



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 5 Issue 1

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## REFLECTIONS

Guruji Krishnananda

We must know the Basic Truths; the Truths at least about ourselves: who are we really? why are we here on this earth? what happens to us after our death? do we survive? if so, where do we go from here? do we come back? why? do we meet our associates again? do we carry our interests and talents after we leave this body? do we carry the dreams and poetry? what happens to our likes and dislikes? are we judged? who judges? are there punishments and rewards?.....Oh! What a lot of questions! And these are only a few and that too only about ourselves. There are many other Truths: about creation, creator.....so many!

Is it possible to get answers for all these questions? Yes, definitely possible. There are answers to some of these in our ancient knowledge. There are many answers now, channelled from the Rishis. And all the answers are available in the Universe. We have to raise the question at a deeper level and we definitely get the answer. It may be difficult to bring out the answer to the conscious self in the beginning. But it is possible with Meditations and Contemplations.

It is a Spiritual imperative that we must know the answers because our wisdom gets enriched. With this wisdom, we choose the right and live the best in this life.



After all our Meditations, discussions and lectures, it helps us to really look into ourselves and find out how much of Love we really manifest in actual living; how much of accommodation we offer to others' shortcomings and imperfections. The revelations may shock us! It is very little. And "very little" is not enough to progress in the Spiritual journey. Then, we have to change, expand and move on.

Spirituality is changing, expanding and moving on.



Twenty years ago, the Berlin wall came down and the two Germanys were thrown open to each other. It was a great step; a great moment. When I look around, I find many dividing walls, within and without. We are experts in building walls! We build walls in our countries, societies, groups and sadly, within ourselves.

The Light, the Light Masters and the Light Workers are demolishing the walls. But new walls come quickly. The Light Work is to go on demolishing these walls!

I have to demolish several walls here!



The Year 2009 is ending. In this year, we anchored the energies from Ra, Prakasha Brahma, under the Ra Meditation Hall and gathered very valuable knowledge about 2012 and beyond.

2009 was a great year. ■



### 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 Hymamshu  
4th main, 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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Ra Meditation Hall will be thrown open to the Meditators from 5th December 2009.

**NEWS AND NOTES**

- ♦ Students interested in joining the Shambala Group may register their names on or before 31-12-2009. External guidance students can also join.
- ♦ Those interested in participating in Akhanda Dhyana on 27-12-2009 may register their names with the office on or before 25-12-2009 along with the timings.
- ♦ On 31-10-2009 Guruji inaugurated the program for planting trees at Anekal organized by Lions Club.
- ♦ The Shambala group met on 8-11-2009 and the Ra group on 15-11-2009 for further guidance from Guruji.
- ♦ Those receiving "Doorways" as complimentary may please renew their interest for receiving complimentary copies for the next one year.

**SUNDAY PRASADA  
was sponsored on**

- 04-10-09 by Chirag and Grishma Parmar & Anandmayi Godse  
11-10-09 by Chirag & Grishma Parmar, Hemalatha Pramod, Chandrakala, Shivakamashwaran & Bhuvaneshwari  
18-10-09 by Chirag & Grishma Parmar, Sarvamangala Nagbhushan, Sindhu, Om Kanade, Varalakshmi M. & Chaaya Kolte  
25-10-09 by Chirag & Grishma Parmar, Shashikala G., Swastika Kanade & Rama Rathna N.J.

**MEDITATION ON SPECIAL DAYS**

01	Tue	Shivadeepa
02	Wed	Pournima Vishnudeepa
09	Wed	Krishna Ashtami
14	Mon	Masa Shivaratri
16	Wed	Amavasya
24	Thu	Christmas Eve
25	Fri	Christmas
27	Sun	Akhanda Dhyana 6AM to 6PM
31	Thu	Pournima Lunar Eclipse from 10.46PM of 31st to 3.01AM of 1st Jan

**PROGRAM AT TAPONAGARA**

20th Dec	Ra group meeting at 2PM Light Channels group meeting at 2.30PM
25th Dec	Christmas Special Meditation from 12 Noon to 1 PM
27th Dec	Akhanda Dhyana from 6AM to 6PM

This month's Newsletter is sponsored by  
Sri. Avinash N. Rao.

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

AT TAPONAGARA  
On 27-12-2009  
Akhanda Dhyana from 6AM to 6PM  
All are Welcome.



Our Stall at Bangalore Book Festival

## BOOK FESTIVAL

Our well organised stall at Book Festival this year was a manifestation of love and team work of our volunteers lead by Karthik and Sridevi. It was the neatest and the most appealing. The entire stall was flooded with love, understanding and concern of the volunteers for each other.

