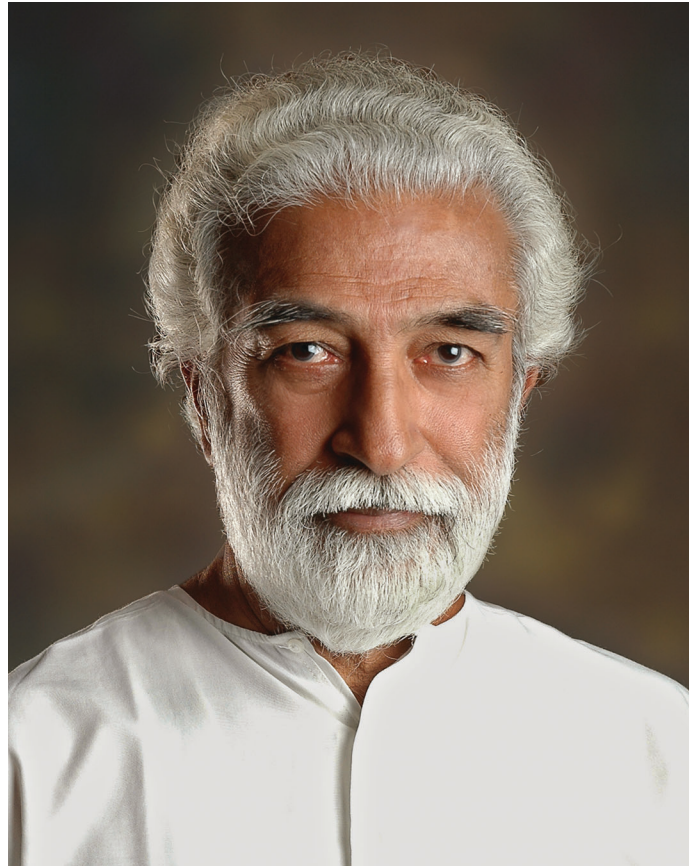


Let there be light

K. Geethanjali talks to **Guruji Krishnananda**, a Bangalore-based spiritual adept, regarding his **Saptarishi Dhyana Kendra-Manasa Foundation**, and its mission to spread light



Let there be light' was the first fiat that rang out when the unmanifest Brahman decided to experience Itself in form. Responding to the call of the fiat, light emerged from the great nothingness.

The mission of Guruji Krishnananda is to remind all souls on earth that they are particles of the great light. Tucked away about 20 kilometres from Bangalore is the Saptarishi Dhyana Kendra-Manasa Foundation. It is a non-religious spiritual organisation known as the future city of light. Taponagara, the place where the centre is located, is adjacent to Chikkagubbi village.

The Saptarishi cave, with statues of the seven rishis, greets the visitor as soon as he enters. A little further, there is a massive cosmic tower, which is unique with two pyramids standing one on another. It is a reservoir of energy stored by the Saptarishis. The Kundalini tower, which has energies of Mother Kundalini, and the meditation hall where Sunday classes are

held, are the other structures one can use to meditate and heighten one's experience of oneself. Taponagara also has seven structures, each one storing the specific energy of one of the chakras.

A kilometre further is Antar Manasa in Golahalli, the birthplace of the Manasa Foundation. It is home to the study centre established in May 2006, to channel and understand spiritual realities. The statue of Maharishi Vishvamitra and the Great Ra Meditation Hall, where the energies of the great Ra are stored, are the highlights. The rishis received Ra energies and anchored them in the Great Ra hall. These energies help the meditator sail through 2012.

The simplicity and purity of the place is also reflected in its founder. Just as the ashram has no pujas, rituals, or bhajans, the Light Master Guru Krishnananda is simple, unassuming, yet regal. White is the colour sported by the guru and his disciples. Perhaps it is to remind us to get back to our own inner purity. Excerpts from an interview with the guru:

Is light the same as consciousness? Is love the same frequency as light?

Consciousness came from the first light. At the time

of creation – from the unmanifest came the light. From the light, the ocean of consciousness emerged. Love is a higher frequency of light. It is the core of light. Light means many things – love, wisdom, tolerance, courage, joy, and healing. Light is everywhere and contains all knowledge and creation, known, and yet to be known and experienced.

