



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 7

JUNE 2009

Rs. 15

REFLECTIONS
Guruji Krishnananda

Whenever we take the name of the politicians, we sneer at them and speak very bad about them. Though it is very tempting to agree and hold the politicians for all the evils on this earth, it is not very difficult to see with a different perspective. The politicians may be corrupt with money and power but, given a chance, others also do not lag behind them. This is sad but true.

I had a friend. He was very good and honest. He was poor. He got a job in the Municipal office. In a very short time, he was known for corruption and abuse of power. I was shocked to see the monster in him glaring at me. The babus who sit on files for months deliberately, the policemen who beat the innocent in the police stations and the government officials who demand and get money as bribes are those who rise from the common men from simple decent souls to inhuman corrupt officials. Then, why blame only the politicians! Given an opportunity an ordinary citizen becomes a corrupt official or a politician.

My point is, all the corrupt, and also the saintly people rise from the common ocean of humanity. When there is an opportunity, one becomes either an evil or a saintly person. One can choose either. Making the right choice is Spiritual. And everyone can make the right choice. We have the free will.

A person, a guru of a big Ashram, commented that the Rishis do not exist. I say, fine. I have been saying from the beginning that one need not believe in the existence of the Rishis. Whenever a person joins our classes, we make it clear that belief in the existence of the Rishis is not a pre-condition to take up Meditation. But, it is imperative that one should believe in a value system. Believe in goodness, truth and love. I have even said that one need not believe in God. We, in this Path, never insist on believing anything but in the value system.

I believe in God. I believe in the existence of the Rishis. I know them. I communicate with them. So do many of my students. But, if anyone does not believe in, I will not try to convince him. Each one has to know and believe with one's own experience.

Experience is more important than logic.

Seventy years. I feel this life is enough. The more I live, the more I will be lonely. It is not the work, for I love work. It is not life, it is beautiful. It is people, some people. ■


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 Himamshu
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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GURUJI'S BLOG
lightdivine.blogspot.com



Guruji addressing students during the inauguration
of Antar Vana on 18th May 2009.



Antar Vana

NEWS AND NOTES

- ♦ Antar Vana was inaugurated by Guruji on 18-05-2009.
- ♦ At the zero hour on 18th May, the residents of Taponagara had gathered to wish Guruji on his 70th Birthday.
- ♦ The celebration of Guruji's Birthday was arranged on 24-05-2009. Ten books in five languages were released by Guruji on the occasion of his 70th Birthday.

SUNDAY PRASADA was sponsored on

12-4-2009 by Pani K.C.
19-4-2009 by Sandesh Rane
26-4-2009 by Mukunda N.

This month's Newsletters are sponsored by
Brajabandhu Mishra, Smt. Sunanda Prabhudev
& Smt. Nirmala Balakrishnan

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

MEDITATION ON SPECIAL DAYS

02	Tue	Dashapapahara Dashami
07	Sun	Poornima
16	Tue	Krishna Ashtami
21	Sun	Masa Shivaratri
22	Mon	Amavasya
30	Tue	Shukla Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures from 11AM to 12 Noon Special Meditation from 12 Noon to 1PM
Fridays	Light Channeling from 10AM to 1PM

PROGRAM AT ANEKAL CENTRE

- ♦ On 31-5-2009, Meditators from different Spiritual paths in Anekal had gathered at Saptarshi Dhyana Kendra, Anekal for a mini-conference.
- ♦ On 2nd Saturdays and 4th Mondays Guruji meets students and visitors by prior appointment from 11AM to 1PM at Saptarshi Dhyana Kendra. □

TAPONAGARA DIARY

Seema Almel

April's sweltering heat dried up a lot of water around Taponagara. Though the grass had shriveled, the greenery somehow survives and still smiles. Metaphorically it seemed as though the harsh Sun burnt away anything which was not moist with Divinity.

There were two thefts in this area. One might wonder how such a thing can happen in the abode of a Rishi. What we need to understand is that the Rishis always protect but they do not interfere with the laws of human plane.

Orientation classes were held during the month. Rama Navami and Good Friday were marked by special Meditations. A small patch of land next to Antar-Manasa was being converted into a park. ■

MY SADHANA

Shyamala Devi

At a time when I expected least, I was lead to Meditation. I held on to my chosen path because it was not traditional and there was total freedom.

