



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 11

OCTOBER 2009

Rs. 15

REFLECTIONS

Guruji Krishnananda

Based on the knowledge of the realities of Creation, Birth and Death, Re-incarnation, Laws of Karma etc., our forefathers delineated ways of our daily life in conformity with the Universal Life. Our life and the Universal Life were in sync. Our thoughts, emotions and actions were in true alignment.

And we lived in Peace and Fulfilment.

Thousands of years passed. The Yuga changed. The elders of the earth shifted their existence to other Astral worlds and continued guiding us. Then, as we entered the period of Darkness, the Kali Yuga, we lost contact with them and lost their guidance. In course of time, the priests took over our lives, interpreted the Knowledge in their ways and gave us their guidelines for our living. There were shortcomings and distortions. Our lives went out of sync with the Universe.

And we lost the Peace and there is no Fulfilment.

In these hundreds of years, there have been changes and developments in the Universe. We are not aware of these because of the disconnect. The changes in the Universe have their impacts on our lives here. We have to re-tune to the Universe to live happily and peacefully here. But we do not know how. The priests cannot guide us because they are not in touch with the Elders and they are ignorant of the changes in the Universe. They live in ignorance.

The picture and the future are not bleak. There are some people here and now who can connect to the Elders in the Astral worlds and receive the new Knowledge and also the new Energies to help us find our ways to Peace and Fulfilment.

This short period of Time is the period of Transition from the Dark Age to the Age of Light. This is also a period of confusion and chaos. But the Universe has sent many Light Workers who are here to guide us and lead us. All the forces of Light and Wisdom have gathered together to lead us away from the chaos of distortion and exploitation.

We have to awaken and choose the Light. We get all the guidance and help.

And, also, if we meditate we get connected to the Elders and the Universe and we receive directly the Knowledge and Guidance.

Meditations are a must for Peace and Fulfilment. Long Meditations are recommended to allow the new processes that are being activated by the new energies to work. But, only Meditations are not enough.

We have to apply the wisdom from the experiences in deep Meditations in our daily life and live an expanded Life. Expansion is a must. Expansion in our thoughts, emotions and actions. In expansion, there is growth, Spiritual growth. ■



MANASA FOUNDATION (R)

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

MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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

DOORWAYS (Eng.) / TAPOVANI (Kan.) / PRAKASHMARG (Marathi)
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NEWSLETTERS

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



More than 350 people had gathered on the occasion of Amara Maha Samadhi day on 30-8-2009.

NEWS AND NOTES

- ♦ The renovated Yellamma Temple at Nadagowda Gollahalli was inaugurated on 19-9-2009.
- ♦ A group of people, who had meditated for three hours daily for the past three months, were initiated into Ra-Group on 30-8-2009. The same day the Light Channels workers group was also initiated.
- ♦ The work of the Study Centre has shifted to the next level. Now more people are working on new projects.
- ♦ The book 'Beyond 2012'; translation of '2012 - End or Beginning' in Kannada, Marathi and Tamil; translation of 'Light' in Kannada, Marathi, Tamil, Telugu and Hindi; and the translation of 'Dhyan Yoga' in Hindi were released on 30-8-2009.
- ♦ Facilities for week-end stay at Taponagara available for students.

SUNDAY PRASADA was sponsored on

- 02-8-09 by Shantha Lakshmikanth, Krishna Kumar & Prabha
- 09-8-09 by Abhijit Shingade, Sathvik & a well-wisher
- 16-8-09 by Archana Harish & Bhudevi
- 23-8-09 by Lalitha Tirtha, Usha Manjunath, Vijayakumar, Pundalik Dhakorkar, Harsha, Harshita & Balasubramanian S.
- 30-8-09 by Karthikeyan, Ketaki Talwalkar & Ramakrishna Malvade

PROGRAM AT TAPONAGARA

- Sundays** Lectures from 11am to 12 Noon
Special Meditation from 12 Noon to 1 pm
- Fridays** Light Channeling from 10 am to 1 pm
- 18th Oct** Ra group meeting at 2PM
Light Channels group meeting at 2.30PM.

MEDITATION ON SPECIAL DAYS

- 04 Sun Pournima
11 Sun Krishna Ashtami
16 Fri Masa Shivaratri
17 Sat Naraka Chaturdashi
Worship of Mahalakshmi
18 Sun Amavasya
19 Mon Deepavali
28 Wed Shukla Dashami

Bhajan CD and Voice CD are available. Contact Office.

