



MAHARSHI AMARA (1919-1982)

WE TEACH MEDITATION AS TAUGHT
BY THE RISHIS

LIGHT

is the Intelligent Power behind all Creation. Light is God.

LIGHT WORK

is assisting all life to raise its levels of Awareness and Experience for a better living.

LIGHT BEINGS

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

SAPTA RISHIS

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

MAHARSHI AMARA

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

GURUJI KRISHNANANDA

is the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

SAPTARSHI DHYANA YOGA

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

THE AFFIRMATIONS

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

DOORWAYS

Volume 4 Issue 5

APRIL 2009

Rs. 15

REFLECTIONS

Guruji Krishnananda

The event of simultaneous channeling of Light on 26th February '09 is over. But the Movement goes on. To channel Light daily from our own places. To channel Light for Peace, for Healing and for Love on this beautiful planet. The Movement goes on.

Thousands from all over the world, from Russia, America, Middle East, Morocco, Australia and New Zealand, joined the hundreds gathered in the Koramangala Stadium at Bangalore on that day and channelled Light for seven minutes. A great energy descended on to this earth during channelling. It was a historic day. It was a historic moment.

This was naturally ignored by the media. Many important news about what actually is happening in the world is not reported in the media. What we read and see are not the most important things. We cannot blame anyone for this. It is the system. Even this system collapses. All unjust systems collapse. The Blogs are doing what media has failed to do.

We should keep this Light Channels World Movement alive and spread it. For our Peace and Future. This is very important.

How do we love someone or something that we cannot see? This was a very serious and genuine question posed to me. We can see a cow, touch it and can love it. We also drink its milk and, of course, also eat the cow! But Light, God? We can't see this Light, can't touch it and how can we love it! And, of course, we cannot drink it or eat it! My friend, a scientist, asked me all these very seriously. And I just stared at him for a minute!

We do not see many things and yet we know they are there by experience. Sweetness in the milk, fragrance in a flower, departed souls in other earths.....We love them. Light is there, God is there. Why can't we love Light?

I think, experience makes the difference. That is why we have to meditate and experience Realities in the other realms. It is easy to experience the moon and it is not difficult to experience the whole moonlight.

I am not a politician. But I follow political matters, naturally. I know, from a Spiritual angle, the Elections this time will be special. New and better systems have to evolve and the old and unjust systems have to give way. Let us pray for the best. ■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, Bangalore Urban - 562 149. INDIA.
Phone : (080) 2846 5280, 2271 5501, 93420 30250 (10 AM to 1 PM)
e-mail : info@saptarishis.com website : www.saptarishis.com

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Sai Mandali
Sampige Road, Malleshwaram

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

External Guidance is available
by post and e-mail. Please refer
column 1 on page 6 for details.

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PRAKASHMARG (Marathi)**

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**GURUJI VISITS
MUMBAI
ON 7-4-2009, TUESDAY
LECTURE
at P. L. Deshpande Hall,
Lokmanya Seva Sangh,
Vile Parle (East)
at 11AM**

DVDs containing the Light
Channeling technique are available
free for those who want to conduct
Light Channeling sessions in schools,
colleges, offices etc. Please send us
your request for the same.

MEDITATION ON SPECIAL DAYS

03	Fri	Sri Ramanavami
04	Sat	Shukla Dashami
09	Thur	Pournima
10	Fri	Good Friday
17	Fri	Krishna Ashtami
23	Thur	Masa Shivaratri
25	Sat	Amavasya
27	Mon	Akshaya Tritieya

**ORIENTATION CLASSES
AT ANEKAL
on 29-3-2009 at 11AM
AT TAPONAGARA
on 14-4-2009 at 11AM
(Juniors)
on 15-4-2009 at 11AM
(Seniors)**

**SUNDAY PRASADA
was sponsored on**

1-2-2009	- by Swaminathan K. N.
8-2-2009	- by Sanath Kumar, Swaminathan K. N. & Sudha Pophale
15-2-2009	- by Ketaki S. Talwalkar & Ramesh Bhosekar
22-2-2009	- by Suvarnamma, Vijay Mendjoge & Prakash Ullara

This month's newsletters are sponsored by
Shri. Vijayakumar,
Shri. Brajabandhu Mishra &
Shri. V. K. Chandrashekhar

Sunday Prasada may be
sponsored with Rs. 2000/- and
the Newsletter with Rs. 5000/-

PROGRAM AT TAPONAGARA

Sundays	Lectures from 11AM to 12 Noon Special Meditation from 12 Noon to 1PM
Fridays	Light Channeling from 11AM to 1PM
3rd April	Sri Ramanavami Special Meditation from 12 Noon to 1PM
10th April	Good Friday Special Meditation from 12 Noon to 1PM

DVDs of Guruji's Lectures during
classes are available to members.
Contact office for details.