Thousands visited. All eyes were on the catchy titles “2012 End or Beginning” and “Beyond 2012”, neatly displayed all over. Everyone was curious to know about 2012. Many believed and many were sceptical. Many were already aware and many were ignorant of the significance of the Year. Some even asked, “Please tell us if all the rumour that is spreading like wildfire is true. We do not want to die in just two years.” 2012 series was a huge hit. Waves of Light emanating from the “Light Channel Animation” exhibit had enveloped the entire place for full ten days. ■

## TAPONAGARA DIARY

Seema Almel Somayaji

October the month of festive lights filled Taponagara with the joy of togetherness. This Diwali month, Guruji lit each heart with Divine Light in every meeting. A steadily increasing number of students have been enrolling for the monthly Retreat with Guruji. This month, as every, he enriched participants with more knowledge and even more affection. A group of nearly fifty Spiritual Seekers came from Chellakere Taluk especially to attend the Sunday Classes. Later Guruji gave them a special audience.

Taponagarites came together and celebrated Diwali with crackers. As the child within each burst forth with joy, a doting Guruji silently watched over.

The monthly residents' meet marked the birthday celebrations of our beloved, cheerful and dynamic Shyamala Aunty. During the meet, Guruji gave a message to the residents “We need to be up-to-date with the news and current affairs. Our care and concern for the world decides whether we are residents of Taponagara or of the local Chikkagubbi village!” Taponagara is not an island. ■

## LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

**Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.**

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit [www.lightchannels.com](http://www.lightchannels.com)

## SHAMBALA PRINCIPLES

These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. They live in Peace and Perfection without ageing.

- 1 Experience the Light in your Core and spread it around.
- 2 Experience and spread Love.
- 3 Experience the Oneness of Life in everyone and everything.
- 4 Carry on the daily activities first in mind, then verbalise it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising talks about it.
- 6 Gear up the body, mind and intellect to fight out the negativities.
- 7 Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.

## GURUJI SPEAKS

(Excerpts from Gurujī's Sunday Lectures)  
(Compiled by Shobha K Rao)

**4-10-09**

When we begin meditating regularly and for longer periods, and begin to experience Stillness then everything good happens. Transformation and Positivation occur. We awaken to so many realities: that we are a part of God, part of this Creation and we are strong; that we have come here only to experience life and our home is different; that we have to go back, but are entangled in a kind of self-created web.

When we meditate we attain enlightenment. First it occurs at the intellectual level. We realize that we are Light. Then it occurs at the level of the soul. We experience that we are Light, which is most important and the ultimate in Sadhana.

In this Path of Meditations and Rishis if we meditate sincerely it is enough. The techniques are so powerful. We do not know about many of the processes initiated by the Rishis during initiation. When we meditate Healing and Pranayama occur automatically; also, Kundalini of the highest order rises automatically. Meditation purifies and rejuvenates us. Many great changes will be occurring in us, which others may point out, make us realise and become aware about them. We have to be involved in these processes.

If you cannot meditate for more than an hour you must practise channeling. After years of practising Meditation there are eternal complaints like: 'I cannot concentrate'. We have to remember that Meditation is 'non-concentration.' In Meditations we are always connected to God, and

that makes us live fully and joyfully all the time.



There is an important revelation by the Rishis: During Kali Yuga everyone is injected with or filled with dark energies, by Kali Purusha, the deity of darkness. The transitory period of 432 years is now reduced as we are entering the Photon Belt. So the dark energies have to withdraw very fast. Therefore the Light Channel Movement was initiated. But Kali Purusha is protesting and darkness persists. He has been given time till 21st December 2009 to begin the withdrawal. So we have to bring in more Light. Meditate, channel Light and experience Light so that darkness withdraws fast. But while withdrawing the dark energies will definitely make lot of protests, noise and also damages. Therefore we have to be careful not to entertain negative thoughts, negative emotions.

Humanity has to make a choice by 21st December 2009 when the day of judgment begins. We think that we naturally choose goodness, choose Light. But we have observed that at a different level people enjoy the pleasures of darkness. If we are on the dark side they gift us with lot of things at the material level. We have to choose Light consciously, hold on to it, extending it to the other levels. If you are strong and determined you'll be with Light, then nobody can touch you. Lord Kalki will be very active, and people who don't choose Light by that time will have to go through lot of difficulties.

The Rishis are advising us to reject Adharma and protest against it silently. They are waging a war against Adharma. Let us begin this

fight in our own way to totally wipe out Darkness. It's very difficult. Devise your own ways.