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

This month's Newsletter is sponsored by

Smt. Pragti Raaj & Smt. Shyamala M. Parmar

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

PLEASE NOTE

- ♦ Hereafter all Meditator students have to channel white light daily. (Instructions on page3)
- ♦ External Guidance students may also join Ra Group, after meditating daily for 3 hours, for a period of 3 months.

ON AMARA'S MAHA SAMADHI DAY

(Excerpts from Guruji's Talk on 30-8-2009)

We, who have gathered on this Day, are very fortunate.

Amara gave the world the science of Meditation which he had got from the Rishis. He introduced the Rishis and Gods into our lives. He was the one who said they are real because he had met them.

He was the one who told that Spirituality is being good, being honest. No one spoke with such clarity and authority. He introduced the outer worlds to us. He explained very briefly in 'Descent of Soul' the whole story of Creation. He told us that this Dark Age or Kali Yuga ended in 1974. He also told us that Shambala is in the Gobi desert because he had visited it many times.

He told us, "Humility is the measure of Spiritual progress. Ego is the biggest block between us and God. Saffron color is to be seen by others but not worn by us. Meditation is non-concentration. The quality of Meditation is important and not the number of Meditators." He emphasized on the irrelevance of the rituals- the H o m a s , Y a g n a s a n d Kumbhabhishekas etc.

Amara is the Light in our lives. Amara is a Principle. He explained many beautiful things, a few points I mention:

"The Universe is wise always. Now at this point of time it has become wiser. It very steadily grows wiser because the Universe always introspects, accepts the shortcomings and corrects itself. Introspecting, accepting and correcting are a part of Sadhana. Universe is doing this process of correcting and revising very intensely now. And amendments are being made.

There is no more forgiving forever, no more grace without a

test. We should deserve and qualify for it. This is a time for immediate action.

A lot of knowledge is being given to us by the Rishis about the Lokas from the manifested and unmanifested. There are many revelations. These are meant for us to expand our awareness and realize that we are all one.

This is the time to live in Light. For this we have to meditate and positivise."

This is a period of turmoil. The Universe says, "It is good. Whenever there is turmoil, there is always something new that emerges." Universe takes care to see that all imperfect human systems collapse so that new systems emerge. A lot of work is going on, to introduce these new systems. We will see the results shortly.

For three days from 25th August, some of us channeled the Ra and some very important energies. These energies are stored in an Astral chamber placed 840 feet deep below the Ra temple. These energies are meant for our growth and change. Soluntra participated astrally in channeling. She received certain instructions from Ra:

"Prepare your body by fasting. Allow all negative emotions and thoughts to surface. Do not suppress them, but deal with them and clear them. Heal yourself. Trust your intuition."

The Study Centre has done a great job. Now it is expanding. In future, this will become a training centre for the future leaders. The future Rishis will be trained in this Centre.

We have all this because of Amara. We shall express our gratitude and respect to Amara by offering energies to him. ■

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)

2-8-2009

We have to keep the Light in the system allowing it to work as a shield against many things, even an epidemic. The Ra energies work as a stronger shield. If we are pure we are protected.

Incidentally Swine flu is the result of our collective Karmas. Spread Light; draw Light and keep a shield of Light around you. You won't get Swine flu. It doesn't mean that you must throw away all precaution to air at the human level. You have to follow all precautions and be with Light also. Then you do not attract Swine flu.

A new phase for the work will begin from 28th August with the new energies from Prakasha Brahma. Assimilating the great knowledge that the energies carry is not easy. Great organizing part is happening, for us to work in the new phase. We wish to involve all those who have volunteered to do the work. We are waiting for certain very clear instructions.

Faith is a state of being. It is a part of surrender. Faith comes out of love. Faith is continuous living. You have to develop faith by yourself. Faith cannot be taught nor can it be given. Someone said "If you don't have faith, there is no hope for you."

Extreme emotions create havoc in our lives by pushing us to the state of being attached to things and people and hamper our Spiritual growth. We have to sublimate them or root them out. For this we have to meditate and positivise. Also use Light, use all the techniques and all the knowledge that we have provided to expand at all levels.

You have to be Spiritual when you are alone or when you are in a group, wherever you are. There is nothing like part-time Spirituality!

A person is not Spiritual if he says 'this is my personal matter I can kill a person.'

From December 2009 great changes begin to take place as we will be entering the aura of the Photon Belt, creating a lot of confusion. There will be work for us, for which we will require many workers. Vishwamitra Maharshi is forming a new group of workers.

A person has already been initiated as a Rishi, which is a matter of pride. Two ladies are going to be initiated as Rishis on 25th August. There are wonderful things happening. There will be an explosion of knowledge.