TAPONAGARA DIARY

Amaraji's Taponagara celebrated
his Jayanti. The under-construction-
forever dusty roads did not deter the
Sadhaks from joining the
celebrations. The road which leads to
this abode of the Rishi has always
been heavily pot-holed and tough. It is
almost symbolic of the difficulties on
the Spiritual journey before one
reaches the Ultimate.

Sometime back we heard rumours
of the road getting reconstructed,
strangely we saw it actualizing; we
were just about to smile away the old
memories of the bad "road" and the
work stopped. The sand which was put
on the entire road stretch remains
untarred; this has made the road far
worse than before! However this
Place and its residents are at peace
with it all.

Few people came to the Rishi in
Taponagara; but they wanted to teach
not learn. They turned out to be
Spiritual tourists, not Spiritual
seekers.

Many gathered on the Eclipse and
the Maha-Shivaratri Meditation days.
Soluntra King's presence brings in a
vibrancy of its own. She brings in an
air of festivity to our Sunday Classes.

Summer has approached well
ahead of time. Tapovana is already
showing signs of water scarcity.

Taponagara reached out to the
world in February '09 and spread the
Message of Light. Everyone carried
the Light and the Light carried
everyone forward. ■

GURUJI SPEAKS

(Excerpts from Guruji's Sunday Classes)
(Compiled by Raghavendra Somayaji)

01.02.2009

On Amara Jayanti Day -

These occasions are always emotional for me because my Guru is in me. I feel him all the time, but I also miss him. It is difficult to explain. Amara taught us that emotions are important. Being human and enjoying these emotions is in its own way a wonderful experience. But we keep our emotions aside and do our duties with great joy and commitment. Amara did not cater to the emotions of people but we had very great emotional communion. He catered to the souls, which is why, whoever came to him, remained with him for lifetimes.

By not employing the ways of pleasing, charming and attracting people, Amara filtered those who came to him. Those who had to come, always came. He gave everyone the same opportunity, the same knowledge and the same Love. He made us strong and realize our own potential. He was such a brilliance and he wanted everyone to be like that. A true master or a Guru would love his followers to surpass him. Amara always encouraged that.

Amara taught us that when we take up Work and Sadhana, the only relatives who remain with us forever are the Guru, the Rishis and God. Other relations are also important. They inspire, test, tease and they remind us that we have to have great Love and patience. But they are temporary.

When we need help, we don't have to pray to Amara or even think of him. We pray because we feel satisfied. He will always be watching, monitoring and helping us. When a child was about to be operated, Amara appeared and told her, "Don't be afraid". Many have had such experiences. He is always with us. I have been with my Guru for several lifetimes and I am going to be with him forever. Amara is 'Amara', meaning, eternal.

08.02.2009

When we find something good, we like to share it with others. If they do not accept it, why should we cry or debate about it? We have to be very mature and restrained; we, the Meditators can be. We have all the patience. Since everyone is not ready to accept the Light, we have taken up this work. Otherwise, it would not be required.

When we take up the work of the Rishis, we do it with our own strength and wisdom. Sometimes there will be challenges and we have to struggle a lot. These challenges have to be met with our own strength and there could even be failures. When we take up God's work or the Rishis' work, we presume we have all the help all the time but it is not so. Sometimes we also attract Karmas, which we have to clear by ourselves.

It is not that the Rishis and God do not help. There are many complex realities, and Spiritual laws that we do not understand. From a human angle, this does not appear to be a very reasonable bargain. But when we took up this work, which we did before we took birth, we knew about all the conditions and all the help that we were going to get and also about our strengths and weaknesses. In spite of that, we took up this work just because we loved God so much. We agreed to work under any conditions because we loved the Rishis so much.

Christ knew that he was going to be crucified even before he came down. But he said, "It is alright. I will go through it for God". It is not that God is very strict and unkind. He is the kindest being. For all our struggles and failures, God rewards us. He knows when to reward, when to take care. But we do not work for these rewards. We work just because, we love Him. To understand this, one has to take up the work.

