediately once we enter the New Light Age in 2020 but will take a natural course of time. It would take nearly 20 years for all of these changes to fully manifest, hence these transformations which start in 2020 will be completed by 2040.

THE IMPROVEMENTS IN THE SOUL

A Soul is a particle of Light that emerged from the Ocean of Light (God). The quantity of Light in the Soul can be increased through Tapas and Spiritual progress.

In the new experimentation, the transformation process begins right from who we are. With humanity waking up to newer realities, the Souls will be given additional Light. The Rishis have so far finalised to add a lot of Blue Light from the Primordial Intelligence, Mula Brahman to all the Souls who will take birth on this Earth from this Light Age onwards. This Light will be visible directly to anyone. The size of the Soul, which is just a speck now, is expected to be about 3 inches in diameter after this.

AN IMPROVED SPIRITUAL BODY

The Spiritual Body or the Anandamaya Kosha houses the Soul. It also contains the atmosphere and energies of the Source from

where the Soul originated. It is about the size of the fist, located at the mid-chest region.

As the Soul will be enhanced with additional Light in the Light Age, this sheath will also be improved to hold extra Light and Energies. The size will increase to about a feet in diameter. More intelligence will also be added to this sheath.

This body will contain the combined Light and Energies from Mula Brahman, the Source of the Soul and other Manifested Universes.

CHANGES IN THE INTELLECT

This Kosha, also known as the Vignanamaya Kosha or the Intellect, will retain many of its original properties. It will be tuned to help better Intuitive understanding.

More energies from its source — Devi Loka will be added to the Intellectual sheath. To assist the new way of living in this Light age, a lot of energies from the Unmanifested Universes will be incorporated in the Intellectual sheath.

CHANGES IN THE MIND

The Mind or the Manomaya Kosha is created in Brahma Loka and is filled with mind matter, the atmosphere of Brahma Loka. The Souls which take birth in the New Light Age will be fitted with new Minds which are enhanced with additional mind matter. Yet many of its characteristics like the three layers (conscious, sub-conscious and unconscious) will be retained.

The Mind also has various energy centres, known as Chakras, which are the gadgets that the Soul has received from the Higher Lokas in the Material Cosmos. These Chakras, apart from carrying the energies from the respective higher Lokas, also act as entry points to those worlds. Since the concept of Lokas in the Material Cosmos is being eventually removed, the new minds will henceforth not have any chakras.

CHANGES IN THE ASTRAL BODY

The astral body is the combination of the Mind, Intellect and the Spiritual body. Although it is only a combination, this body has its own intelligence and functions. This part of the human system is also undergoing many revisions and changes.

Vasishtha Maharshi has used a lot of Light and redesigned it. A number of tests are still in progress to observe the overall functioning of this new astral body.

The Rishis want to integrate the astral body with the Light body in its functioning and capacities. As of now, they have decided to make this integration in the first 3 phases of the Light Age. In the other 4 phases, there will be a little separation between these two bodies.

In the initial phases of the Light Age, the individuals will be so advanced that they do not need a Guru, hence the concept of a spiritual guide will be obsolete in that period. Every individual will have a direct contact with the Rishis and God. To facilitate this, the astral body is being equipped to have contact with Light at all times. This also helps to keep the ego out and bring in a lot of Spiritual maturity in the individual.

A STRONG VITAL BODY

The Vital body or the Pranamaya Kosha, which permeates or glues the astral and physical bodies, comes from the Sun. It contains naadis or tube like structures that carry energies, mainly Pranas from the Sun to sustain the physical body.

This sheath will be majorly overhauled for the new Souls which take birth in the Light Age. The new Vital bodies will henceforth be manufactured with the energies from both the Sun and the Second Sun.

The number of naadis will double from the existing 72,000 to 144,000. At present, every individual has a dormant energy known as Kundalini, which when activated by Spiritual practices or increasing purity levels, will flow through one of the main naadis. In the enhanced Vital body, the active Kundalini energy will flow through all the naadis. The Kundalini energy will interact with other energies and vitalise the system.

A NEW KUNDALINI ENERGY

In the Light Age, the Kundalini energy will play an important role in an individual's life. A special team of Rishis is working on developing a new Kundalini energy that is suitable for the new Light bodies.

At present, there are 72 types of Kundalini, ranging from the grossest to the most subtle. In the New Light Age there will be only 36 types, which are entirely new and can be termed as generators of Light in human vocabulary.

The Kundalini energies also receive and store higher energies. Every time an individual progresses spiritually, the Kundalini energies, with the permission of the Rishis, pump more energies into the individual, thus enabling him to receive and gather higher energies and knowledge. Those who will be spiritually highly advanced will always feel a special vibration because of these energies.

Many more modifications will be made in the Kundalini energy from this Light Age onwards. The Rishis are yet to reveal those details.

THE NEW PHYSICAL BODY

In the near future, our physical bodies will transmute to become Light bodies, with each cell having the capacity to hold Light. The entire body will shine with a brilliance that will be visible to others. Because of the cells holding the purest Light, all the divine qualities of Light like Love, Purity and Expansion will automatically manifest in the individuals who occupy such a body.

Many dormant faculties will open up and start operating in the individuals when they occupy the Light body. Some of them like telepathy, teleportation, sharp intuition, the third eye, clairvoyance and clairsentience, which have gone dormant because of the Dark Age will begin to function automatically. Apart from these, many advanced faculties will be provided to the New Light bodies, so that the individual can have an entirely new and novel experience of the New Age.

The size of the physical body varies from one Age to another. In the Light Age, it will be the maximum being 28 feet, diminishing

in the subsequent ages and averaging at 6 feet in the Dark Ages. As we move into the Light Age, the new Light bodies will also grow to the height of 28 feet!

