



MAHARSHI AMARA (1919-1982)

**WE TEACH MEDITATION AS TAUGHT  
BY THE RISHIS**

**LIGHT**

is the Intelligent Power behind all Creation. Light is God.

**LIGHT WORK**

is assisting all life to raise its levels of Awareness and Experience for a better living.

**LIGHT BEINGS**

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

**SAPTA RISHIS**

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

**MAHARSHI AMARA**

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

**GURUJI KRISHNANANDA**

is the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

**SAPTARSHI DHYANA YOGA**

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

**THE AFFIRMATIONS**

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

# DOORWAYS

Volume 5 Issue 5

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Rs. 15

**REFLECTIONS**

**Guruji Krishnananda**

My Guru discouraged people to go after powers. He explained that powers are easy to gain and are easy to lose. Powers do not make us Spiritual. Spirituality, essentially, is manifesting Love at every level. Those who play with powers generally manifest non-Love. There is no surrender. The Ego rules. Powers are temporary. Love is permanent. The most powerful are those who are aligned with the Divine. The Divine has all the powers. It protects us and brings us all the benefits. Going after powers is a waste of Spiritual time.

Meditation does not directly bring us powers. It links us to the reservoir of all powers.

A Tantrik met my Guru secretly and pleaded: "I have lost my powers. Please help me to get back my powers". My Guru advised him to go to his guru. But the Tantrik was not ready. My Guru explained to us later that the Tantrik hesitated to meet his guru because he had misused the powers. He had committed several mistakes and had lost powers.

My Guru told us: "Let the powers be with God and let God be with us".

Books, lectures and techniques do help our Spiritual growth. But for our Transformation and Enlightenment, experience is essential. It is not the experience of the Mind which comes easily at willing. It is the experience of the soul. It is the experience of vastness, fullness and eternity experienced in the deep stillness of Meditations. That is why Meditations are so important.

More Meditations by more people bring changes within and without. And changes are urgent and essential for Peace and Prosperity.

It is heartening to see that many people are taking up Meditation indicative of changes for the Light Age. It is heartening to know in the depth of our hearts that all this violence and corruption will gradually vanish. It is not just a dream but a certainty. The Light Masters, who can see ahead, say so.

I am writing this article ahead of Ugadi, the New Year. I foresee great changes and new beginnings both at the individual level and at the bigger levels. I also foresee surfacing of our true nature. The new energies are working. More Light is spreading.

We have to experience more Light and spread more Light on this beautiful planet of ours. ■



**MANASA FOUNDATION (R)**

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e-mail : [info@lightagemasters.com](mailto:info@lightagemasters.com) website : [www.lightagemasters.com](http://www.lightagemasters.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  
at Disney Kids Montessori School,  
6th Cross, Jyothi Nagara,  
Chandra 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)**  
Newsletter Annual Subscription Rs. 200/-  
Money Orders are not accepted.

**NEWSLETTER**

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

- ◆ **Orientation Class for both Juniors and Seniors is arranged in Taponagara on 22-4-2010, Thursday, at 11AM.**
- ◆ **External Guidance students also can participate in this Orientation Class by attending the session in Taponagara or through Webcast.**
- ◆ **Last date for registration: 10-4-2010.**
- ◆ **Please contact Manasa Office for details.**

**NEWS AND NOTES**

- ◆ The revised version of our website [www.lightchannels.com](http://www.lightchannels.com) was launched on 26-2-2010.
- ◆ The Light Channels World Movement is now on Facebook. Please join and spread the Movement.
- ◆ The Light Channels World Movement has gained momentum. To sustain the momentum we need volunteers. Those interested may contact us.
- ◆ On 28-2-2010 the residents of Taponagara gathered together in the evening for Kamadahana.

