



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 12

NOVEMBER 2009

Rs. 15

REFLECTIONS
Guruji Krishnananda

Now that some TV channels have spoken about "the world coming to an end in 2012", panic has begun. People have begun to discuss this. Many are sceptical. Many are amused. Many are getting scared. And few are aware of the ways of preparing to sail through 2012.

First and foremost, we must realise that the world will not end. There could be calamities and suffering. But if we choose and live the ways of the New Age, we will not suffer. We have to choose to be good, honest and peaceful. These simple but difficult to live principles are not unknown to us. We never bothered about them and lived the ways of the dark in the Dark Age which has ended. We are in the transitory period of entering the New Light Age.

These must be explained clearly. But the media focuses only on the scare and sensationalising. People have to go to the Light Workers and Light Gurus. Once they choose the ways of the Light, the Light guides them to the right persons.

We should not panic, for panic weakens us. Panic confuses us and makes us desperate. In the state of confusion and desperation, we hurry to astrologers and priests. They cannot guide us. The swamis and gurus of the old order cannot guide. It is only those who are either Channels or those in contact with the Channels that can guide. These are few but are available.

If we take up Meditations in the right Path, the Meditations take us to the right people. I say 'the right path' because there are several not-the-right paths. Again, our pure intent leads us all the way to the right path, person and guidance.



The focus of our work now is naturally the preparation for sailing through 2012. From 1974, the Rishis taught Meditations and gave us new Knowledge about the New Age. Then the transitory period for the New Age was 432 years. In 2009, they reduced the transitory period to three years from 21st December 2009. These three years of compressed changes are difficult, no doubt. But with Meditations and the help of the Rishis and the Light Workers, we can easily sail through.

This is the message that we have to send out to everyone. It may not sink in immediately. But will enlighten soon. ■


MANASA FOUNDATION (R)

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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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PRAKASHMARG (Marathi)**
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NEWSLETTERS

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Send us the name and address,
along with the Subscription
amount.



Guruji lighting the lamp to inaugurate the Auditorium at Anekal.

NEWS AND NOTES

- ◆ Those who have completed the Chakra Activation stage of Meditation may join the Shambala Group. New batch opens from 10-01-2010.
- ◆ We are participating in the Bangalore Book Festival for the third consecutive year from 6-11-2009 to 15-11-2009 at Palace grounds, Bangalore. Members are requested to visit and encourage.
- ◆ The book 'Beyond 2012' translated into Kannada and Marathi are now available.
- ◆ Our websites are being re-designed by a group of enthusiastic and expert volunteers.
- ◆ More than forty people joined at Taponagara to burst the crackers and light the fireworks during Diwali on 18-10-2009.
- ◆ There will be a special Retreat with Guruji on 21-11-2009.

Our External Guidance student
Ravi Shankar Sengodan
conducts Light Channelling
sessions regularly
on Saturday's at 3 PM
Venue: Maria Fiora Dance Studio,
201 Summer Street, Stamford,
CT 06901
on Wednesday's at 7 PM
Venue: Priority Fitness Center,
167 South Ave, New Canaan,
CT 06840

PROGRAM AT TAPONAGARA

- | | |
|----------|--|
| 8th Nov | Shambala group meets
at 2PM |
| 15th Nov | Ra group meeting at 2PM
Light Channels group
meeting at 2.30PM |
| 21st Nov | Special Retreat with
Guruji on 21-11-2009 |
| 29th Nov | Akhanda Dhyana
10AM to 1PM |

MEDITATION ON SPECIAL DAYS

- | | | |
|----|-----|-----------------|
| 02 | Mon | Pournima |
| 10 | Tue | Krishna Ashtami |
| 15 | Sun | Masa Shivaratri |
| 16 | Mon | Amavasya |
| 27 | Fri | Shukla Dashami |

**SUNDAY PRASADA
was sponsored on**

- | | |
|----------|--|
| 13-09-09 | by Anil Joshi |
| 20-09-09 | by Kashyap G.V., Anjali K.
Patil, Ratna Rao K. &
Bhudevi |
| 27-09-09 | by Ramesh, Ramnarayanan
P.S. & Priyanka Mishra |

This month's Newsletter is sponsored by
Sri. Avinash N. Rao, Smt. Pragti Raaj,
& Smt. Nirmala Balakrishnan

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

TRUTHFULNESS

Vaishali Joshi

We need to build our life around a value system. An important component of this system is truthfulness. To apply it in actual life we have to understand it properly. Truthfulness means speaking out the actuality or facts. Truth is always good but a Fact may or may not be so.

