



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 9

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REFLECTIONS

Guruji Krishnananda

We cannot change the course of our life particularly, when we know that it fulfils the purpose of our birth. Everyone has a purpose.

It is possible that one spends one's entire life without being aware of the purpose of one's life. No one tells us. We have to search and find out. We have to search within. Search with our Intuition.

We would have chosen the purpose before taking birth here. We would have chosen with our Free Will. And having chosen, we have to fulfil. If we do not fulfil, no one judges us. But it would be our own spiritual failure.

The course to fulfil the purpose may not be always easy. It could be very difficult. But we have to pursue it. If we change the course, no one judges. The Universal Intelligence monitors our life to help us and not to judge. If we seek guidance, it guides. If we seek help, it helps. But it does not dictate our life's course. We choose. We always choose, right or wrong.

Light Masters of the world have to unite. It is only when we unite and share our Spiritual knowledge that a clear way ahead is seen. Each Master has his/her gathered knowledge, his/her solutions to spiritual problems and his/her guidelines and his/her prescriptions to sail through these difficult times leading to the New Age. All these may be good and enough to lead their followers. But they may not be enough to lead the entire world. Then, we have to join together and evolve a Global Spiritual System. We have to evolve a Global Value System. For this, we have to unite.

The time has come to unite and lead the humanity.

Amara dreamt of a unified approach to the world's spiritual problems. He used to tell us that, in the previous Time - Cycles, thousands of years ago, there was only one Spiritual system with one value system for the whole world. Once, thirteen billion people lived on earth peacefully and happily sharing everything with love. There were no shortages. There were no problems.

It may be difficult to believe in such things. But Amara had lived at that time and remembered. He told us, "You too were there with me. But you are unable to remember now."

As we advance into the Light Age and as our faculties open again, we may remember.

Before the Light Age, this mess of corruption and violence has to be cleansed. For that, we have to meditate and channel Light. The Light Masters have to unite and guide to work at the Spiritual level. ■



MANASA FOUNDATION (R)

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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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NEWSLETTER

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AMARA'S MAHA SAMADHI PROGRAM

29-8-2010, Sunday

11AM Omkara
Welcome
Talks
Guruji Addresses
Release of Books
Special Meditation
Omkara
Blessings
12.30PM Prasada

NEWS AND NOTES

- ♦ Amara's Maha Samadhi Day will be observed on 29-8-2010 at Taponagara. The last date for registration is 25-8-2010.
- ♦ Two books will be released on 29-8-2010 - iGuruji (Vol. 3) and a book covering various Spiritual topics by the Study Centre members.
- ♦ Meditators gathered at Taponagara on 25-7-2010 and meditated from 11AM to 1PM on the occasion of Guru Poornima.
- ♦ Order for our Publications should be sent by DD only in favour of "Manasa Light Age Foundation" payable at Bangalore.

Informal Group Meeting with Guruji on Second Saturday, 14-8-2010 from 11AM to 1PM. Those interested may register their names with the office.

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

MEDITATION ON SPECIAL DAYS

03	Tue	Krishna Ashtami
08	Sun	Masa Shivaratri
10	Tue	Amavasya
17	Tue	Shukla Ashtami
20	Fri	Worship of Mahalakshmi
24	Tue	Pournima
25	Wed	Amara's Maha Samadhi Day

PROGRAM AT TAPONAGARA

Sundays Lectures from 11AM to 12 Noon
Special Meditation from 12 Noon to 1PM
29th Sun Amara's Maha Samadhi Day Program from 11AM to 12.30PM

SUNDAY PRASADA was sponsored on

06-6-10	by Shraavan Srivatsan & Pushpalatha
13-6-10	by Alka Jalan & Rama Murali
20-6-10	by Vidya Virkar
27-6-10	by E.J. Kulkarni & a well-wisher

This month's Newsletters are sponsored by Sri. Vinu Varghese & a well-wisher.

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

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

TAPONAGARA DIARY

Seema Almel Somayaji

In the month of June, Guruji gave students a very special gift a technique to connect with the Ocean of Light. Some even experienced Parabrahma.

Residents came together for the housewarming ceremony of Sri. Jayant Deshpande's new house. Replacing archaic rituals, the occasion was solemnised by the New Age technique of Light Channelling and installing the energies by the Rishis. In appreciation of Jayant's dedication to the Rishis, they came and blessed the house. Other students were invited to bless the house the following Sunday. The new structure already seems to have imbibed Jayant's persona - it is richest in purity and wealthiest in humility.

The Residents' Meet was held at Sri. Swaminathan's house. It also doubled as a farewell party for his second son who is joining the armed forces. The meeting was unusually introspective this time.