Revolution means a complete change in method. What is the complete change you expect the Light Revolution to bring about?

I expect humans to transform into the spiritual. Spirituality is about being good, honest, and peaceful. When an individual changes, the political, religious, medical, educational, and social system also transforms. When light enters individuals and they transform, corruption and violence vanish from society.

You quote Maharishi Amara (his guru who brought him into the path) as saying, “Whenever we see people suffering around us and we cannot do anything for them, send love. That is enough.” Will the act of sending light and love alleviate all suffering in the world? Isn’t physical action also needed?

Whenever it is possible, we do need to take physical action. Love makes people responsible so once they

are filled with love; they will take the needed action.

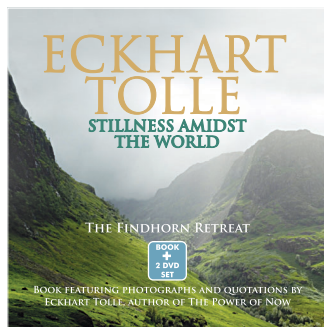
Do you see Earth becoming a Shambala – a planet of light after 2012?

Once Earth enters the New Age, it will become like Shambala – a place of light. Diseases will disappear from the face of Earth, and humans can have a life span of 20,000 years! There will be no ageing. However, the time of the Earth entering the New Age is determined by our own efforts. If every individual transforms, it will be sooner rather than later. That is why I say we create our destiny.

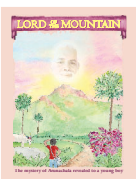
What about other forms of light like plants and animals? Will their consciousness also change because of Light?

Everything changes in the New Age. Nature adapts quickly to the New Age. It is only man who resists. Since there is only love, wild animals may change to another species. Plants also mature into a higher species. My guru Amara used to say that the New Age would see no thorns.

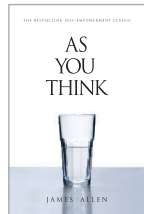
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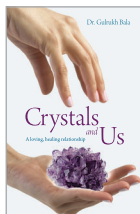
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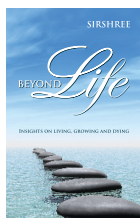
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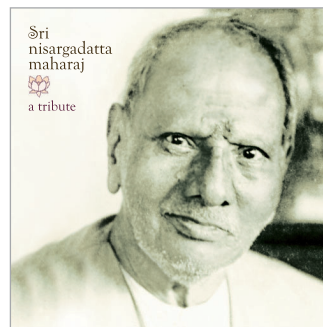
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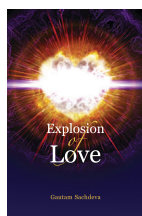
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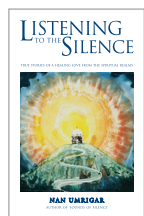
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Talking about the Light Age, do you foresee many people living in their light bodies after 2012? Looking at the current state of the world, is it a possibility?

After 2012, light bodies will take time to build up. Some people will spiritualise completely. Others would have chosen the New Age energies to grow, but would take some time to build up their light bodies. Everything is under the control of the rishis. Things are still not decided. The rishis can only take decisions based on how each individual transforms. Those who refuse to transform will be given many chances, but if they still refuse, they will be removed to other earths more suitable for their vibrations.

How does connecting to Light help us detach from our minds?

Light purifies our system which is made up of the body, mind, and intellect. When the mind is pure, emotions that the mind generates also become pure. Once all minds are calm, where is the conflict? In the Light Age, man will use his mind not as an obstacle but as a friend.

There is a lot of fear associated with 2012...

Connection to light gives assurance and hope. Fear then vanishes.

Do you expect the Light Channels meet on May 7 to help people sail through 2012? What is the significance of that particular date?

What the rishis want me to convey to the

Just as the ashram has no pujas, rituals, or bhajans, the Light Master Guruji Krishnananda is simple, unassuming, yet regal

whole of humanity through the event is, "Don't be scared. Make efforts to transform." All guidance and protection will be given. If people take in the experience of light then there is no need to worry. My suggestion is not only to take in light but also to expand it. (*The Light Channels World movement was started in 2008, to expand the Light. Volunteers have covered more than 3000 schools, and about 900*

schools conduct Light Channelling sessions in their morning assembly.) The significance of the date is that on the night of Buddha Purnima, energies will be released. These energies will be channelled on the next day, May 7.