We have to understand the difference between Fact and Truth. We have to either refrain from speaking or disclosing facts which hurt or are unpleasant, or convey them in a discreet manner if it is absolutely necessary to do so. Also telling small lies to get along in this world or to protect ourselves from others' scrutiny or unnecessary interference does more harm to us than good.

We have to learn to use wisdom in our endeavor to apply the principle of truthfulness so that we can live in Peace and Light always. ■

SPECIAL INSTRUCTIONS FOR STUDENTS/MEDITATORS FROM MASTER V

- 1 Be calm always. If you get angry, practise Saptarshi Pranayama (3 rounds) and then the Shambala Principle No. One .
- 2 Avoid people with negative attitudes. If you cannot avoid, fill yourself with Blue energies.
- 3 In difficult situations, link up with Master V.
- 4 If, for genuine reasons, you cannot meditate on a day,
 - Strengthen the shield.
 - Practise the Shambala Principle No. One as much as possible.
 - If you cannot do even this, link up with Master V and pray.
- 5 Avoid rituals. Dark forces are controlling them.
- 6 Meditations will be difficult for some time. Do not worry. Experience Light more.
- 7 From 16-10-2009, the clock began ticking. We have to make clear choices between the Light and the negative and be consistent with the Choice. ■

TAPONAGARA DIARY

Shyamala Devi

The Shambala Group met on 13th September to receive guidance from Guruji, and received very special energies from Shambala to help them to pursue their intense Sadhana. The group is growing strong, improving steadily and has become serious about the practices. The year 2009 came as a boon to external guidance students because the membership for this special Group was offered to them also.

The renovated Yellamma Devi temple in Nadagowda Gollahalli was inaugurated by Guruji on 19-9-2009. Nearly one hundred Meditators participated.

People wait eagerly for the monthly Retreat with Guruji. The two hour Retreat session is a great opportunity for them to be with Guruji and interact with him freely which no one wants to miss. In the month of September it was held on the 26th.

One of the dreams of Guruji is that the school in which he studied gets better facilities. His friend, Shri. Krishnamurthy, with a similar dream joined hands with Guruji. Both together built an Auditorium for their old school at Anekal. This was inaugurated in all grandeur on 21st September.

Anekal, the hometown of Guruji, invited him, for Dasara celebration on 28th September. The entire Town had gathered in one place and people from the neighboring places too had come to see the grand celebration.

On October 2nd, marriage of Abhinandan, who is very close to Guruji's heart, took place in the Rishis way at Taponagara. The marriage ceremony conducted by Guruji lasted for a few minutes. It was a marriage without Mantras and without rituals. It was a wedding blessed and solemnized by the Great Rishis, and appreciated by hundreds of relatives and friends. ■

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 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 Guruji's Sunday Lectures)

(Compiled by Shobha K Rao)

6-9-2009

The Universe has been waiting for millions of years for us to change, and is losing its patience.

Because there is Freewill we always choose the other things. This cannot go on forever. Maybe there are other processes in life and we cannot always be choosing the other things and miss good things. Sometimes even good things have to be imposed. This was never done so far. Hereafter this will be attempted to.

The Dark forces are very active. They are fighting their last battle and they are bent upon disturbing us and forcing their ways on us. Be very careful. Follow this Mantra: "Identify and dissociate. Insulate yourself from negative thoughts and negative people."

Sometimes even good people become channels for very bad energies. When a person is angry he is a perfect channel for dark energies. A small aperture is enough. Dark forces will pump in all their energies. Suddenly one day we realize what is happening to us. All that we have built up over years, will be suddenly melting, will be getting demolished. Let us be alert about these things.

