

Preparing for

2012

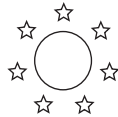


Preparing for 2012

by
STUDY CENTRE

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**Dedicated to
Maharshi Amara**

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A NOTE

How do we prepare ourselves to deal with the situations that might develop owing to the events that might probably occur at the end of 2012? How should we prepare? How seriously should we consider these? Do we dig an underground room, carry a survival kit or just laugh it off as one more "prophecy"? Such questions are naturally flying around. And the answers are more confusing.

An attempt is made here to approach the situation sanely and squarely. Devoid of technical jargon, this book is made simpler to reach all.

This, one more book from the Study Centre is the result of tireless endeavour.

February 1, 2011
(Birthday of Amara)

Divine Love
Guruji Krishnananda

Introduction

We published the book '2012 End or Beginning' in May 2009. The book explained in detail some of the events expected to occur in the year 2012 and the possible reasons behind them. It was received well, probably read by a few thousand people. Throughout the book, we emphasised that the world will not end in the year 2012 and that it is a year of opportunities of a different kind. But somehow, the readers seem to have paid more attention to the possibilities of Material destruction rather than Spiritual evolution.

There are countless books on the subject of 2012 in many languages ranging from those that totally debunk the phenomenon as nonsense to those that consider it as the year in which the world will be completely destroyed.

And there are many books and websites that explain how to survive the calamities that are expected to occur in the year 2012. There are even websites that sell survival kits for 2012.

There are TV shows and movies that speak of

total destruction in 2012 or describe it as a hoax. And the astrologers are unable to find anything unusual in the stars during 2012.

Finally, there are those who are unaware of all this and believe life will go on the way it is now without any disruption for years to come. They believe that we can go on abusing the nature and our environment, go on living and expanding the Material life unchecked.

One of the primary aims of this book is to emphasise the fact that the world will not end in the year 2012. But there are certain events that are expected to occur in the year 2012 that have the potential to change our way of life. This book tries to explain some of these events, their implications and whether we, the ordinary people, need to do anything about it.

Will life go on forever as it is today? Will the corruption, unfairness, wars, selfishness, greed ever stop? Is there any such thing as Divine Justice?

If we look at life around us, the future looks bleak. But if we look closely, we can actually see the

transformation taking place. We can see that the old, outdated manmade systems are being exposed.

This book introduces the reader briefly to some of the events expected to occur in the year 2012 and then goes on to explain how to prepare ourselves to sail through the year 2012 *regardless* of whether these events take place or not.

This book is written under the guidance of Guruji Krishnananda, who has been teaching his students how to prepare to sail through calamities, either personal or global, and live a peaceful life, since 1988.

Some of the questions this book tries to answer are, what is likely to happen in 2012? Are these predictions true? If so, can we do anything about it? How do we prevent such events? How can we be certain about this?

When there are so many books on the subject of 2012, why do we need yet another book on it? The purpose of this book is not just to provide more information or knowledge to quench our curiosity or

to sensationalise the possibilities. The purpose of this book is to provide clear guidelines and methods that can be used by the reader for making his/her own action plan to be followed in preparation for 2012.

The book begins by taking a look at the condition of the world we live in today and the reasons behind it. It then goes on to provide details of some of the major events expected. It finally describes in detail how we can prepare for any eventuality.



Our world's present state

Before explaining how to prepare ourselves for the year 2012, we need to provide some information on the condition of our world today and how it has reached that state. After that, a brief introduction to the expected events shall follow.

Our world today is driven by some primary and insatiable needs of humanity: the need to quench our hunger and thirst and a shelter to protect us from the elements. These basic needs have led to the formation of civilizations, industry and commerce. In an increasingly populous world with dwindling resources, survival has become very competitive. The advancement of civilization has created more problems like spread of disease, crime, etc., which has led to the creation of more industry (healthcare, insurance, security, etc.).

Once the immediate need for food and other basic requirements are fulfilled, there is the concern for tomorrow's plate of meal. This concern leads to a feeling of insecurity, which in turn leads to competition and hoarding.

The feeling of insecurity is based in fear. Such insecurity leads to unfair competition and 'rat-race'. This can be seen at the level of the individuals, between

organizations and between states and countries. Employees are forced to compete with their colleagues in order to retain their jobs. In the new and emerging industries, employees spend all their time working overtime, commuting, sleeping, etc. with no time available to live life or find any meaning to life.

Even after earning enough money, there is no satisfaction or contentment. There is always the desire to earn more, own more and consume more.

While in the process of earning more, many become unscrupulous and corrupt. Initially, only those in power like politicians and bureaucrats were corrupt. But nowadays, even the common man has the tendency to be corrupt, given a chance. The percentage of those who are corrupt and dishonest has increased dramatically in the last few decades in almost all fields.

There are many who are honest and refuse to be corrupt, but most people are willing to commit crimes as long as there are no dire consequences.

The birth of Civilization

When mankind was primitive and 'uncivilised', humans lived in small groups in nature and the earth was in its pristine condition. Each family had to meet its food requirements through hunting and gathering in the wild. As man became more 'intelligent', these groups grew

larger and led to the formation of villages and thereby, civilizations. The need for food grew larger and man had to discover ways of growing/producing food and storing it.

With further advancement of civilization, the villages became cities with people having various types of occupations. To meet the food requirements, the food industry took birth, which had the responsibility of supplying food to everyone. Soon, there was a huge food industry, which had to transport food from the farmers to the consumers and it had to address the problem of preservation of food during transportation and storage.

The industry had to invent ways and means to preserve the food for long periods. So, the packaging and food processing industry was born. Many chemicals had to be invented and added to the food as preservatives to enable transportation and storage. Longer shelf life translates into more profits.

The farmers also needed larger yields from their agriculture to meet the growing demand. So, chemical fertilisers were invented that replaced natural ones. Then came the problem of insects, which led to the creation of harmful pesticides.

So, the 'processed' food we consume today is full of chemicals in the form of preservatives, fertilisers and pesticides. Even those packaged foods that claim to have

no preservatives are treated with such harmful processes as irradiation, pasteurisation, homogenization, flash heating, etc. that their contents become so lifeless, they do not get spoilt, but they are not fit for consumption. To add to this, there are genetically modified fruits and vegetables that do not get spoilt for several months, with unknown consequences on our health.

Most of the world's population today lives in cities. Almost all the food is processed and is full of so many chemicals that their regular consumption has naturally led to deadly diseases such as diabetes, heart diseases, cancer and many other chronic diseases and allergies unheard of before.

Added to this is the stress of competition combined with a sedentary life in this 'civilised' world that reduce our immunity and make us more vulnerable. This has led to the massive growth of the medical industry and psychiatry, which further add chemicals to our diet in the form of drugs.

Statistics show that the number of deaths due to chronic diseases has steadily increased over the years in spite of all the research done in the field of medicine, clearly indicating that the medical industry is unable to cure any chronic diseases*.

* 'Natural Cures "They" don't want you to know about' by Kevin Trudeau

One study showed that when terminal cancer patients were allowed to live without any treatment, they felt far better than the group that was put on chemotherapy and radiotherapy. In fact the drugs used in chemotherapy are so deadly, they usually kill the patient before the cancer does*.

Though there are many good doctors whose main motive is to help people improve their health, the sole objective of the medical and the pharmaceutical industries seems to be to profit from people's suffering. In the book, *'Cancer, Its Cause and Treatment Without Operation'* by Carmi Hazen on the research done by Dr. Robert Bell, the author says, "Medicine is profit based and the status quo is to palliate symptoms rather than address the cause of the offending disorder. The profits are in the treatments, not in the cure".

So, what began as growth and development of our civilisation has led to a world full of suffering caused by competition, stress, illness and unhappiness. When man was 'primitive', he lived a much healthier and happier life close to nature.

Today, the majority of the wealth is controlled by a handful of people. They also control the media and all the major policies of the world. For instance, the reckless use of fossil fuel has led to global warming, which gives rise to

* 'The Betrayal of Health' by Joseph Beasley

a chain of global changes that destroy the environment. But the governments are not making any effort to find alternative fuels because the few who own the oil fields prefer to continue to profit from the environmental damage. Since the elections are funded by the corporates in countries with elected governments, the politicians are forced to make policies to the latter's advantage.

When we look at all the problems of our world today, we begin to wonder whether there will ever be a time when everyone in the world is healthy and happy, with no competition, greed or war.

We begin to ask fundamental questions like does God exist? And if so, why does He allow evil to exist on this earth? Do we have individual and collective destinies or do we go on living aimlessly? Why are we here? What will happen after we die? Do we cease to exist or do we survive bodily death? If we survive, then, where do we go? If such questions come to our minds, it indicates that we have begun to think beyond ourselves and our routine lives.

There are clear and definite answers to all these questions. For instance, there is enough evidence to prove that reincarnation is true. There are many instances where individuals have remembered having lived in a different body. This goes on to show that we survive bodily death. This implies that we are more than the body.

The ancient Masters, who were capable of knowing the Truth directly, explained that we are souls and we live in our bodies. They have explained that we are here to experience life on this earth for sometime and eventually, we have to return to our origin.

This also implies that we are visitors here.

We are souls, capable of thinking, feeling and emoting. We are capable of manifesting infinite love and compassion. We have the freewill and, therefore, we are also capable of causing harm to others, being insensitive, jealous, hateful etc. In other words, we are capable of being both good and evil. It is a matter of choice, and if we want, we can choose to be good always.

The majority of the people of this world today are choosing evil, either directly or indirectly. Such personal choices by the majority can have global effects.

Power of thought

All human beings are capable of thinking, capable of consciously choosing what they think. Though the scientists are unable to capture or define a thought or an emotion, we all are aware that we think and emote all the time. By experience, we know that we have feelings.

Though thoughts and emotions seem intangible, existing only in our minds, it has been proven beyond

doubt that thought has power. It has been demonstrated that if many think the same thoughts, they have the power to affect our physical reality.