These Light bodies will have differences in genders, being classified as male and female. Many of the current body features will be revised. Both the sexes will have long hair and, similar physical strength and stamina; neither gender will dominate the other. Both male and female bodies will be very strong, healthy and disease-free.

Detailed information about these extraordinary Light bodies and their advanced faculties will be explored in the next chapter.

AN INTEGRATED HUMAN SYSTEM

All these bodies together form the human system which allows the Soul to experience the refined life of the New Age. The clear perception and capabilities of the intellect and mind will allow individuals to make tremendous progress and discoveries in various fields. The enhanced vital body along with the new Kundalini energy will keep the entire system healthy and toned up. The active and new faculties will help in connecting to different sources in existence and bringing down new knowledge and energies. The Light body which encompasses all other bodies will help in experiencing the divine life at the physical level.

With these enhanced human systems, every individual on this Earth will have direct links with the Rishis and God. Enlightenment will be the default condition of all individuals. Man will scale great heights of progress in all fields, both material and spiritual, with advancements and accomplishments that defy all imagination. Life

will be full of peace and harmony without a trace of evil, suffering or pain — a kingdom of God where truth, love and abundance always prevail.

This extraordinary life that will manifest on our Earth in the New Light Age will be experienced by the Soul through these advanced and enhanced systems.



THE LIGHT BODY

When Humanity enters the New Light Age in 2020, the present physical bodies will transmute into a purer, superior form which will help the Souls in experiencing the divine life of the New Age. This advanced Physical body that the Souls occupy is called as the Light body.

The Light body will be entirely different in its composition and properties from our present physical bodies. Its vibratory level will be greater than that of the present one. The cells in this new body will be able to hold a lot of Light and different types of energies. This body will have the capacity to carry new faculties and will naturally manifest all the divine qualities. By its very nature, it will help in living a balanced life where an individual can explore the heights of both the material and spiritual dimensions.

The Light body is not subtle like Light but will be made up of cells that hold a great amount of Light; hence it will have a definite shape and structure. It will follow all physical laws of Nature, say, being influenced by the pull of gravity. It cannot go through walls and gets wet when in touch with water. Since it shares quite a few characteristics of the present body, it can be considered as the purest and most advanced form of the human physical body.

THE NECESSITY OF A LIGHT BODY

Our present physical bodies, like our other koshas, suit the Dark Age that we have been living in so far. Now we are moving into an era where the conditions of purity are so stringent that not even a trace of darkness or negativity can survive in that period. In order to live in such an age, we have to be totally pure, good and manifest truth at all levels all the time. Only a very pure and highly advanced physical body can support such a way of life. If we start manifesting the divine qualities now, our current physical bodies will begin to gather Light in their cells and gradually transmute into Light bodies.

The Light Body does not allow any negativity to enter it; hence the dark forces will not be able to occupy it. It has a special faculty which churns out any negativity within and keeps the body in a pristine pure condition. In case any dark Soul occupies it, it has the capacity to even destroy the Soul itself. This factor makes the Light body suitable for the Light age.

Apart from this faculty, there are many other advanced faculties and spiritual powers that are a natural part of life in the New Age, and which cannot be sustained in our current bodies. A Light body, while supporting these higher capacities, also removes many of the limitations that are imposed by our present physical body. It helps the Soul to maintain a continuous link with the Supreme Intelligence all the time.

An important factor is that many new Souls from other Universes will be taking birth for the first time on our Earth in the New Light Age. These Souls, which are very pure and radiant with Light, need a superior body to experience life here. All these factors make it necessary for us to require a Light body in the days ahead.

THE FEATURES OF THE NEW LIGHT BODY

The present physical body has been used as the template to build a highly efficient and enhanced Light body. The overall structure and appearance of the new body will resemble our current physical body. There will be a skeletal structure as the basic frame, covered by muscles and tissues like now, but all the cells will be containing Light. Many of the internal organs will continue to exist, so do the other processes like respiration and circulation. But the overall role and functioning of these systems have undergone a major overhauling.

The Basic Elements

The five elements — Earth, Water, Fire, Air and Ether — also known as the Pancha Bhootas form the basis of all matter in the entire Material Cosmos. They combine in different proportions to create every type of matter, from the particles like protons and electrons to the higher elements and even our current physical body. The New Light bodies will be created by using a finer and higher grade of these five elements.

The combination and proportion of the elements will also be different, as compared to the proportion in the current bodies. In addition, the energies from the Divine Cosmoses and other Universes will be infused in these new Light bodies. At the cellular level, the frequency of vibration is increased to about 12 times, which indicates a highly advanced spiritual condition of the Soul that occupies such a body. The density of the new cells will increase by four to six times the density at present. Each cell will be able to hold and glow with Light and other special energies from different Sources.

The Sense Organs

Our sense organs help us to perceive the physical world around and then make sense of those perceptions. These organs will be highly advanced in the new Light bodies to enable the Souls to perceive the higher experiences of the New Age.

The Eyes will be able to see not just the physical world but even the astral worlds. Clairvoyance will be a natural phenomenon for everyone, through which they will be able to witness events beyond the limits of space and time. The Ears will be enhanced with new faculties which enable listening to happenings around the world and even across the entire Galaxy! The Nose, along with having enhanced capacities of smelling, will also be able to detect the quantity of Light and flow of Energies that an individual receives. It will be enhanced to alert the individual to any dangers and also give an indication of death.

The taste perception of the Tongue will be reduced since we will not consume much food in future. New gadgets will be installed in it to assist individuals to detect new chemicals and energies. And the functioning of the Skin will be greatly enhanced in the New light bodies, by which the individual will be very sensitive to his surroundings and can relate better to nature.

An advanced faculty, called as 'Clairsentience' will enable individuals to feel the vibrations of others and sense their thoughts and emotions. New gadgets fixed on the fingertips will help the individuals to perceive the Stillness in existence and easily enter those zones. They will also emit unique rays which help them relate to higher beings.