A simple remedy for everything is to keep the Light in you. The Light will always keep you insulated and connected to the Divine.

Let us not interfere in others' affairs as we partake a bit of their Karmas, and we will not be allowing the person to go through certain learning processes. This applies to Healers also. They have to be discreet.

Do not discuss your Sadhana or pass on the techniques to others; share your experiences only with us. Never boast or overstate your ambitions or intents. Practise all the Shambala Principles, meditate, positivise and introspect.

Amara laid very great emphasis on balancing the Spiritual part and the material part, without neglecting either. He said, "Follow your guru blindly. Faith and non-faith are like two wheels. You must ride on these two wheels. Make your own journeys. It is then that you see new worlds." He told us that there are new ways of worship, but we should not look down upon the old ways; we should not waste time in confrontation with systems at the level of the individual. He believed in Movements, not in revolutions. He said that we have to meditate, experience and spend a lot of time in the inner worlds. Also, we have to enjoy nature, experience God. One can live in all comforts and still be detached. But merely throwing away the comforts, and choosing poverty doesn't make a person Spiritual.

During the channeling from 25th to 27th Aug. Soluntra also participated. She told us that people from different parts of the world had noticed a new, strange and special energy descending. This shows that there are many people observing and working to bring down the Light.

If we wish to explain anything to others we have to first understand the subject thoroughly, otherwise we will be doing disservice to them.

13-9-2009

Now the time has come for emancipation from the rituals which were introduced by some selfish human beings. Amara just placed the truth before us. When we understand it, we choose only the right thing.

I mention about the revisions that will take place in Creation. There may not be Akashic records as the past may be erased from them. Incarnating again is not required as

we will have to clear the Karmas in the same life. We will take birth only when we try to serve the Rishis or help others. The rule of the soul-mates will also be changed.

We have Stillness in our core, which is always still. We enter into the state of Stillness only after repeating the Mantra and practising Dharana. When we link up to the Stillness in the Core of the Universe we receive infinite Love, Peace and all that is good and Spiritual. We meditate to establish Stillness, which helps in connecting to the greater and deeper Stillnesses around us. It is possible for us to connect to the Source of the Creation and experience the unimaginable Stillness that prevails there.

When we are aware of all that is wonderful and positive on this earth and that we are all one, it is possible to feel and experience Oneness. It helps in driving away the darkness. The time has come to wipe out Darkness from this planet. When we experience Oneness we receive lot of energies from the Rishis.

When we take up work or Sadhana, to begin with we have to keep aside all that is personal, keep away the Ego and just become tools in the hands of the Rishis. We have to live as models and always be aware of our future roles of guiding people.

Doubts and questions arise naturally when you take up Sadhana. Have patience. Read our books. Avoid too much of analysis as it hampers your progress.

20-9-2009

You are the best person to assess your progress, and the single criterion for it is the ego part. If we

GURUJI SPEAKS

(Excerpts from Guruji's Sunday Lectures)

(Compiled by Shobha K Rao)

can reduce the ego level we would have made great progress.

There are certain important instructions which we have to follow:

All of us have shields. It is important to strengthen the shield everyday for half an hour. If a person meditates for 3 hours, he can first strengthen the shield for half an hour and meditate for the rest of the period. People meditating in other stages can strengthen the shield for half an hour, and then at a different time, they can meditate for the stipulated period. First practise the preliminaries, strengthen the shield and then meditate.

Also, Channeling Light is a part of Sadhana.

Very new and great developments are happening. Let us keep to ourselves many of the things that we receive here as revelations.

Till we announce clearly no one should practise Astral travel. You should not take non-vegetarian food. The purpose is to keep you always protected. We have to consciously and totally reject negativity.

The period until December 2009 is most crucial. Be careful. Once we cross it, from a certain angle we will be safe. 2009 to 2012 is a different period. That is also not going to be easy.

