



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 3

FEBRUARY 2009

Rs. 15

REFLECTIONS

Guruji Krishnananda

On 26-02-2009, Thursday, we are arranging a Mega Event at Bangalore to channel Light. We request not only the people who would gather there on that day to channel Light but also all the people of the world to channel Light at the same time. Our intention is great but the resources are limited. With the available resources, we will publicise the event in all possible ways : Newspapers, TV channels, SMS, e-mails etc. We request everyone to spread the message of joining us in millions to channel the Light for seven minutes from 7.30 pm from their own places. Let the message reach as many as possible.

What is Light ? Light is Energy. It is the Creative Intelligence. It is the Source from which all the Creation has come.

What is the purpose of channelling the Light? To heal, heal Mumbai, heal Gaza, heal any wound inflicted by violence and hatred. To heal the individual, to heal the nation, to heal the world. We channel Light for bringing Peace, for bringing New Energies for the New Age, for resurrection, for transformation and for saving the planet from man-made catastrophes.

How does Light work? Not directly. After we channel the Light, the wars do not stop the next day. There will be no dramatic changes. There will be no miracles. The Light works in its own way and there will be changes. There will be benefits.

If the Light is there and has intelligence, why does it not work without getting channelled. It is a Spiritual law that we have to seek, we have to channel. If more number channel Light, the impact would be greater. If more number channel at the same time, the impact is faster.

This event would be unique. There would be no sermons, no preachings and there would be no membership drive. The event would be a unique opportunity to create a better life and future. This would be most important Spiritual event in these three decades.

This is a part of the Light Channels World Movement.

On 18-05-1981, Amara gave me the key of his house in Manovati and asked me- "Do you know what this is?". I knew.

It was not just a key, it was a responsibility. An opportunity and an inheritance. Amara gave me many things that I could not understand at the time. Now, I realise that Amara had passed on Light and Love. I am working with his Light, Love and Grace.

Time and distance vanish when we are connected with a Guru. That is why, I do not miss Amara. He is always here and near. True relations remain forever. The false fade away. ■



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.

**DOORWAYS (Eng.) / TAPOVANI (Kan.) /
PRAKASHMARG (Marathi)**
Newsletter Annual Subscription Rs. 200/-

NEWSLETTERS

Gift a Subscription to a friend.
Send us the name and address,
along with the Subscription
amount.



Our students from Japan participated
in this month's iGuruji session.

AMARA JAYANTI

will be celebrated on 1-2-2009 at 6 PM
in Anekal and also the new Library will
be inaugurated.

NEWS AND NOTES

- ♦ Two books, the translations of "Channelled Knowledge from the Rishis" in Marathi by Purnima Parulekar and "iGuruji" in Kannada by Shivaprakash, will be released on Amara's Birthday on 1-2-2009 at Taponagara.
- ♦ About 150 Sadhaks participated in the Akhanda Dhyana program from 6AM to 6PM on 31-12-2008 at Taponagara. On the midnight of 31-12-2008 all the residents of Taponagara had gathered in the presence of Guruji and welcomed the New Year - 2009.

MEDITATION ON SPECIAL DAYS

02	Mon	Rathasaptami
03	Tue	Shukla Ashtami
05	Thur	Shukla Dashami
09	Mon	Pournima Lunar Eclipse 6.08pm to 10.07pm
17	Tue	Krishna Ashtami
23	Mon	Maha Shivaratri
24	Tue	Amavasya

SUNDAY PRASADA was sponsored on

7-12-2008	- by Smitha Giri & Brajabandhu Mishra
14-12-2008	- Two well wishers from Mumbai & USA
21-12-2008	- M. Chandrashekhar & Suresh Tendulkar
28-12-2008	- L. V. Sathyabhama, Umesh S. K. & Bharathi K. R.

This month's newsletters are sponsored by
Shri. Vijaya Kumar, Shri. S. Balakrishnan
& A well-wisher from Pune

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

PROGRAM AT TAPONAGARA

1st Feb	Amara Jayanti Celebration at 11am
Sundays	Lectures from 11am to 12 Noon Special Meditation from 12 Noon to 1pm
Fridays	Light Channeling from 11am to 1pm
23rd Feb	Maha Shivaratri special Meditation from 12 Noon to 1pm

AMARA JAYANTI PROGRAM

1-2-2009, SUNDAY

11am	Omkar Welcome Speeches Guruji Addresses Release of Books Special Meditation Blessings by Guruji
12.30pm	Prasada

TAPONAGARA DIARY

December - The Grand Finale was full. Guruji gave more of Love and Light to everyone. The Children's Park was inaugurated by the village kids, all by themselves. The sheer amount of noise they make fills Taponagara with more joy.