**SUNDAY PRASADA  
was sponsored on**

- 07-2-10 by Bharat Ram & Balasunder G.  
14-2-10 by Chandrasakhi Misir,  
Gangadai Ramnauth, Asha  
Hosakoppa & Suresh Kumar  
21-2-10 by Manju Maheshwari,  
Sharada M, Ramesh & Rama  
Bhosekar  
28-2-10 by Ninad Soman, Nita Joshi,  
Prakash Ullara, Rudhvi S.,  
Geetha Divekar & Jayant  
Deshpande

This month's Newsletters are sponsored  
by Smt. Thenmozhi, Sri. Avinash Rao &  
Smt. Sunetra Joshi

**Live webcast of Guruji's Sunday  
lectures is available for students.  
Please contact Manasa office  
through email for details.**

**MEDITATION ON SPECIAL DAYS**

02	Fri	Good Friday
06	Tue	Krishna Ashtami
12	Mon	Masa Shivaratri
14	Wed	Amavasya / Souramana Ugadi
22	Thu	Shukla Ashtami
23	Fri	Shukla Dashami
28	Wed	Pournima

**PROGRAM AT TAPONAGARA**

Sundays	Lectures from 11AM to 12 Noon Special Meditation from 12 Noon to 1PM
Fridays	Light Channeling from 10AM to 1PM
2nd Fri	Good Friday Special Meditation from 12 Noon to 1PM
18th Sun	Light Channels group meeting at 2PM

**Our Pin Code has changed to 560077.  
Please write the changed Pin Code for  
all future correspondence.**

**From now onwards Informal Group  
Meetings with Guruji will be held on  
Second Saturdays of every month.**

**Informal Group Meeting with Guruji on  
Saturday, 10th April, 2010 from 11AM to  
1PM. Those interested may register  
their names in the office.**

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



Light Channelling sessions are now conducted regularly in different schools



**Kalmadi High School,  
Aundh, Pune**



**Prithviraj Hindi High school,  
Nalpada**



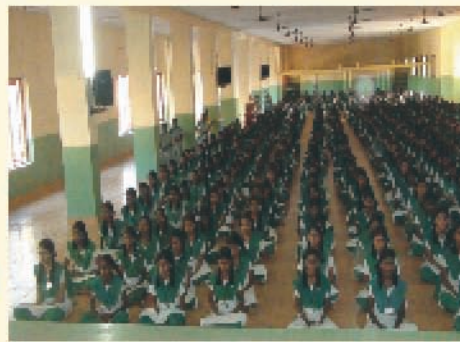
**Rayalaseema School,  
Madanapalle**



**Shivaji Vidyalaya,  
Shivaji Nagar, Thane**



**SMRV High School,  
Nagercoil**



**St. Joseph Convent Higher  
Secondary School, Nagercoil**



**CKT Primary School  
Kovilpatti, Tamilnadu**



**Vikas Vidyakendra,  
Ramamurthy Nagar, Bangalore**

**LIGHT CHANNELS  
WORLD MOVEMENT**

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

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

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

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

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

Spread this Message to all.

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

**SHAMBALA PRINCIPLES**

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

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

## GURUJI SPEAKS

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

07-02-2010

'One man's dreams are also everyone's dreams.' Actualizing the dreams as much as possible is fulfilling the dreams of the Universe, God, Rishis, Guru and Maharshi Amara. The initiative taken by some wonderful souls to accelerate the Light Channels Movement is the greatest gift we have ever given to Amara in all these years. Let us draw lessons and inspirations from these souls. More than 30,000 children channeled Light to the world on Amara's birthday.

This year is a very special year. We were also able to gift Amara with the website. When you visit the website you can see and experience the love and dedication behind it. We opened a small library too. When we read we learn new ways of expressing. Reading is as important as Meditation. You have to open all doorways.

Amara has also brought for us gifts like new energies, but these are of a different realm. During this short period, Amara has given us so much of knowledge that we can write one more Upanishad.

Amara was an extraordinary person. I cannot compare him to anybody else. His own relatives did not know about his Astral ventures and that he could travel to any part of the Universe. Now we know that he can also travel across Universes.