9-8-2009

This is a season of revelations. Rishis are revealing to us now that there are many Lokas, besides Parabrahma Loka in which we live. I was asked to find out details about a particular Loka. The Loka itself revealed saying: 'In this Loka everything is made of Love.' I could see mainly pink, besides other colors. I could see the Light which was made of Love; also, people there were full of love. There is so much of non-love on this earth. The Rishis are going to bring energies from this particular Loka to destroy non-love. This glorious work will begin from 25th August.

The Ra energies carry great Love and also Healing qualities. They help us to grow very fast. But if we do not respond properly, they immediately correct us. After 2012 we have no choice, if we don't receive these energies they will enter us even if we do not want them. The freewill will be taken away completely or curtailed.

Vishwamitra Maharshi will be

registering with God the names of the people in his new group. This 'V-group' will remain as long as Creation continues to exist. He has already spoken to these people astrally; they have to be ready to make sacrifices and have to keep their ego out.

It is very interesting to watch the Sadhaks at different levels. There are some who say that only Meditation is enough and fail to positivise and therefore do not transform. There are people who are technique-crazy. There are others who jump paths very frequently. Then there are the Kundalini-crazy people. Some are intellectuals who analyze everything. There are people who are artificial. There are some Sadhaks who come with demands and they get angry when not obliged. There are people who are experience-crazy! Some people come with personal agendas which is dangerous. We attend to anyone and every one who comes to us, our approach is always genuine.

There is no distance between a Guru and a student. Faith and genuine love makes the distance vanish.

16-8-2009

Meditating for hours mechanically does not help. We have to positivise also. We lack the love towards God. If we meditate for 3 hours, at least for an hour we must be able to experience Samadhi, only then we can be shifted to the stage of enlightenment.

New experiments are being conducted by the Rishis. Laws are being amended. In this background I speak about a law of Karma which says that when we forgive a person

GURUJI SPEAKS

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

who commits a mistake, he does not attract any Karma and he may not know about it. But before you forgive you must first make sure that this person repents and then forgive. We can never know whether he has repented. So the best thing is to make over the case to God.

From 28th August, Ra energies will be available to every one on this earth. We will close the Ra-temple for some time as the Rishis do not wish anyone to come in direct contact with the energies. Ra energies help us mainly to get purified and to acquire the Light bodies by 2012. We have to utilize these gifts of the combined energies from the Photon Belt and Prakash Brahma loka, otherwise we will be missing a great opportunity.

After 2012 we will be compelled to receive the Ra energies. These energies work at the cellular level, burn the old cells which are replaced by new cells that are full of light. Our bodies get converted to Light bodies, which do not age, fall sick or feel hungry. We may not require as much sleep as we need now. To remain in the Light bodies, Rishis say that we have to meditate every day for 5 hours.

Ra energies also curtail the freewill. Rishis and the Highest Intelligence will slowly extend this to the entire Material Cosmos so that the evil is withdrawn from the Material Cosmos. We will be having only Satya Loka then.

Light workers may or may not change their bodies to Light bodies as they'll have to frequently physicalize to be in contact with the human beings at this level. I may not be able to change my body to Light body because I have to work at this level only.

Recently the Rishis have discovered that Avyakta Brahma has not only created Parabrahma loka but many other Universes also. Rishis have already gone to some of the important Lokas, to study them. The Avyakta Brahma has sent to our earth a great Rishi 'Mangala Brahma' with immense capacities. This Rishi wants to implement the new things and the changes in certain laws that the Avyakta Brahma is planning to introduce. He helps every one of us.

23-8-2009

It is sad to see the Spiritual perverts automatically becoming the channels of dark energies. Our strong negative thoughts unwittingly and unknowingly make us the channels of dark energies and we will be working against the Rishis.

After 28 Mahayugas for the first time the Spiritual laws are being revised in Creation, and the Freewill is being regulated, curtailed or removed completely. The discussion about these points is going on. Darkness will be wiped out of this planet. We will no longer have Kali Yuga, and the same ten Avatars of Maha Vishnu. A person will be forgiven only when he regrets deeply for his mistake. A lot of margin was given earlier. Now this is being revised.

The interpretation of the Value System will be revised. There will be newer levels of Samadhi. A lot of revision will be made in the 'Kundalini'. There will be a new, single Nadi system replacing the old one. There will be newer levels of contact with the Rishis and God, making the contact easier and simpler. There will be new faculties which we have not heard of. We will be experiencing new powers.