In a recent medical experiment, a group of people were asked to pray for the well being of a few chronic patients under treatment. There was a control group with a similar composition of patients with chronic illnesses. With regular prayers, it was clearly evident that the group for which prayers were offered showed improvement in their health, though they were unaware that someone was praying for them*.

The experiments conducted by Dr. Masaru Emoto of Japan have clearly and repeatedly demonstrated the effect of thought on water. When he studied the crystal structure of water taken from a dam in Japan, he observed that it was haphazard. He then took the water to a Buddhist monk and got it blessed. When he checked the water again, he found that it had a beautiful crystal structure. He has further demonstrated the physical effects of different types of thoughts and emotions on water. (For more information, please visit www.enwaterment.com.)

These experiments and others show that what we think affects ourselves, others and our environment. All

* www.godandscience.org/apologetics/prayer.html

the six billion plus people are thinking all the time, even in their sleep. It is also evident that more people think negative thoughts than positive thoughts.

Recent research has shown that a majority of chronic diseases are caused by negative thoughts and emotions. Consequently, overcoming such negative thought patterns and emotions has also resulted in the healing of chronic diseases.

For example, a doctor discovered that she was suffering from cancer. As a doctor, she was also aware of the inefficacy of drugs. When she was feeling depressed and was about to give up hope, she came across a book that said that the real cause of cancer is, strong and persistent resentment. Following the instructions in the book, she began positivising and successfully overcame her resentment and replaced it with acceptance and surrender. She refused to undergo surgery and combined this with alternative therapy and a change in her lifestyle. To her surprise, she found that the cancer had disappeared*.

It is an established fact that mental stress reduces our immunity and makes us vulnerable to all kinds of infections and diseases. This shows that our thoughts and emotions have the power to influence our bodies.

* www.stopbreastcancer-recurrence.com and www.louisehay.com/about-louise

Everything in Creation is fundamentally made of energy. Our thoughts, which are also made of energy, are capable of influencing the physical reality. If an individual's negative thoughts can cause disease in his/her body, what would be its effect on the surroundings? And if one individual's negative thinking can cause cancer, what would be the effect of the collective negative thinking of the majority of the people?

Such large scale negative thinking will naturally have disastrous and global consequences. Thoughts of a large number of people have the power to affect even nature. They can affect the conditions in a city or a country.

In an experiment, a group of a thousand people regularly meditated in Jerusalem over a period of several months during the Lebanon war in early 1980s. The number of meditators in the group was not constant. It was observed that when more people meditated, the number of deaths in the war came down. It was clearly shown that the reduction in the number of people dying was directly proportionate to the number of meditators. There was also a proportionate reduction in the overall violence and number of injuries.

So, it was observed that when people experienced inner peace during Meditation, the peace would radiate and influence the environment outside. And when a large group of people experience peace within, it has the power

to influence even a war. In this experiment, a thousand meditators could influence a million. This research was conducted by the Maharshi University of Management and the results were published in the '*Yale University Journal of Conflict Resolution* 32(4):776-812(1988)*'.

The experiment was repeated seven times by other scientists and in each attempt, they found an 80% reduction in war deaths, injuries and violence. Through these experiments, it has been established as a scientific fact that peace in a small group can influence a much larger group and the environment.

In the last few hundred years, mankind has experienced enormous amounts of suffering through wars, oppression, disease and famine. All this suffering produces a huge amount of negative thoughts and emotions, which in turn produce more suffering.

Through the centuries, mankind has created a vast field of negative energy on this planet through its negative and destructive thinking. This field of energy has the power to cause wars, earthquakes, floods, famines and other global upheavals. Humankind is trapped in the present way of life, which leads to the accumulation of more and more negative energy.

* jcr.sagepub.com/content/32/4/776.abstract

If we study the climate change and the number of global calamities reported in the last decade alone, it becomes obvious that we have pushed our world to the brink of disaster. The alarming rate at which the polar ice caps are melting, the number of earthquakes and massive floods, volcanic eruptions, severe weather changes, unchecked deforestation, disappearance of large number of bees and disappearance of some oceanic fish and coral reefs, new diseases and world economic instability are some of the indicators.

Can mankind reverse this trend? Can we collectively change our way of life in such a way that we dissolve all the negative energy and create a field of positive energy so that the global suffering can end?

This is indeed possible but it is practically very difficult to impress six billion plus people to be positive by human effort alone.

As our journey towards global disaster seems unstoppable, there is definite hope of reversing this trend. Our earth is heading towards a huge field of positive energy in outer space and is scheduled to reach it by the end of the year 2012. Once we enter this field of positive energy, it would be very easy for the people of this world to overcome their negativity by simply choosing to be positive. From then on, we the people of this earth will

embark on a new journey full of good health, harmony and peace, reversing all the damage done to our world.

The next chapter introduces the reader to this new field of energy that we are going to encounter and provide all the details.



Energy

Everything in this Creation is made of energy. There is no place or object in this Creation that is made of something other than energy.

All matter is energy that has taken form. If we break down matter into its fundamental units, it would become pure energy. This is physical energy, which can be broken down further into its subtler and subtler forms.

Energy also has frequency. Energy of a lower frequency is grosser compared to energy of a higher frequency, which is subtler. For example, the physical matter that we can perceive is of a very low frequency and therefore, it is gross. Sound and light are of higher frequencies, relatively subtler and therefore, we cannot touch them; we need special sensory organs to perceive them.

There are much higher frequencies of energy that we cannot normally perceive. There are some who are capable of perceiving such subtler energies because they are more sensitive than others.

Even objects, planets and stars also emit energy in subtler forms. A common example is the moon, which constantly sends energies of subtler frequencies to the earth. At the physical level, these are electromagnetic or

gravitational energies. These energies have a direct influence on our mind. This is evident from the fact that people with mental disorders are affected during new moon and full moon days.

This illustrates three facts. The first one is, though the moon is a physical object, it can affect our non-physical mind. Therefore, the moon must be having a subtler energy field that can influence the subtle mind.

The second fact is that the influence of moon's energy is stronger on new moon and full moon days, highlighting the fact that the alignment of the moon with the earth and the Sun is more important than the distance, since the distance between moon and earth remains constant.

The third fact is the influence of energy from outside on us. We receive energies not only from the moon, but also from the Sun, the other planets in our solar system and our earth. Manmade instruments can measure some of the physical energies from these sources but they cannot measure the very subtle energies that influence our system.

Even on our earth, the quality of energies differs from place to place. For example, the energies in a temple, a church or a pyramid are much different from the energies in a marketplace. And we know by experience that these energies have a direct effect on our state of mind.

We also receive subtle energies from neighbouring stars and the centre of our galaxy. The quantum of energies received from these sources depend on the alignment of our earth with them, much like the alignment of the earth and the moon on new moon and full moon days, which are characterised by stronger energies.

As the earth and the other planets in our solar system revolve around the Sun, the Sun also revolves around a much larger star Alcyone. Known as the Central Sun, it also revolves around another much larger star Sirius. So, as the Sun travels in its orbits, it comes in alignment with other stars and receives energies from them. These energies also reach the earth and influence us.

One such energy field that we are currently approaching is from our Greater Central Sun known as Sirius. The vibrations of this energy field are already reaching the earth since December 2009 and affecting us at the individual and global levels.

The energies that we receive from the stars are of a higher order. When we receive these energies, they have a positive effect on us and they help us become more Spiritual.

The energies from Sirius, also known as the Photon Belt, are of a very high Spiritual order. This vast field of positive energy has the power to eliminate all negative

energies on our earth and change the destiny of humanity.

The energies that we are receiving from this Photon Belt are getting stronger as the Sun gets closer to Sirius.

Effect of Photon Belt

The energies of the Photon Belt are of a higher vibratory level. When we allow them, they help us to positivise easily and become more Spiritual.

When we are Spiritual, we are expanded in all aspects. Our concern and compassion for others increases, regardless of who they are. When we grow spiritually, we experience oneness with the others, which leads to unconditional love.

On the other hand, when we are unspiritual, we become narrow in our thinking; we are concerned only with ourselves and our families. Being unspiritual is characterised by a lack of oneness, love and compassion for others.

History has shown repeatedly that living an unspiritual life, whether it is at the level of the individual, organisation, state or country, leads to suffering and darkness.

When the majority of the people of the earth live an unspiritual life, it gives rise to a field of negative energy

that can cause more suffering and destruction.

Our earth has gone through many cycles of phases dominated sometimes by darkness, sometimes by Light and sometimes by a mix of both. Our recent history and the present indicate that we are currently going through a period of darkness. When we look at the events taking place, it looks like the darkness is increasing. But what is actually happening is that the earth is undergoing a process of churning that is bringing out and exposing the underlying darkness in people and systems. This is a part of the cleansing process taking place on earth.

This process of exposing of the darkness and its cleansing has been initiated by the influence of the Photon Belt. Since the energies from the Photon Belt are highly Spiritual, positive and stronger, they are replacing the negative energies that we have created through our suffering over the centuries.

We entered the aura (field of influence) of the Photon Belt in the year 2009, which is having its effect on us. We will be entering the Photon Belt itself by the end of the year 2012. Though the scientists deny its existence, some powerful governments are secretly researching this phenomenon.

What we can expect

Since the Photon Belt is a positive field of energy, when

the earth enters it, the negative field of energy will be replaced with the positive energy. This leads to many changes in our systems and in our lives. Some of these changes will be gradual while others will manifest immediately.

To begin with, all manmade systems that create negativity or follow negative ways will start to crumble. These systems will be replaced with new systems based on positivity.

These include political systems, financial systems, the healthcare system, food supplies, the education system to name a few.

The political systems will be rid of corruption as people revolt against such corrupt practices. Though the people at present are unhappy with the rampant corruption, they are unable to come together and fight the system, which is too big and powerful. But once we enter the Photon Belt, its positive influence will unify people who are good and honest and weaken those who are negative.

Governments will be run by selfless qualified experts, who are advanced and have a Spiritual vision and not by politicians. The world will not see anymore wars or genocides.