Very soon I was showered with beautiful things, all that a person wants - recognition, prominence, love and most importantly, help and proper guidance in life and sadhana. I had someone to look up to in my adverse times. In my Guru, I found a saviour. He introduced me to books, BBC, music and to the silent life around. He lead me to the beauty of meditating for longer hours and in those years I meditated for longer hours, read passionately and experienced the wonderful gift that life is!

I slided often. But every time, I was given all help to come out of the set pattern in me. I wonder if anybody else gets such long time to transcend and grow, as it was allowed to me! Of course, no one is an exception to Them, the Spiritual Masters! ■

HARMONY

Vaishali Joshi

Every person lives in his or her own little domain. It consists of both inner and outer worlds. They are created by God to be in harmony with each other. Discord sets in when their potential is misused and abused. When one looks at individual bits and pieces there seems to be disharmony. But when we view the larger picture all of them unite in a universal rhythm of harmony.

We run after material possessions, power, status etc. while we actually crave for the peace and harmony that is within us. We have to quieten the mind and turn it within to understand the underlying harmony in our life and nature. It requires purity of mind which comes by rejecting bad thoughts and dwelling on good thoughts. All misconceptions, grievances, discord in relationships can be resolved first in mind i.e. inner world. Mental discord consumes energy which can be used constructively. When mental conflict of thoughts ceases it leads to inner as well as outward harmony. Inner harmony gives us strength and empowers us to alter inharmonious outer circumstances. It also helps us to bear the burden of life in times of adversity.

Harmony at the level of society, nation and world can be brought about only by inner harmony at the individual level. Love and forbearance are essential for growth of harmony. Love is the highest principle in creation. If we cultivate love, forbearance and wisdom and build inner harmony, our life will be flooded with Light and bliss. ■

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

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 aging.

- 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 Guruji's Sunday Classes)
(Compiled by Raghavendra Somayaji)

05.04.2009

We respond to life and to others' remarks or situations through our emotions and thoughts. These human responses form the base for our Spiritual progress. If we react instantaneously, we may or may not make progress.

Instead of reacting in haste, we should wait for a moment, think of the Light and get connected to It. The Light will tell us, "this is a good response and this is a negative response." It is up to us to reject all the negative responses, emotions and thoughts and choose only the positive responses. Then, every time we respond, we will be making progress.

If we reject the negative responses, they just vanish. But if we suppress them, they remain in the system.

Sometimes, no response is the best response. We don't have to express every thought that comes to us.



We should never allow ignorance to remain in our system because it brings darkness. Ignorance connects us to dark energies. When we are ignorant, we make wrong choices. Such thoughts attract dark forces.

We are entering the New Age. We are entering into a new energy field. If people continue to be ignorant, behaving in an ignorant way, quarreling, practising age-old meaningless rituals, they cannot progress.

We can remove ignorance only through knowledge. Knowledge gives us confidence and direction. We must gather knowledge by reading books and meditating. When we meditate, we get connected to the ocean of Knowledge. Knowledge is Light. Where there is Light, darkness cannot exist.

12.04.2009

We talk of a value system. The value system applicable to an individual, is also applicable to groups, institutions, nations, worlds, galaxies and nature. That is why we call it a Universal value system. The value system has truth, non-violence, compassion and many other things. Those who do not follow this value system are the dark people.

We are always connected to each other. Every human being is interconnected at the level of Consciousness. We are connected to this earth, the solar system, galaxies, nature and to this entire Creation.

Therefore, if something happens anywhere, it impacts the individual. For example, suddenly there are new diseases. They are the result of the injustice somewhere in Africa.

When everything is fine in one's life, suddenly there will be disruption. For no reason it will be difficult to meditate. It could be because of a terror attack somewhere. Whatever happens in this entire Creation impacts us. To really understand and accept this, we have to sit alone and contemplate.

Similarly, whatever we do also impacts the outside world. That is why, we as individuals living properly, vibrating only peace and love is so important. It is a great responsibility just to be a good person. By being good and honest we will be impacting this entire Creation.

We have somehow limited our Awareness to our own individual lives. We don't have any interest in the welfare of a person or life beyond us. If we just expand our Awareness, we will understand all such things.

26.04.2009

The time has come to understand and accept certain realities. We must awaken to these realities, accept them and act upon them.