Amara could guide anyone from any sphere of life. Yet he was humble everywhere, at every step.

Amara re-defined Spirituality. He said that Spirituality is being honest, being aligned to God, and if you experience and manifest God that's enough. We did not understand him then. It happens with all Masters.

He said that experiencing the humanness is Spiritual. When you feel like crying, cry. We have to wonder with awe at every sunrise. No other Master expressed this

point so beautifully and so well, as he did.

He said that we should go beyond rituals as they limit us and hold us back. He never said that they were wrong. Then at a point he said, "Let us go even beyond Meditations". Only a Master of his stature could say such things.

Amara is the greatest Sanyasi I have ever known. He never wore saffron. He said that a Sanyasi is a person who is perfect like a circle and one who is also egoless.

His greatest gift to mankind after Meditations is the Shambala Principles. These principles when practised help to solve any problem in life.

Amara said that in future there will be only a value system, which will be followed by all human beings. He clearly said that it begins with Love, Peace, Truth and Oneness.

The greatest Gurudakshina that we can give Amara is by understanding the Path of the Rishis, understanding Spirituality, practising and growing; by making use of opportunities and the facilities like the Kundalini Tower, Cosmic Tower etc., that we have provided. You will be also offering Gurudakshina when you read our books. The Gurudakshina hereafter will be more of manifestation of Love.

We have to take Amara seriously into our life and make it entirely different. We have to make his dreams our dreams. We will be spreading Amara. Spreading Amara is spreading Light. We have to live like the proud students of the great Rishis, Amara and Vishwamitra Maharshi.

14-02-2010

When we channel Light our system also absorbs some energies, some light. And when we do it for a long time energies

absorbed will be in excess. This system is not used to energies. It is not at all used to light. We have to be careful. We have to train and educate this system to accept light or energies in small doses. You can increase the period of channeling gradually.

Channeling can be done in the Astral body. In Astral body we can channel more Light, more energies.

In the Kundalini Tower, where there was no light photographs were taken and the person could see light. It was an Astral visitor. Every Astral being cannot be captured as sometimes, they hide themselves deliberately.

To join Master V's group you have to live here in Taponagara with us. We join to work. Work and Sadhana can occur parallelly. When we join the work we surrender everything. It's the life as guided by Vishwamitra Maharshi. We must love humanity, love life. Our work at these times is to guide others, to explain things. It requires enormous patience. It is intelligent work done at a different level with great love.

Whenever you have problems in life bring clarity to your thinking and living. If you are honest, if you are clear, you know why you do a certain thing. Let life not take you away from the main purpose of your coming down to this earth. You have to be in-charge of your own life.

Points for Contemplation:

1. Everyone's mind is not the same. Everyone's origin is not the same. We carry different minds which can be improved. The mind of an animal can be improved, either a new matter to the mind is added or sometimes a new mind is given. This is the beauty of life. An insect can become a Rishi. There is so much freedom, possibility and



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opportunities. There are Rishis and Gods who work overtime to see who wants to grow. They help them.

2. People who have joined recently are able to understand things very easily and fast. They believe in and accept Rishis.

3. Even the spiritually advanced people have to learn to balance life. This balancing is Spiritual. You cannot neglect life at any level. We have to live life fully.

What I speak here is just the beginning. You have to make the journey, explore and discover. You naturally grow. Whenever you come across a new truth or a new Spiritual discovery, pass it on to me so that I can pass it on to others. Knowledge is gifted to entire humanity, not to one individual.

From Shivaratri for ten days Lord Shiva's energies are available on this earth. 'Jaagrana' is being aware that He is here, and relating to Him.

21-02-2010

Points for Contemplation:  
"Follow whatever you believe in".  
If you believe that the Rishis do not exist, pursue it and don't stop with a conclusion. You have to move on, go ahead. All of us reach the truth ultimately.

Each one of us would have had the experience of getting hurt. Hurt is like a wound which has to be healed. Healing is to be done by yourself by forgiving the person who has hurt you. Unless you forgive, the account will not be settled. Forgiving helps you to grow. Practice of Shambala Principle-I is enough to heal wounds and remove pain.