The present financial system allows only a few to be wealthy while many remain poor, without food or shelter

and many dying of starvation. The global economy has been controlled by a few powerful people over several generations using unfair means. This will be replaced by a system where the wealth will be shared by all.

The healthcare system will discover new ways of treating patients without using toxic drugs and actually cure them and also develop new diagnostic methods that detect and prevent diseases long before they manifest. All harmful bacteria, viruses and other pests will naturally reduce in numbers and will eventually disappear.

The food industry will stop using chemicals and switch to organic farming, encouraging consumption of locally farmed food rather than transporting it across long distances, eliminating the need for preservatives.

The education system will impart universal truths with the aim of developing and expanding the pupils' awareness.

Armies and other defence forces will be reduced gradually and the global nuclear arsenal will be dismantled as it will not be necessary to maintain these systems. Boundaries between states and countries soon start to fade and people will begin to live as one global community.

At present we are destroying our forests at an alarming rate, leading to the extinction of many plant and animal

species causing disruption of the ecological balance. Added to this is the generation of greenhouse gases by burning fossil fuel for transportation. Breeding livestock for meat consumption produces the same amount of greenhouse gases generated by the use of vehicles. If effect, we are destroying the very planet that provides us our livelihood.

There have been many international conventions held to find solutions to stop the environmental degradation. But most of them have failed to come to an agreement on the required action plan to save the planet and ourselves. These meetings on the environment have been turned into economic and political discussions, focussing on populist measures rather than ecological solutions*.

The positive influence of the Photon Belt will help people understand the preciousness of nature and learn to live in harmony with it. The energies of the Photon Belt will also heal the world and reverse the damage done so far. Man will discover new technologies to reduce and prevent causing pollution. Humanity will stop using fossil fuel and will discover new renewable sources of energy. Meat production will stop as people will not be willing to kill animals, and become vegetarians.

But most importantly, we the people must become positive and develop compassion to fellow human beings,

* Watch video 'Home' to appreciate how precious our earth is: www.youtube.com/watch?v=jqxENMKaeCU

be concerned about the environment and reject darkness, which manifests in the form of greed, corruption etc.

When a large number of people become truly good and honest, it will have the power to counter the negative field of energy created over the centuries. In the last thirty six years, many great souls have taken birth, who will contribute greatly to the collective good of this earth.

A New Ager recently said that people becoming good alone cannot save us from global calamities and that we may require external help. This is quite true because of the extent of damage already done to the earth and its environment and the continued generation of negative energy. This is where the role of Photon Belt becomes significant. The influence of the Photon Belt is one of the main factors in preventing the calamities.

All of this will be possible when we begin to realise and experience that we all are one. This includes the plants and animals also. Only when we experience oneness, can we truly experience unconditional love. And only unconditional love can save us.



In addition to our entry into the Photon Belt, there are many other events expected to occur in the year 2012. The next sections explain these events and their possible effects.

Galactic alignment

As mentioned earlier, when the earth is in alignment with the moon on new moon and full moon days, we receive more energies than usual. Similarly, we receive more energies whenever we come in alignment with other stars or even the galactic centre.

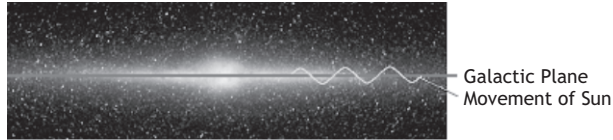
The energies we receive are not physical, but are subtle in nature. They are higher Spiritual energies and they help us become Spiritual if we absorb them.

Another common alignment we observe is during solar and lunar eclipses, when the Sun, the earth and the moon come in perfect alignment. During eclipses we receive enormous amounts of energies and those who like to grow spiritually, should try to absorb them by meditating during the eclipses.

As our earth orbits around the Sun, the Sun orbits around another star, Alcyone, which is our Central Sun. The Alcyone in turn orbits the Greater Central Sun, Sirius. There are an estimated 300 billion stars in our galaxy, the Milky Way. All stars orbit around the centre of the galaxy.

At the centre of the galaxy is a super-massive black hole that has enough mass to make the entire galaxy go around it.

As the Sun and all the planets in our solar system go around the galaxy, they move in a wave form with respect to the galactic plane, coming into alignment with it every 26,000 years (see illustration).



The Sun and the solar system entered the Galactic Plane in 1980 and will remain in alignment with the Galactic Plane for a period of 36 years, until 2016*. Since 1980, the earth has been receiving a flood of Spiritual energies from the Galactic Centre and will continue to do so until the transformation is complete.

This is another major event during which we receive energies from the centre of our galaxy. Like the energies of the Photon Belt, the energies from the Galactic Centre are also of a very high vibratory level and will have a similar effect on earth and its people.

The energies from the Galactic Centre will have both physical and Spiritual effects on earth. During the galactic alignment, the magnetic poles of the earth and the Sun are expected to disappear briefly and reorient themselves differently. This new orientation of the magnetic field will have a positive effect on the earth's inhabitants.

* alignment2012.com/whatisga.htm and en.wikipedia.org/wiki/John_Major_Jenkins

The energies from the galactic centre have the power to wipe out the accumulated negativity on earth. Those who choose to be positive and Spiritual will be greatly benefited.



Summary: The previous chapter narrated humanity's way of life, its exploitation of earth's resources etc. that have resulted in worldwide suffering and subsequent accumulation of negative energy. All this helps us to realise that we are responsible for the world's present state. The purpose of this is not to make ourselves feel guilty, but to make us feel responsible so that we may feel compelled to take some positive action.

This chapter explained the role of negative energies that we have accumulated and the field of positive energy that we are soon going to enter and the effect of it to highlight the fact that we are not doomed.

The next chapter explains some more events that are expected to occur in the year 2012.



Major events & predictions

Solar Cycles

The activity of the Sun also has repeating cycles, alternating between Solar Minimum and Solar Maximum. During a Solar Maximum, the magnetic field lines are most distorted with increased sunspot activity and solar flares. These solar cycles occur once in 11 years. The next Solar Maximum is scheduled towards the end of 2012, during which massive solar flares are expected.

These Solar Flares produce geomagnetic storms in the earth's atmosphere and can disrupt the satellites. If stronger, they can also affect our power grids*.

The solar flares scheduled in 2012/2013 are believed to be strong enough to destroy all our satellites. Our scientists are standing by to switch off the satellites just before the solar flares reach the earth with the hope that they may not be destroyed. They believe that if no electronic circuit is on, the satellites may survive the electromagnetic storms. However, it is not clear how they will switch them on because, there would be no active circuits in the satellites to receive the 'restart' command.

If all the satellites are destroyed, it will lead to a chain of events. It begins with worldwide communication

* www.sciencedaily.com/releases/2011/02/110218142451.htm

failure. Most television networks will fail. With the absence of satellites, any international transaction would be impossible. No international banking transaction would be possible; this has the potential to trigger a financial and economic collapse. All ATMs require a satellite link to work. So, the more we depend on technology for our survival, the more hardship we would have to go through. Because of this, the more developed nations are likely to suffer more than the third world countries.

Solar flares are not just physical phenomena; they also bring immense Spiritual energies from the Sun that help us enormously in our transformation.

These seemingly destructive events that lead to the collapse of manmade systems ultimately bring about positive changes. Every collapse, either personal or global, brings with it the opportunities for us to grow and transform.

Arrival of Planet X

In 1984, astronomers observed perturbations in the orbits of Uranus and Neptune. When they later discovered Pluto, they thought it was causing these perturbations. But soon they realised that Pluto was too small to cause these perturbations in Uranus and Neptune, which are much larger planets.

In 1992, NASA in a press release said, “Unexplained deviations in the orbits of Uranus and Neptune point to a large outer solar system body of 4 to 8 earth masses on a highly tilted orbit beyond 7 billion miles from the Sun” and called it the Planet X.

Based on the calculations, it was presumed that the mass of this object can be compared to that of a Brown Dwarf. A Brown Dwarf is a dead star, usually the size of Jupiter or larger. However, while the mainstream scientists do not accept the existence of Planet X, there are those who are convinced of its existence and offer proof*.

The Old Testament and some Egyptian texts have referred to Planet X as 'The Destroyer' that caused the floods and the sinking of Atlantis. The Kolbrin Bible, referring to the Planet X says, “When blood drops upon the earth the destroyer will appear and mountains will open up and belch forth fire and ashes. Trees will be destroyed and all living things engulfed. Waters will be swallowed up by the land and seas will boil”.

The Planet X is believed to orbit our Sun approximately once in 3600 years. Ancient civilisations had great respect for Planet X, also known as Nibiru, since they believed that it brought great changes to humanity each time it came near the Sun. Also regarded as the twin of our Sun,

* yowusa.com/planetx/jennerfiles/index.shtml

it carries energies that bring out the darkness in us so that we may recognise it and overcome it. Once we achieve this, it helps bring out the best in us.

Other predictions

This section lists some of the events expected to occur on 21.12.2012.

The Sun and the Earth are expected to come in exact alignment with the Galactic Plane and start receiving energies from the Galactic Centre at 11:11am (Universal Time). This flood of energies is expected to stop the earth from spinning for three hours. These energies can actually stop the earth for three days or nights, depending on where we are, but the Higher Intelligence and Higher Beings do not want it to stop for three days because that would cause too much destruction, confusion and chaos.

So, as of now, the earth will be allowed to stop only for three hours. After this, it will start rotating again but in the opposite direction. From then onwards, the Sun will rise in the west and set in the east. This is not the first time the rotation of the earth has reversed. The scientists have recorded the evidence of this occurring in the past.

However, whether the earth will be allowed to stop or the extent of destruction to be allowed will be decided by the Hierarchy* just before the Galactic Alignment.

* The Hierarchy is the group of Seven Sages or Light Masters in charge of the entire Creation.

Nature of predictions

Texts of many ancient cultures all over the world have either directly or indirectly made references to global changes that ultimately lead to the Spiritual upliftment of man. Some of these are, the Mayans, Aztecs, Hopi Indians, the Bible, Indian scriptures, the Chinese I-Ching and so on.

