



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 6 Issue 1

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**REFLECTIONS**

Guruji Krishnananda

For me, the greatest news of the year is rescue of miners of Chile and the release of Aung San Su Kyi. For me, it was the triumph of the human spirit. Triumph of Hope. There is always Life ahead. One has to endure the pain, keep up the struggle and wait for the future to light up the Life. It requires great courage and faith in one's conviction.

The release of Su Kyi is not the end. It is the beginning. The powers that held her in house arrest are still strong and can thwart her activity any time. The cruel regime released her not for love but for, perhaps, lifting of the sanctions. As long as such regimes and systems exist, and there are others, the Su Kyis of the world are not safe. Freedom and human dignity are not safe. These systems should collapse. And they will collapse as we enter the Light Age, the Satya Yuga shortly.

The whole world is waiting for the Light Age.

I come across cases where the grandparents take up Meditation at the insistence of their grandchildren who are studying in their primary schools. The children are leading the elders !

When I was a young student, my teacher asked me to write an essay on "the child is the father of the man". I could not understand the topic. How could a child be the father of a man ! Now, I understand. The children are fathers of their grandparents!

These children channel Light very effectively as if they have been doing this from ages. They are closer to Light. They are the children of the future.

This year brought out the true leaders in Manasa. Without any direct instruction or request from me, these leaders of Light organised themselves thoroughly well and helped more than six lakhs students channel Light. They spend their money, their energies and their time to travel to different towns and cities and work expecting nothing in return in a true Rishis' way.

In the same silent way, they have also formed a Healers group. Every night at 10 pm, they send the Healing energies to those who seek Healing for the body and the mind. Silent miracles are occurring when people come out from comas, spring back from ICUs and smile again with relief after intense pain and sicknesses. This work is done silently, again, without any expectation in return.

An army of Light Workers and a group of Rishis-in-making are growing silently. Now, I can say very hopefully that we can prevent destruction and sufferings related to the 2012 events. These souls save us.

I am aware of many groups working like this in their own ways all over the world. I don't have to open my branches and centres in other parts of the world. There are Centres of Light already working, though under different names and banners. They are doing my work, the Light Work. ■

**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**

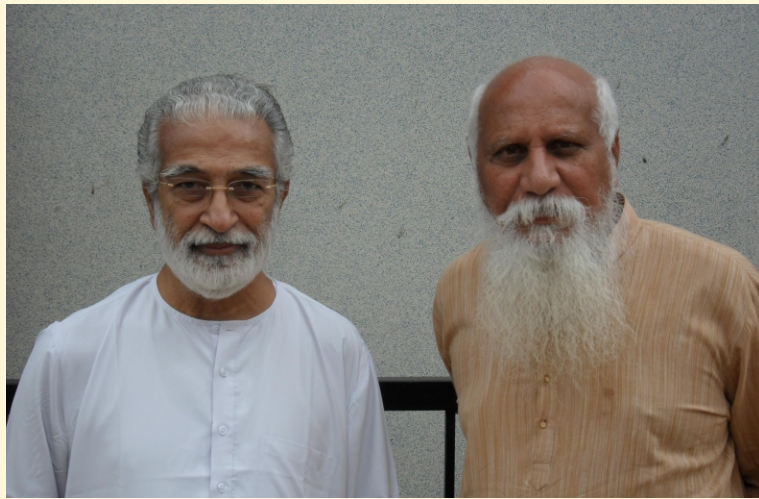
on Mondays (6 PM - 7 PM)  
on Tuesdays (6 AM - 7 AM)

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

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amount.



"Brahmarshi Patriji visited Taponagara on  
1st November 2010 to discuss Spiritual matters with Guruji."