The Internal Systems

Many of our internal systems will be enhanced and upgraded in the Light body. The digestive system will exist but its function will be to first absorb the 'pranas', which are gathered from the Sun by the special plants. These pranas are later converted into an appropriate energy required for the Light body.

The respiratory system will continue to function as it does now. The in-breath and out-breath will help in the regulation of Prana that is received from the Second Sun. A special liquid called *Luminous Enzyme* will replace the blood that flows in the Light body. This liquid which is also found in the circulatory systems of *Unicorns* will distribute Pranas and Light all over the Light body.

At present, our brains are wired for logical reasoning and analysis. In future, they will be rewired and tuned for more of intuitive grasping, telepathic communication and communion with Rishis and God, while retaining their capacities for logical reasoning and analysis. We will be able to use 100% of our brain's capacity as compared to the current 15-20%. The present nervous system will be replaced with an advanced system, consisting of a new faculty called as *Tubicular Light* in place of nerves.

The means of reproduction will be through higher methods instead of sexual intercourse. People will be able to choose to procreate through contact with one another or just with their intention. The infant will develop inside the womb of the mother as it does now.

SOME SPECIAL FEATURES

In the earlier Light ages, the individuals could live in their Light bodies for 20,000 years and then move on to another planet where the conditions of Light age existed. There was no birth and death in that period. Since the Light age is going to be established permanently on our Earth, this law has been revised. There will be birth and death henceforth even in the Light age.

After birth, the individuals mature into adults within 3 years, by which time the astral body will completely integrate with the physical light body. There will be a gradual ageing in the light body but at all times, the individual will be fit and healthy, and will function at his full potential. He will be able to live up to the age of 200 years in the New Light age.

The Light bodies will be very tall as compared to our current physical bodies. They will be almost 25–40 feet tall, with proportionate weight and other properties. This growth in size of the physical body will be reflected everywhere in nature also, with the plants, trees, birds and insects all taking up bigger physical bodies.

Many of our dormant faculties will be activated and along with them, many new faculties will be fitted into the Light bodies. The Rishis have finalised about 18 such faculties for the New Light body, whose capacities and features are too advanced for us to even understand at present. We will be able to teleport and travel to different Solar systems in the entire Material Cosmos!

THE DIFFERENT LIGHT BODIES

The Light bodies will not be uniform for all individuals. They will have special and unique characteristics according to the Souls that occupy them. Souls from various origins, with different capacities and purposes will take birth here, so the bodies they occupy will also vary from one another.

There will be seven types of Light bodies based on the colour of Light that they emit. They are:

1. **Violet Light body:** which is superior amongst all, and will be occupied by very special souls
2. **Golden Light body:** for the new Souls arriving from ParaBrahma for the first time
3. **Blue light body:** which is the purest and will be occupied by Souls from different Universes
4. **White Light body:** for all of us on Earth now who qualify for the New Age
5. **Violet-Blue Light body:** for the divine personalities when they incarnate in the New Age
6. **Diamond Light body:** for the Rishis and the Rishi workers
7. **Diamond-Golden Light body:** for the specialist Rishis who anchor Energies

These Light bodies will be taken up by the Souls who will arrive on this Earth when the Light Age begins. But before that, the human beings who are living on this Earth at present and who are going through the processes of Pralaya will have to shift into

Light bodies. Their gross physical bodies will have to be transmuted and converted into superior and refined bodies. This conversion is one of the most important processes initiated by the Higher Intelligence as a preparation for the New Age.

THE PROCESS OF TRANSFORMATION

There are many processes that will occur before our present bodies transform into Light bodies.

To begin with, a major transmutation happens at the cellular level, allowing the cells to hold more Light. Then various activations happen at the genetic level which converts the physical body into a Light body. At the same time, the existing internal systems and sense organs are gradually replaced with their advanced counterparts. All these processes occur under the careful monitoring and guidance of the Higher Intelligence.

From Carbon to Silicon Based System

The human body is made up of various internal systems and organs, which essentially consist of tissues and cells. These tissues contain a healthy percentage of Carbon and hydro-carbons as their basic constituents. Our current bodies are said to be carbon based because of the presence of such a high percentage of Carbon.

Carbon is an amorphous element which does not allow the cells to hold much Light. In converting our present body into a Light body, these Carbon-based cells undergo a major transmutation into Crystalline forms which can hold a lot of Light. Hence the Light body is also referred to as the Crystalline body or Silicon-based body.

This conversion is the first and major step, due to which our cells which are predominantly elliptical will change into a regular crystalline shape. Then various changes are initiated where the constituent carbon elements transmute gradually into crystalline components. The changes in the cell properties allow them to hold a lot more Light.

The Genetic Changes

The most basic functional unit of our body is the single cell. The human body is made up of an estimated 100 trillion cells. Each cell has a nucleus that contains DNA molecules. The main role of DNA is the long-term storage of information. It contains the instructions and blueprints to construct other cells and cell components.

This information is stored in the form of genes inside the DNA molecules. The DNA carries genetic information from one generation to another. This is the reason how a single cell in the womb of the mother grows into a human baby, complete with all the internal and external organs and various processes that make it a human being.

Science has discovered that DNA molecules are made up of two strands which resemble a twisted ladder, and the genes are located on these two strands. Another discovery is that about 90% of the genes in these strands are not used for any purpose and hence are called as junk DNA.

Most importantly, the DNA molecules also have many other strands which have become dormant because of the Dark Ages that humanity passed through.

A very important step in transmuting the physical body into a Light body is the activation of the 'junk DNA' or 90% of the inactive genes, as well as the activation of the dormant strands! When the junk DNA becomes active, it results in the physical body exhibiting newer characteristics. And the activation of the additional strands releases the information stored in them to invoke extraordinary capacities, healing powers and the ability to hold Light in the cells.