There will be new dimensions to love. There will be new seasons. Life will be entirely new and different after 2012. We have to understand that 2012 is a reality and we have to get prepared to go through it.

We have to have individual Action Plans. Daily Meditation for a minimum of 3 hours is absolutely necessary. We have to practise all the principles of Shambala. The most important part is that we have to establish contact with the Rishis. After 2012 the Rishis will not be able to give us new knowledge, energies and help. We will have to begin to live with our own Light, wisdom and strength.

The new energies that are going to be released after 28th of this month will bring us many benefits like good health and comforts. They'll bring quicker solutions to our problems which we'll have to accept as they will be Spiritual, very proper and the right solutions. There will be new opportunities to grow and we will also get help to convert ourselves into Light bodies. These energies will also educate and help us to choose the right things. And if we consciously persist to be negative, they will not hesitate to correct or punish us instantly. They'll also help us to burn our Karmas quickly.

We thought that Parabrahma was the ultimate God. But in the unmanifested world there are many more Intelligences. We are yet to understand, who God is! This is mind-boggling. The Rishis are doing such selfless work, and God loves them. Some people take the Rishis for granted. God will not spare those who go against the Rishis, and this is a new factor that we have to be aware of.

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)

Reading the book 'Beyond 2012' is just like reading the book 'Doorways to Light'. It is so interesting that I completed reading the book in a couple of hours. In my opinion, this is the only book that has put across the information in such simple terms. I could make out your touch and feel in this book. So much of information is available to us so easily through you. I thank you Guruji, for this wonderful book.

—Nedu Durai

'Beyond 2012' is the rarest of rare books on this earth. It contains the newest knowledge channeled from the Masters in the higher realms. The book awakens us to the Realities not known to humanity so far. It gives us a glimpse of the Rishis' works going on at different levels. It brings hope to humanity, also tells about the responsibility of each human being. It is a very bold presentation to the world, a challenge to the intelligent class.

—Shyamala

I read the book "Beyond 2012". It is written in an extraordinary way. I enjoyed reading this book and thank you Guruji for giving us this beautiful book.

—Sujatha Nedu

I have been meditating three hours daily for ten days. Naturally I wish to apply to become a member of Ra-Group. When I heard about meditating for three hours, my initial reaction was "!!!". But my heart knew that this is a rare opportunity, which I definitely do not want to miss. It is as if I have a seat in a space-ship. All I need to do is to get on board.

—Lynne Karatani

The interaction during the 'Brief Retreat' in August was simply fantastic and soul-satisfying! The expansion it caused in us cannot be

described but only experienced. I am truly thankful to God for the sheer magnitude of this bounty coming through you.

—Vidya Virkar

The moment I touched the precincts of the quiet atmosphere of Taponagara, I was overpowered with emotions, as the pictures I had seen in the website came alive in front of me. It took a few minutes to realize that I was really there. It appears like a dream now, that I could meet you and experience your Divine Love. I have no words to explain my feelings. You fulfilled every need of mine without my asking and it is an unforgettable day of my life.

—Padmaja

The whole of last year we had lot of problems, which we could face bravely because of your blessings. Last year we met you and realised that we are in the right Path. Now we have understood the purpose of our life, about Creation etc., and would like to remain in this Path with you to guide us.

—Smitha Giri

After taking up Meditations my confidence level and will-power have increased a lot. I am able to accommodate people. I come to know about many things before they happen.

—Charusheela Birajdar

I and my husband had been to a Healer. When he was healing me, amazingly my husband saw you treating me! I feel honored and blessed that I have your Divine energy with me.

—Meghana Ranade

On this 'Teachers' Day' I really do not know how exactly to honor you for what you have done, not only for every student but for this planet and humanity. I can only say that I try to live your dream.

—Nikhil Gandhi

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is performing rituals wrong?

A: Performing rituals is not wrong but, now it is not required because we have very clear knowledge with which we can worship God directly.

Q: How do we go beyond fear?

A: We have to get aligned to the Divine, get connected, and become rooted in the Divine. Then we'll have all protection and security, there will be no fear at all.

Q: How do I control my anger?

A: To control anger a conscious, continuous and consistent effort is required. We must practise the Shambala Principles and make conscious efforts not to get angry. When you get angry don't respond immediately, pause for a moment, consciously keeping the anger aside. Then perhaps you may be able to respond in a very proper way.

Q: Am I eligible to join the work of the Rishis?

A: Everyone is eligible.

Q: What are the qualifications?