The Ra energies which we have gathered in the Ra-temple are released to the world. We receive them whenever we meditate, pray or engage in such activities. On 14th at 4.30PM all our Meditators were injected with these energies. These are very great, special and very new energies, coming from a different Universe, that help us in many ways. We resist any change,

resist the good and choose the wrong thing, which may cause a kind of friction within the system, creating upheavals at any level.

Whatever happens, don't panic. You are in the safest hands of God and the Ra energies. The process of purification entails all these disturbances at different levels.

While practising Trataka don't shift your gaze to a point and strain your sight. You just have to look straight and close your eyes. If you fix the Trataka properly it is easy to enter into silence.

Yesterday in the renovated temple at Golahalli, Yellamma Devi was enthroned and Rishis gave her many powers and instructions. She will be protecting us in every way.

27-9-2009

Great knowledge is available in scriptures of all the regions. Knowledge gathered by us and many wonderful people becomes a part of Vedas, and it is ever growing. Perhaps the time has come to put it in a book or a set of books.

If the intellect is not properly utilized, it leads to unchecked speculation. It is high time that we go beyond the intellect and experience, because only the experience brings us the true knowledge about Love, Consciousness and other realities. For acquiring direct knowledge we have to enter this zone of experiencing, and experience everything - nature, moon, earth, wind, fire, everything. It is then that a kind of contact occurs and communication will be possible.

In Gita it is mentioned that a Yogi is above the human laws. At any point of time if we are not bound by the human laws we are bound by the

higher laws. But a Yogi follows the higher laws and hence he is not bound by the human laws. When workers of the Rishis take birth here, they follow all the human laws, do great work and live as models. They choose very difficult ways of living. God has special Love for these workers and the Rishis; they are closer to Him. They can guide us.

From 21st December 2009, we have to stand on our own and deal with life with our wisdom and strength. We have to begin to take our first steps even if they are faltering. We have to choose and face the consequences, and take the risk. Help from the Rishis is always assured at every stage.

Here, in this Path, the most complex thing is made simple. We have to understand the realities and many other things. With this guidance we can easily prepare ourselves. Preparing is our responsibility.

The efforts that we are making in our Sadhana are not enough to sail through 2012. We have to have patience, which comes from faith. Faith comes from love. Practise all the principles, prepare, stand up and move on.

We have provided a lot of knowledge about 2012 and have also explained clearly that you need not panic. Let us choose to be honest and good. Just connect to God and you'll have all shields. Let us remember that we are supposed to be the future leaders to help humanity.

The Ego is the biggest block. A young person with an ego is a monster in making. If we can just keep it aside, cultivate a little humility, we will not become monsters. Let us be careful. ■

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 CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

The book 'Beyond 2012' has even more knowledge than the previous book '2012 End or Beginning'. The wealth of new information is overwhelming and you have made it available to everyone. I thank you and the Rishis for what you are doing for mankind and the world.

–Khursheed

While reading the book 'Beyond 2012' I had a varied experience. The moment I started reading the book my awareness went to a higher level though my eyes were open. I received a lot of energies from the book throughout the time I was reading it. It was a rare and beautiful experience. –Archana Pillai

While flying I take on board several boxes of tissues as my nose does not stop running. But on my two-week-long trip to Mexico City strangely nothing happened. I thought as if there was an invisible shield around me. After I returned home I saw your mail, found the word 'shield' and was surprised!

The book 'Beyond 2012' gave me a clear prospect about how I should change. I felt that I am facing an either-or situation; either I transform or perish and have to act immediately. I am truly grateful for your grace. –Lynne Karatani

We eagerly await your DVDs every month which act as link to you and your guidance. They are like a lifeline to us, the external guidance students who are totally cut off from direct or personal contact with you. –Shubhada Limaye

Your DVDs are of great value to the external guidance students. Their content is immensely valuable. All my doubts and queries are answered after viewing them.

–Prabhakar Apte

I thank you for all the care that you take about the external guidance students. The DVDs are really a very big boon for us. Every

word from you is very precious, and the DVD fills the gap, of our physically not being present for the classes. You are giving us so much new knowledge and revelations that without hearing it for several times, it is difficult to assimilate them. Each time we hear the message it reveals a new dimension to us.