Four Japanese Sadhaks visited Taponagara over a very short stay. We were simply bowled over by their simplicity, humility, intelligence and unfathomable devotion for Guruji. They so easily seemed to imbibe all that Guruji teaches. The cultural and linguistic barriers had melted away under the Light of Guruji's Love. In Spiritual relationships distance seems non-existent.

An iGuruji session was held at Antar-Manasa for a wider group. We all sat around Guruji, under the Divine Grace exuding from the Vishwamitra Maharshi's statue. He participated in the session and gave us new knowledge through Guruji.

Shoonya Masa started and the new batch of Rishis brought in new energies. The world is so unfortunate; it doesn't know they are here. And yet the Rishis work for everyone, silently.

Akhanda Dhyana on 31st gave Meditators an opportunity to meditate for 12 continuous hours. This year we all just channeled Light. The residents welcomed the New Year together with Guruji. ■

THE GREAT MAHARSHI

Shobha K Rao

The little boy of twelve had become a Rishi and since then worked for the Sapta Rishis till he breathed his last. That was Maharshi Amara, who brought down the science of Meditation and knowledge related to Spiritual science to humanity, from the Astral Masters. After Amara attained Samadhi, Guruji Krishnananda has been constantly in link with him, and is his channel. Through him we are receiving all the knowledge and energies relevant to the present phase of transition to the Golden Age. This work continues for four hundred more years, under the guidance of Amara and the Rishis, till each and every soul enters Satya Yuga. It is a very arduous and difficult task as most human beings are not yet ready to change by accepting the New Age ways of living.

Amara was a very rare and unique person, a Maharshi who believed and said that money is as important as any other aspect of life. He was a Maharshi who advocated the balancing of material and Spiritual lives, always highlighting on the manifestation of the Divine, in our living, at every level. He lived all that he spoke about.

From time to time in this trying period of Pralaya, Amara and the Rishis pass on new energies and knowledge to humanity, to bring about the necessary changes in mankind, for it to move towards the Light Age. At this point of time his message to humanity is that we should be with the Light in us, experience the Light, making it our friend/companion. Light takes care of everything because Light is God. Every word of Amara carries Light

THE MYSTERIOUS AMARA

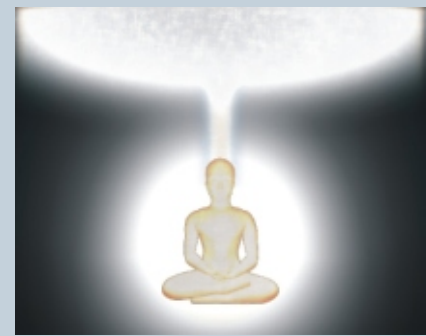
Shyamala Devi

He was a man of few words. All that he spoke even in a casual talk was like the Vedas. He never read or spoke from the Vedas but he lived and manifested them. He used to say that most of the knowledge of the Vedas is lost and whatever knowledge available is distorted for selfish, commercial reasons by the priest class and it is our responsibility to bring down the lost knowledge, to correct the distortion and also add new knowledge to the existing.

He never studied the Vedas, then how could he comment so authoritatively? How could he speak of adding new knowledge to the Vedas? Because he was a great Master, he had Saptarishis as his source. In fact he worked with the caretakers of this Creation, the seven representatives of God.

Untired he worked all his life silently. With all his Powers and achievements he remained simple, humble and away from publicity. He did all the groundwork for the Rishis' Centre and passed on all the treasure and responsibility to his all time co-worker, our Guruji to continue the work of Rishis' Centre. But at the physical level, Guruji who was to continue his Guru's dream project was standing empty handed with not even a place to stay. Then where was the treasure? It was in the entire being of Guruji, in the form of knowledge and in the form of vast energy fields at physical and Astral levels. The achievements of his silent work are loudly heralded through Guruji's towering personality, in the enormity of work carried on at Manasa as well at Antar Manasa.