Healing is not a single, isolated process. Healing expands, it involves love. This ultimately transforms us.

People come to know about us maybe through the website or after

reading our books. Visitors are welcome. But they visit again and again. You have to be very clear, either you are here, in this path or you are not here. One has to be honest to begin with.

28-02-2010

A person did not know that he was channeling Light in his Astral body. I understood and told him about it. Let us continue channeling normally in our own bodies.

We have to apply the knowledge. Then it becomes wisdom. We must practise the techniques, then there is fulfilment and real growth, otherwise we will be askers and talkers only. We end nowhere.

When we take up the Spiritual work we have to stick to it, and need not choose any other thing, like social service. It's a very simple truth. People are aware of it but somehow ignore it and venture into other areas. The job of a Spiritual leader is to practise Spirituality and train others.

We all know that youngsters, students and teenagers are under tremendous pressure of studies, peer pressure and also pressure from the parents. In what way can we help them? I think these suggestions from the Rishis will help to a great extent. First, the parents shouldn't pressurize their children to do many things at the same time at such a tender age. They shouldn't impose their goals on their children. They should help them to find their dream, to realize their goal. They have to give them freedom and space. It requires lot of patience and restraint also. Don't impose even Meditations. Let them practice 3 rounds of Saptarshi Pranayama. It will sharpen their memory and increase the power of concentration. It also cleanses the system and thus helps them to

practise the right things. But if you want to help them more you can ask the children to channel Light daily for at least 3 minutes. Light brings enormous strength. It is the elders who have to be trained and advised, so that they can remove the pressures from these youngsters.

Working mechanically is not enough. First we have to understand the work, the responsibility and the expectations from the Rishis. We have to do the work with great love, commitment and more awareness. Let us not lose sight of the goal and let us not fool ourselves.

We believe that the expected growth cannot occur without freedom. People who live here have absolute freedom. In regimented places they won't tell you to listen to music, read other literature or any book. There are other dimensions other than the textbooks. We want the whole personality to grow fully, all potentials explored and manifested. Spirituality is not just meditating and quoting scriptures. Spirituality is manifesting the Divine which is everything here. Taponagara has a lot of opportunities and many dreams. If you don't use them you are missing a lot.

Recently a person asked me, 'Why do the Rishis not materialize?' If required they will materialize. But we have to grow. We are growing but that growth is not enough.

The time has come for clearing our Karmas. About two months ago 90% of our Karmas were cleared by the Rishis. The time has come for clearing the remaining 10% of Karmas. Unless we cleanse ourselves of all these things we cannot sail through 2012. When we seriously cleanse this system with Meditations and positivisation, the Karmas automatically get cleared. ■

## 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.

## TAPONAGARA DIARY

Seema Almel Somayaji

February 1st was the most anticipated day in the history of all volunteers. The Light Channels World Movement was taken to more than thirty schools by a band of around fifty volunteers as a birthday gift to Maharshi Amara. Taponagara buzzed with activity in providing all the support each representative needed. Handbills, charts, booklets, etc., were sorted and allocated. There was a palpable energy in the air, full of immense dedication and unfathomable Divine Love for Amaraji.

Amaraji's birthday was celebrated on the following Sunday. One could write a full book on the beauty of the day. Work is love in action, for the first time a large group of volunteers had experienced this. They were charged by the huge success of the Light channeling activity of the previous week.

Taponagarites gathered early in the morning of 7th February; Cosmic Tower, Kundalini Hall etc., were decorated with flowers. Special bouquets were brought in on the previous day itself. Even before the residents had finished decorations, the volunteers from the city came in and took their positions welcoming the nearly five hundred visitors. Personal blessings from Guruji were special as always.