Such activations occur every time when mankind transits from the dark ages to the Light Age. Since we are moving into a completely new Light Age which has its own unique characteristics, the DNA activation processes have also been revised. The Rishis are yet to reveal the number of DNA strands which will constitute the new Light bodies. The activations of the junk DNA and the dormant strands will be carried out under the careful monitoring and observation of the Light that we hold in our system.

Along with the changes at the cellular level, the transformation will also occur at the level of organs and internal systems of the physical body. This transformation will happen in stages and our existing systems and organs will be upgraded into their advanced forms. The digestion, circulation, respiration, reproductive and nervous systems will change according to their new enhancements. In the final stages, the five senses will be replaced with their superior forms.

Once the physical body transmutes into a Light body, the remaining parts of the Human system will also transform resulting in an advanced Mind, Intellect and Spiritual body, along with new Naadis, Kundalini and other advanced faculties. A completely

transformed Human system will be available after the completion of all these processes over a period of 15-20 years.

WHEN WILL THE TRANSFORMATION OCCUR?

There are a few individuals on this Earth who have been striving to shift into Light bodies from a long time. They will be able to see the results of their efforts from March 2012 onwards. For the rest of humanity who qualify for the New Light Age, the transition from the gross physical body to the Light body will happen in three phases.

The first phase starts from the beginning of the year 2013. This batch consists of those who begin to prepare themselves for the New Age, now onwards. They have spiritual backgrounds and are already in the process of purifying and cleansing themselves at all levels. And those who are simple at heart and God-loving will also make the shift because of their inherent purity.

The second phase starts from the middle of 2015. Those who awaken because of the various catastrophic events and Earth changes that are expected to occur around this time will start the transition into Light bodies. And those who do not choose the Light age will be shifted to the Seven Earths in this duration. This phase will be between 2015 and 2020.

The third phase begins from 2020 after the Light Age is established on our Earth. All the Rishi workers and Light workers who would have strived so far to help the entire humanity to shift to the New Age, will transit into Light bodies in this phase.

Those who will be born after 2020 will directly take up a Light body.

BECOMING A LIGHT BODY

This is not the first time that a human body will be converted into a Light body. Mystics and Light workers have successfully shifted into Light bodies, irrespective of the Age they have lived in. The inhabitants of Shambala live in a body which is almost similar to a Light body, so do the chiranjeevis on this Earth. These conversions were bi-directional, where the individual could revert back to his normal physical body at any time. The current transition which we are about to witness cannot be reversed, because we are moving into a permanent Light Age, hence there will be no need for an ordinary physical body henceforth.

The process of transmutation starts at the conscious level, when an individual makes efforts to purify and positivise himself and follow the principles of Light. The rest of the processes occur at a level where an individual has no conscious control or influence. He can only sustain these processes by dedicated spiritual practices and by continuous pursuit to manifest positive qualities in his life. These two activities at the conscious and subtle levels go hand in hand in converting a physical body into a Light body. The individual efforts are greatly supplemented by divine assistance from the Rishis and higher beings.

The most important factor of this whole transformation process is the 'guidance' that will be available to an individual in becoming a Light body. This guidance comes from the Rishis and divine personalities in the higher realms; hence the ability of an individual in establishing contact with them is very crucial. Until such a contact happens, the individual has to follow a spiritual path or a human guru and continue his spiritual practices in order to cleanse his system. When purity is established in the system, the faculties of higher communications open up automatically; it is

then that the Rishis take over and guide him directly towards becoming a Light body.

Shifting from a gross physical body to a divine Light body is a spiritual challenge that we face now. The Rishis have given a few guidelines and spiritual practices which help us surmount this challenge successfully. They have been explained in detail in an article on our website. You can go through it for further details – [Light Body Part 4](#)



VII. The Light Principles

YAMA AND NIYAMA – THE VALUE SYSTEM

In every age on our Earth, the general living is guided by the value systems that are prevalent in that period. These systems vary from one Age to another. In the Dark Age, the ways of life were guided by the religions in different parts of the world. All these religions originated from Spiritual masters but over the course of centuries, various distortions arose in their principles and teachings. The purity of the origins was lost in the subsequent interpretations due to the effects of the Age.

The New Light Age will have no religions. Life will be based on a common value system which will be followed by all individuals on Earth. Two sets of principles form the basis of this Universalism. These principles were compiled and recorded by a great master, Patanjali Maharshi.

Patanjali Maharshi spent thousands of years understanding the Mind and its influence on life and spiritual growth. He recorded his observations and understandings, which have now become a part of the scriptures. In his work called the Ashtanga Yoga, a part of Raja Yoga, he notes two very important aspects that are required for the spiritual growth of a person – Yama and Niyama.

Yama and Niyama are a set of principles to be adopted by the individual and applied in all situations. They are a part of the higher spiritual laws which are applicable throughout the entire Creation of God.

Life, especially on our Earth, where there are opportunities for good and evil, is usually guided by perceptions. One who is corrupt would consider corruption as a virtue and honesty as weakness. The principles of Yama and Niyama help in bringing clarity and understanding to such issues among others. They provide guidance and proper perspective for the ways of life – both at the collective and individual levels.

THE PRINCIPLES OF YAMA

Yama consists of five principles which deal with the characteristics of a person's life as a part of the society. These principles define the larger role of individuals in relation to one another, so that collective life can be healthy and harmonious.

The five principles of Yama are – Non-violence, Truth, Non-stealing, Non-Greed and Making God a part of life.

Non-violence – Ahimsa

The principle of non-violence emphasises that an individual should always be compassionate and kind to his fellow beings and also to Nature. He should never hurt others through his actions or words.