**NEWS AND NOTES**

- ♦ Guruji addressed the 'National Spiritual Youth Convention' at Pyramid Valley, Bangalore on 2-11-2010.
- ♦ All the volunteers involved in the Light channelling work in Bangalore met at Taponagara on 7-11-2010 and received encouragement and guidance from Guruji to have an organised and focussed approach to achieve future goals.
- ♦ Kannada translation of our book 'Higher Communication and Other Realities' is now available.
- ♦ New batch of Shambala Group begins from January 2011. Those who want to join may contact Manasa office for details before 30-12-2010. External Guidance students can also join Shambala Group.
- ♦ Those interested in participating in Akhanda Dhyana on 26-12-2010 in Taponagara may register their names with the office on or before 20-12-2010 along with the timings.
- ♦ Those receiving "Doorways" as complimentary may please renew their interest for receiving complimentary copies for the next one year.

**SUNDAY PRASADA**  
was sponsored on

- 03-10-10 by Brajabandhu Mishra & Deeksha Suresh  
10-10-10 by Yashoda, Sudha Devi Potdar & Usha Sharma  
17-10-10 by Anjali Patil, Ratna Rao, H. N. S. Babu, Vinay & Shobha Potdar  
24-10-10 by Gurupada Swamy G.M., Sujatha Patil & Santosh Kore  
31-10-10 by Marappa M. & Santosh Kore

**MEDITATION ON SPECIAL DAYS**

05	Sun	New Moon Day
21	Tue	Full Moon Day; Lunar Eclipse
25	Sat	Christmas
26	Sun	Akhanda Dhyana from 6AM to 6PM
31	Fri	World Healing Day at 5.30PM

**PROGRAM AT TAPONAGARA**

21st	Tue	Lunar Eclipse Special Meditation from 10.57AM to 4.36PM
25th	Sat	Christmas Special Meditation from 12Noon to 1PM
26th	Sun	Akhanda Dhyana from 6AM to 6PM

**Guruji will be visiting Mumbai, Pune and Nagpur and giving lectures on 29-1-2011 and 30-1-2011. Details will be provided in the January 2011 issue of our Newsletters.**

**AT TAPONAGARA**  
on 26-12-2010

**Akhanda Dhyana from 6AM to 6PM**  
All are Welcome.

**Informal Group Meeting with Guruji on Second Saturday, 11-12-2010 from 11AM to 1PM. Those interested may register their names with the office.**

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

## UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ♦ By the end of October 2010, more than 5 lakh children channelled Light.
- ♦ Although there were many holidays in October, our volunteers worked hard and covered more than a hundred schools and taught Light Channelling to more than 80000 students.
- ♦ October 27, 2010 was an important day for Light Channelling Movement when more than 22000 children across different parts of India channelled Light on this single day. It was very touching to note that more than 7000 children gathered in the premises of Chettinad Vidyashrama, Chennai and channelled Light at the same time.
- ♦ The first issue of Light Channels Newsletter was released on 15th November, 2010. ■

## LIGHT CHANNELLING EXPERIENCES

After the Light Channelling session on 2nd October, one student and her parent who stayed back at the class observed that a huge globe of white Light had appeared in the class.

–Medha Kulkarni, Volunteer

When I went for conducting Light Channelling session, I could sense the anger and tension in the class. After the session a student stood up and said that he could feel some energy entering him and the class started laughing. Then the teacher got up and said that she had actually seen Light all around her and she saw a huge globe of white Light in front of her. It removed the anger and tension which was in her before starting the session. She was almost in tears! I left the class feeling touched, happy and blessed.

–Nithya James, Volunteer

## TAPONAGARA DIARY

Seema Almel Somayaji

The festive season started building up in October. The feminine Energy of the Goddess blessed Taponagara, and the whole world, during Navaratri. In the backdrop of the Shift in human consciousness, especially the Pralaya process at the individual level, the eternal Truth of the victory of good over evil seemed more relevant.

On Ayudha Puja Taponagarites assembled in the parking lot, and brought their vehicles along which were blessed by Guruji and the group.

Taponagarites had many occasions to get-together in this month. Sridevi's new house was energised by Guruji in silent Meditation. Everybody joined the birthday parties of Gururaj Kanade's lovely twins and Brajbandhu Mishra's one year old son.