There have also been many prophecies from seers like Nostradamus, Mother Shipton, Edgar Cayce and many others who were able to see into the future and make many predictions. While many of these predictions have actually come true, some of them have not.

When such predictions fail, they do not necessarily indicate that the prediction was made in error. We must understand that all predictions, either individual or global, are only probabilities or possibilities and not certainties.

The reason for this is as follows. When we take birth, the energies present at that time determine to some extent the kind of life we are going to live. The time track of our life with all the major events on it and our destiny are predetermined. In fact we choose the kind of life we want to live and decide all the major events even before we are born. We decide the amount of Karmas we want to clear

and accordingly, choose the events. This is the basis for astrologers to predict our future.

But after we are born, we use our freewill and make changes in the track of our life. We may accumulate more Karmas or clear them early through Spiritual practices like Meditation. This can alter our destinies and the predictions may fail.

Similarly, the major events on the track of life of the people of this world are also predetermined. But the extent of such possibilities keeps changing as the people exercise their freewill. Individually and collectively we keep changing our destinies through our choices and actions. The choices we make now decide our future. And when we change our mind and make different choices, the future also changes.

The collective choices being made by humanity is constantly changing. Because of this, many of the predictions made by the prophets and seers do not come true.

This also brings up the important fact that we determine our future through our actions and therefore, the exact nature of events that may take place on 21.12.2012 can only be decided by the choices made by all those who are alive at that time.

Manmade catastrophes

During the last few centuries, the advancement of civilization and increase in population have led to the reckless consumption of resources available in our environment, particularly by the 'developed' countries. A major percentage of the world's population lives in ever growing cities creating a huge carbon footprint.

Burning fossil fuels for transportation and power generation and the use of aerosols and rapid urbanisation have created enough green house gases to cause global warming. Consumption of meat requires breeding livestock in large numbers, which produces as much green house gases as burning fossil fuel. Added to this is the rapid deforestation being done for mining and 'development'.

The environmental scientists are unable to accurately calculate the extent of global warming and its damaging effects. Even if they are able to predict the effects, they are not making this information public out of fear of causing panic. The politicians of all countries are unable to come to an agreement on ecological cooperation to save the earth and thereby, ourselves.

While the developed world blames the third world countries for the environmental mess without admitting

their own contribution, the developing countries say, it is now their turn to pollute the environment for the sake of their development.

A simple analysis of the facts reported in the news can give us an idea of the extent of damage occurring. The immediate effect of a rise in global temperature is the melting of the ice caps in the poles. A few years ago, it was reported that it would take about a hundred years of steady increase in global temperature to cause all the ice in the poles to melt. This information has been revised several times because it is difficult to measure the rate at which the ice is melting, with new influencing factors being discovered by scientists.

A recent report in the B.B.C. said that at the current rate of melting, the ice caps could disappear in the next ten years. Another report said that it could happen in just five years*.

The polar ice caps are made of fresh water. About 80% of earth's fresh water is in the poles. When a substantial amount of this ice melts, it can lead to a rise in sea levels, affecting those living near beaches. But a greater consequence of this is, the fresh water from the melting ice enters the oceans, reducing their salinity and temperature. This has its own effects.

* news.bbc.co.uk/2/hi/science/nature/7461707.stm

Just as there is movement in our atmosphere caused by differences in air temperature, there are huge ocean currents that flow between continents. These ocean currents are regulated by the differences in water temperature and salinity. The Gulf Stream is one of the largest ocean currents, and it keeps Europe warm.

When ice caps melt and the cold water flows into the ocean, such ocean currents get disturbed or may even stop completely. If this happens, Europe and parts of America will freeze. The temperature of the Gulf Stream has already dropped by 10 degrees Celsius¹.

During the recent oil well disaster in the Gulf of Mexico, millions of barrels of oil spilled into the ocean. This has stalled the loop current in this area. This has the potential to affect the Gulf Stream. Some environmental experts say that the recent weather disturbances in Europe and crop failures in Russia were caused by the stalling of Gulf of Mexico loop current².

Our industrialisation is polluting the oceans, rivers and lakes. Coral reefs in the oceans are disappearing, indicating disturbance in ocean life. Fishing has resulted in disappearance of some fish from the oceans.

All these manmade disasters can only be prevented

¹ yowusa.com/earth/2010/earth-0810-01a/1.shtml

² yowusa.com/earth/2010/earth-0810-05a/1.shtml

and reversed if the people of all the countries come together and decide to do something about it. We cannot go on plundering our natural resources forever. But if the world leaders hold on to their selfish policies without any compromise, we will be causing so much damage to our world that it may take hundreds of years for the environment to correct itself.



The physical condition of the world today also reflects our Spiritual condition. If the people of the world become Spiritual in large numbers, we can find solutions to these and other global problems.



Mayans

A mysterious race known as the Mayans has intrigued scientists and archaeologists alike since centuries. In fact, it is the Mayans who suggested that great changes in the way of life will occur starting from the year 2012. We can attribute the popularity of the phenomenon of 2012 to them.

The race of Mayans suddenly appeared in Mesoamerica (southern Mexico) in the year 3114 B.C. This date was recorded by them as the date of their arrival. Archaeologists do not know where they came from.

They were an advanced civilization. They understood mathematics and astronomy very well. It is said that even our present-day computers cannot match their mathematical prowess. They mapped the position and movement of stars and measured time in terms of days, months, years and even longer periods. Based on their knowledge, they created many calendars to measure time in different phases. But their calendars are believed to map time not in astronomical terms but in terms of the type of energy reaching our earth.

One of the most famous of Mayan calendars is the 'Long Count' calendar. The day the Mayans appeared in

Mesoamerica was marked by them as the first day, which they numbered as 0.0.0.0.0. Present day archaeologists through their understanding and calculations of the Mayan calendar in relation to the Gregorian Calendar have calculated this date to be 11th August 3114 B.C.*

One Long Count calendar period is approximately 5126 years. The last day of the Long Count calendar is 12.19.19.17.19, which when converted to the Gregorian Calendar falls on 20th December 2012 (3114 + 2012 = 5126 years).

The next day on the Long Count Mayan calendar begins with 13.0.0.0.0, which according to the Mayans is the beginning of a new era in the life of humanity. The Mayans were also aware of the Galactic Centre and the movement of the Sun in relation to the Galactic Plane. They believed that around this day (21.12.2012), the Sun and the earth will be in direct alignment with the Galactic Centre. 21st December 2012 is the winter solstice when the earth's tilt is farthest away from the Sun, which also makes it the shortest day of the year.

The Mayans did not predict that the world would come to an end on this day. The end of their Long Count calendar indicates the end of the old era and the beginning of a new one in a Spiritual sense.

* en.wikipedia.org/wiki/Mesoamerican_Long_Count_calendar

It marks the beginning of a new phase in the Spiritual evolution of humanity on earth. The Mayans believed that when the Sun aligns itself with the Galactic Centre, it also comes in alignment with Higher Intelligence. Therefore, we can expect great positive changes from this day onward.

As it is generally believed, the Mayans did not arrive at Mesoamerica from some other part of the world. They came from another dimension. Even as they came, they had the knowledge of astronomy and the way the earth would evolve in the future. They did not have to study and research to gain this knowledge.

They came to help humanity with their knowledge. They tried to pass on their knowledge to the natives. As mysteriously as they came, they went back to their dimension after they completed their work. They will return to earth after some time.

It is generally believed that the Mayans were very cruel and barbaric and that they made blood sacrifices to please their gods. However, this is not true. Such acts were the practices of the natives and their descendants, who were mistaken to be the Mayans. There are no true Mayans in existence today.

The Mayans were not prophets or fortune tellers. They were cosmologists and early scientists. They did not predict any specific events like earth changes or economic

collapses, since our destiny is not entirely decided beforehand. Our destinies are shaped as we live in the present, exercising our freewill individually and collectively. Therefore, it is not possible to predict with accuracy any specific events for anyone.

However, they explained how the overall evolution of earth and its inhabitants would be influenced by the different Shifts in Consciousness triggered by the energies sent by the Universe.

Mayan Philosophy

This section briefly explains the Mayan understanding of these Shifts.

According to them, there are a total of nine Shifts in Consciousness from the beginning of the Universe and that we are currently (February 2011) in the eighth Shift and about to enter the last, ninth Shift.

About 16.4 billion years ago, after the Big Bang, matter formed from light. The matter coalesced and formed stars, galaxies and planets. Then a wave of a new Consciousness was sent forth across the Universe, which began the first Shift in Consciousness. This wave of energy triggered the formation of living cells from matter. The wave of energy from the first Shift in Consciousness continues to be in force and helps in the creation of living cells from matter on planets where the conditions are suitable.

About 820 million years ago, a second Shift in Consciousness occurred, which triggered the formation of complex life that gave rise to the individual.

About 41 million years ago, the third Shift in Consciousness occurred, which pushed the evolution to the level of primates and their families.

The fourth Shift in Consciousness is supposed to have occurred about 2 million years ago, which triggered the evolution of human beings and their tribes.

The fifth Shift in Consciousness occurred about a hundred thousand years ago, which gave rise to spoken languages and culture.

The sixth Shift in Consciousness occurred on 16th June 3115 B.C., which is 5126 years to date (2011). This Shift led to the invention of writing and the formation of nations.

The seventh Shift in Consciousness happened in 1755, that led to the birth of industry. This Shift also brought with it planetary awareness.

The present Shift in Consciousness (at the time of this writing), which is the eighth Shift, began on 5th January 1999 and led to the Information Technology revolution. This Shift is believed to have brought galactic awareness to the humanity.

The ninth and the last Shift in Consciousness is scheduled to begin on 9th March 2011, which initiates individual and global transformation. The humans are expected to become aware of the Cosmic Consciousness. It is expected to bring a very high rate of change reaching a very high frequency, which ultimately brings Unity Consciousness. When we allow Unity Consciousness to manifest in us, we experience oneness with the entire Creation and undergo complete transformation.

A Mayan inscription speaks about the arrival of nine 'deities', meaning nine energies or cosmic forces.