The great Master of this world was human too. He kept in him the human sentiments, anxiety, uncertainty alive and followed all the principles of this earth plane. He knew everything still he allowed the process. Amara is a mystery! ■



LIGHT CHANNELS WORLD MOVEMENT

JOIN
THE MEGA EVENT
AT KORAMANGALA STADIUM
Bangalore
ON
26-02-2009, THURSDAY
At 6-30 PM
to
CHANNEL LIGHT
FOR 7 MINUTES
from 7-30 PM

ANYONE & EVERYONE
can JOIN channeling
from his/her place
THUS
MILLIONS CHANNEL
LIGHT
AT THE SAME TIME

HELP THE MOVEMENT
BY
ARRANGING CHANNELING
BY GROUPS
IN HOUSES, SCHOOLS, HALLS
AT 7-30 PM, ON 26-02-2009

TECHNIQUE

Imagine an ocean of Light above. Imagine Light descending and entering you. Imagine Light spreading out to the whole world.

Starting from 1-2-2009,
Guruji is launching a
personal blog at
lightdivine.blogspot.com.
You are welcome to visit.

GURUJI SPEAKS

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

07.12.2008

A person asked me, "How would life be after experiencing the Light?" I say, why don't we try it instead of asking questions from the intellect? If we experience the Light even once, our life will not be the same again. Many things happen. Normally, it is always my family, my work, my interest and so on. We think only of ourselves. But once we experience Light, we cannot do this. We become universal. Our thoughts, emotions and our actions become universal.

When we experience Light, we get connected to the universal Light—God. It is then we have all that God has; the access to all His powers, all His wisdom and all His Love. There will be so much of Love and Light in and around us, we will have absolutely no conflicts with anyone, nothing to complain or grumble about, which is why, we can never remain as we are now.

◆

If we want to enter the New Age, we have to throw away orthodoxy. What is orthodoxy? It is blind ritualism and superstitions. Why should we throw this out? Orthodoxy keeps us closed. It makes us blind. It keeps us ignorant always. Orthodoxy is darkness. In the New Age, there will absolutely be no orthodoxy. There will be no superstition. There will be a lot of sense. There will be awareness.

◆

What are the lessons from the recent Mumbai attacks? The lessons from a purely Spiritual perspective are, we have to have oneness. We have to have Love. Only Love protects. This is very important. We have to go to a quiet corner and contemplate on these things to realize that only Love brings oneness. If Mumbai was united, no one could have attacked it. People do carry Love and Light in them but collectively, it was not enough to protect Mumbai. We have to have more Light; we have to have more Love, more tolerance and more accommodation.

14.12.2008

A guru takes risks. When a child commits a mistake, a parent may enjoy it and blindly condone it without correcting it. But a guru cannot condone a student's mistake. If he does not correct, how does a student learn? But the risk is, no one likes their mistakes to be pointed out. The student may get angry and go away. That is the risk. No guru wants his students to go away. When a student goes away, a guru waits for the person to come back and he will go on sending Love. A true disciple always comes back; if not next year, in the next life.

When a guru gives a solution to a problem or clears a problem, he willingly and lovingly takes a part of the Karma. If these Karmas are strong, they may affect. That is a risk the guru has to take.

A guru naturally puts all his faith in his students. But sometimes he is let down heavily; there are betrayals. This definitely affects because a guru is also a human being. But he will go on trusting people because that is his nature. Otherwise, he cannot be a guru.

◆

When I talk to people, sometimes I face a wall. They stare at me without understanding. But I have to do my job and break the walls. At such times, these questions come to me "What are we waiting for? When do we prepare for the New Age? When do we prepare for the entry into the Photon Belt?" It is not after four lakh years that Kali Yuga ends. Kali Yuga has ended, whether we believe it or not. Are we waiting for an earthquake in our backyard?

Somehow we always presume that things will happen only to others and never to us. All of us have to enter the Photon Belt. If we are not ready, it will hit us heavily. Why not we begin preparing from now itself? And how do we prepare? We prepare just by allowing the Light to work through us.

28.12.2008

Sometimes people pour out their heart to me. It is very painful and disturbing for me to know that a person has no job, a person's kidneys have failed, a person has cancer, a person has lost his partner or a person has to face this very cruel world.

At such times I feel I am as helpless as they are. I don't have any magic in me. I don't have powers to make these problems disappear or even to give relief to a small extent. The job of a guru is very painful. But I can help you reach the Source of all solutions if you trust me. The relation with a guru begins with trust. You have to not only trust me, but also follow me. A true guru never misleads. If you follow me like an innocent child, I can take you to the Light. Then, you will find all relief, all help.