–Shantha Kumari

In my dream I saw a man dressed in white, with a white beard telling me, "Whatever is happening is for your good." Later I realised that it was you, Guruji! After reading the book 'Doorways to Light', I wished ardently to touch your feet. Within a month you visited Mumbai! Life has changed. I see every obstacle as an opportunity to positivise. Thank you for your guidance. There is more of Peace and patience now, and the strength to pursue my dreams. –Geeta Joshi

We have benefited tremendously from regular Light Channeling. Light shows us the way and solves our problems one by one. We find ourselves purified. We are also practising self-Healing. The quality of our life is improving with your blessings and Divine Love. We are trying to spread the message of Light Channels World Movement.

–Desai

One day when I connected to you I experienced a tremendously powerful Light flowing from you to me, felt elevated and happy. Thank you for the Love, care and support given to me in times of need. I am trying to practice sincerely the principles given to me by you.

–Abhishek Patankar

I could not experience unconditional love till I came in contact with your books. Now I know how our notions about ourselves can be detrimental and misleading. I am glad to have found you. –Komal Kandhaarkar

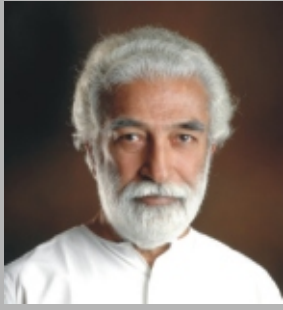
QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

- Q: What is eternal life?
 A: Eternal life is not living in the same physical body but escaping from the chain of birth and death and living forever. It is aligning with the Eternal (God).
- Q: Are energies and vibrations different?
 A: At some point they are different. We have Ra energies that have not been released to the entire earth. Yet their vibrations are reaching all over the earth. At such a stage we have to say energy is different. Its emanations, its vibrations are different. But at the core energy is vibration.
- Q: Can I meditate longer?
 A: Yes it's good. Meditate for 3 hours and focus more on positivisation, practise the Shambala Principles and Channeling Light. Introspect regularly. Whatever our stage of Meditation may be, we must begin to change from that point.
- Q: Before we attain Mukti, is it required for us to transform into the Light bodies?
 A: We attain Mukti and Light bodies, only when we are purest. It is natural and automatic that we transform into Light bodies, later Mukti is attained.
- Q: What is the color of the Light body?
 A: It is generally white. But sometimes it is golden, blue or green depending upon its origin.
- Q: Will the animals continue to live in the physical bodies after 2018?
 A: There will be new species, several species. The same animals may continue to exist.
- Q: Because the transition time to Satya Yuga is shortened do the plans of Amara and yourself change?
 A: We have to clearly know that there is only one plan, the Divine plan. As the transitory period is shortened, there are many revisions in Creation, and many things are happening. So naturally our plans also change.
- Q: Why is it that the media is silent about 2012?
 A: A lot of information about 2012 is gathered by the New Agers, but the media does not mention about it. There is a conscious and deliberate suppression of this news. The governments encourage it. They have their own purposes.
- Q: Can the people who do not transform continue to live on this earth till their natural end beyond 2012?
 A: No, they cannot continue to live here.
- Q: Amara said that after death the Astral body shrinks to the size of the fist. Will it remain so till its reincarnation on this earth?
 A: Once death occurs, there is separation of the Astral body which shrinks to the size of a fist. Then it travels to a different earth, takes a form there and takes rest. After the period of rest, it gives up the acquired body and reincarnates on this earth.
- Q: Does the Higher Self attract Karmas in its Plane?
 A: We don't know if there are the laws of Karma there. The Higher Self follows the laws of its Plane.
- Q: Does its living there influence us here?
 A: Yes. But the Higher Self is always engaged in activities that help it to grow spiritually. At the highest level the Higher Self will be doing only Meditations, Tapas.