Non-violence should be adopted not just at the physical level but also internally at the level of thoughts and emotions. The individual should not carry aggressive or violent thoughts towards

others, as these ultimately manifest in the real world. Rejecting these negativities at the subtler levels is an important part of this principle.

This principle should also be extended to one's own self where we are compassionate, kind and reasonable towards ourselves. An important aspect of this principle is manifesting love. When we have unconditional love towards others as well as ourselves, we follow this principle naturally.

Truth – Satya

This principle refers to the most fundamental value to be manifested – Truth. It is one of the characteristics of the Supreme Intelligence – God Himself. When we follow the principle of Truth, we will be in tune with Light at all levels.

An individual should never deceive or cheat others in any way and he should always be conscious of what he speaks and expresses. This practice flows naturally through having total clarity and awareness within oneself and by keeping one's conscience clear. Following Truth, irrespective of the consequences, is an important spiritual achievement that aligns us directly with the Higher Intelligence.

Non stealing – Asteya

The essence of this principle is Honesty. An individual should not take things into his possession which do not belong to him. The higher aspect of this principle states that he should not take credit for the ideas and efforts of others. This principle goes hand in hand with the principle of Truth.

Making God a part of life – Brahmacharya

Brahmacharya means movement (charya) towards God (Brahman), rather than the commonly misunderstood meaning of celibacy. The highlight of this principle is that all our activities should be focused on moving towards the higher experiences, towards Light. Any action which breaks the laws of karma or comes in our path of spiritual growth should be avoided.

When we live in the awareness of God or Light, all our actions will be in tune with the greater whole, with Nature. It brings a harmony within ourselves and between us and the larger society. Ultimately it aligns us to the flow of the whole Universe.

Non-greed – Aparigraha

The highlight of this principle is that an individual should not possess anything in excess. He should live in balance with things that support and nurture his life.

Everyone has the right to live comfortably but when our possessions become excessive and we start hoarding, life goes out of harmony and balance. It leads to greed and attachment in course of time.

A healthy respect and regard for life and our fellow beings helps us manifest this principle effortlessly. Shifting our focus from the material to the spiritual wealth also builds in us the mindset of non-greed. A balance between these two riches brings a natural abundance into our lives.

THE PRINCIPLES OF NIYAMA

Niyama consists of five principles which are the precepts of individual discipline required for daily living. These principles refine an individual at the personal level and elevate ones way of living.

The five principles of Niyama are – Purity, Contentment, Shining with Light, Introspection and Surrender.

Purity – Shoucha

This principles lays emphasis on being pure at all levels – body, mind and intellect. We should be pure and clean physically and also keep all things around us in a neat and tidy way. We should have pure thoughts, emotions and intentions.

Many other positive qualities flow naturally out of purity and freshness. Being pure is a basic essential of a spiritual life.

Contentment – Santosha

Being content with what we have is very important to lead a happy and peaceful life. While one need not be complacent and continue to make efforts to grow, this urge should not make us dissatisfied with what we already have.

In contentment, we also save our energy and efforts which can be channelled toward higher spiritual pursuits.

Shining with Light – Tapas

Tapas is a state of experiencing God and thereby shining with His Light always. In context of individual values, it refers to the individual being disciplined in his daily life and following spiritual practices as a part of one's routine so that we can be with Light all the time.

Manifesting goodness and honesty in life and being a God Loving person itself is enough for a person to start shining with Light.

Introspection – Swadhyaya

There are two aspects to this principle. At the physical level, it refers to regular introspection and observation of one's behaviour and actions, so that improvements can be made. Such introspection helps one to correct the mistakes and live in harmony with others.

And at a spiritual level, the principle refers to an individual making regular efforts to understand more about himself, his origin and higher aspects. This introspection defines one's purpose and brings clarity and direction to the entire life.

Surrender – Ishwara Pranidhana

The literal meaning of Ishwara Pranidhana is to give one's life to God. What it means is that an individual should surrender to God and dedicate all one's actions and positive results to God. This helps an individual to be humble always and remain connected to the Universe, to the larger Whole.

These principles, which are the Universal values of the New Age, can be followed in any Age, in any part of Creation. They align us to the highest vibrations of the divine and help us manifest Light in our lives. When we follow them with dedication, they hasten our transformation and movement into the New Light Age.



THE LIGHT PRINCIPLES – THE NEW CONSTITUTION

When the decision to implement the Divine Project was taken, the Supreme Intelligence decided on the basic principles that will govern life hereafter in all the Earths. Vishwamitra Maharshi did a lot of Tapas and brought down these principles. There are a total of 12 principles that will govern the divine life in the New Light Age and are called the 'Light Principles'.

These principles are familiar to all of us. Many of these were also part of the laws of the earlier Light Age on this Earth. They are still being followed in the divine city of Shambala. After the end of the Dark Age, the citizens of Shambala shared these with humanity. This set of older Principles was known as the 'Shambala Principles'.

Vishwamitra Maharshi shared the new principles with a batch of Rishis, each of whom further did Tapas and contemplated, experimented and experienced each of them and brought out new techniques and methods to practice them. The energies, love and blessings of these great masters is behind each Principle and hence each of them is named after the respective Rishi.

The major improvement is that the aspects of Oneness and Light have been strengthened in all these Principles.

These twelve Light Principles are arranged under three categories.

I QUALITIES TO MANIFEST

1. Manifest Peace and Prosperity – by Vishwamitra Maharshi.
2. Manifest Love, Patience and Accommodation – by Kripacharya Maharshi.
3. Manifest Oneness with the Entire Creation – by Agastya Maharshi.
4. Live with an Expanded Awareness – by Bharadwaja Maharshi.

II TAKING THE HELP OF LIGHT IN DAILY LIVING

5. Be United within and with Others to Keep the Ego and Negativities Out – by Pulastya Maharshi.
6. Use Light to Achieve the Goals – by Markandeya Maharshi.
7. Meditation and Sadhana are basic necessities – by Vyasa Maharshi.
8. Be Humble Always and Live in Light – by Amara Maharshi.