Starting from June, Volunteers' got another opportunity to spend time with Guruji and seek his guidance. Guruji has earmarked every fourth Sunday afternoon for the Volunteers' Meeting.

The month ended with Lunar eclipse Meditations. ■

UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ◆ With the opening of schools in June, our volunteers are busy introducing Light Channelling to the children with great love and zeal. Their hard work has brought such wonderful results. More than 33,000 children, teachers and elders in 120 institutions spread across India, channelled Light in the month of June.
- ◆ Since the time Light Channelling was introduced to schools on February 1, 2010, more than 1.2 lakh children have channelled Light upto June 2010. More children are joining everyday.
- ◆ Several new schools have taken up Light Channelling as part of their daily prayers.
- ◆ The Block Education Officers of Hoskote and Shimoga have given permission to conduct Light Channelling in 611 schools.
- ◆ Another centre for weekly Light Channelling sessions opens at Arumbakkam, Chennai. ■

LIGHT CHANNELLING SESSIONS UNDER PROGRESS



**M.E.S. High School,
Bangalore**



**Govt. Primary School,
Shimoga**

EXPERIENCES OF SCHOOL CHILDREN

I was first only keen and interested to hear what sir was telling and then when I started to close my eyes and feel it, I felt a Light which was spreading the love and peace to the whole world. I was fully relaxed and my mind was fully pure. I thought that I am not this body. I am this mind, I am the Universal Spirit.

—Yaksha V, Sunrise Public School, Bangalore

When I was practising Light Channelling, I was only observing the Light. First the Light was entering my body and it spread gradually to Bangalore city, then to Karnataka state, our Country, our world and finally it spread to the whole Universe. The Tsunami of Light was covering us for one minute.

—Kamlesh Kumar, Sunrise Public School, Bangalore

When we closed our eyes the Light was falling on our bodies and I felt fresh.

—R. Rakshith, Navodaya Vidya Niketan, Bangalore

It was very refreshing and cool in the mind. I felt bright Light in my body.

—Karthik P, Navodaya Vidya Niketan, Bangalore

When we closed our eyes, first it was dark and slowly the sun rays fell on my eyes. You taught a nice experience.

—Clement, Navodaya Vidya Niketan, Bangalore

During the Light Channelling session on 1-7-2010, I felt completely immersed in Light and I felt one with Light. When I opened my eyes, I could only see Light everywhere. Now I am practising Light Channelling regularly.

—Spoorthi Shankar, St. Francis High School, 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

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)

06-06-2010

The difficult times and the shifts make our Meditations difficult. Every shift is a kind of test. There are many benefits also, from the shift. Continue your sincere efforts and leave everything else to the Rishis.

From 27th May, Buddha Poornima, there is a shift in energies which brings us new opportunities, exciting challenges and tests. The contact with the Rishis becomes easier now. 2012 is not far away; great preparation is being made by the Rishis at the Astral level. We have to be conscious to see the changes occurring all around us, make note and move on.

After reaching the state of enlightenment if we continue our Sadhana, our Awareness goes beyond enlightenment and we come across new realities, meet new beings, angels, gods. We then attain Rishihood.

A Rishi has Light and can radiate Light. Rishis choose to work for God because they love Him very much. Amara told us that a Rishi's worker is fitted with 108 gadgets. He is trained and allowed to work on one earth, later he will be shifted to any other earth in that Loka. As he advances and grows, he will be allowed to work in other earths of higher category.

All the Rishis working in all the Lokas, in millions of earths, work under the Sapta Rishis, the Hierarchy. The Sapta Rishis form the Great Council. This Centre is directly under the guidance of these great Sapta Rishis.

The Rishis have 1,44,000 centres all over the earth. A Rishi is a Light Master for this entire world, whereas Angels are special beings created by Lord Brahma, coming from the Ashtadikpalaka Lokas. They come here to help in many ways; but they are not like the

Rishis who carry the ultimate knowledge, wisdom and all the powers.

Your problem is created by yourself. That is the truth, and you should not blame anyone for that. Let us be very reasonable.

Some people say that they are in touch with the Rishis directly. If you are really guided by the Rishis I want to see the humility. A person who is not humble is not Spiritual.

2012 is such a period when we will be dealt with ruthlessly. That's how it has to be. Let's get ready to enter the New Age which begins, from this moment.

13-06-2010

We can deal with the whole life; deal with any situation or problem easily when we are connected with the Ocean of Light. Light carries wisdom.

Meditators are struggling to meditate, let alone take up other practices. Other practices like Channelling or Shambala principles are good; but they can't replace Meditation. Meditation is a must.