22.02.2009

The next phase of the Light Channels World Movement is to unify all the Light channels and if possible, all the Light workers. Each Light Worker is doing wonderful work in one's own way but they have to come together to form a Central Council of Light of this earth. This Council of Light would be the conscience keeper of this earth. Any conflict should be referred to them and they would give proper advice and guide the entire humanity.

I wish this vision materializes soon. The entire world should first become one family of Light. Then we must have the Council of Light that guides humanity based on a value system taken from every religion. The essence of all religions is the same. If each one of us follows this value system, such as being honest in our daily living, all the conflicts based on religious divisions will vanish. Religion itself will go to the background. The entire mankind will follow a New Way. The Light Channels World Movement is the first step towards that end.



A person asked me, "Did you discover Light?" This whole creation came out from Light. And even now people ask, "Where is this Light?" It is everywhere. The whole creation came from the Light but we don't know about Light. And I am not introducing this Light. The Light has always been there. We have to open our eyes and become aware of It, that's all. And once we become aware of this Light in our everyday living, the Light becomes our companion and our Guru; our life changes. We will become better human beings. Our life will be better and this world will be a better world. The time has come for all these things to happen. ■

THE LIGHT CHANNELS WORLD MOVEMENT - 26-2-2009

SOLUNTRA KING'S SPEECH

We are at the crossroads now. If you choose Light then Peace and joy will light your way, and Love will guide you, bringing abundance to all as we welcome the New Age—the Age of tolerance and harmony and radiant well-being, a time of equality and acceptance, trust and Love. The Age of Light.

Light comes to us from the Source, the Creator. Light is life and without Light there is no life. The Light is within all beings. Yet at the physical level we find it difficult to perceive Light unless we meditate or channel Light to another for healing.

When we channel Light, it illuminates from us even unconsciously. Wherever we go it touches everyone and all beings, allowing them also to open up to their Divinity and express their Light for we are one Light, one Breath, one Heart, one with all Creation. We are here at this great time of the shift in cycle.

The Light we channel tonight is directly from the Source through the Grace and Love of the Rishis and Light Beings who are always with us, loving and assisting us if we are open to receive. When we channel Light we will be linked to the Rishis and Light beings, as well as all those millions of beautiful souls around the Earth. Because each one is linked to another through Light, the whole humanity shifts subtlest of the frequencies in consciousness. It is only by such a shift in consciousness that humanity will move beyond the madness of hatred and fear, lack and denial and into the abundance.

We are in the dawning of the Age of Light and have come out of the darkest times. We are well aware of how they are playing out on Earth right now. Under the influence of the vibrations of Dark Age we completely forgot our Divinity. We

lost our abilities such as teleporting, telepathy, bi-locating etc. Becoming more self-centered we filled this world with greed and corruption. We forgot the most simple, but most important thing that sustains us and give us life, which is Light.

Our entire solar system is moving into the Photon Belt. The Photon Belt has particles of high frequency Light that illuminates from the Central Sun. At the centre of our Galaxy is a black hole and a pulse of Light illuminates from it and this increases our consciousness. At the individual level it means that the Light within you makes you Light.

As we channel the Light it illuminates us and also anchors so much Light that we and our Earth move into higher octaves of Light and into the higher dimensional Earth. We become the citizens of our Galaxy and Universe. This is not something in our dreams or in a future lifetime but it is happening now. Many say this is happening in 2012, but this too has quickened and we are actually moving through the Photon Belt now in preparation for what will happen in 2012.

Each and everyone of you is important in this work and the more we channel Light the easier it will be for all of us to make the transition into the body of Light and living in the higher dimensional Earth. The Light flows through us and by our strong intention it permeates all creation. This is done without judgment or attachment. Light has its own intelligence and will go where it is needed for healing and awakening consciousness and operates.

May you always be open to receiving the Light and to give it out to all creation, may you feel the peace within and the radiance of the Light. ■



The Event was launched by Soluntra King by lighting the lamp.



Soluntra King addressing the gathering.

THE EVENT

February 26th 2009, the most ordinary of people joined Guruji Krishnananda to do the most extraordinary work of bringing down Special Energy from the highest Source to assist this most unusual Shift period. The Event launched the Light Channels World Movement on a large scale.

The venue Koramangala Indoor Stadium looked resplendent with a huge backdrop and two large projector screens. Hundreds of brilliant white flowers welcomed not just the twelve hundred plus participants but also the Divine personalities, Rishis and many Astral visitors.