The last Sunday of the month was marked by three hours of Light Channelling.

There is a benign being in Taponagara - a street dog named Shiney. She is silent, non-aggressive and loving. She never fights over food, and so she gets fed in every house she strolls into. She lounges at the entrance of the Office and gets pampered by everyone. Once she was attacked by another dog which permanently fractured her leg. A few thousands were spent on her medical expenses. However, quite aptly named Shiney is special; simply because in her quiet and peaceful ways she shines with a lot of unconditional love. It is quite possible that she has entered the Light Age already. ■

## 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)

03-10-2010

A lady was connected to her Higher Self in a higher world and she was aware of that also. It was revealed to us that she could connect because she was very pure and always truthful, peaceful etc. The connection with her own Higher Self and the awareness of it made the difference. When we meditate we connect to the Light and experience the Light. We must be aware of this connection and Oneness with the Divine all the time. Then we don't have to make an effort to be truthful, peaceful, always joyous, full of life and dynamic.

An 80 year-old gentleman, who never believed in God, but believed in a value system, said that it is easy to experience God when you close your eyes, but not when you open them! Similarly, being always aware of this connectedness with the Divine, outside Meditations is not easy, but it gives us all the strength, wisdom and security and then nothing can go wrong in our lives.

Experiencing Oneness with the formless God - Light, is experiencing Oneness of the highest order. We will be experiencing the Oneness with the Divine, which is something greater than Samadhi. We will be god-like. We have to understand these aspects, try to follow and adopt.

We should not reject religion wholly, as all religions began with greatest Masters. The distortions made over thousands of years, should be ignored. Do not confront. Spiritual way is going along with the world, helping others to realize, not forcing anything on others, not even good things.

There is a Spiritual awakening in many, which helps the universal aspect of the religion, like Love. People are realizing that religion is a value system. This is

Universalism, which is beyond all religions, and will be the religion of the Light Age. Light Age begins from us, the individuals. It happens within. With this awareness, each one of us has great responsibility.

Calmness prevailed on 30th September, the day of the court verdict of the Ayodhya issue. It was due to the effort of wonderful Meditators all over the world, who are spreading Light in their own way. Moreover, the Rishis have brought down new energies, particularly the Ra energies, which also have their impact. There is an awakening and maturity in people. This is the proof of the collective wisdom and collective response. The world is changing gradually. Corruption, wars, violence will vanish, when more and many, reject them mentally.

Healing cures, improves health and hastens recovery. But it cannot prevent death. It helps the person to leave the body painlessly, making the ascent easy and peaceful.

Let us be aware and not think that after coming to Taponagara there will be neither pain, nor problems. The energies here do help us a lot. Let us love the world and let us deal with the world because we are of the world.

After we have meditated for some time, we become silent, totally unaware of the world around. It is the beginning of Samadhi. Later, we go beyond it, to a stage of higher Samadhi. We will be then aware of thoughts, the world around and everything, but there is stillness. As we advance, our Awareness shifts to still higher levels, when we will be aware of the physical realities. Paripoorna Samadhi is being aware of everything simultaneously. During Meditation, do not analyse, or do not try to understand, as this will keep the intellect active, which

goes against stillness.

10-10-2010

We should not pick up a Mantra or a technique from a bigger technique. We have to follow the whole technique and this would not have been mentioned in the books. It has to be received from a person, a guide or a guru, because he initiates us. He also gives us enough energy and prepares us to repeat the Mantra. Any Spiritual practice should be monitored and assessed periodically, because if something goes wrong, it may create such damage, which may be carried on to the next life also. This Path is the Path of the Rishis, the perfect one, the complete one.

I met a boy who never knew what Yoga is. But he would sit suddenly in Asanas or hold on to Mudras or practise Kriyas. He did not know the significance of it. He had associated problems. I understood that he had given up the path in his previous life, begun practising on his own, had committed mistakes and had not completed the course. Don't be on your own.