When we take up Meditation to change and for peace, then our problems also get solved, the whole Universe helps us. Those who have very simple and casual interest in Sadhana, should practise only Saptarshi Pranayama, Stage Meditation, strengthening of the shield and Light Channelling. But those who are more serious, should practise regularly all these practices. In addition to this, more importantly, practise without fail Shambala Principles and the technique of being with Light. Experience the Light. Always be connected to the Ocean of Light. Such people, who are more serious, may join Shambala group, Ra group. The people who have taken

up Sadhana very seriously may approach me for individual guidance. You must be aware that there is always a helping hand.

Some points for contemplation: Even a trace of a strong dislike for someone comes in the way of our experiencing Samadhi.

Try to be a witness to your own thoughts and emotions. Do not identify with them.

The Rishis dictated certain points to a person. They said, "Accept the problem. Then the solution comes. If you don't accept and feel frustrated you will never understand the solution. Sometimes to understand the problem you may have to go through it." Contemplate on these words.

Create a space, a private, personal space for yourself. There will be stillness in it automatically, because you are away from the world, away from the people. In this space you can easily connect to the Universal Consciousness, to Light, to Rishis. You will see all wonderful things happening in this space.

When we trust the Rishis we stop asking for things. When there is a problem they automatically solve it, they get us everything. We have to have a little patience, a lot of Love and great trust.

Let us be a little strict with ourselves. Let us try to locate our faults, our weaknesses and also the plus points. Let us throw out what is not good and not right, and strengthen the positive part.

20-06-2010

Our behaviour, thinking and emoting will be perfect when we are connected as much as possible to the Ocean of Light.

A person had a wonderful

GURUJI SPEAKS

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

experience when she was meditating. After the Meditation she realized that she had forgotten the technique. She got scared because she thought that she had made a mistake. And she wrote to me. When you have an experience and you forget the technique, it indicates that you have gone beyond the technique. That's what we want you to do. You must begin with a technique and go beyond it. Be very happy. Don't get scared or confused.

A person was travelling on the airport road. He saw a Light. Then he rang up his friend who was in Bombay and asked him 'Is Taponagara somewhere here, nearby?' The friend said 'yes'. He was very happy to know that.

It is such a wonderful experience. People who go on airport roads are able to see the Light in Taponagara. People who live in Taponagara should try to see the Light in Taponagara.

I mentioned earlier, about giving individual attention. Many have enquired about it. I want you to know that everyone already has the individual attention. When you think you have reached a level and you require guidance for the next level then approach me for special individual attention. When you want to come to me practise Meditation and Shambala Principles.

Sometimes, late in the night some people ask about instructions for watching the next day's live webcast. If you require information about anything please write or call us in advance.

27-06-2010

Experience of the Divine brings us the knowledge, enormous wisdom and many other things. The knowledge will be in our system at a different level.

I had mentioned that we had gathered 51000 years ago. A person asked: 'Does it mean that we haven't attained Mukti all these years?' The answer is 'yes'. Some or many, like us, would have chosen to stay back, to work.

An Ashrama is not just a place. It is a state of existence, a Spiritual state. It is something very personal, very internal and very private. Each one of us can build these Ashramas. This can be built instantaneously by anyone at any time. First we have to build and establish stillness. Then the foundation for the Ashrama is laid down. And in stillness we experience and transform. The most important thing in an Ashrama is freedom - freedom to change, to choose and to do many other things. Where there is no freedom there is no Ashrama. Where there is no freedom there is no growth.

Soul-travel happens when we travel in our Causal body or Anandamaya Kosha. Without the Causal body the soul disintegrates. We soul-travel very often but we are not aware of it. When you try to come to Taponagara or Ra Meditation Hall, you will have made a soul-travel, not an Astral travel. Soul-travel is easier than an Astral travel. In soul-travel you have to strongly intend to be in a place. Your soul will be in that place, not your Astral body. This is a very interesting revelation. We can soul-travel into other dimensions. In our Astral bodies we cannot enter other dimensions.

With the acceptance of the Past Life Regression, we would have accepted the immortality of the soul and its re-incarnation. It indicates that we are moving towards the New Age. Past Life Regression is being used as a

therapy. Past Life Regression proves that the effects of Karmas are cleared instantaneously by seeking forgiveness genuinely.

During the present times the Karmas are giving their results immediately if not instantaneously. They manifest first at the physical level as a sickness, pain or hurt. Then it occurs at the mental level. Our mental Peace is shattered. We have to locate these and say sorry genuinely. Suddenly pain, mental agitation vanishes. In this manner we can heal ourselves.

