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Cosmic Tower



Tapovana

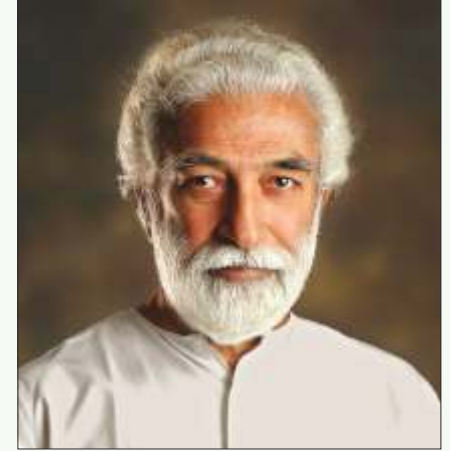


The Great Ra Meditation Hall



Gurujī's Holy Ashes

SAPTARSHI DHYANA YOGA



GURUJI KRISHNANANDA

MEDITATIONS AS TAUGHT BY THE RISHIS



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Books are also available in Tamil, Telugu, Marathi and Hindi
(Postage charges extra. Please contact office for details.)

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SAPTARSHI DHYANA YOGA

is the **Path of the Rishis**, the Sapta Rishis, who, from the higher planes of their existence, guide us to live in Peace and Perfection. It is the Path of Meditation and Positivation.

The emphasis here is on establishing Stillness by Meditations, then raise our Awareness to higher levels of Consciousness and expanding it to experience Samadhi. This experience brings us Light, full of Wisdom and Energies. Light transforms our lives.

MAHARSHI AMARA (1919-1982)

came in contact with the Rishis at the age of nine, when he came out in his Astral body during an operation and travelled beyond this earth. He worked with the Rishis at all levels till his end. He brought down the Science of Meditation.

Like all great Masters, he walked his talk and kept himself away from crowds and publicity to work more at the Astral level.

GURUJI KRISHNANANDA (1939-2012)

was the direct Disciple of Maharshi Amara. He met him in 1977 and joined his work in 1981. He developed Saptarshi Dhyana Yoga and taught Meditations from 1988 to thousands of people. He wrote many books which contain rare Knowledge and Insights. His "Doorways to Light" is considered as a rare Text book in Spirituality.

He founded "Manasa Foundation" in 1988.

MEDITATION

is establishing Stillness at the levels of body, mind and intellect.

The Rishis gave us Meditations thousands of years ago. They add new knowledge about Meditations and revise the techniques periodically to suit the Spiritual conditions of the day when they take birth as great Spiritual Masters or, sometimes, through their human channels.

The Saptarshis' Path provides the latest Knowledge and techniques from the Rishis. Meditation is taught here as taught by the Rishis.

STAGES

The Basic Stage	- 1 month
Chakra Activation Stage	- 3 months
Experiencing Light (7 Levels)	- Depends on Sadhana

CLASSES

Regular Classes are held once in a week at Taponagara and other Centres in Bangalore city.

External Guidance is provided to those, who cannot attend regular classes, through post or e-mail.

External Guidance is available in English, Kannada, Marathi and Hindi languages, now.

FEE

is kept minimal so that many could benefit.

Regular Classes (Enrollment)	- Rs. 1000/-
Monthly Fee	- Rs. 500/-
External Guidance (Annual)	
English	- Rs. 2500/-
Kannada	- Rs. 1300/-
Marathi	- Rs. 1300/-
Hindi	- Rs. 1300/-

(Enrollment Fee and Annual Fee include a Package of 5 books and one year's subscription of the Newsletter.)

CLASSES

Held in Taponagara on Sundays

10AM-11AM: Basic Stage Classes

11AM-01PM: Regular class and Meditation

Held in Bangalore city on

Sundays (7AM-8AM)

at Anjaneya Temple, Mahalakshmi Layout

Mondays (7PM-8PM)

at Anjaneya Temple, Mahalakshmi Layout

Tuesdays (7PM-8PM)

at Sri Aurobindo Complex, 1st Phase, J P Nagar

Wednesdays (7PM-8PM)

at Arya Samaj

C M H Road, Indiranagar

at Hymamshu Jyoti Kala Peetha

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

Thursdays (7PM-8PM)

at Devagiri Venkateshwara Temple

Banashankari 2nd Stage

Saturdays (7AM-8AM)

at Indian Heritage Academy

6th Block, Koramangala

Saturdays (7PM-8PM)

at Hymamshu Jyoti Kala Peetha

4th Main, Malleshwaram

at Devagiri Venkateshwara Temple

Banashankari 2nd Stage

Held in Anekal

on Mondays (6PM-7PM)

on Tuesdays (6AM-7AM, 11.30AM-12.30PM
5PM-6PM)

TAPONAGARA

is 20 Kms from Bangalore city, off Hennur-Bagalur Road (6 Kms from the Ring Road Junction, deviating at Byrathi Bande after Poorna Prajna School).

Around 1935, Amara had a Revelation, when he was meditating on a nearby hillock, and chose this area for a Centre of the Rishis. A city of Light will come up here.

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