A: Purity at all levels- Body, Mind and Intellect; a deep commitment for the work of the Rishis, for all times to come. We have to obey the Rishis, as they know about the future and the past. We have to give up the Ego. We have to practise Spiritual liberalism i.e. keeping away from all the blind beliefs, superstitions, customs and conventions blindly built and followed over the Ages. We must be able to identify that religion itself is a

bundle of rituals and wrong practices and go beyond it. We must experience the vastness and manifest it in our living. We must definitely choose to transform. Every time we are at crossroads we must choose the Rishis, choose the right things.

Q: What is the work?

A: The work is: Experiencing the Light and manifesting Light; helping others to experience and manifest Light which is full of Love, Peace and Truth; passing on the new knowledge to others after understanding it thoroughly; following the instructions as they come from the Rishis, and then coming to us periodically. We have to meditate and bring more people to Meditations; read our Newsletter and bring more subscribers as it is part of the work. Help us to sell more books, as the knowledge has to reach more people. Work as volunteers and teachers. Channel Light and bring more channels. Those who have money to spare can give us donations.

Q: Are all human beings not created equally?

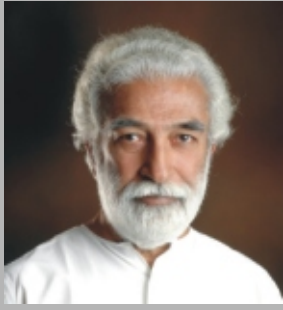
A: All human beings are created equally. In God's world all are equal. There are opportunities for everyone.

Q: Is Freewill a curse?

A: It is not a curse. It is the greatest gift but most misused. We make mistakes and wrong choices in spite of best opportunities and the best environment provided. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Beyond 2012	80/-
2012 - End or Beginning	100/-
iGurujii - Vol 1	150/-
iGurujii - 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/-
Gurujii Speaks Part - I	200/-
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Living in Light	10/-
Light	10/-
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2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
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GURUJI KRISHNANANDA (1939)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

LIGHT CHANNELLING

by Meditators with Guruji arranged at Taponagara on all Fridays from 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)

Guruji's last conversation with Amara just before he passed away in August 1982 is mentioned in 'Guruji Speaks'. It is very touching. I felt that I was not fortunate enough to have met the Divine Master Amara, when he was alive. Later I had a dream in which I saw energies descending on me from Amaraji's photo. Again in a dream I saw Amaraji standing next to me and slowly moving his hand over my body from head to feet, passing energies to me. I was moved by his response.

—Kamal D

Recently I had an 'out of body' experience when I was in bed, aware and not asleep. Suddenly my body started vibrating violently and I was witnessing it. I was stripped out of my body and was moving outside at a higher frequency. At that time, I consciously understood that it was my Astral body that had come out of the physical body. I was praying unconsciously to the Sapta Rishis, maybe out of fear, as I felt for the first time the death-like experience. Suddenly the vibrations stopped and I opened my eyes to find myself in bed. Though it happened for few seconds, it made me understand and realize that I am not the body.

—Suresh Kumar

On 28th August I was channelling the Ra energies, but due to some reason I had to discontinue it. I requested my Chaya Vyakti to continue channelling and spreading Ananda on my behalf. I was experiencing both, the Ra energies and Ananda throughout that period. At night before going to bed I could clearly see my Chaya Vyakti channelling blue light and even

spreading Ananda.

I had a glimpse of an Astral experience wherein I saw myself going towards a big golden Light and I felt very happy. Throughout the day a name was repeatedly coming to my mind but I could not grasp it clearly. I thought it sounded like Adwitya or avaiakth. Two weeks later Guruji told us in the class about the Unmanifested God to be addressed as 'Avayakta Brahma.' It struck me then that it was this very same word which had been ringing in my mind some days ago!

—Rakhee

Before meditating on the 'Janmashtami' day, I offered energies to Lord Krishna and could see blue light at the point of Trataka. It swirled and entered my chest. I saw Sri Krishna sitting in a golden lotus at the centre of my chest with the flute in his hand. During the Meditation I could see Lord Krishna as a baby, as a child and as a teenager. I was full of Ananda and felt Lord Krishna was inside me and showing me His 'Leela'.

—Nagamani

On 30th August I was not able to attend the class. But at 11.30AM I linked to Taponagara and saw Amara sitting next to Guruji. I offered respects and energies to him. After that I immediately went into a state of trance and I started receiving some information from Amara. A gadget made up of white string was tied to my right wrist. It was radiant and glowing. I was in that state for a long time and later the mind was literally blank without any thoughts.

—Nagashree