All the nine Shifts, which began on different dates, are expected to culminate 234 days from the ninth shift. This means that all Shifts will end on 28th October 2011.

Each of these nine Shifts are considered to be waves of energy that affect the human mind and trigger a shift in the human mentality.

From the above details, it is evident that the time gap between a lower Shift to a higher Shift reduces greatly. For example, while the first Shift happened billions of years ago, the second Shift happened only millions of years ago. This indicates the rapid pace at which the Shifts have occurred.

These nine Shifts and the difference in time between them have been compared by the Mayans to a pyramid

with nine steps*.



A Mayan pyramid depicting the 9 steps/Shifts in Consciousness

The first step represents the first Shift in Consciousness, which though primitive, forms the foundation for the second Shift in Consciousness. Each level builds on the previous one. As we go higher, each Shift takes less and less time. And after the ninth Shift, we reach the top of the pyramid, indicating that no more Shifts are required.

So, according to the Mayans, the universe and the human consciousness will evolve like the pyramid and will come to a point of completion. Reaching the top indicates that it is the time for eternal peace and stability and the creation of the Cosmic human being.

According to Mayans, starting from 9th March 2011, the ninth Shift will occur in stages once every 18 days, culminating on 28th October 2011. This gives us the experience of things happening faster and faster around us. The completion of the ninth Shift does not indicate the completion of the transformation of human beings or by

* www.calleman.com/content/pyramid_of_consciousness.htm

no means the end of the world. It rather indicates the beginning of a new phase in human evolution.

As the universe moves towards perfection, the human being is also moving towards perfection. We are not yet at the cosmic level where we are meant to be. The transformation into a cosmic being only begins on 28.10.2011 for most people. Of course, there are those who are not aligned with the Cosmic Consciousness and hence cannot transform at this time. And there are many who have already transformed.

2011 or 2012?

There is quite a bit of confusion over whether the supposed end date is 28th October 2011 or 21st December 2012. While most websites and books suggest that it is 21.12.2012, there are many who swear by 28.10.2011 as the end date.

We have understood clearly that there is no 'end date' whatsoever, and that after the last day of the Mayan Long Count calendar begins the next calendar, just as the Gregorian Calendar of 2013 begins after 2012.

As explained above, 28th October 2011 is the culmination of the nine Shifts in Consciousness and not the end of any calendar or the world. The energies from the ninth Shift will continue to be available until the entire humanity aligns with it and long after that. So, there is

neither a correlation nor a contradiction between the dates 28.10.2011 and 21.12.2012.

The end of the current Mayan Calendar approximately coincides with the 36-year period of Galactic Alignment. The Mayans were aware of the Galactic Centre and the Spiritual significance of coming in alignment with it. This is what makes this date important.

Our understanding of Mayan Philosophy

The universe was formed billions of years ago. There are countless planets throughout the universe where there are intelligent life forms with advanced civilizations. Life evolved both biologically and spiritually long before our earth had the conditions suitable for life.

Since the beings on those planets have already gone through the different phases of evolution, the different Shifts in Consciousness would have already occurred for them and they would have made the transitions.

Therefore, the dates given by the Mayans for the last few Shifts are applicable only to us human beings living on this earth and not for the entire universe.

For instance, if life begins for the first time on a new planet now with the birth of the amoeba, it would be millions of years before the planet is ready for the second Shift in Consciousness that triggers the formation of complex life.

Therefore, the energies of the nine Shifts in Consciousness are always available throughout the universe right from the beginning. It is a question of when a planet and its inhabitants are ready for the energies from a certain Shift. And whenever a planet is ready, the energies from the appropriate Shift will be provided by the universe.

It is because of this, even during the dark ages, an individual can be aligned or tuned to the vibrations of the highest Consciousness. Examples of this are, many Saints, Sages and Masters who took birth on this earth regardless of the time and conditions, and were able to guide others towards their transformation.

Also, as per the Indian Sacred Texts, the earth has been through several cycles of creation of life and total destruction spanning millions of years. Each such cycle is known as a Manvantara in Sanskrit. Within each such cycle, there are smaller cycles of four Ages or Yugas. The first of these four Ages is known as Satya Yuga or Light Age, a period of total peace and perfection with no disease or death, lasting about 20,000 years. After the Light Age ends, we go through three Ages of increasing darkness for decreasing periods of time, with the last Age, Kali Yuga spanning 5076 years, before the dawn of Light Age again.

The last Kali Yuga started in 3102 BC, lasting 5076 years to end in 1974. These dates are close to the Mayan

dates of their arrival in 3114 BC, the length of the Long Count calendar, which is 5126 years with its last day falling on 21.12.2012. The difference is about 38 years.

As per the ancient Indian sages, the earth has already been through the Golden Age 454 times from the time life appeared for the first time. And life on earth has been completely wiped out and restarted six times so far. (For more information, please read 'New Age Realities' by Study Centre.)

This again shows that this is not the first time the highest Shift in Consciousness is taking place and that the nine waves of Consciousness described by the Mayans have always been available to anyone who is willing to be aligned with them.

The end of the Mayan Long Count calendar roughly coincides with the coming of the Ninth Shift in Consciousness, which marks the end of Time itself, needing no more calendars. In other words, we are entering a phase of timelessness.

For further study of Mayan Cosmology, please visit Carl Johan Calleman's website www.calleman.com.



One of the greatest Spiritual Teachers of our times, Eckhart Tolle describes the Shifts in Consciousness in this way:

Billions of years ago, the earth was covered entirely with green vegetation. Then one day, on one of the plants, a beautiful flower bloomed. It was perhaps the only flower in the entire world. Soon, there were a few more flowers. After some time passed, the entire planet was covered with a blanket of fragrant flowers.

The planet had made a great Shift from plants to flowers.

Similarly, after a few million years, the world was full of reptiles. They roamed the earth in various forms for millions of years, perfecting the art of survival.

Then one day, a reptile took to the air and flew to become a bird. Soon, there were millions of birds all over the planet.

The planet had made another great Shift.

We can draw an analogy to the above description as follows:

The first flowers that appeared are the mystics and saints of our times. In their presence, many others could grow and transform to become like them. Soon, with every individual becoming a Master, mankind will make such a huge leap, the way of life after that is incomprehensible at present.



Preparing for 2012

There are many sources on the Internet that explain how to survive in the year 2012 and provide detailed guidelines. Many of them explain how to meet our basic needs for food, water and shelter during the events. They also provide details of places that are safe and about high risk areas.

Many '2012 Survival Kits' are widely sold on the Internet that contain details like the amount of food and water required per person per day, list of essential medicines for routine and emergency use, seeds of a variety of plants that can be grown in a small patch of land called 'crisis garden' combined with instructions on agriculture, water purifiers, gas masks and a long list of other essentials.

As usual and as expected, the '2012' industry has taken birth. The 'year of opportunities' has itself become an opportunity to make money. There are many websites that offer all the necessary information about the events of 2012 in the form of books, eBooks and CDs and also provide 'vital' information on how to survive. They even hint that only those who read their books have a chance to survive.

Some websites claim that even governments are secretly preparing for 2012 and that the author is privy to this information, increasing the saleability of his 'product'. To top it all, one website even offers free 'lifetime' membership to those who buy their books so that they can keep themselves up-to-date for their entire lifetime on 2012!

This indicates that all this information is based on the presumption that the events in 2012 are going to be catastrophic. Interestingly, many who promote these survival kits and those who buy them do believe that if the majority of the people positivise and transform, the destruction will be greatly reduced. But they feel that such global transformation is next to impossible given the current state of affairs and therefore believe that most parts of our world will be destroyed.

Should we prepare ourselves in this way for our physical survival?

When all the expected events begin to take place in the year 2012, changes occur at two levels: both at the physical level and the Spiritual level. Changes occur outside of us and within us as well if we allow them.

Someone said, surviving the events of 2012 is less about what is in your bunker and more about what is in your heart.

As explained in the beginning of this book, all the events expected to occur in the year 2012 provide us new opportunities to become positive and Spiritual. Even the seemingly negative events are opportunities for us to transform. Each of the phenomena mentioned before brings with it a vast field of positive energy to our earth. Those alive on earth during these events should consider themselves fortunate.

In order to resonate with the positive vibrations of the events of 2012, we the individuals must become positive. Becoming positive implies being truly good, honest and compassionate. We must avoid being negative, which includes being selfish, jealous, hateful, etc.

We should choose to be positive and decide to avoid all the negativities by our own volition. We should choose to be positive not out of fear of the consequences of being negative but because we truly desire to be positive and good. We must move away from a fear based living.

One of the main consequences of the energies that we are going to receive in 2012 is what is popularly known as a Shift in Consciousness. The Shift is from the old Consciousness of selfishness and separation to a new Consciousness of love and oneness. This Shift does not occur on a single day. It is spread over several months before 2012, which is the tipping point.

To understand this, we should replace the word 'consciousness' with 'awareness'. People with the old awareness believe in a way of life centred around the self, with little or no concern for the others and the world.

People with the new awareness realise that this world is one commune with no borders of separation and they love everyone and everything. This is not just a theoretical idea at the intellectual level but an awareness that is felt at the deepest level of the being.

An explosion of awareness occurs in a large number of people during the Shift. Those who choose the Light (as opposed to darkness) will take part in this explosion of awareness. This leads to the creation of two realities.

In one reality, life continues but it is expected to be quite difficult because of the collapse of all manmade systems like communications, transportation, economy and all infrastructure. It may be several years before some kind of normalcy can be restored.

For example, if the ice caps melt to a great extent by 2012, all land at present sea levels will be submerged. It may be 200 to 300 years before the ice caps form again to reduce the sea levels.

On the other hand, all those who have chosen Light will find themselves in the second reality. Just as a cell

divides and becomes two, a new earth will be created out of the present earth with all those who have chosen the way of the Light. The new earth will not be visible to those on the old earth. The new earth and all its inhabitants enter the Light Age and they start to live a life full of harmony, peace and perfection. It will truly be the Golden Age, which is incomprehensible for us at present.