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Beyond 2012	80/-
2012 - End or Beginning	100/-
iGuruji - Vol 1	150/-
iGuruji - Vol 2	120/-
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/-
Guruji Speaks Part - I	200/-
Guruji Speaks Part - II	200/-
The Book of Reflections - Vol 1	200/-
The Book of Reflections - Vol 2	200/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences	150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಐ-ಗುರುಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರುಜಿ ಭಾಗ 2	120/-
ಅನಿಸಿಕೆಗಳು	120/-
2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
2012 ನಂತರ	100/-
ಋಷಿಗಳಿಂದ ಬಂದ ಕೊಡುಗೆ (ಐದು ಪುಸ್ತಕಗಳು)	250/-
- ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ - ಧ್ಯಾನ ಯೋಗ	
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- ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತಿಂದ್ರಿಯ ಸಾಹಸಗಳು	
ಗುರುಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
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ಆನೇಕಲಿನ್ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ऋಷೀಕಡून मिळालेले ज्ञान (Marathi)	200/-
प्रकाशवाट (Marathi)	150/-
२०१२ - अंत की आरंभ? (Marathi)	100/-
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ध्यान कसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
தியானம் செய்வது எப்படி	50/-
ஒளியின் வாயில்கள்	200/-
2012 முடிவா அல்லது தொடக்கமா	100/-
ஒளியில் வாழ்க்கை	10/-
ஒளி	10/-
தியான யோகம்	50/-
ஆத்மாவின் அவரோகணம்	50/-
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சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-
ಧ್ಯಾನಂ ವಿಯುಜಂ ಎಲಾ	50/-
ವೆಲಗುಲಿ ಜೀವಿವಡಂ	10/-
ಕಾಂತಿ	10/-
ಕಾಂತಿಕೆ ದ್ಯಾರಮುಲು	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)

Last week early in the morning at 4.00AM I was praying to the Light. Suddenly I went into a different state of awareness. I was inside a temple, wherein I could see Lord 'Ananthashayana'. I could see the Lord's face very clearly. The eyelashes were moving and the Lord was talking to me. I heard a voice telling me, "Guruji is calling you." I entered a room where Guruji was sitting. I sat in front of him and heard his voice telling me, "You have come whenever I've called. Now, I am calling you." After saying this, Guruji appeared as a big flame and again appeared in his real form. Just to confirm, I prayed to Maharshi Vishwamitra and asked him whether it was a dream. Immediately I got an answer, "Krishnananda wants you there."

—Nagashree

During Meditation on 8th September I saw the earth revolving around the sun. It suddenly changed its orbit moving closer to the Sun. This phenomenon caused floods in certain areas and landslides also occurred. People were unable to withstand the tremendous heat from the Sun.

—Usha C

Some days ago I connected to the Ra-temple. I went down astrally to the stream below it. I went to the entrance that was clearly visible and asked the cave its permission to enter it. The cave replied, "You cannot meditate but can sit for seven minutes and receive the Ra energies that are stored here and are being given to all Meditators." It also warned me not to enter the other caves which opened out from there. When I asked about the other caves, the cave told me that there are seven caves, containing special

energies that will be transferred at the appropriate time to the seven earths that were created recently. I went into the cave, received the energies for seven minutes and returned.

—Nagamani

On 14th September my son had high temperature. As per the doctor's advice we gave him medicines but the fever did not come down. I was unable to meditate and hence started channeling the blue light. I spread the blue light to the whole house and also sent it to my son and continued channeling the light. After channeling Light, within fifteen minutes he slept soundly and I was surprised to note that his temperature was normal!

On 25th September while channeling Light, I suddenly felt that I was as big as the Earth, and also sensed that I was a separate individual. I experienced Peace and calmness for a few minutes, but was under its influence for quite some time. At that time some questions arose in my mind for which I got the answers. Later Guruji confirmed that the answers I received were genuine.

—Kiranmayi

During the Janmashtami special Meditation, I was wondering as to why we had to become a speck, when I heard Lord Krishna speaking. He said, "It is for the Jivatma to merge with the Paramatma and experience the whole, for I am the Whole. So do it with complete surrender. Last time I told you to go beyond the limits of the physical body and experience Oneness. I want you to practice it. Fill yourself with Light completely and then start expanding so that you enfold everything, then experience the Oneness."

—Vidya Arora