We are entering the New Age. This is a reality. This means, we have to understand its principles, conditions; adapt to it, learn to live in the New Age and throw away all the old ways that we have lived in all these years. Here, there is no choice. We have very little time for preparation.

When I met my Guru, he mentioned that we are entering the New Age; the Kali Yuga ended in 1974 and we will be having a transitory period of 432 years. There is a revision in the duration of the transitory period as the Time is moving very fast. The remaining 397 years have been compressed into just three years, which is why great changes and collapses are expected.

Before the year 2012, we have to prepare. It does not take a lot of time to become decent, good human beings. It just takes our intent, our decision to do it and start living it from the next moment. This transitory period of three years is a reality.



This is also a kind of payback time. The Universe is ready to pay back. It will pay back for whatever it has received from us. If we have been sending only Ananda, the Universe will send back Ananda in multiples. Our emotions, both positive and negative, reach the Universe.

It is the duty of the Universe to pay back. This is not punishment. It is an opportunity to realize our mistakes and correct ourselves. It is a time of instant forgiveness. If we genuinely accept our mistakes and regret, we are forgiven. There will be no more Karmas, problems or sufferings. ■

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Devilatha)

5.04.2009

He is our doorway to all that is positive. To all of us, his birthday is special. Generally, number 7 and numbers associated with 7 are considered to be special. This year is Guruji's 70th birthday. That makes it even more special. I feel there will be a positive effect on us as well. Many times, it starts much before the actual event and continues after the event.

I have noticed some positive changes amongst us, much before Guruji's 70th birthday. For us, his work is our work. I notice people have started participating more in the work. The Light Channelling event was a great opportunity. Many enthusiastically volunteered to participate. Especially, on the day of the event, it was a wonderful sight to see so many in white dresses. There was so much of love, visible for all. Love for the work, for the Guru and for Light. I think physicalizing our love in the form of our actions is important.

We are different. We need not copy others. We need to notice our uniqueness and strengths. We have to find our own track. All family members should help each other to find out his real field of interest and support him to pursue it. Providing freedom is important. When all families practise freedom, compassion, truth and love, it will reflect in the other areas of life as well and we will have a beautiful world.

—Sudhakar L

12-04-2009

From the cradle to the grave, man is in the pursuit of knowledge. This is his very nature to gain, to grow, to know more, to improve and to create. In the pursuit of knowledge, contradictory information may appear. The old and the new may contradict. During such conflicts, we should try not to be disturbed. We are disturbed when we are strongly rooted in the old ways.

Once, a seeker asks God for all knowledge and God presented him with a book and says "All knowledge is in this book". The first page of the book reads "Everything in this book could be false." I think knowledge is dynamic. Therefore, being open to new knowledge is the key.

One can understand the philosophy and pretend to follow it. We can speak and say all the right things, but it occurs at a very superficial level - it does not come from the core. What we say should come from our core. Only then, it is worthy of being said. Otherwise, it is small talk. Fame and its derivatives are subtle and dangerous obstacles to Sadhana. Fame when it comes, it is either a platform to transcend and grow higher or it is a test.

When we take birth, we come down with a destiny, a course in which our life will unfold. On this, we have little control, it is difficult to change the map. But the power we have is to choose our response to the event. This is how Masters are made. One person was nailed on the cross and he said "Father, Forgive them" while the others cursed and moaned. When and how do we become Masters? It is by being in the Now. —Karan Kulkarni

19.04.2009

Silent miracles happen to every one of us. Benefits in our path are unique. The words of Guruji, "The achievement is proportionate to the effort put in" have opened our eyes. Most of us started seriously pursuing sadhana. When we surrender, we act as God's instruments. We have to follow the value system. Love is the beginning. We have to love people, nature, life, and God. Then, we will be happy and all the conflicts vanish.

The whole universe is Divine. We have to live in the awareness of Divinity. It gives us joy. We should enjoy this. I feel Divinity and

gratitude comes along with Love. We should be aware that the blessings we have received from God are infinite. The pure flame of gratitude must always burn in our hearts. This will dissolve all egoism. We have to choose Light and put in efforts to achieve the goal. We have to open up. Our work is to become Light. Unless, we have light we cannot spread it. —Anjali Patil

26.04.2009

We are a part of this Universe. It is for us to choose whether to live as a part of it or remain separate. Living as a part is to realise ourselves as a part of a larger Whole. It is to live in unity and oneness with people, nature and our surroundings. Divine Love will be the central experience of our life. It will be love and compassion to the fellow human beings, nature and to life itself.