Master V says, "The systems and also individuals collapse when they are not ethical. At the individual level this collapse could occur in any way. So we have to strengthen our ethics. We have to be pure, manifest love. We cannot manifest anger or impatience.

If you want to do something on the material plane do it fast. Complete your projects fast. Do not take up any long term project. Be cautious."

Eclipse energies from the lunar eclipse of 26th June'10 were combined with the Ra energies and a new, powerful energy was created. Rishis are waiting to pass on these energies. Rishis caused Spiritual shifts in all those who meditated even for a short time on that day. These shifts bring great reliefs at the material level.

If Meditations become difficult take it as a challenge. Karmas themselves cause such discouragements. So don't give up.

Suddenly sometimes, we get a big jolt. Let's not waste time trying to understand about it, but consolidate spiritually. Take in more Light. Speak to Light. It is certain that Light will guide and help. ■

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.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

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.

AMARA, THE MASTER

Shyamala Devi

Masters take birth with a mission from time to time. After they leave their bodies, normally they do not maintain links with their groups for the follow up of their work. Amara too came with a mission. The mission was the four hundred year long project of the Rishis. After he left his body, he could not remain separated from his mission. He had to see that the work continued.

For the continuation of his mission, he had left behind his close associate Guruji and passed on all the knowledge he had gathered during his life-time. Guruji became the link between Amara and the world. Amara started working from other levels - guiding, passing on energies and more knowledge required for the changing times.

When the intended Shiva Centre did not come up in the selected place, Amara saw that it came up in a different place, Antar-Manasa, close to Manasa. When the work could not go on in the place where Amara had started, he showed Guruji another place Manasa, to start all over again. For Masters, continuing the work is important, not the attachment to the plan, people or place. Behind every achievement in Manasa and Antar-Manasa is Amara's guiding hand and his great Love.

Being a great Maharshi, he led a normal life. Without going into the complexities of Scriptures, he passed on great truths in simple terms. When Meditation and Spirituality were thought to be meant only for few special people in mountains and forests, Amara said and showed that Meditation can be practised in our homes, and Spirituality has to be implemented in every, small detail of our life. Amara, the Master, is mysterious. ■

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

Humility is often seen as a sign of weakness in my society, but I am not prepared to change to 'fit in'. I am guided and know that the Universe takes care of everything. I am content within myself and grateful for all blessings received, whether they are learning curves or simply gifts. I am learning valuable lessons.

–Jennifer Diane

I really like your words in the March Newsletter, "Non-love devours us, destroys us. We have to consciously un-choose non-love..." This is at the base of everything. I was inspired to check myself and make sure that there was no negativity in me, and take action to get rid of it because any bit of non-love brings distortion. It made me realize that every moment is a bonus.

–Linda Sawyer

After visiting Taponagara, I started to understand what you mean by "the level of the soul". Whenever I feel sad, I shift my consciousness to Light and the sadness vanishes. I am very grateful to have you as my Guru.

–Lynne Karatani

Both at home and at the work place I find myself in situations where there is a lot of confusion. Earlier it would have tested my patience. But now I am trying to 'accept' and 'let go'. I have many opportunities to practise surrender, and be a witness enjoying whatever experience God sends my way.

–K.Geetha Balakrishnan

I am meditating in this Path only since six months but when I read the books I feel I have not missed much. I have found uniqueness in each one I read. Each book has proved to be an answer to my curiosity at the right time. The recently released books are also very good.

–Neha Rajnala

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How does one truly surrender?

A: When we develop great love towards God, the ways to surrender will be automatically revealed.

Q: After surrendering do we give up this exercise of Freewill?

A: Even after surrendering, we have the option of Freewill.

Q: What are the new energies that came down on 18th May?

A: The new energies that came down on 18th May are from the Ra Loka. They bring us a kind of new Spiritual intelligence, Spiritual wisdom and also Spiritual strength.

Q: Can we practise the technique of burning Karmas on any day?

A: No. We have to practise this on either New Moon day or Full Moon day or on both days.

Q: How do our Karmas affect the world?

A: Our Karmas do not affect the world directly. Our thoughts, emotions and actions influenced by the Karmas may impact the world.

Q: If we say sorry, we will be forgiven. But what happens to the Karmas?

A: If you say sorry, very sincerely, and don't repeat the mistake again, there will be no Karmas.

Q: Is going through pain required to clear Karmas?

A: It is not required.

Q: How do we receive knowledge from the higher planes? Is there a technique?

A: If you are keen on receiving the knowledge or becoming a Knowledge-Channel, approach me individually. Yes, there are techniques.

Q: Is it necessary to have a near-death

experience for enlightenment?

A: No. These two are entirely unrelated.