The two earths will have different vibratory levels and therefore, will be shut off from each other. Life on the old earth will continue, with its people trying to rebuild a new way of life.

They too become aware that the calamities are caused by the collective negativity of the people. Many sceptics will be convinced. Having survived the destruction, many of them choose the way of the Light and pray for help. There will be many volunteers, who deliberately choose to be on the old earth, though they qualify for the new earth, with the sole purpose of helping the people understand and choose the Light.

A new journey in Awareness begins for the people of the old earth. They will get all the help and the insights needed to build new political and economic systems. They will be aware of all the mistakes made by earlier generations and their consequences. Keeping this in mind, they succeed in building new systems based on selflessness, sharing and equity. They learn to practice

oneness and manifest unconditional love. Ultimately, the vibratory level of the people and the earth increases and the new earth will merge back into the old earth.

So, the two earths can be seen as two tracks from which to choose. It is obvious that the slow track is hard and strenuous. While the fast track seems smooth, it is not easy for everyone to choose it because of the years spent in darkness. Besides, there is very little time left to make use of this opportunity. Can everyone choose the way of Light and qualify for the fast track?

The energies that are flooding the earth currently make it possible for anyone to choose the Light. To help speed things up, the energies from the Photon Belt will reach us by May 2011 itself. This will give us an early opportunity and help us prepare for the coming Light Age.

How to prepare

The following sections provide specific details on preparing ourselves. These ways help us to face and sail through not only the events of 2012 but any kind of life. These practices help us regardless of whether anything happens in 2012 or not. These methods have been taught and practised since 1988 and many have already benefited greatly from them. Although there are several different practises, they are all interconnected. Practising even one of them sincerely will make it easy to practise the others.

Meditate: It is very important to meditate at least five days a week. We can learn Meditation from any path. There are many benefits of regular Meditations. We can experience stillness during Meditation, which we can carry at other times. During Meditation, our system opens up to receive the new energies flooding the earth. These energies prepare us for the Shift. This is one of the most important steps for our transformation.

Regular Meditation also sharpens our intuition. Through our intuition, we receive guidance from our soul. Intuition will prove to be most valuable during the Shift. Only intuition can guide us out of chaos and confusion. In any situation, our intuition can guide us to take the right decision. For more information on how to develop our intuition, please read 'Higher Communication & Other Realities' by Study Centre.

Positivise: To be positive all the time is perhaps as important as regular Meditation, if not more. To positivise includes having positive thoughts and positive emotions.

Thoughts and emotions are made of energy. When we have an intent, it first manifests as a thought. Thoughts have the power to influence our physical reality. Thinking negative thoughts all the time can even cause diseases or accidents.

Of all the bad habits, perpetual negative thinking is the

most harmful to humans. But we have the power to stop thinking negatively and choose only positive thoughts all the time. The first step in achieving this is to recognise our negative thinking and deciding to stop it. Otherwise, we can lose ourselves in our streams of negative thoughts.

Experiencing stillness regularly during Meditation helps us to become positive. When we recognise that we have become negative or we are having strong negative thoughts, we can fill ourselves with bright white Light. In addition to this, we can slow down our breathing and while inhaling, we should imagine that we are inhaling Light and allow it to spread to the entire body. We can practise this for three to seven rounds.

Clear all Karmas: When the Shift in Consciousness happens, we should be free from our major Karmas. The most effective way to burn our Karmas is through regular Meditation.

Another way to speed up clearing our Karmas is through repentance. Every night before going to bed, we must introspect on all our actions and behaviour during the day and check if we have hurt anyone through our deeds or words. When we do this, we must be truly sincere and impartial. Otherwise, we might end up justifying all our actions. Once we recognise our mistakes, we must truly and deeply regret and seek forgiveness. If we truly

regret and if we do not repeat these mistakes, the Karmas created through these actions will be cleared.

Be calm always: When we are excited, angry, scared or have any strong emotions, we will not be able to receive inner guidance and take proper decisions. Only when we are calm, our intuition works well. When we meditate regularly and experience stillness, we can be calm during other times. Conversely, if we can be calm always, we can meditate better.

During the Shift in Consciousness, there could be a lot of chaos and confusion caused by fear. At such times, we have to remain calm so that we will know what to do. Only those without fear can assist the others in the grip of fear.

Develop detachment: Another important aspect of our inner transformation is developing detachment. Detachment is one of the most misunderstood terms in the field of Spirituality. Detachment is not giving up things. It is observing moderation and drawing lines of contentment. And what is moderation for one maybe excess for another. So, each individual must and can decide what is moderation for him/her and follow it. A clear indication of lack of detachment is being addicted to things, people and ideas.

Detachment helps us greatly if any destruction happens and we lose our possessions during the Shift.

Only detachment can free us from grief and bring us inner peace. In addition to making conscious efforts to develop detachment, regular Meditation helps.

Overcome the Ego: The term 'ego' generally refers to the collective negative essence of a person. Qualities such as hatred, jealousy and non-love are the manifestations of a bloated ego. Such an ego prevents us from manifesting anything that can be said to be good. In fact, most of the problems facing our world today like war, terrorism, fanaticism, racism, class discrimination, casteism, intolerance, etc. are direct manifestations of the human ego.

The ego is the greatest obstacle on our path to transformation. It can be very subtle and difficult to notice. It gives rise to both superiority and inferiority complexes, arrogance, jealousy, etc. It causes divisions and breaks relationships.

The only way to put down the ego is through conscious effort and regular introspection. Through introspection we become self-aware. The first step is to recognise the ego every time it surfaces. Persistent self-awareness can keep the ego in check. Long and deep Meditations also help.

When we develop true humility, it is an indication that we are free from our ego. Humility should not be mistaken for submissiveness, meekness, modesty or a feeling of

inferiority. There is strength in humility. Humility comes from the recognition of the vastness and greatness of the Creation and the Creator.

Practise Oneness: At the deepest level, we all came from the same Source and therefore, we all **are** one. This includes all humans, animals, plants and even inanimate objects. Though we are different souls living in different bodies with separate identities and we all seem to be separated from one another, we are all connected. When we experience this, we experience unconditional love for everyone and everything.

Experiencing oneness is one of the most important requirements to qualify for the Shift and enter the Light Age because, in Light Age there are no borders. In Light Age, there can be no separation and there is no scope for even a trace of selfishness or ego. If the ego is active, there can be no oneness. And when we really experience oneness, we would have overcome the ego.

Though it is not difficult to understand and realise this at the intellectual level, it is indeed difficult to experience oneness with others. We are able to feel the oneness with our family and those who are very close to us but not with other fellow human beings like colleagues and strangers. Because of this difficulty, the great Light Masters have given us a technique which can be practised daily like Meditation.

Oneness technique: Sit comfortably. Close your eyes. Imagine you are a small globe of White Light. Experience the Light for a few minutes. Then, imagine those around you and your associates to be small globes of Light. You may include your friends, relatives, colleagues, classmates and especially those with whom you have troubled relations. Imagine their and your globes of Light merging into one large globe of Light. Experience this Light for a few minutes.

Then imagine all other human beings, all animals and plants and everything else in Creation as Light, which merges into you. Experience this Light for several minutes.

Practise this technique for a minimum of seven minutes, though practising it for longer can bring greater transformation. This technique when practised regularly brings peace, expansion of our emotions and thoughts and higher wisdom.

Spread Love: Unconditional love is the soul's finest vibration. It manifests itself as the finest emotions and the finest thoughts. Experiencing and spreading love help us transform quickly. When we experience oneness, we automatically experience unconditional love also.

Normally, we can only love those who are close to us like our family and friends. We also love some individuals

more than the others. If the extent of our love for someone depends on certain qualities or character of that person, then it is not true love because in true love, there is no judgment. Where there is judgement, there can be no unconditional love.

Therefore, one of the main requirements for experiencing and spreading love is to stop judging and condemning others. We must stop expecting others to live life in a way that is appropriate in our opinion because this makes us intolerant. We must avoid having strong opinions about everyone and everything. We must stop being possessive of others and let go. This may seem very difficult because we have been doing this all our lives.

And we must also not judge ourselves. If we judge and condemn ourselves, we carry a guilt. And when there is guilt or self-blame, we cannot love ourselves. We must forgive ourselves and overcome our guilt. Only when we truly love ourselves can we love others. This love for the self should not be mistaken for self-obsession.

In order to love everyone unconditionally, we must forgive everyone regardless of what we think of them. Forgiveness is not an act of kindness towards the other. It is an act of acceptance and surrender, which releases us from the bondage of resentment and bitterness.

Because of all these difficulties in experiencing and spreading love, the Light Masters once again give us a technique to help us bring out our love. Once we are able to love others unconditionally, we need not practise this technique.

Technique for spreading love: Imagine yourself, the soul, as a very bright particle of Light at the centre of your chest. Then imagine love as a very bright white Light coming out of the soul and spreading to the entire system gradually. Imagine the love filling every cell of your body and experience it for a few minutes.

Imagine this Light coming out of your system and filling the room you are sitting in. Then, imagine it spreading to the entire building, locality, city, country and the whole world.

This technique can be practised for a minimum of seven minutes anytime, anywhere.

Build a shield: We can build a shield of energy around ourselves. This protects us from external negative influences. To build this shield, imagine you are in a sphere of bright white Light for seven minutes everyday. Also, we should keep the shield intact by being positive always.

Channel Light: All the practices mentioned above help

the individual transform. But what about all the negative energy that we have created in this world? How do we transmute it into positive energy? Can we, as individuals, contribute to the transformation of the world? Yes we can. Not only we can but we must contribute to the transformation of the world because we owe it to our world.

The simplest yet most effective and powerful technique for transforming our world was discovered by Gurujī Krishnananda in May 2008. He conceived the technique through his intuition and launched the Light Channels World Movement to spread the awareness about it.

The darkness that dominates our world today can be dispelled by bringing more Light into it. This is done by channelling the Light.

Before we begin channelling Light, we need to understand what Light is. The Light referred here is not the physical, visible light. It is not the Astral or Angelic light.