You can know all and read all but, it is better to follow one path throughout life, to avoid confusion and damage. It helps faster and surer growth.

Surface disciplines like food preferences etc. are important when we begin our Sadhana. Similarly, all the preliminaries are important when we take up Meditation. When we reach higher stages, these things do not matter.

You can deal with any problem by yourself. Begin to employ your intuition. Then come back and verify with me. Unless you begin to stand up and walk you will not be able to move on.

A strong intent of a single individual is enough to heal a person. We do the healing. Please give us the feedback.

## GURUJI SPEAKS

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

17-10-2010

Our earth has the Astral counterpart. All of us exist there astrally. The Astral earth is provided with energies from the second Sun. We can go there astrally after taking permission of Atri Maharshi, who is in charge of this earth and also the Astral earth, and prevent many happenings, and create new futures. We can stay there and receive these energies and come back.

We know that Light is Love, Wisdom and Peace. Light has healing powers. To this we shall add one more very important factor, Light has abundance. Carry more Light; you will have more abundance of love, peace etc. Abundance need not necessarily be material.

There are seven laws of Light: Experience the Light in the inner core, within the system. Connect to the greater Core, God Himself. Connect to everyone and everything, and experience Oneness with the whole world. Spread Light. Manifest Light. Carry the Light always and behave like the citizens of the Light Age. Become Light.

There are seven ways of Light: To be calm and contented always. To accept the imperfections around you, in individuals and in the world. To be non-aggressive and to be good. To be simple. To be truthful. To celebrate life is a way of Light. We have to share abundance - love, peace, knowledge, all that we have, all that we receive from God.

We can turn every problem into an opportunity to see the situation from a higher perspective, an opportunity to challenge the problem, to gear up our entire personality, to find solutions and understand the Spiritual aspects of the problem and also to learn lessons from them.

Knowing the truth is good but it is

not enough. Only when we experience we know the whole thing about the truth. Otherwise we know it intellectually, partly. Experience brings wisdom. Small experiences lead to greater experiences and greater truths. To understand and accept the great changes that we are heading towards, we have to unlearn the ways of this old Age, Kali Yuga.

13th October was the greatest day of this year, because on that day the 33 miners, who were trapped below for 69 days in Chile, were brought out alive. They did not give up hope. It is impossible to understand what they went through. They are the real heroes.

Before you begin healing, offer your respects to Santoshi Devi who is the deity of healing. She is in charge of several energies stored here. She directs the energies.

From today I introduce something new. Let us begin with the practice of contacting Rishis. The Rishi in charge of this Centre and also the centre at Anekal, is Veda Vyasa Maharshi. He will be available here in every class. Imagine he is in front of you as Light, wherever you are. People watching this webcast can imagine this great Rishi sitting in front of them. Talk to him, for about 5 to 10 minutes.

24-10-2010

While traveling in a bus a person saw people moving around outside. Suddenly, there was a kind of an upsurge of love within her and she saw everyone as Light. It's a great experience and a part of the experience of Oneness. The person did not make any conscious effort to send Light, it just happened. This person, the individual suddenly became universal. This happens when we always carry Light, love life, people and this world.

A lady thinks that her husband

became a diabetic because he was sending the healing energies to others. This strange fear is very sad. I would like to assure that channelling Light does not attract any illness or disease.

Let us accept that the ideal Oneness cannot be experienced here on this earth, at this point of time. There are other earths where the Oneness is experienced wholly. We can think that we are One. Ignoring all differences, let us begin practising Oneness from the level of the group. We are Meditators. We are under one Spiritual umbrella, in one path, with the Rishis. That is enough to begin with.

A person wrote. "All around there is so much hate, greed and loose talks. I keep asking myself, am I doing enough? I need to meditate more and channel more Light." It prompts us to do more. All that he talks of is so real. But never feel frustrated or defeated. Let us also be aware that people are changing, the world is changing, and let us do whatever we can do.

Most of us have received the communication with Vyasa Maharshi during the contact session with him on Sundays. But let us be aware that the mind plays the tricks. It will give us the answers, which we like. Don't feel scared. It is not easy but it is not difficult also.