Clad in his usual simple whites with an ever radiant Divine smile, Guruji Krishnananda addressed the gathering from his heart. He shouldered the huge responsibility of representing humanity in these turbulent times, and receiving the enormously colossal Energy which

THE LIGHT CHANNELS WORLD MOVEMENT - 26-2-2009

GURUJI ADDRESSES



Guruji channelling Light along with the audience.



Guruji explaining the importance of Light Channelling to more than thousand participants.

Contd...

has unimaginable Potential, from the Source.

Seated next to Guruji on the dais was Soluntra King - Light Worker and guest of honour. Her presence was required for the task. She spoke eloquently about Light; or maybe Light had spoken through her. In a way she represented the West in this World Movement. Along with Guruji she inaugurated the Event.

The place was vibrant with an enthusiastic group of nearly sixty volunteers. Each represented Guruji to the fullest. Their smiles charged the Event and their eyes poured forth joy. This is no exaggeration.

Despite the large audience, during the seven minutes of Light Channeling, Stillness ruled. Many had visions and could even see the invisible Rishis and Deities.

The Event was glitchless. The Event was a great success. ■

Dear Citizens of the world,

I said citizens of the world because I am addressing all those who are here and who are not here also. At this time, in many places all over the world, people have gathered. They are waiting for 7.30PM to channel Light. We are not alone and of course we are never alone in such great endeavours. This is a historic day. This is a historic moment. Such a thing has never been tried before. We as human beings have tried mass Meditations, mass prayers. These are very common but we never tried channeling Light. In fact we haven't known much about Light. I think the time has come for us to know more about Light, to make Light our companion, to make Light our real leading Light.

In Mumbai, Pune, Solapur and Nagpur mainly, people have made special arrangements. They have gathered in temples, Meditation halls, in their own homes and they are waiting for this great moment. And it is not merely the human beings; there are innumerable Astral beings gathered here and in Himalayas. That's why I said that this is no ordinary moment. This is no ordinary day.

What is Light? We should not be asking this question, particularly we in this land of Rishis, land of gods, the land of Tapas, the land of Vedas and Upanishads. Long long ago our ancient Rishis described God as Jyoti-Swaroopa. They said, "God is Light." We are speaking of that light. It is not the physical light. It is not the light that we can see except in Meditations. It is the Light from which all this creation has come. It is this Light from the Source. Light is God.

I am a seventy year old person. I had to wait seventy years for these seven precious moments. Thank you for making these seven minutes such glorious and precious moments.

The purpose of channeling Light is mainly healing. Each city, each

place has an ethereal body. Whenever there is violence, an attack, this body gets wounded. There will be pain. These pains, wounds can be healed. They can be healed very fast and easily by channeling Light.

You must be wondering why we chose 26th February for this event. Three months ago on this day, Mumbai was attacked. Mumbai was wounded. There are many more wounds on this earth Gaza and Sri Lanka, for example. We have to channel a lot of Light to heal our own earth. This is the beginning and we have made a grand beginning. Healing is possible. The purpose of this event is to make people aware of this possibility, to spread awareness about Light.

Where is this Light? The Light is everywhere.

If the Light is everywhere, why should we channel it?

Channeling is allowing this Light which is at a different frequency, to enter our system. Our system works as a kind of transformer. This transforms the finer energy to a grosser energy before we spread it. This Light vibrates. Its vibrations carry healing qualities. These vibrations carry Love, Wisdom and Peace. When we channel this Light and spread around, these vibrations carry all these things and reach people, reach beings and even non beings. When these vibrations impact people, there will be changes. One may ask, 'Just because we channeled Light now, what are the great changes?' We can't see the change tomorrow. But there will be changes. It will be gradual.

The most wonderful aspect of this Movement is that it empowers each one of us. Each one of us can contribute to Peace silently in our own way.

Make this Movement your Movement. Let this Movement spread. Make this Movement a success. Thank you. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The annual fee for English is Rs 1,000, for Kannada and Marathi, it is Rs. 700.