It is the Divine Light that is behind the entire Creation. All levels of Creation were created by this Divine Light. This Light is the omnipotent Higher Intelligence.

Everything, all matter, all energy in all dimensions at the most fundamental level is made of this Light. In spite

of this Light being everywhere, we need to bring it down with our intention to transmute the darkness. When we channel the Light to the whole world, we contribute to its transformation. When a large number of people channel Light in a group, the transformation can be speeded up.

Light channelling technique: Imagine an ocean of Light above your head. Imagine this Light coming down and entering your head. The Light fills your entire system. Try to experience the Light in every cell of your body.

After a few minutes of experiencing, imagine the Light coming out of your system and filling the room. It then spreads to the entire building, locality, city, country and the whole world.

Channel the Light everyday for a minimum of seven minutes. It can be practised for any length of time.

Channelling Light is an important aspect of preparing for 2012 and it should be practised daily by a large number of people. For those who are eager to help the world transform, this is the best method.

Apart from transforming the world, the individual also benefits from it. Light helps us in many ways. In fact the way the Light helps depends on the individual. When students channel Light, it improves their memory, concentration and retention.

Channelling Light regularly helps in improving our health and to positivise. The Light can help us in every way if we are pure and truthful. We must choose Light in all situations.

Choosing Light means, choosing the ways of the Light. To know the way of the Light, we must sincerely listen to our conscience. When we follow our conscience, we will be doing what is true to our nature, which is Unconditional Love. To hear our conscience, we must be still. To experience stillness, we must meditate. To meditate successfully, we must develop detachment. We can be detached when we develop oneness. And when we experience oneness, we can easily follow the ways of the Light.



Are we alone

Are we alone in all of this? Is there such a thing called Divine Justice? Does God exist? If so, why does evil exist? Who are we? Why are we here? What is our role and purpose?

This chapter tries to answer these and many other questions.

Does God exist? Yes, God exists. God has been described as Almighty, Higher Intelligence, Heavenly Father and so on.

Is it possible to prove that God exists? The only way to know whether God exists is by direct experience. As the old adage 'The proof of the pudding is in the eating' suggests, it is not possible for an individual to show the taste of sugar to another. Any amount of explanations and descriptions cannot convey the taste, fragrance or beauty of something to another. If we cannot communicate even our simple experiences to another, how can anyone convey the experience of God?

Does that mean we will have to wait till we experience God? While we wait for our own experience, we can try to know Him through those who have already experienced Him. There are many great beings in the past and the

present who have experienced God and have had direct communication from Him. The greatest examples of this are Jesus Christ and Lord Buddha. There have been many others known as Light Masters who have experienced God. And God *has* actually spoken to many seemingly ordinary people. In fact He is ready and willing to speak to anyone. He has no judgements or preferences on whom He speaks to.

So, if God exists and He created everything, then why did He create evil? When God created us, He gave us freewill. He then created this universe for us to experience it. If He had created only good in this universe then, we would not know what good is. If there was only light, we would not know what it is without the presence of darkness. To appreciate warmth, we must experience what is cold.

God did not create suffering. He only provided the possibility for suffering. He gave us the power and freedom to manifest either good or evil. The choice is entirely ours.

All the suffering in our world today is caused by the individual and collective choices made by us. None of the suffering, diseases, disease causing bacteria and viruses, 'natural' calamities ... none of them were created by God. We the human beings created all of this. We chose darkness, when we could have chosen Light. We chose

greed when we could have chosen charity. And we chose hate when we could have chosen love.

The choice is entirely ours and God has no preference over it. What we experience will be decided by our choices.

We are souls. We are sparks of Light from the Ocean of Light that is God. A drop in the ocean is also the ocean, though not the whole ocean. So, we are a part of God and therefore, we are God.

God is infinite in every respect. Therefore, we have infinite potential to manifest Him. We left the realm of God and came to this universe to experience all aspects of His beautiful Creation.

We came here to manifest the full potential of God. Many souls have succeeded to a great extent in doing that and they continue to manifest more and more of Him. Two of the greatest examples are Jesus Christ and Lord Buddha. Billions of other souls have also manifested Him in this universe.

The majority of the people in our world today have chosen to manifest darkness. But there are many who want to manifest Light but are overwhelmed by the amount of darkness around us.

The year 2012 is an year of opportunities; opportunities to choose Light. And these opportunities

are being provided by God Himself.

There are many great souls who have chosen Light and are working for humanity. These souls are known as Light Masters. They have immense capacities to hold and spread Light.

No, we are not alone. Countless Light Masters and higher beings are preparing all of humanity to choose Light during this transition.

About Light Masters

The Light Masters (known as Rishis in Sanskrit) are the greatest souls in this Creation. They are the invisible Masters who execute the Divine Plan and guide every creature to fulfil its life's purpose. They have immense capacities to receive, hold and spread Knowledge and Wisdom.

Every soul has the potential to become a Light Master. There are many Light Masters in this Creation. Most of them work under the council of Light Masters known as the Hierarchy, or the Sapta Rishis (Seven Sages in Sanskrit), who are in charge of this earth. They monitor all the major events taking place on this earth and guide all human beings to achieve their individual and collective purposes.

Light Masters are well known in the East, but the

common belief is that they existed only in the past or in mythological stories, living in caves away from society, pursuing their personal Spiritual aspirations. There are many such misconceptions about them.

On the contrary, the Light Masters are very real, they exist even now in the higher planes and they work selflessly for the welfare of mankind. They have enormous capacities. Their humility, Unconditional Love and Wisdom are beyond our grasp.

Currently, a team of 1,44,000 Light Masters living on this earth works for the welfare of humanity under the guidance of the Hierarchy. In addition to this, there are many other Light Masters from this world and higher worlds working to help humanity transform. They have access to all the Knowledge necessary for all the Ages, ranging from the Spiritual to the Material.

We are at the most crucial juncture in the Time-track of humanity. Crucial because this is the time of great changes. The Light Masters play the most important role in these times by guiding us through these changes. They are ready to deal with any eventuality. They are waiting to help every individual to sail through these trying times and lead a life full of peace and joy.

In the present situation, the possibility of our world to be free from suffering and destruction may seem far-

fetched. The Light Masters say that if every individual on this earth wants peace, then all suffering will end in an instant. To begin this process, they have launched a World Movement in which, everyone *can* and *should* participate. The details of this Movement are given at the end of the book.

The Light Masters have greatly contributed to this book by confirming the validity of the knowledge presented here. In addition to this, they have channelled new knowledge through Guruji Krishnananda.

Guruji Krishnananda

One of Maharshi Amara's direct disciples, Guruji Krishnananda spent about five years in close association with him and recorded much of his teachings. Based on Maharshi Amara's teachings, he developed Dhyana Yoga and has been teaching Meditation and providing Spiritual Guidance to thousands since 1988. He specialises in guiding individuals to their transformation into compassionate and loving human beings to enter the New Age.

Like his Guru, he shuns publicity to avoid the curious and the sundry and encourages only those who sincerely seek Spiritual guidance. He is a Light Worker and a Light Master who disseminates the Knowledge received from his Guru and the Hierarchy through Manasa Foundation, a

non-profit and non-religious organisation founded with the sole objective of providing Spiritual guidance to seekers.

The author of several important books on Spirituality like 'How to Meditate' and 'Channelled Knowledge from the Rishis', his now famous book 'Doorways to Light' has been regarded as the most important book after 'The Autobiography of a Yogi' written by Paramahansa Yogananda.

He has recently established a Study Centre to understand, simplify and explain Spiritual Truths to the aspirants. This book has been brought out with the combined efforts of the Study Centre and Guruji, with the most significant contributions coming from the Light Masters through him.

Guruji launched the Light Channels World Movement on 18th May 2008 with the purpose of establishing peace within and in the world. With the help of many dedicated and selfless volunteers, he has taught Light Channelling to more than a million people in the last one year alone, mainly to school children.

The simple technique of Light Channelling can be taught to anyone in minutes, without the need for initiations or elaborate explanations. For more information, please visit www.lightchannels.com.

Guruji says, his first priority is to Meditation because it transforms the individual and transforms his surroundings and ultimately our earth. Meditations help us realise new realities, bring us in contact with the Light Masters and sail through the difficult times of 2012.

The second priority is for Light Channelling because it helps create Peace in the surroundings and also helps individual transformation. It is simple and anyone can do it, unlike Meditations.

The third priority would be to follow a value system based on Love, Peace and Honesty, which will ultimately replace all religions leading to Universalism.

Guruji says, these are enough to revolutionise the individual and the life on earth.

Maharshi Amara

Maharshi Amara (1919-1982) was a very great Light Master, who spent his entire life working with the Hierarchy. A Light Master of the order of Ramana Maharshi, Ramakrishna Paramahansa and Aurobindo, he brought down a vast amount of Knowledge from the Light Masters, including the science of Meditation and interpreted it to suit the modern times. He gave the most advanced and yet simple techniques of Meditation that could be practised while leading a normal life, without

going to the Himalayas or renouncing life. He initiated thousands into Meditation and guided many to their ultimate liberation.

He was not well-known during his lifetime because he deliberately kept away from publicity. He lived like any normal person and explained in simple words the concepts of Spirituality, Spiritual Pursuits, Liberation, Sanyasa, Healing, Karmas, Reincarnation and the New Age that could be understood by anyone.

He was way ahead of his times and not many could capture the essence of what he taught. To know more about him, please read 'Doorways to Light' and 'Astral Ventures of a Modern Rishi' by Guruji.

Master V

Master V is the short name for Vishwamitra Maharshi. Guruji says, he is one of the greatest Light Masters in our entire Creation. Though he is not one of the Seven Sages of the Hierarchy now, he assists them and works with them and God to manage the entire Creation. He began this Path of Saptarishis through Maharshi Amara, whom he trained at the age of twelve. Maharshi Amara used to call Master V as 'Light'. It was Master V who came down as Jesus Christ and Swami Vivekananda. He continues to guide the students of this Path through Guruji.



Some Common Questions

This section addresses some questions commonly asked by those who are following 2012 phenomena.