Being separate is living a selfish life where we live for ourselves. We think and emote only for ourselves and our immediate family. Instead of Love, fear would be the centre of our life. There is always an insecurity of something. We always want more and can never manifest Love and oneness. When we stand in unity and enjoy the common love of our universe, we do not experience our individual self and everything outside ourselves, differently. We are in communion and feel the common essence that makes us one with all of life's many and varied manifestations.

Nature always vibrates Love. It is very accommodative. Nature can heal. Connecting to nature mentally can be an elevating experience. Nature is totally tuned to God. Trying to associate and relate to nature also helps us learn many Spiritual truths as it is very well expressed and evident there. Relating to nature is relating to God himself. In fact I can summarise that nature is God Himself!

—Karthik. C

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 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 CORRESPONDENCES WITH GURUJI

(Compiled by Vaishali Joshi)

At Mumbai when you entered the hall and stood on the stage I closed my eyes to offer my respects, I could see seven stars in a row along with you. During your speech also when I closed my eyes, I could see two stars behind your head. Both were shining. One was bigger in size and very bright. There was a screen of light in front of you like a shield when you were sitting.

—Anjali Patil

You are managing a family of thousands. Yet you have time to listen to all of us. Before coming to Taponagara when I heard about the inmates, I was wondering how people can live without their families around? I got the answer on the very first day of shifting here. None of our relatives came with us. So we were mentally disturbed. As we were entering Taponagara, Karthik came towards us and said, 'Welcome to Taponagara'. Seema prepared tea for both of us from her little room. Seema and Karthik came to our house and helped us. I was moved. That day I realised what unconditional love is! Now, our family is asking us to come closer to the city for the sake of the new baby. But I will never leave such a loving family here.

—Parvathi S.

After repeatedly reading your books I stopped asking any questions, because the answers flash by reading again and again and help me to understand. Your way of explaining things is very simple and I adopt the same simplicity to explain when I need to communicate. Of the many advantages, this is only one.

—Roland Pfeffinger

During Meditation I feel pressure on Mooladhara Chakra. My body also vibrates. Sometimes I lose Consciousness and see light in my mid-brow region.

—Santosh Kore

QUOTES

(Compiled by Seema Almel)

The biggest obstacle to our inner growth is our big Ego. —Amara

When we tune to higher vibrations we can look at life as God does. —Guruji

Whatever God's dream about man may be, it seems certain it cannot come true unless man cooperates. —Stella Terrill Mann

Always be a little kinder than necessary. —James M. Barrie

If you are going through hell, keep going. —Winston Churchill

Forgive many things in others; nothing in yourself. —Ausonius

Experience is what you get when you do not get what you want. —Anonymous

Whatever you think, be sure it is what you think; whatever you want, be sure that is what you want; whatever you feel, be sure that is what you feel. —T. S. Eliot

In the confrontation between the stream and the rock, the stream always wins - not through strength, but through persistence. —Buddha

All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident. —Arthur Schopenhauer

Courage is doing what you're afraid to do. There can be no courage unless you're scared. —Eddie Rickenbacher

A man's dreams are an index to his greatness. —Zadok Rabinwitz

Hope sees the invisible, feels the intangible and achieves the impossible. —Unknown author

He will always be a slave who does not know how to live upon a little. —Horace

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is there a moral attachment and an immoral attachment?

A: Attachment is attachment.

Q: In view of 2012 how should I prepare?

A: Meditate and positivise. We have to transform, change, and expand in every way. Purity does not bring strength alone, it also brings Wisdom. If we follow these simple things we will be able to enter the Photon Belt easily.

Q: How real is 2012?

A: It is as real as you are.

Q: How seriously should we take this?

A: It is up to you. It is a reality there waiting to be experienced.

Q: Is choosing enough?

A: Choosing is not enough. Choosing is only the first part. We have to understand thoroughly what we have chosen, and make efforts to achieve the goal that we have chosen.

Q: As a Spiritual person what should we do during the elections?

A: Vote wisely. 'Vote for the Light'. See the Light in the person you are trying to vote. It's a very responsible job. It's a Spiritual work.

Q: How to converse with the person who is ideologically different?