III LIVING AN EXALTED LIFE

9. Maintain Secrecy before Achieving the Result – by Vasishtha Maharshi.
10. Respect the Space and Privacy of Others – by Pulaha and Kratu Maharshis.
11. Balance the Material and Spiritual by Surrendering to God – by Purushotama and Valmiki Maharshis.
12. Execute Every Work with Sincerity and Love – by Mangal Brahman Maharshi.

These 12 principles can be practiced easily and they help anyone achieve the highest in the spiritual realms. They bring purity in the system, burn the karmas and also form the base for many faculties to open up. These principles help in sustaining the Light bodies in future.

All these Light Principles are interconnected. If we are able to follow any one of them completely, we will be automatically manifesting the others. These are the different aspects of a holistic spiritual life.

I. QUALITIES TO MANIFEST

The first four principles emphasize our true state, our inner nature. Since it is difficult to live these qualities all the time at present, we can begin to practice them with conscious efforts like a technique until they become natural and we manifest them all the time without effort.

When we practice these principles, we do not have to be concerned with the parameters like place and time or even other specifics like a particular direction. They can be practiced while travelling or even while lying down.

There are special, advanced techniques for the practice of these principles, which are given to a serious student at an appropriate stage in his Spiritual Sadhana.

1. MANIFEST PEACE AND PROSPERITY — BY VISHWAMITRA MAHARSHI

Peace is our natural state and we have an abundance of it within us. This enormous peace is also present in God, in Light. We have

to tap into this inner peace and experience it. Then manifesting it in our lives become easy. We can also spread this peace to everyone around us.

Vishwamitra Maharshi, through his experimentation also discovered that as we go on manifesting Peace consciously, prosperity also manifests automatically.

2. MANIFEST LOVE, PATIENCE AND ACCOMMODATION — BY KRIPACHARYA MAHARSHI

Love is the very nature of God and the fundamental aspect of His Creation. We, the Souls, who are a part of God also carry these subtle vibrations deep within us. But our other characteristics like anger, bitterness and jealousy come in the way of expressing and manifesting love in our lives.

An individual has to first experience this unconditional and expansive quality of Love so that he can easily manifest it in his living. It begins at the physical level with an individual accepting himself, the way he is, with all the imperfections and shortcomings. Such an acceptance removes a number of blocks within him. Then with practice, this unconditional love can be extended to those around and even to inanimate things.

When we start relating to others with Love and manifesting it, we can easily tolerate many things which would disturb us earlier. And with Love comes patience and accommodation with people and circumstances.

All these help us to become spiritually mature and make faster spiritual progress.

3. MANIFEST ONENESS WITH EVERYONE AND THE ENTIRE CREATION – BY AGASTYA MAHARSHI

At the level of Light, everything is one and undivided. As Light manifested into Creation, duality and separation came into existence. We have come from the undivided Source into this Creation in order to experience it. Oneness is our natural state and we can experience it with the entire humanity and all existence. It takes a lot of effort and time to manifest it completely, but it becomes possible with persistence.

As we start to practice and experience Oneness with others, any hatred, bitterness or selfishness dissolves. It strengthens our links with Light and makes us experience our Self. Most importantly, it makes us better human beings and live this life completely. When we start to experience and manifest Oneness completely in our lives, we will be living in a higher spiritual state known as Nirvikalpa Samadhi.

4. LIVE WITH AN EXPANDED AWARENESS – BY BHARADWAJA MAHARSHI

Most of us go through life without being aware of our thoughts, emotions and actions. We are not conscious of many of our activities and lead mechanical lives. This unconsciousness is out of tune with our true inner nature – Silence. As we start becoming aware of our thoughts and actions consciously, we start experiencing and manifesting this inner silence.

Silence leads to the further refined state of Stillness. Living in Stillness is not being idle but being aware of every thought,

emotion and action of ours. When we are established in this Stillness, we will automatically be able to radiate Peace and Love.

Our awareness expands beyond our body-mind-intellect, in the state of Stillness. In that expansion, we will be able to connect and relate to others, to Nature and to Creation itself, and manifest Oneness.

There is no limit to the degree of expansion that can be achieved in Stillness. We can expand to the level of the entire Creation at all levels. This principle helps us to be in the highest state of Samadhi called as Paripoorna Samadhi.

II. TAKING THE HELP OF LIGHT IN OUR DAILY LIVING

Light is God. If we are able to take His help, guidance and support in every detail of our lives, we will always succeed and never go wrong. Our lives improve multi-fold and we will move towards perfection in all areas.

A simple beginning in this direction is to imagine that there is a bright Golden Light inside us at all times. The Light nurtures, helps and guides in every situation. With practice, we will be able to establish a relation with this Light and make it a part of our lives.

The next four principles explain how to establish this relation with Light and take His help in our daily activity.

5. BE UNITED WITHIN AND WITH OTHERS TO KEEP THE EGO AND NEGATIVITIES OUT – BY PULASTYA MAHARSHI

The observation made by Pulastya Maharshi is that we are not united within. Our senses pursue their own interests, while the different bodies of our system try to work independently. This non-unity is the reason that the ego sustains itself in spite of our best efforts to sublimate it.

When we begin to experience Light within, it helps us to burn the impurities and discipline our senses. It brings purity and unity in the entire system. We then begin to operate with a higher awareness and find it easy to curb and finally sublimate the ego.

Another comment made by Pulastya Maharshi is that similar to being united within, we have to be united with others too. We have to be united as a family, as a society, as a nation and finally unite as Humanity. This will ensure that Peace and Love will manifest on our Earth at all times.

6. USE LIGHT TO ACHIEVE THE GOALS – BY MARKANDEYA MAHARSHI

Markandeya Maharshi has experimented a lot in understanding the different ways in which one can take the help of Light and achieve the goals of everyday life.