Textbooks and one year's Newsletter subscription, in any language, are included in the annual Fee.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Guruji himself.
- ◆ Sri Jayant Deshpande answers letters written in Marathi.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

Cheques/DDs are to be drawn in favour of "Manasa Foundation (R)". Rs. 50 has to be added to the non-Bangalore cheques.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

We are all together growing as a family of Light. I looked at a photo of the venue for the Light Channeling Event in Bangalore and my spirit-heart is showering and indeed flooding the Earth and the future meeting place with Divine Truth, Love, Light in unison with many. It is bringing great joy and I feel my wings will see to it, I am there in the moment with everyone even from Australia. —Amma Alisi Moana

Light Channeling - A beautiful gift and prayer, I honour it. Glory to the Light of Reality - Truth, Love, beauty, wonder. —Will

Thank you for initiating the Light Channels World Movement. It is a simple concept that involves no complex techniques. Everyone believes in Light and that makes channeling easy.

The more I read the March issue of newsletter, I feel very surprised as to why it took so long for anyone to teach about simple love. I like the idea of Love and God. You have put it so beautifully, "God is near us, if we care to trust!"

I believe it is the hardship that a guru takes upon himself to educate others, rather than be selfish to attain his own goals. I am thankful for the sacrifices that you are making in leading us towards the LIGHT. —Nanda

Channeling Light for seven minutes was a beautiful experience, knowing that a lot of people were also joining in that moment from all over the world! Thank you Guruji, for giving me the opportunity to be part of this beautiful experience and Movement. —Radha Kirtane

We practised Light Channeling at 7.30PM on Feb 26th. I was totally

still. The technique stopped. All my senses were gone. There was only beautiful calmness. This kind of programme will bring the world together and help us enter the New Age. —Prajakta

The animation for spreading the Divine Light is superb. Anybody who reads this website feels like practising this technique.

—Jayashri Vasudev

The 26th Feb event was wonderful and beyond our imagination. Your words - "I have waited for these seven minutes for seventy years of my life" were so touching. I heard a prominent inner voice saying "The entire Universe is very patiently waiting for this great Event". During the entire seven minutes period I could see and feel the presence of several beings and different energies.

—Bhagyavathi B.

The Event was grand. There was so much of Light there and the seven minutes were really great.

—Shobha Rao

During the 26th Feb Event, I saw Amara, Vishwamitra Maharshi, Sapta Rishis, Lord Maitreya, some very important Rishis and several Astral beings present. One special soul from Parabrahma Loka descended on this Earth at 7.30PM after the mass Light Channelling started, through the Light. He was holding a special gadget and spoke with you. He installed the gadget somewhere and went back. He is in charge of controlling this gadget. We felt a lot of Light during those seven minutes. —Priyanka Mishra

It was a great feeling of astrally being with you at Koramangala Stadium. —Keki Antia

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

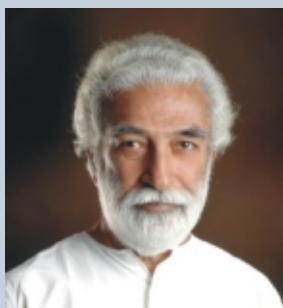
- Q: What is Light?
A: Light is God.
- Q: Where is this Light?
A: Light is everywhere.
- Q: If the Light is everywhere, where is the necessity of channeling it?
A: This Light is at a different frequency. That is why we don't see this Light, and we have to channel this Light.
- Q: Can the Light not come down by itself? Should we channel it?
A: It cannot come down by itself. We have to seek it. We channel it from the higher frequency to the human plane. There are laws which we are not aware of. A law forbids the Light from coming down by itself.
- Q: Can we channel Light instead of meditating?
A: We have to meditate to keep the processes activated by the Rishis, alive and also to strengthen them.
- Q: Do Padayatras help us spiritually?
A: If one knows why he is doing it and if he is sure of the Spiritual benefits then one can take up Padayatras.
- Q: What is the difference between the Masters and Avatars?
A: The Masters are special souls who come down to earth and incarnate often to guide humanity. Avatars are part of God. They come occasionally. They come to act. They come down to deal with the negative persons, negative energies.
- Q: Can we practise the Healing technique without practicing Meditation?
A: Healing is a Spiritual process

and it should not be practised independently. When we heal, we also activate or attract certain Karmas which have to be dealt with and cleared. So, we should not practise Healing without practicing Meditations.

- Q: What is Initiation?
A: Initiation is passing on energies to a person, to activate certain processes which have been dormant for years.
- Q: What is the aim of meditating in this Path?
A: You have to choose the aim. The Path has all possibilities. Results are proportionate to efforts. This is a law.
- Q: Who is a Rishi? Are there any Rishis living now?
A: A Rishi is a radiant being radiating Light. He is a Master. Yes, there are Rishis living now. Amara was a Rishi. Eckhart Tolle is a Rishi. There are many others.
- Q: What is a mental world?
A: Mental world is Brahma Loka, or the mind waves, the world of emotions within us.
- Q: What is Vairagya?
A: Vairagya is being aware of the temporariness of this world. Vairagya is balancing the Spiritual and the material lives, without throwing away either.
- Q: When do we feel secure?
A: When we are connected to the Source or Light we feel secure.