Q. Isn't 2012 another Y2K-like problem that we saw in the year 2000, which eventually fizzled out?

A. The Y2K problem was a manmade computer glitch, which was solved by making some changes in software. It had nothing to do with the evolution of Human Consciousness or any celestial phenomena.

Q. Why so much noise is being made about 2012?

A. Whenever any idea captures the imagination of people worldwide, there will be those who would want to make the best of it by sensationalising it or profiting from it. This has led to the creation of the '2012' industry that makes so much noise and creates confusion.

Q. I don't know whether to believe all this or not. What should I do?

A. Keep a watch on the world events. Observe the changes taking place around you and in people. Observe yourself. Use your intuition and come to your

own conclusions. In the meantime, be truly good and honest.

Q. *Why governments and scientists deny all this?*

- A. Because, they seem to believe that if they openly admit what they know, it would create panic and ultimately they may lose power over the people. Also, many governments and scientists are unaware of many of these phenomena because not all of them have manifested in the physical yet.

Q. *What will happen to those who are not aware of 2012?*

- A. Merely acquiring knowledge about 2012 events does not help if we don't make attempts to transform. On the other hand, those who are good, honest, pure and innocent receive the required guidance at a deeper level. The energies flooding the earth not only reach everyone, they also create awareness about the importance of our transformation. Many are already transforming, even though they are unaware of the 2012 phenomena.

Q. *What about children? How can we explain to them all this?*

- A. Since children are pure and innocent they easily receive the Light. At the right time, they will

understand everything from within. We need not try to explain to them all this.

Q. *Are there extraterrestrial beings? If so, do they have a role in our future?*

A. Yes, there are many advanced beings from many planets who are eagerly watching humanity, waiting to help when necessary. These beings not only have advanced technology, they are spiritually advanced also. They wish that all of us transform into higher beings. They have the technology required to solve our problems of energy, food, health, environment, etc.

Q. *Why don't they make themselves known and help us?*

A. As of now, we are unable to speak in one voice; there is no single individual or group that can represent the entire world. They want us to stop our wars, overcome our greed, resolve our differences, develop compassion for each other and become one global community. When we achieve that, they will begin interacting with us.



Concluding

We are entering the most interesting and challenging phase of our lives. There will be many opportunities for our rapid Spiritual growth and transformation. We can make use of these opportunities through our efforts and clear choices. In every situation and opportunity, we must choose Light.

This book has provided many guidelines and techniques that can be used by the reader to prepare an action plan to be adopted in one's daily life. If followed sincerely, it will help us transform and sail through 2012, and it would not matter whether any of these events occur or not.



Light Channels World Movement

This Movement was launched on May 18th, 2008 by the Hierarchy (the Seven Sages or Light Masters), through Guruji Krishnananda. The Hierarchy are in charge of all Galactic Councils.

This is a Movement in Conscience. A Movement to make this world a beautiful place to live in Peace and Love. This is a Movement of Light without any sermons, banners or boundaries. Everyone and anyone is invited to join to make this the greatest Movement ever built. Let us spread this to millions and millions of beautiful people who are waiting for a World Leader to lead the humanity away from wars and conflicts at all levels, away from the darkness in thoughts and emotions to the New Age of Light. This Movement is backed by the World Leader who will appear to all of us at an appropriate time and is now actively working at the Astral plane.

All that we have to do is to just channel and spread the Light which is above us in a subtler realm daily for seven minutes when we wake up and go to bed.

Do not worry about any technique. A plain request is enough. The Light will flow through us. The Light has Intelligence, Power and the Future. The Light has

everything. When we spread it, it enters others' hearts and homes and transforms all the darkness in thoughts, emotions and systems into Light full of Love and Peace. The individuals transform. The families, societies and nations transform. There is no doubt about this. It is a matter of time.

The leaders do not have the urge and vision. But we, the ordinary simple people, can transform the world. Let the Movement begin from you NOW. Channel the Light and pass on the message to others to do it in every way possible. Speech, Blogs ... you know.

The Light fills up the nature and all other living beings like the animals, birds, fish...They receive the Light fast and vibrate Love and Peace. The Light brings changes in environment and climate. There will be changes everywhere. Such Transformations on this Earth have occurred in earlier cycles. It will happen this time also.

Let us not waste time. Let us not wait. Let us begin. Let us build up the Light Channels World Movement for Peace and Love on this Earth.

A few clarifications and elaborations

Q. What is Galactic Council?

A. There is Life in planets in other Solar systems of our galaxy. There are intelligent evolved human beings

there. The Galactic Council is a group of Light Masters, who monitor, protect and guide the humans. Presently, they are helping us to transit into the New Age or Satya Yuga, through their chosen channels.

Q. *What is Light?*

- A. Light is the Creative Intelligence behind the Creation. Light is the formless God. Light carries within it Love, Wisdom and Energies. This Light is not the physical light. It is very subtle and pervades the higher subtler realms. It can be accessed by thought, Meditation and by extending our Awareness.

Q. *What is the purpose of this Movement?*

- A. It is to bring Love and Peace to the Individual, to his surroundings and ultimately to the whole world. It is also to help the individual and the world to enter into the New Age. Light works in many ways and at many levels.

Q. *What is the Technique?*

- A. It is very simple. Sit comfortably. Close your eyes and relax. Imagine that there is a huge globe of bright white Light above you. Imagine Light from the globe descends, enters and fills you up. Experience the Light for a minute. Then imagine the Light spreading out

around you filling up your home, locality and then the entire earth. Spread the Light for seven minutes.

You can practise this at any time. But if all of us practise this at the same time, the impact is better. So, let us practise it when we wake up in the morning and go to bed at night.

Q. *Who can practise this Technique and participate in the Movement?*

A. ***Any one. Every one.***

Q. *Who prompted this Movement?*

A. The Hierarchy.



About the Study Centre

The Study Centre is a centre for studies on the Spiritual Realities. Trained Meditators, under the guidance of a Master, try to gather the Knowledge about the Realities from the Light Masters in the higher planes, which are beyond the grasp of the Material Science. The Light Masters are reservoirs of all knowledge they have gathered directly. The knowledge channelled by the Light Masters is captured by Intuition. Intuition is the main tool here.

The Study Centre, established in 2006, at “Antar-Manasa”, Nadagowda Gollahalli, Bangalore Urban District by Guruji Krishnananda, is a Research wing of the Path of the Sapta Rishis established by him in 1988. Manasa Foundation (R), the organisation sustaining the activities of the Path, also teaches Meditation, as taught by the Rishis, at its headquarters at “Manasa” Taponagara, Chikkagubbi, Bangalore Urban District and various other centres. “Manasa” and “Antar-Manasa” are just a kilometre apart.

The Study Centre strives to gather the true knowledge about the Realities from the Light Masters to help people remove distortions and misconceptions and improve their ways and efforts to advance into the New Age or Satya Yuga.



Recommended Reading

Descent of Soul	by Guruji Krishnananda
A New Earth	by Eckhart Tolle
You Can Heal Your Life	by Louise L Hay
Convoluted Universe (Book 3)	by Dolores Cannon
Doorways to Light	by Guruji Krishnananda
Higher Communication & Other Realities	by Study Centre of Manasa Foundation

Our other Publications

Doorways to Light
Higher Communication and
Other Realities

2012 - End or Beginning

New Age Realities

Light

Living in Light

iGuruji (Vol - 1)

iGuruji (Vol - 2)

iGuruji (Vol - 3)

iGuruji (Vol - 4)

Living in the Light of My Guru

How to Meditate

Dhyana Yoga

Descent of Soul

Practising Shambala Principles

Astral Ventures of a Modern Rishi

The Masters Answer

Channelled Knowledge from the Rishis

Channelled Knowledge from the Rishis
(Vol - 2)

Guruji Speaks (Part - I)

Guruji Speaks (Part - II)

Guruji Speaks (Vol - 3)

The Book of Reflections (Vol - I)

The Book of Reflections (Vol - II)

Meditators on Meditations

Meditators on Experiences

Meditational Experiences

Awareness

ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು

ಉನ್ನತ ಸಂಪರ್ಕಗಳು

2012 - ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ

ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ

ಐ-ಗುರೂಜಿ ಭಾಗ 1

ಐ-ಗುರೂಜಿ ಭಾಗ 2

ಅನಿಸಿಕೆಗಳು

ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ

ಧ್ಯಾನ ಯೋಗ

ಆತ್ಮದ ಅವರೋಹಣ

ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ

ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು

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ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ

ಕಾವ್ಯಕಂಠ ವಸಿಷ್ಠ ಗಣಪತಿ ಮುನಿಗಳು

ಅನೇಕಲ್ಲಿನ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು

ऋषींकडून मिळालेले ज्ञान (Marathi)

उच्चस्तरीय संवाद आणि इतर सत्य

प्रकाशमय जीवन

२०१२-अंत की आरंभ?

प्रकाशवाट

आयुगुरुजी

आत्म्याचे पृथ्वीवर अवतरण

ध्यान कसे करावे

शंबला तत्वांचा अभ्यास

ध्यानयोग

एका आधुनिक ऋषीचे सूक्ष्मजगातील पराक्रम

ध्यान कैसे करे (Hindi)

ध्यानयोग

प्रकाशमय जीवन

प्रकाशकी और

प्रकाश

ஒளி (Tamil)

2012 - முடிவா அல்லது தொடக்கமா

த்யானம் செய்வது எப்படி

த்யான யோகம்

ஆத்மாவின் அவரோಹಣ

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2012 ಅಂತಿಮ ಶಿವ ಅರಂಭಮಾ

ఉన్నత సమాచారం - ఇతర సత్యలు

ప్రకాశమయ జీవితం - ప్రకాశం

When there are so many books on the subject of 2012, why do we need yet another book on it? The purpose of this book is not just to provide more information or knowledge to quench our curiosity or to sensationalise the possibilities. The purpose of this book is to provide clear guidelines and methods that can be used by the reader for making his/her own action plan to be followed in preparation for 2012.

Preparing for 2012

₹ 100/-