The most efficient way discovered by him was to first take the help of Light with our Intuition to make decisions, so that we are guided correctly. Then with our intention, we have to consciously send a lot of Light and Love towards the decision we have in our mind. Then we have to execute those decisions and also send Light while doing it.

Markandeya Maharshi says that we have to use Light in each and every decision of ours. This helps us to be guided correctly and also be just. And when we use Light, we are also in tune with the other characteristics like Love and patience which are very much essential while executing a work.

To improve the overall efficiency, he also suggests that first of all we should plan our activities of the day in the morning and organise ourselves to execute this plan.

In addition, we also have to periodically introspect on the overall picture which takes our long term goals into account and make sure that our efforts and activities are supporting those goals.

7. MEDITATION AND SADHANA ARE BASIC NECESSITIES – BY VYASA MAHARSHI

Vyasa Maharshi has given this principle after a lot of efforts and Tapas. He mentions that Sadhana or spiritual practices are very essential and fundamental in a person's life as they help the individual to actually experience Light, and thereby manifest its qualities. It is also the basic requirement to acquire new energies and knowledge.

Vyasa Maharshi says that regular and systematic Sadhana will bring about an inner transformation. It helps the individual to balance his life well and ensure that he does not live in extremes. It also helps in overcoming attachments and bondages.

8. BE HUMBLE ALWAYS AND LIVE IN LIGHT – BY AMARA MAHARSHI

Amara Maharshi mentions that humility is one of the basic foundations of spirituality. Humility is the absence of ego in a person and an important aspect indicating the spiritual progress of an individual.

An individual becomes humble when he experiences Light. The Light is so much larger than the ego that one can easily lose the 'I' within. A humble person is not meek or timid but functions with the inner strength of Light and hence is a very strong person.

Amara Maharshi says that we should always be filled with Light and then try to experience it. We can also imagine ourselves to be surrounded by Light all the time. This helps us to be protected and guided better. Living in Light transforms our life completely.

In the initial stages, it might appear difficult for an individual to experience Light and adopt it in all the activities of the daily life, but with practice it becomes easier. When Light is used, the results will be easily noticeable and this gives the necessary encouragement and the impetus to use it more.

III. LIVING AN EXALTED LIFE

These four principles help us improve the quality of our lives by implementing a few subtle aspects. When manifested, they make a huge difference to our daily living.

9. MAINTAIN SECRECY BEFORE ACHIEVING THE RESULT -BY VASISHTHA MAHARSHI

Vasishtha Maharshi has given this principle which states that we should consider all our activities and goals as sacred and not talk about them unnecessarily until we achieve the results.

When we start executing a work, we build up an energy field with our thoughts and efforts, which supports this work. This energy field gets disturbed and diluted when we talk too much about it. The jealousy and dislike of the other person will also affect it.

We naturally have to discuss about any work with those who are associated with it. This principle however cautions us that if 'showing off' and casual approach are exhibited, they reduce the efficiency and hinder the accomplishment of the task.

10. RESPECT THE SPACE AND PRIVACY OF OTHERS – BY PULAHA AND KRATU MAHARISHIS

These two Maharishis have observed that most of humanity is bothered about others and spends less time introspecting or correcting itself. Gossip is a rampant activity. Individuals also try to mould their lives based on others' views and not based on their own beliefs and higher laws.

This principle insists that one should learn to respect the space and privacy of others. The individual should not interfere in the lives of others when it does not concern them. One should also stop giving free advice to others and focus on his own growth. One should practice first before preaching.

11. BALANCE THE MATERIAL AND SPIRITUAL ASPECTS BY SURRENDERING TO GOD – BY PURUSHOTHAMA AND VALMIKI MAHARISHIS

Balancing both aspects of life – the spiritual and material is very important. Focusing on either of them alone is not the way of the Light, as both these seemingly opposite facets have emerged from Light. One may not know if they are leading a balanced life, as this balance differs from one individual to another. The easiest way to achieve this is to surrender to God and allow Him to guide. One has to make conscious efforts to listen to the Higher voice.

When we surrender to the Higher Intelligence, everything falls in place in our lives. We get all the help and guidance that is necessary at each and every moment. The Supreme Intelligence, Light takes care of us in all aspects of our lives. One has to practice this surrender to actually experience all of this.

Experiencing both aspects of life in surrender to the divine – this is exactly the way a Light being leads his life in the Light Age.

12. EXECUTE EVERY WORK WITH SINCERITY AND LOVE - BY MANGAL BRAHMAN MAHARSHI

Sincerity is an aspect of truth and it is a very important quality to be developed and manifested at all times. When we approach any work, it has to be done with sincerity and love. When we work with love, we will be able to accomplish them faster and with ease, and the mistakes and errors will reduce drastically. The overall efficiency also increases tremendously when we work with love and sincerity.

Mangal Brahman Maharshi wants every individual to manifest Light in their lives all the time and it was with this perspective, he devised and strengthened this principle. He also says that when we can surrender to the material comforts, why not surrender to God, who has created these and also us.

MANIFESTING THE PRINCIPLES NOW

These Light Principles will be followed by everyone in the Light Age. We need not wait until then; one can start manifesting them from now itself as they help in leading a better life. The individuals who follow it can live a divine life in the midst of all the chaos and churning, imperfections and duality dramas. These principles take us beyond all of these into the divine life of the New Light Age.