**11-10-09**

We meditate and get benefits only if we really allow the influence of Meditations to work through us and manifest in our living. Purity, Love and honesty are then reflected naturally at every level of our living. This is a very important revelation.



A Rishi said casually, "Give love to the Universe and the Universe will in turn give you everything". And it is so true. You give love genuinely, purely, wholly and the Universe gives you everything in return. When we practise such things we can live very happily and also let others around us live happily.



In this Universe everything is alive- a rock, earth, moon, a star, a galaxy. They are entities. There is life in them. Everything has a field of energy. A rock has a field of energy. It has a core. The core has intelligence. The core has love. The core can be contacted. As we can talk to a rock or any inanimate object, we can also talk to a galaxy. All that we speak of here need not be accepted. But you can test and experience. Try it. We have to talk to everything. We have to talk to the Universe, experience the Oneness with the Universe. When we experience the Oneness with the Universe, we will be experiencing God Himself. With such an experience we get the true wisdom. We can then choose what is right and live the most peaceful and happiest life.



## GURUJI SPEAKS

(Excerpts from Guruji's Sunday Lectures)  
(Compiled by Shobha K Rao)

We have to experience the oneness with the Universe, experience God.

There are many ways of initiating a person. We pass energies directly. Rishis do it in many ways, in different ways. It could happen when you get a shock, or a pleasant surprise, or while listening to a bhajan, or while reading a book, or while conversing with a person, not necessarily a Spiritual person or on a Spiritual topic. We have to realise that God has a million ways of showering His Grace.

The television has misread the predictions in the Mayan calendar and said that the world will end in 2012. The panic button is now pressed. This panic reaction will increase. It is here that we have a great job to do, to tell others with greatest emphasis that the world will not end, but there will be great changes. So the emphasis should be on preparation and not on panic or feeling scared. Somehow the human tendency is to believe the extreme and not the positive thing. Everyone of us will be guiding someone consciously. I want to train the Ra-group, to guide people in future. You have to be thorough in understanding about the Path and about 2012.

If people do not prepare, do not listen to us and go down spiritually, then they perish. This could be a close friend, a relative. This is the greatest challenge to any individual. We have to live with this reality. We have to develop great Vairagya. We need not feel guilty or suffer. Each individual will have to stand on his own Spiritual strength, live in his own Light.

In this Path we don't believe in numbers. We believe in quality. We believe in love. And we are not trying to expand. We grow and expand naturally. We don't employ any unusual means for that.

Each one of you, particularly the volunteers have to live like models. You should carry Light, and should be like an ocean of Peace which others should feel. They must feel the Light in you. It is then that you can guide others and yourselves. Volunteers should improve their speech, writing and their behavior. They should also read a lot.

People wish to meet me on their birthdays/anniversaries. But I have stopped meeting people. Do not feel disappointed. I meet everyone astrally; give lot of energies and gifts from the Rishis. We have to shift our interaction to higher levels, where we can convey more, that words cannot convey.

**18-10-09**

Sadhana has three parts. One is preparation, second is experiencing, third is manifesting. First we prepare to experience. Preparation is getting ready to establish stillness. Then we experience the Divine i.e. Love, Eternity and Vastness. When we experience Light all these things are experienced simultaneously. After experiencing, the most important thing is to manifest all that we have experienced. If we don't manifest the experience in our living, then Sadhana remains incomplete.

We lead our lives with our wisdom and our inner strength. Sometimes

when they are inadequate we commit mistakes; then we have to get them from a higher source, which is possible when we meditate. Meditation keeps us connected to the Divine all the time, to the source of wisdom and strength. The most important thing is that we must always be aware of the link. When you are aware of the link you are Divine, you behave like Divine.

Now everyone has begun talking about 2012. The panic is yet to build up. But there is talk about it. It's more than curiosity. Panic weakens us. When we become weak the dark energies enter us and take over. We become the channels for the dark energies.

The most important thing that we have to understand is that we should not panic. We are the most fortunate people, equipped with so much knowledge, energies and new techniques. We can sail through 2012. We can also help all the people around us.