Q: What are the guidelines for using powers?

A: We have only one guideline. That is, don't use powers!

Q: I know some techniques which bring powers. Can I practise them?

A: No.

Q: Can an impure person pass on Light effectively to others?

A: Yes. The impurities are at the surface only. At the core we are pure.

Q: When systems collapse in 2012 or after 2012, will there not be utter chaos?

A: Yes, for some time. It's expected and is natural.

Q: Which is the posture for contemplation?

A: You can contemplate without any Posture (Asana).

Q: How do we strengthen our Astral bodies?

A: We have to purify every emotion and thought. We have to practise more of Saptarshi Pranayama and Shambala Principles particularly the first three principles. Then there are other techniques.

Q: What would be the impact of the shift that you are talking of?

A: The impact of the shift of 27th May'10 would be, surfacing of the truths or the falsehoods. There will be more opportunities to choose, to grow and new challenges to face. There will be a kind of new Awareness, a kind of self-Awareness that will help us in every way. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Beyond 2012	80/-
2012 - End or Beginning	100/-
iGurujī - Vol 1	150/-
iGurujī - Vol 2	120/-
Living in the Light of My Guru	220/-
A Package from the Rishis (containing 5 Booklets)	250/-
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- Descent of Soul	
- Practising Shambala Principles	
- Astral Ventures of A Modern Rishi	
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The Book of Reflections - Vol 2	200/-
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2012 ನಂತರ	100/-
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२०१२ नंतर (Marathi)	80/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
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ಊನಿಯಿನ್ ವಾಯಿಲೆಗಳು	200/-
2012 முடிವா அல்லது தொடக்கமா	100/-
ಊನಿಯಿಲ್ ವಾழ್ಕುಕುಕು	10/-
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ಧ್ಯಾನಂ ವಿಯ್ಯುಡಂ ಎಲ್	50/-
ವೆಲಗುಲೆ ಜಿವಿಂವಡಂ	10/-
ಽಂತಿ	10/-
ಽಂತಿಕೆ ಧ್ಯಾನಮುಲು	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.

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)

While listening to the Sunday lecture on 13th June, Guruji asked us to connect to the Ocean of Light for a minute. As soon as I closed my eyes, I felt my head was full of golden Light. I was also able to feel the energy and the warmth of the Light. At that moment I was not the physical body, but only the head full of golden Light.

—Neelima Joshi

When I was in the ocean in Alaska, the sound of the ocean and that of the mantra OM harmonized and gave me so much peace of mind that I am unable to express. Those were the best moments of my life. Even after Meditation, I could hear the voice of the ocean as OM and that voice used to relax me. I could experience the unconditional love flowing from me to the entire cosmos.

—Dr. Suunil Rathi

On 6-6-10, during Meditation I saw the room filled with smoky, purplish grey light, which was rippling and spinning. After some time I saw Guruji standing upright. Later, I saw Amara sitting in front of me and congratulating me. I felt very comforted and close to him. I also saw Goddess Lakshmi standing on the summit of a beautiful snow-covered mountain. A huge golden Sun appeared in the background.

—Lynne Karatani

On 8th June during Meditations I was suddenly taken to a place of Pyramids. I went underground, and saw Guruji, Viswamitra Maharishi, Amaraji, a few more people and Rishis. A secret chamber was opened which contained golden energies that looked very Divine. We were guided

as we travelled with the energy. We brought the energy to Antar-Manasa, where it was stored in an underground chamber. Ra Brahma was waiting for us there. Ra Brahma and Viswamitra Maharshi began to work with it.

—Vidya Arora

I took up Meditation from June'07 for my husband's good health. I pray to Master V at night to take care of my husband and be by his side all night. Sometimes I have felt flashes of a huge circle of Light moving around near the side of his bed. It is Master V who has looked after him, and given him courage and calm to go through the difficult times.

—Alka Scindia

On my visit to Bangalore, I was travelling by road to Bangalore airport. Suddenly I felt Guruji's aura so strongly, that I was sure I was very close to Taponagara. A few minutes later I saw a board which read "Taponagara - Way to Meditation Classes". This experience lasted for some time. I called up a friend who confirmed that Taponagara was close by.

—Nandan Kaluskar

On June 6th we were discussing about going to the Vaishno Devi temple. The same night, in my sleep I felt I was on my way to Vaishno Devi temple. I reached a cave, where there was an idol of Vaishno Devi. Golden Light emanated from the idol and entered my body and I saw myself in place of the idol. When I closed my eyes, I experienced a soothing and blissful bright light in my forehead. It carried great Love which cannot be described in words!

—Jyoti Chawla