Another gift to Amaraji was the launch of the new website [www.lightagemasters.com](http://www.lightagemasters.com) replacing the earlier one. To mark the first anniversary of the Light Channels World Movement held at the Koramangala Indoor Stadium on 26th February last year, Meditators gathered at 12 Noon and channeled Light. The website [www.lightchannels.com](http://www.lightchannels.com) was re-launched.

Mahashivaratri was celebrated with special Meditations. Guruji guided everyone through the Kamadahana technique which was practised during the Residents' Meet. ■

## EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

I am deeply moved by the book 'Doorways to Light'. I am touched by your simplicity, humility and determination. I tried to implement these qualities and all were happy. I sincerely believe that I need guidance to move further into the higher realms. I need your Divine blessings to move steadfast in the path of Spirituality. **-Latha Ganes**

I was very much disturbed, and feeling very sad and helpless because I was not able to solve a problem in my research work. Suddenly I saw your photo on the cover of 'Book of Reflections'. I followed the lines "When you are alone, in pain and trouble, look at the sky" written on the back cover of the book, channeled Light and went to sleep. Next day I got the desired results! My sincere thanks for this help, and I dedicate this result to you and all Light Masters.

**-Abhay Joshi**

After Shivaratri Special Meditation I am experiencing more Light within me and feel its pure Love. Now I am meditating regularly and seriously too.

**-Manjushree**

I have been following all your words with regard to detachment, and truly appreciate all the guidance you give for all to benefit from. I have found that after taking up Meditation, detachment has come as a natural process. Life becomes easier and more joyful when one has a heartfelt Spiritual path and a guru to help us along the way.

**-Jennifer Diane**

I wish to congratulate you and the respective teams which are bringing out wonderful ideas and materialising them so beautifully, namely webcast, the new website and the Light channeling in schools. Words cannot express my gratitude.

**-Shikha**

## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q:** During Meditation sometimes my focus shifts from Mantra to Light. What shall I do?

**A:** At such times do not do anything. The key in Meditation is not doing anything. The purpose of Meditation is to go beyond Mantras, techniques, mind and intellect.

**Q:** Is experiencing the peace directly equal to Meditation?

**A:** No. Meditation is a process, a chain of processes. Peace is a state, an experience. Peace is an end product.

**Q:** While meditating sometimes I feel my head bending. But when I check up, actually I am not bending my head. Why is it so?

**A:** It is the Astral body, which bends its head not the physical body. Do not worry.

**Q:** Is channeling like Reiki?

**A:** We can say that. In Reiki we heal a person or a place. But when we channel we do much more. We just pass on the Light which carries not only energies but also lot of other things. When we channel we think of the whole world. When you practise Reiki you think of only one or two persons. The Light has great intelligence, great love and concern; it will enter the individual and it will guide the individual appropriately, giving him enormous strength. Light heals, it also cleanses and purifies. During healing these things may not occur, at least to the extent it happens while channeling Light.

**Q:** What is the difference between Meditation and channeling?

**A:** In Meditation we try to experience Samadhi. Channeling does not lead to Samadhi. Meditation involves many processes. Samadhi is very individual, benefits the individual. By channeling a million people get benefited.

**Q:** Does channeling lead to controlling anger?

**A:** It helps. All Spiritual activities help but they themselves do not work like switches. The key lies here. We must genuinely intend to transform. All the negativities have to be thrown out consciously.

**Q:** What is the significance of channeling for seven minutes, significance of number seven?

**A:** Seven like 108 is a mystic number. Life is so heavy. Sometimes it's difficult even to snatch the seven minutes. That's why we mentioned to channel for a minimum of seven minutes.

**Q:** Can we channel Light to our children?

**A:** Of course you can do it. Channel the Light to the world, the Light takes care of your children.

**Q:** While channeling I feel expanded and forget the technique. What shall I do?

**A:** If you feel expanded it's very good. It indicates you are doing such good work. The technique is not important. Techniques are like supports, crutches or steps.