Whenever a problem takes birth, a solution also takes birth. But if we cannot find the solutions at the human level, we have to seek solutions from a higher plane. How do we do this? Just take the help of the Light. Light is a companion, a guide. Light is the Guru.

The Light has great Intelligence, Love and Wisdom. Sometimes It will remove our problems immediately but at times, the Light will let the problems persist. It is then we have to accept this wisdom, which is the greatest wisdom in this entire Creation. We have to accept whatever is given to us, smile and move on.

This is the time when our tears will be wiped. God comes closer to us even if we do not attempt to go closer to Him. He will directly try to intervene and rectify our course if we allow it. Not only does He help, He will also shower us with gifts, as if to compensate for all that we have suffered. The gifts are being showered on us. It is time to receive them by opening up ourselves. ■

EXCERPTS FROM SUNDAY LECTURES

(Compiled by Devilatha)

07-12-2008

There are energies in books. The type of energy present in them depends on the content. A book that deals with the life and wisdom imparted by a Spiritual Master will connect us to his energies. A few books also contain lots of Love and Peace in them and people can experience these when they consciously connect to it.

Many students take up Meditations with the aim of attaining Peace of mind. Peace is not what we find in a place free of noise, problems and hard work. Peace is what allows us to preserve the calm within us even in the most adverse of situations. Peace is determined by our inner state than the surroundings.

Peace in the world has to begin with the individual. Then it spreads to our family, our immediate neighbourhood and other larger groups and then finally to the world. The quest for inner Peace begins with us balancing our day to day activities like our work, home and other interests. Then, we reach a phase where it is a battle between our ego and our conscience. We consciously understand who we are not, dismantle it and then we win this battle to reach a state of inner Peace.

—C. Karthik

14.12.2008

Inspite of the negativity around us we still find so many good things happening. We see many positive events. The vibrations of Satya Yuga energies are working. When we carry positive energies our problems vanish, we live in Peace and have the wisdom to deal with challenging situations. We become mere instruments and work will be done by the Rishis.

When a non-meditator talks about Light, we understand that it is due to the effect of the Rishis' work. In many other paths people are experiencing Light. We know Light

workers channel Light automatically without effort. Light has all the knowledge, energies, Love and Peace. To know Light we have to experience it. We have to overcome the biases and blind beliefs, if not they bring us misery. When the goal is shifted towards higher goals it will lead to perfection. It connects us to God. Intense devotion to God is also a way to experience Divinity. When we go beyond all forms we reach God himself.

—Anjali Patil

21.12.2008

Of late, we have been hearing quite frequently about choosing Light. How do we choose Light? When do we get a chance to choose Light? We have already had several chances to choose Light. We don't choose Light just once and forget about it. We are faced with choices and decisions every day at home, at work, during interactions etc. We have to choose Light in every situation. When we choose Light, we cannot be corrupt, we cannot be dishonest and we can only be truthful.

When we choose Light, we do not violate others' freewill. We will be sensitive to others and we do not impose our beliefs and principles on others. We do not advise when it is not asked for. We do not waste others' time. We will not be rude. When we choose Light in every situation, we will be manifesting Love, which encompasses kindness, compassion and fairness. When we are expanded, we will automatically manifest these qualities. So, choosing Light is being expanded.

Why is it so difficult to choose the Light and its ways? To choose Light, one has to be selfless and non-greedy. In other words, to choose Light, one has to be detached. Only the experience of Ananda can give us true Vairagya. This is because, with the experience of Ananda, we can be truly contented. Vairagya is not lack of interest in everything. It is being fully contented. Ananda gives us

such contentment regardless of what we have and don't have. This one factor, contentment, changes everything.

—Somayaji

28.12.2008

All situations, people and events are neutral. We give them meaning either consciously or unconsciously depending on how we relate to them. When we give them meaning, we agree with it and it becomes our faith. The abstract concepts stored in our mind are not true in absolute sense. Especially the concepts which we believe about ourselves and others. The problem is not knowledge but the lie which contaminates the knowledge.

Our image is what we agree to believe about ourself. Similarly, we have an image for everyone. We think that we really know ourselves and others. We try to fit others to the images that we have about them and this is the source of conflict. To experience oneness we must relate to the other person, not to the ideas, opinions we have about that person. A Master looks at a person's story as a piece of art and he enjoys every one's story the way it is.