LIST OF OUR PUBLICATIONS

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- Astral Ventures of A Modern Rishi	
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ಅನಿಸಿಕೆಗಳು	120/-
ಋಷಿಗಳಿಂದ ಬಂದ ಕೊಡುಗೆ (ಐದು ಪುಸ್ತಕಗಳು)	250/-
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- ಧ್ಯಾನ ಯೋಗ	
- ಆತ್ಮದ ಅವರೋಹಣ	
- ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	
- ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು	
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GURUJI KRISHNANANDA (1939)

MANASA FOUNDATION (R)

established in 1988 by Guruji Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city.

MANASA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Guruji lived from 1987 to 1992.

STUDY CENTRE

is a unique Centre for Studies on Spiritual Realities at Antar Manasa, guided by the Rishis.

JYOTHI PROJECT

is mainly for the village children. They are helped in their school studies and are taught Shlokas, Bhajans, hygiene, General Knowledge and Computers. They are also encouraged to express themselves creatively through story-telling, drawing and painting.

LIGHT CHANNELLING

by Meditators with Guruji arranged at Taponagara on all Fridays from 11 AM to 1 PM. All are welcome.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APPEAL

Please help us in our service. (Cheques/ DDs in favour of "Manasa Foundation". Income Tax concession under 80-G is available)

SPIRITUAL EXPERIENCES

(Compiled by Sudhakar L.)

On the Shivaratri day and a Sunday, I was outside the Meditation class taking care of my daughter but I did not want to miss the Meditation. I requested my Chaya Purusha to meditate inside the class. It went and meditated inside the class!

On Shivaratri night I was not able to sleep for the Astral travel. But I saw the event in awakened state. I saw Lord Shiva, Maa Gouri, Lord Ganesha and Lord Kartikeya descending. There was a lot of Light in Kailas. All Rishis chanted Shivastuti and escorted Him. Many Rishis were present. I saw Guruji, Amara and Lord Maitreya there. I also saw Eckhart Tolle there. Everybody was in the form of Light.

One day during Meditation a Voice said about the Mayan civilization "It was a great and highly advanced civilization. When they started misusing these powers, the Divine decided to destroy the civilization. But all the knowledge is preserved by the Divine in a mysterious cave and a Rishi is guarding that. When we enter the Light Age, we will have access to all this knowledge.

—Priyanka Mishra

On Feb 7th we had a company meeting. I knew I wouldn't be able to meditate once the participants arrive. I asked the Rishis to hold them away just long enough for me to finish my Meditation. They came one minute after I finished!

In my second week's Meditation, I keep seeing a single eye that pops in and looks at me, then disappears.

I felt very guilty as our pet iguana died because of our negligence. The iguana appeared in my Meditation and communicated that he is much happier where he is now and not to worry about him. I saw him crawl off

into a jungle and disappear.

—Jerry Marzinsky

During Eclipse Meditation, I saw Guruji's form as Krishna and also as a very bright white light. But when I opened my eyes Guruji looked as usual. During the channelling of Light I was only aware of the white Light spreading around and did not know how the time had passed. I could feel all the seven Chakras shining brightly and whole of my body looked transparent filled with white light.

—Sujatha

On 11th January 2009, during Shambala Group class, Guruji told us to repeat a Mantra. I closed my eyes and when I was about to chant the Mantra, I heard a very sweet voice chanting the Mantra. It was not loud but very clear. After three times the voice reduced and I could hear the voice in my background only if I tried to listen to it. It was an exciting experience.

—Uma Maheshwari

On 6th February, in my dream I saw a very beautiful Shivalinga emerge out of a flowing river. It stood in the midst of the river with water flowing around it, as though bathing it. Immediately after I offered my love and respect, suddenly a snake appeared and stood with its head held straight and tall. After a few days, in another dream I saw a huge gathering of people for some Pooja. I went there and saw a Shivalinga adorned with beautiful flowers and around the Trishul was a snake. Poojari looked at me and said that I was lucky because Lord Nagaraja has blessed me, and not every one gets this blessing.

—Vidya Arora

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