THE AGE OF LIGHT

By Soluntra King — www.evenstarcreations.com

The Age of Light is upon us and in reality, it is only by being the Light we are, that we will be able to navigate our way through the changes that are taking place on Earth right now and the coming shift in cycle. We are returning home to our self — as we have come out of the Source and danced in unlimited facets of Light — until we decided to experience the furthest extremes of our love — and came into the physical realm and into the dense bodies. But even though our bodies are dense — they are still Light, just vibrating at lower frequencies. Now as we complete the great cosmic dance and the experience of being in matter, we come to a time of completion of our experience on Earth and in density, for we cannot get any denser or any further away from our Source. We are almost in complete self-destruction mode, and have come from lack, greed and separation consciousness, and have bought into the illusion of fear to such a degree that we forgot that we are Light. Now, in order for us to move beyond the limitations of fear and density that we have confined ourselves to, the only solution is to awaken and activate the Light that from the densest levels of our being, we once again illuminate from inside out and shine the Light of creation from our hearts.

The doorway though is from the love that we are and absolute acceptance of all of ourselves and all creation without judgment or fear. As we love and accept all of our self, we become lighter and lighter, until all the cells and our energy bodies are light and radiant and we remember who we are. This is the only solution to the dilemmas we face now on Earth, as we learn to embrace our light and dark and move beyond duality consciousness and separation into oneness and wholeness and realize that we are one Being and one Earth. No longer feeling and behaving in separation, competition and aggression, or comparing ourselves with others, but acknowledging the Light in each other and the Light within — so we become the multi-dimensional-being that we truly are.

The children — coming in now know this, see this and respond to our Light. They are here to take the Earth through into the Age of Light and it is our job to have the way cleared. We are the cleansers of the old paradigm and we start with our self, as we clear our self through love and acceptance of our fear and pain until we shine so bright that nothing that is not of the Light can come anywhere near us. The Light cannot invite into it that which is not of it. So those who choose to still play the power and control dramas will cease to exist in this realm. We are the guardians and the ancient ones returned and we are here to herald the new day, the New Earth and the Age of Light. This is not foreign to us but our natural state, being caught in the illusion and the world of materialism and limitations is the abnormal state of existence that for many of us we can longer maintain. It takes too much energy being in fear and pain, but once we realize the pathway through our heart and from love, then we return to our true form which is Light.

THE LIGHT AGE

Light comes to us from the Source — the creator and all creation. Light is life and without Light there is no life. At the physical level, in density, we find it difficult to perceive light unless we meditate or channel light to another for healing. We are here in bodies and at this plane of existence we have to learn to become conscious and awakened right at the densest levels of our being and in our cells and DNA. So in order to become conscious, we channel light and open up to the light within our self. As we receive it and give it out, we receive more as Light gives love, peace, abundance and joy.

Our inner light gets stronger and it brings about many wonderful changes within us. The strength of our inner Light connects us strongly to the Creator, the Source and when we have a strong connection with the Source, we open up to our unlimited potentials and express the divine in ways that serve humanity and our self in divine love, in peace and beauty, dancing in the light and our joy illuminates out to all creation. The strength of our inner light means we can handle many challenges that are given to us in our journey through life. We cannot stop the challenges but we can now greet them in at state of peace and confidence.

The Light gives us everything, and the lighter we become as we embrace all our obstacles in unconditional love and acceptance, it frees us to be the divine light being we truly are right here in our body, our Body of Light. The lighter we become means the light illuminates from us even unconsciously, where ever we go, it touches everyone and all beings, allowing them also to open up to their divinity and express their light, moving beyond duality and the pain and fear that traps us in the illusion of separation. For we are one light, one breath, one heart, one with all creation and we are here at this great time of the completion of duality and shift in cycle, back to the unified essence of

creation. Heaven on Earth is created through us, right now here on Earth.

We are the ambassadors of Light as the Rishis and Light Beings assist us to channel and be the Light on Earth, and so the shift as we move through the Galactic Centre is no longer traumatic or done in fear but done in ease and flow, love and peace as we have become the Light Beings we truly are in a body on Earth. Total integration of matter and spirit, Heaven and Earth are one.

By being a selfless server of the Light and channel, it enriches your own life in ways you would never have realized. The strength of your inner light gives you the strength to stand up and be the Light Being you are right now — the Goddess/God creating Heaven on Earth.

You are divine and beautiful, a shining radiant diamond of light in the unlimited prisms of light of all creation, and as you shine and sparkle, this light illuminates through the grids of the Earth and the light grids that connect all our higher selves around the Earth. It is only by a shift in consciousness that humanity will move beyond the madness of hatred and fear, lack and denial, into the abundance that is here for everyone, as the Light opens us up to the unlimited possibilities of our true self, and to the unlimited possibilities of our service on Earth.

We are in the dawning of the Age of Light as we see the light and radiance that shines from within each other and in all living creation. As we learn once more to be in harmony with nature and all humanity, and honor all beings as we give thanks and gratitude to be born here on this beautiful planet, the jewel of the universe

THE LIGHT AGE

and to live on Earth in harmony and at peace. Because of your love and dedication, this is possible.

May you always be open to receive the Light and to give it out to all Creation. May you feel the peace within and the radiance of the Light that shines from within your heart. May the Light illuminate you so you can be free to dance and be the joy that the Creator wishes for you and all humanity. May the unlimited abundance of the Creator be upon you, as you own your own Light and share it out in the eternal flow. Light is the all that is. Light is life.

In the One Heart,
Love Soluntra

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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 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.



AN APPEAL

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ADDITIONAL READING

For additional information about the following personalities and concepts, click on the headings below to read more on our website

www.vishwaamara.com

PERSONALITIES

- ▶ Rishis – The Light Masters
- ▶ Vishwamitra Maharshi
- ▶ Amara Maharshi
- ▶ Lord Kalki
- ▶ Lord Mahavatara

OUR CREATION

- ▶ Creation
- ▶ Mula Brahman and the Unmanifested Universes

ABOUT THE TRANSITION

- ▶ Meditations – A Beginning
- ▶ Changes at individual Level
- ▶ The Seven Earths
- ▶ Light Bodies