Why is it called a silent revolution?

The revolution has to begin with each individual. Light is already bringing an awakening that is pushing people to understand spiritual realities. As people begin to change their perspectives, and have a more open mind, priorities change, and goals change. Goodness, honesty, and peace, become the order of the day and that is how we will improve our corrupt systems.

Nowadays we see many pyramids being constructed. How are they connected in the Light Age?

Knowledge about pyramids comes to Earth from Sirius. Pyramids are given more importance during the Light Age, as they contain great energy and are storehouses of knowledge. When people enter the pyramids, they receive the special energies, and transformation becomes easier.

What role do you envisage for The Saptarishi Spiritual Centre in the New Age?

The centre focusses on anchoring new energies, and releasing them at the appropriate time. Our role is to bring knowledge to the world, and assure the people that the world will not end in 2012. 2012 events are only doorways to the New Age. We aim at removing all distortions brought about by orthodox religious leaders, all barriers, and limitations. Gradually light will remove all boundaries, and humanity will live under one world leader, Lord Kalki, the avatar who is currently living in Shambala.

You are a small but dedicated group. Do you stress on quality rather than quantity?

My guru Amara told me, "Don't go after numbers." Yes, the quality of our work and group is what matters. We work more at the astral level. There are 1,44,000 centres of Light Masters all over the earth.

Though they may not all be interconnected at the physical level, at the astral level there is a network. All are guided by Atri Maharishi, the rishi in charge of the earth.

The Manasa Foundation has been built with your love. What did you have to overcome to set up the foundation?

I met my guru Amara in 1977. In 1981, he gave me the project to help people transform and enter the New

Uniting in light

Report on the Light Channels Meet held on May 7 in Bangalore

The meet started with Guru Krishnananda, the founder of Manasa Foundation addressing the gathering. Newcomers in the audience gave a gasp of surprise when the guru greeted the astral visitors present in the hall. Seasoned followers, however, had a knowing smile on their faces, as they knew that a network of astral light workers were supporting the Earth enter the new time frame gracefully. Indeed, according to the guru, the thousands of astral visitors exceeded the ones in physical form.



Listening to the guru with rapt attention at the Light Channels meet on May 7

The guru started his address with a brief introduction about his mission, his guru Maharishi Amara, and the Saptarishis with whom Man had lost contact 5000 years ago. He stressed that the contact could be re-established now that Earth was entering a new time frame. The importance of intent in contacting the rishis and the light was highlighted. The whole idea of revolution by light, is to help people choose the light.

Krishnananda reiterated that many of the calamities associated with 2012, could be prevented through individual transformation. Guruji ended the talk with the heart-warming promise that opportunities never end in the kingdom of God. There is no judgement in God's kingdom. There is only love. It is our own actions that attract the tough learning experiences we go through.

He urged everyone gathered to make Light Channelling a daily practice as channelling light was the most unconditional act of love one could do to help transform the Earth and her people.

The group pledged to carry on the revolution by light till complete world peace and stability was attained.

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Age, and also acquire new knowledge and spread it. Taponagara is the headquarters of the rishis. When great work is taken up, the people involved are tested. I also went through a time when I was completely isolated, with only the rishis to sustain me.

What is your message for our readers?

Remember we are not alone. Earth is getting positive energy from forces outside. Guruji's teachings says that the Earth is at a time now when it is open to energies coming due to galactic alignment – the sun and solar system are coming in alignment with the galactic plane, and the earth is receiving spiritual energies from the Galactic centre. The Earth is also entering the photon belt (the energy field of Sirius also known as the Great Central Sun). Rishis (Light Masters) do exist. Their network helps and guides us. Connect to the light and experience the light. That is the only thing needed. Once you connect to light, you need not do anything more. Light

takes care of everything. Trust the light.

As I left the calm and confident presence of the quietly dedicated Light Master, I knew that the journey towards the light is a journey each individual soul has to undertake. And it becomes shorter and much easier once we have genuine, dedicated, and divinely focussed gurus to guide and protect us.



K Geethanjali is a teacher, writer, and healer, currently based in Bangalore. She is the disciple of Mahavatar Babaji.

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