The wise way to make others behave the way we want is to accept others the way they are. When we accept, strangely they start behaving the way we want them to. This is a paradox. What we resist persists, if we let go then it comes back to us. Correcting others is not necessary, even if we want to correct others we must qualify for that. As long as we do not accept others the way they are, we don't qualify for correcting them. Acceptance is changing our beliefs about the other person, not just co-existing without letting go of our old beliefs. We must mean our actions, feelings and words. This strengthens our integrity. When we persist on our integrity we can transform.

—Narendra Babu

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 Shyamala Devi)

I do not have any great Spiritual experiences. But I can clearly observe that there is a certain change in the quality of my Meditations. In spite of external thoughts and distractions during Meditations, there is a kind of stillness which cannot be expressed in words.

Earlier I could hardly meditate because my extremely hectic schedule at office would leave me very tired. Two months ago, I started practicing Shambala Principle in the bus. By the time I reach home, my tiredness vanishes and I can meditate easily. This was a real surprise.

Just a few months' Meditations have brought the feeling of fullness in me. I prefer staying alone now. I am not interested in talking and convincing people, rather I like thinking of me and God.

—Archana Pillai

The book "New Age Realities" was very helpful as it discussed different views and also presented Guruji's view from a higher angle.

I was greatly relieved and encouraged to learn the message that what matters most in any case is to experience the Light and positivise. One of the reasons why I was so attracted to Guruji and this Path is because Light is placed over principles, concepts, teachings, images, forms, etc. Good things are by definition partial and limited but Light must be Infinite.

—Lynne

Whenever I get delayed on my way to office, I pray to you to please help me reach office in time. At all such times, I somehow reach office in time! I do not forget to thank you. I see your smiling face and I feel as if you are saying, "God bless you".

—Madhavi Khedekar

QUOTES

Narendra Babu

Meditation is not a religious activity. It is purely Spiritual.

—Maharshi Amara

Love and Freedom are the basic tenets of Spirituality.

—Guruji

Selfishness is not living as one wishes to live; it is allowing others to live as one wishes to live.

—Oscar Wilde

Living to learn, learning to love, loving to live.

—Jeff Ludwig

Don't let what you can't do stop you from doing what you can do.

—John Wooden

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one that has been opened for us.

—Helen Keller

The best way to know God is to love many things.

—Vincent Van Gogh

Peace is when time doesn't matter as it passes by.

—Maria Schell

Assumptions are the termites of relationships.

—Henry Winkler

I never met a man I didn't like.

—Will Rogers

The important thing is to love rather than to be loved.

—Somerset Maugham

Take the world as it is, not as it ought to be.

—Shirley Lord

When ambition ends, happiness begins.

—Hungarian Proverb

People can cry much easier than they can change.

—James Baldwin

Forgiveness is not an occasional act. It is an attitude.

—Martin Luther King Jr.

So long as a person is capable of self-renewal they are a living being.

—Henri Frederic Amiel

A definite forgiveness would mean a definite recognition of our strength.

—Mahatma Gandhi

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Do the uninhabitable planets also fall into the category of these fourteen Lokas?

A: No. When human life begins, the classification also begins.

Q: How do the planets influence our lives?

A: The planets do not directly affect our lives as we fear, or as the astrologers scare us of energies from these planets. The energies are meant to help us Spiritually. The planetary position indicates our Spiritual condition. It is like our Karma chart.

Q: Do these planets also have higher dimensions?

A: Yes, they do have.

Q: What is the purpose of the other or higher dimensions?

A: More experiences; new experiences.

Q: Our Sun has earths inside. Do they also have other dimensions?

A: Yes, they have. Any earth, anywhere will have higher dimensions; higher or other dimensions.

Q: What is pure life?

A: Pure thoughts, pure emotions, pure deeds or acts. These make 'pure life'. Love, Peace and Truth indicate purity which is related mainly to the soul.

Q: Does Meditation help the mentally

disabled children?

A: Meditation helps everyone.

Q: Who is a leader?

A: A leader is one who dreams for the world and tries to achieve it, tries to live the dream, work for it. A leader also inspires others to dream and live their dreams. A leader is the one who has a lot of courage and creativity in him. A leader is the one who walks a new path, without completely negating the old one, but he finds new ways. A leader is the one who lives all that he talks.

Q: Does the soul get tired?

A: The soul doesn't get tired.

Q: Does the soul have energy of its own?

A: The soul is a power-house of energy.

Q: Can the physical and Astral bodies draw energy from the soul and how?