A: A Meditator is a friend of the Universe. Another person is another soul, a part of the source which we are also a part of. We must understand the basic tenets of Spirituality. A Spiritual person has absolutely no enemies. He accommodates.

Q: What is the difference between self-respect and egoism?

A: Arrogance.

Q: What is renunciation?

A: Renounce attachments, all attachments. Understanding this is very important.

Q: Should we stop practising the rituals?

A: Try to understand that there are rituals introduced by the Rishis themselves. We cannot say all the rituals have to be abandoned. This is the time when we have to discriminate what was given by the human beings for their own self-interest. Those things you have to deal with. Even those rituals you cannot just stop practicing, because if you do there will be unnecessary conflicts.

Q: How to prepare our children for the New Age?

A: First, prepare yourself. We can provide them knowledge, space and facilities. But we must allow them to grow by themselves. We can help them by not imposing our ideas of old, dead orthodoxy.

Q: Is it true that whenever problems persist, our Sadhana is not good?

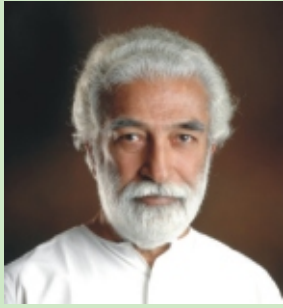
A: Yes. If you really spiritualize, we will not have any problems.

Q: Does anger affect our body?

A: Anger affects not only the physical body, but the mind and also the intellect. Sometimes the cells in the body get damaged, particularly the cells in the brain.

ನಮ್ಮ ಪ್ರಕಟಣೆಗಳು

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ಕಾಂತಿಕಿ ದ್ಯಾರಮುಲ	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". Income Tax concession under 80-G is available)

SPIRITUAL EXPERIENCES

(Compiled by Sudhakar L.)

On 15.4.09, during Orientation class, when I started practising the Third Eye technique I saw golden light coming out of my third eye, then I saw a city completely filled with snow. All roads of the city were looking like ice slides. Next I saw a city with many big buildings and a lot of fire and smoke was seen in the entire city.

When I started practising 'raising the Awareness' and 'experiencing Samadhi' techniques, I saw very very brilliant white light. I felt like closing my eyes, though I had already closed my eyes. Then suddenly I started feeling as if I was being blown up and was occupying the entire Universe. Throughout I had this feeling and when I opened my eyes I was feeling very light.

—Nagashree

In one of my Astral classes Guruji was teaching and talking to many of us. There was morning sunlight with little fog. There I could clearly see the white light all around and could experience astrally more rather than physically. A very bright white light was surrounding Guruji from all sides as if it was his aura! Students were sitting down on floor and Guruji was walking around us. There were two big deities with Guruji and both were talking about some students' progress. Twice or thrice I saw the same vision.

—Saleel Karkhanis

I am trying to get associated with nature, trees, clouds, sky, etc. Recently the trees near our flat asked me, "How can we reduce your stress." I told, "You know better." On the same day I was upset thinking about my mother's condition. The clouds told, "You have the capability to manage difficult conditions."

—Brajabandhu

For the past several months many earth worms used to enter our house through an outlet. Every method and every chemical failed to stop them coming inside. A few days ago while meditating I told them not to come inside the house as they would get killed. I also told them to move to a safer place. I was surprised as they absolutely stopped coming inside.

—Archana Kaul

My experience of Initiation in Anahata Chakra was simply amazing. After the first 15 minutes of Meditation, I was in Taponagara. It was very clear to me that I was taken to Antara Manasa in a vehicle and we sat in the divinely beautiful Shiva Temple. When I opened my eyes it was over 30 minutes. It was a wonderful feeling that lingered on the rest of the day.

—Feroza

Since a few days I had severe pain in the eyes. The eye specialist said that nothing could be done about the problem. But, after the Orientation classes there is no pain in my eyes!

—Bhagyawathi

One day I had strong thoughts about an American lady with whom I had not communicated in the past three years and also about my sister who lives in the US. Later on I found out that around the same time, they had been talking with each other on the phone for a long time!

On Akshaya Tritiya day during my stage Meditation I heard a very powerful male voice reciting "Om Namah Shivaya." I also heard the musical instrument 'Tambourine' being played in the background. Then there was silence. Soon after, I heard somebody chanting 'Narayan Narayan Narayan.'

—Ketaki Talwalkar