**Q:** After 2012 is there a necessity of hospitals? Who shall I treat?

**A:** We shouldn't change our life, stop our pursuits thinking that in 2012 or after 2012 the world ends. We know the world will not end. The preparation should be not at this level but at the Spiritual level. It's growing, changing and transforming ourselves spiritually.

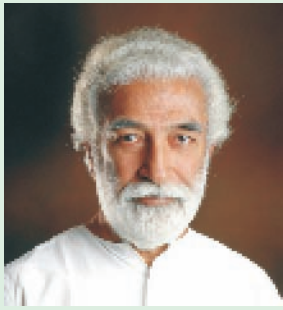
**Q:** Sometimes we mess up our lives. How do we clear up the mess?

**A:** The individual alone has to clear up the mess. We have to employ our wisdom gained by our own meditational efforts, our Spiritual experience and also from the Rishis. We have to plan thoroughly and clean up the mess. Throwing away all that is not necessary, all the extra baggage, helps us to prioritize. Our goals become clear. We will then not be worried about small and unimportant details. ■

## 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/-
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**GURUJI KRISHNANANDA (1939)****MANASA FOUNDATION (R)**

established in 1988 by Gurujee 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 Gurujee 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 Gurujee 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") Donations are eligible for 80-G Concession under Income Tax Act.

**SPIRITUAL EXPERIENCES**

(Compiled by Shobha K. Rao)

I channel Light whenever I get time. Light has now become my companion, I can always feel its presence in me. I become happy and peaceful when I think of light. At times I can see a form of light apart from the shield around me.

-Archana Pillai

Most of the time during Meditation I feel as if my body is suspended in the air, far above our earth; I can see the earth as a big globe under me and I receive energies from the Sun. These energies are pure white, golden or pink in colour. They enter my body and become radiant. Then I send these to our earth and the earth starts glowing!

-Dilip Parulekar

For a couple of months I was looking for a good pen, as my work involves manual writing in various environments. A pen fitting all those needs was really not available. On Amara Jayanti, I went to a store. At the billing counter, I saw the perfect pen I wanted! I realized that God, my Guru and Rishis understand my deepest and smallest wishes and gift them to me; I really don't have to worry about anything in life now.

-Geeta Joshi

On the 1st day of Meditation I saw a huge circular white light being funnelled to my head. On subsequent days, the light which entered my body transformed into little flowers of light; after a few seconds it radiated rays of light in my body and appeared on my skin as the same flowers of light!

-Poojashree

I requested Rishis that if they were to take me for their Astral work, to please grant me an Astral travel. A huge energy came and encompassed my body, and pulled me out. I moved into a black tunnel. It was like a suction cup, and the pressure was intense. I was weightless as I entered

into a huge space without air. Suddenly I saw beautiful coloured creatures, like fish, floating in the air. I had never seen a place like this before! When I opened my eyes, all I could say was 'Wow'!

Since Mahashivaratri my Meditations have been very strong. My body extends out, feels like an elastic body and also floats in nature, like a feather. I can hear all the noise and voices around me, but inside me it feels beautiful as if I have merged with God. At other times also, I am always aware that I am a Divine being and there is a sense of freedom from everything and everyone.

-Vidya Vishwamitra

About 40 days ago a plant from which I pluck flowers for Shiva Puja was infected with insects. We tried our best to get rid of them. But it was all in vain. One day while channeling Light I imagined that they were not there. The next day there was not a single insect on the plant. After a few days I narrated this incident to my colleague. The very next day insects were seen again on the plant. I realized the importance of Gurujee's words that we shouldn't share our experiences with others. I channeled Light again but without success. Later, while channeling I apologized for my mistake and surrendered myself. The insects disappeared! Now I am careful not to speak about my experiences.

-A.K.Balakrishna Mohan

Once during Meditations, I prayed to Gurujee to give me a glimpse of Samadhi. For a brief moment after that, my head felt very heavy, there was tremendous pressure, following which my mind went completely blank. I had a feeling of pure joy and peace, which is very difficult to describe. It was a strange and beautiful experience! -Monica Limaye

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