**25-10-09**

Behind these words spoken and written there are lot of energies, which if you accept, will reveal more than what I try to convey to you here. At what level do we take a decision? At what level do we choose? I happen to see and witness people at the other level, the Astral level. And I also witness them living in their own ways at the physical level. I find a lot of difference in their living at the two levels. People are different at the physical level, not what they are at the Astral level. We are studying this aspect. ■

## 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, Marathi and Hindi, 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 Gururji 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)

Now-a-days the pull to look inward and be quiet is very high. I don't have the same anxiety or negative feelings as before. I can recognize my negativities but still there is lot to work on. I thank you for all the good that you are sharing with us.  
-R. Deepthy

While reading the November Newsletter I could feel your Love emanating from it and touching my core. I have strong faith and conviction that no negativity on earth can touch me. When a friend who was very upset talked very negatively I remained undisturbed but I sincerely prayed for her. I can thank you only by diligently following all the guidelines given by you.  
-Padmaja Balaji

Though a beginner in Meditation I am able to be peaceful, experience and spread love. Thoughts have reduced drastically in Meditation. I am learning to respect others' freedom. Life seems beautiful now. Whenever I face difficulties in Meditation I pray to the Rishis and God, and miraculously difficulties go away.  
-Hemant Sharma

Going through 'election duty' was like a dream. I experienced your care every moment. People assisted me with full heart. In the beginning we were a 'team' but at the end we had become "Family".  
-A. Ravi

Meditation is a wonderful experience for me. It has changed my personality a lot. My anger has decreased to a great extent and unnecessary thoughts have stopped coming to me. I am not disturbed by small tensions and my mind has become calm and peaceful.  
-Prachi Khedekar

When I was trying to link up with Vasishtha Maharshi I saw myself climbing a staircase inside a big building. There were people sitting there dressed in white and I thought perhaps it is the Ashram. I prayed to Vasishtha Maharshi to

make it possible for me to meet you and receive your blessings in person. At that moment I felt a touch on my head and energy entering me. I felt peaceful and fulfilled.  
-Medha Kulkarni

Your 'an important note' gave me a benevolent shock. Owing to it, I could shake off both the depressive state and hardship in Meditation almost dramatically.

However, 'Beyond 2012' gave me a rather awful shock making me realise that time is so critical. You seem to have resolved to manifest any important matter much directly than ever.  
-Yasuji Yamaguchi

I am really blessed to have you as my Guru. You have accepted me in whichever form I appeared before you, and I do not have words to express gratitude.

From the very next day after you initiated me, I am able to meditate for three hours without pushing myself. During Meditation there are vibrations in my Heart chakra for a long time and in many parts of the body. Within a few minutes my body is arrested and made to sit automatically. I am actually enjoying this process.  
-Vidya Vishwamitra

I am really astonished and happy to notice the difference in me after taking up Meditation. I realize that I have to change a lot and grow and I am trying my best to do so. Thank you very much for everything.  
-Shriya

There is a calmness and silence that I experience almost every time I meditate. I become aware of my negativities like anger when it rises and I am able to control it.  
-Aditya Bheda

I have become more tolerant and my anger has reduced incredibly which is really unusual and the credit goes to Meditation and Rishis' blessings.

-Anushree Ramesh

## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: How do I know that I have a mission in life?**

**A:** Ask this question to yourself very sincerely; check with your intuition and your conscience. You will see there is a Spiritual mission waiting for you. It varies from individual to individual.

**Q: How to positivise?**

**A:** Positivising begins from rejecting all that you find as negative. Reject anger, hatred, jealousy, lethargy etc. It's like allowing the stale air to go out. Fresh air comes in automatically. Establish Stillness. Experience Stillness. Be good. Any of these is enough to begin Positivisation. We should experience Light. Where there is Light there cannot be darkness.

**Q: How can we prevent negative thoughts?**

**A:** The best way is never attempt to prevent the negative thoughts. Ignore them. When you notice or recognize the thought it is then that you start experiencing Light.

**Q: How can we manage our emotions?**

**A:** We can manage our negative emotions by consciously avoiding them or definitely minimizing them. Here, recall Vishwamitra Maharshi's instructions. He said, "Whenever you are angry practise three rounds of Saptarishi Pranayama, then the Shambala Principle One." It applies to all other negative emotions. Extreme or very strong positive emotions also affect us. We have to contain them consciously.

**Q: How can I improve my intuition?**

**A:** We have to exercise our intuition. It gradually gets sharpened then. We have to be logical, rational but we shouldn't end with that. Then,

beyond reason the intuition starts working. If possible practise Pranayama for about half-an-hour slowly, carefully. More Pranayama helps sharpening our intuition. Just be good. Just be honest. Your intuition will work.

**Q: How can we manage our time properly?**

**A:** Each one has to devise his/her own ways. You have to organize your daily work thoroughly. Avoid unimportant work and gossip. Minimize the interaction with the world. Unless we prioritize we cannot minimize the unimportant work.