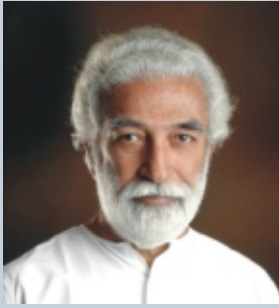
A: Yes. You can draw energies from the soul by imagining light coming from it and entering your bodies, both physical and astral.

Q: When you assess the Spiritual condition of a person which faculty helps you?

A: Intuition.

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
iGurujii	150/-
Living in the Light of My Guru	220/-
A Package from the Rishis (containing 5 Booklets)	250/-
- How to Meditate	
- Dhyana Yoga	
- Descent of Soul	
- Practising Shambala Principles	
- Astral Ventures of A Modern Rishi	
The Masters Answer	120/-
Channelled Knowledge from the Rishis	250/-
Gurujii Speaks Part - I	200/-
Gurujii Speaks Part - II	200/-
The Book of Reflections - Vol 1	200/-
The Book of Reflections - Vol 2	200/-
Patanjali Yoga Sutra	(out of print)
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences	150/-
Awareness	60/-
Living in Light	10/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
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ವಿಷ್ಣು ಶಕ್ತಿ-ಸು ಶ್ರುತಿ	50/-
'ಶ್ರುತಿ-ಸು'	10/-



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.

SATSANGS

Group Meditations with Guruji are conducted at Taponagara on all Fridays from 11 AM to 12 noon. All are welcome.

LIGHT CHANNELLING

by Meditators on all Fridays from 12 noon to 1 pm is arranged at Taponagara.

HEALING CLASSES

are conducted at Taponagara on 5th Sundays from 2 pm to 2.30 pm

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)

On the check-up day when I closed my eyes to receive energies from Guruji, I saw 'Bala Krishna' at my mid-eyebrow area. Then I saw a blue light in the place of Guruji with the silhouette of Sri Krishna in it and a brilliant white light around him. Then that white light spread into the entire room and entered into all the meditators present; each one became a white light but with varying degree of brightness.

—Nagamani Chandrashekar

During my Meditation, once again I went to the other earth and got a lot of energy from there for about three days. Once I had a very powerful Meditation and saw a light blue light. It swirled around me and then I was zoomed through some caves under the earth and came finally to an open door. Then the blue light changed to purple and started spiraling upwards and I started to climb stairs of light and then I felt a different kind of energy settling upon me.

—Zarina Antia

After the Bombay attacks, I received a phone call from our travel agency and was asked if we still dared to travel to India. I thought of this for a couple of days. I had some worries so I prayed to Guruji and Rishis. I then sensed that part of my body was already in Taponagara. I repeatedly saw the picture of myself smiling and relaxing in Taponagara. This cleared my worries.

When I was walking, all of a sudden, something inside me spoke in a little girl's voice. It said "I am so happy. I am so filled with joy." I did not know what to make of it. Then, when I was thinking about the incident, it felt like an independent entity. I forgot about this incident but after a couple of months the same voice said the same thing; it

gave me the feeling that it must be Ananda.

—Lynne

On the night of 15th December at 12 o'clock, I meditated and bade farewell to our Sapta Rishis and welcomed the new batch of Rishis. When I asked them where they were going for Tapas, they answered that they were going to a different galaxy, to a secret place and told that we need not know about that place. Also, I saw the new Rishis come as bright Light. Later on I asked Vishwamitra Maharshi about the new batch of Rishis. He told that Vaishampayana Maharshi had come. My husband asked the same question and got the same answer.

For a few days my daughter was coughing severely. I prayed to the Rishis to transfer her cough to me, since I couldn't see her in that condition. And immediately the next morning she was in a better condition and I was coughing severely! But I had to attend iGuruji session in Antar-Manasa. Just before the session started, I prayed to Vishwamitra Maharshi to stop my cough for those two hours so that the session goes on undisturbed. And to my surprise I didn't cough during the entire session!

I see a white Chaya in front of me all the time in our Taponagara house. During Meditation I asked the Rishis about it. They told that this Chaya is in the house to protect us. Rishis told that Chaya will be happy with our happiness and will be sad with our sorrow. She is a Vairagi. She will not be angry with us at all, even if, by chance we disrespect her or if we are not able to give her proper attention. Then they told that she is above all these; her job is to give protection. She is there in the form of Light.

—Priyanka Mishra

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