**Q: Can I practise strengthening the shield while travelling?**

**A:** No. Strengthening the shield has to be done in stillness, like Meditation. But while travelling you can practise the Shambala Principles One and Two, and also channeling.

**Q: My Meditations are not satisfactory in spite of my best efforts. What shall I do?**

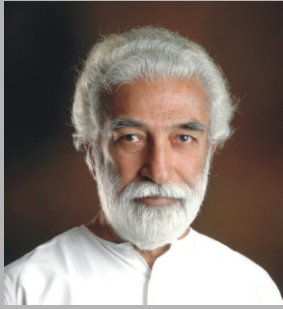
**A:** Do not worry. Do not analyze. On some days they are satisfactory and on some days they are not. It does not matter. Sit for Meditations with the 'surrender bhava' or with the attitude of surrender. Once you surrender you should not bother about the quality of Meditations.

**Q: When we miss Meditations for a few days how can we make up for it?**

**A:** To make up for all that we have missed during a fortnight, we can meditate extra/more on full moon days or on new moon days. We can also meditate more on the 8th day, Ashtami after Amavasya or Pournima. Or, when you come to Taponagara you can sit anywhere and meditate more. This place is full of energies and love.

## LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Beyond 2012	80/-
2012 - End or Beginning	100/-
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iGurujii - Vol 2	120/-
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- Descent of Soul - Practising Shambala Principles	
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ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
ಅನಿಸಿಕೆಗಳು	120/-
2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
2012 ನಂತರ	100/-
ಋಷಿಗಳಿಂದ ಬಂದ ಕೊಡುಗೆ (ಐದು ಪುಸ್ತಕಗಳು)	250/-
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ಕಾಂಠಿಕ್ ದ್ವಾರಮುಲು	150/-



**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 10 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").

## SPIRITUAL EXPERIENCES

(Compiled by Shobha K. Rao)

During Meditation, I was caught completely by surprise as my soul burst out and exclaimed repeatedly, "Aham Brahmasmi!" Then, suddenly my soul spark broke away and zoomed off on an upward trajectory. At that point I felt a psychological break from the physical life. There wasn't a care about leaving it all behind as my real identity was beyond it... On and on it zoomed until finally it merged into a huge mass of lighted sparks. Somehow I realised it was God. My spark went into this welcoming Being, deeper and deeper into it, there was no longer a sense of identity left, only a deep sense of merging, of arriving home. I kept going into God until I entered a void. At that point I decided to come out of Meditation and found that exactly three hours had gone by!  
- Vidya Virkar

On 25th October I was walking to someone's place and suddenly became "blank". I experienced this phenomenon at intervals. I was seeing Light and everything becoming Light. Later at the residents' meet I saw Light in Guruji, in everyone and in everything. After some time I started experiencing silence at some level, then loads of love. I saw myself near infinite golden Light; experienced that I am in Light; experienced Vastness and Infinity. I saw golden light flowing from me and also coming into me. I was experiencing joy and sorrow, but without tears! I was unable to withstand the light. I realised later that I was experiencing everything simultaneously at different levels. I was aware of the physical level too. The experience continued but I was able to do my work efficiently at the physical level.  
- Rakhee Chopra

After the Meditation on Sunday in Taponagara, I saw a long crack on the left wall of the Meditation hall. I asked the wall about it. It replied, "Once when energy entered me to be stored as knowledge, I was unable to withstand it and the crack developed."  
- Archana

On 27th October night when I opened myself to channel the blue light, it was not the usual blue but "sparkling blue". It was gushing into me. Two or three hazy forms of Divine beings appeared to be smiling at me. I offered my love and respects. A thought flashed, "Was it Prakasha Brahma?" I heard a message which said, "From today we are passing on a different energy to hasten the process."  
- K. Ramachandra

On 24th October night I went to bed at 12 midnight. In the morning I recalled my dream: My form was glowing with blue light and I was standing in space looking at Mother Earth. Two-thirds of the Earth appeared blue. About half of that area was seen to be on fire and the rest appeared dull and lifeless. I thought perhaps it was a glimpse of the future.  
- Nagamani Chandrashekar

Very often I sense myself as a particle of Light and the halo of blue light forms the infinite sheath around. There is a new revelation around me - even the pathways seem to be speaking their experience! Everything around is awake and responsive. There is a greater joy to look forward to, along with deep concern for the future. Thanks to Light, I am made to realise that there is a greater responsibility on me towards the world and its betterment.  
- Jayanti Natrajan