I have some hints: We have to be very patient. Don't expect an answer immediately, when you sit for the first time and ask a question. We will not be able to read the answer. Never give up practice. You can also practise it at home at any time. Don't feel excited. Keep your mind calm and blank. Don't expect anything. Communication comes in flashes. If you get excited you will lose it. Just make a note and wait. This is very important. Don't try to analyze what you have received. ■

## 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.

## EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

I had taken up a Web Application project which is going to be the foundation for a National level Information Centre. The blessings from you and the Saptarishis made it possible for me to complete the project successfully within two years. It will be inaugurated next month. I thank you for your help.

–Padmashree

I kept Light as my companion as advised by you. Whenever I felt troubled and needed guidance, I spoke to Light. Initially, I never got answers but I would feel comforted. After a challenging month, I am at peace now, because of the grace of Light, Rishis and you. Thank you so much.

–Niharika Rajnala

Our friends in Africa had cautioned us to be careful during our travel there. Instead of getting all psyched, we filled ourselves with Light. Instead of seeing guns in their hands, we received very genuine handshakes from people who were seeped in poverty. And I saw 'life, hope and smile' on their faces. Instead of getting robbed (as warned), a person came to us and handed over few dollars that had fallen off our pocket! We thanked you, Rishis and God for giving us the opportunity to experience this and also for protecting us.

–Vidya Vishwamitra

Through you, I would like to thank each and every one who had sent Light and helped our friends, and let them know that Light does work...and does make people very happy.

It is nice to note that your volunteers help people whom they have not seen or might not see

again in their life. They are working with absolutely no expectation of getting anything in return. This is really extraordinary and unique!

–Manish Kumar

I have been coming into contact with various individuals who are having difficulties in their lives and need comfort, healing and Light. I offer all that I can pass on to them and encourage them to channel Light frequently. I give grateful thanks for the guidance and Light received.

–Jennifer Diane

Thank you once again for the wonderful Sunday lecture. It seems as if we were all destined to choose the Path of the Saptarishis, despite our formal religious practices being so varied and different.

–Feroza Panday

I have become more aware, intuitive and compassionate. Also, I have become calm, and think before I act. I tend to place intent and Light on the poor and suffering, or those in pain, sending them healing energies. I don't worry, and accept whatever comes my way as the Will of God.

–Hilla Mazda

Guruji is Light. This Organization is of the Light, by the Light, for the Light, to spread the Light to everyone, irrespective of caste, creed, religion, colour and race.

–Meena Kumble

I recovered the cell phone lost in the car which dropped us to Mumbai. We were caught in the rains and out of nowhere a stranger appeared with an umbrella! I always say that there is someone watching and taking care of me, and thanks to you and Rishis for the same.

–Geeta Joshi



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: At the end of a Manvantara, do the souls get liberated automatically?**

**A:** At the end of a Manvantara, people who have not cleared their Karmas, will be shifted to other earths, where they have to continue their efforts, clear the Karmas and achieve things.

**Q: When you pass energies to us in our personal meetings, do you pass them from your own source?**

**A:** Sometimes I do that. But most of the times, I draw these energies from the Rishis and from God.

**Q: Where do you store your energies?**

**A:** In my body-mind-intellect system, in my Spiritual body - Anandamaya Kosha, and also in my Higher Self which is in a different and higher world.

**Q: What is the difference between the Spiritual experiences and the Divine experiences?**

**A:** Spiritual experiences are those experienced by the soul. For example, Samadhi. This is experienced by the individual soul. There is a kind of stillness in the centre of galaxy, stillness in this entire world and in the centre of the earth. This stillness is huge and universal. When we experience such stillness, it is a Divine experience.

**Q: Which is the entry point for Light in our system?**

**A:** Usually we receive the Light or energies from the entry point in the head. But there are some very subtle energies, which are received directly by the soul, not only through the head, but from all sides.

**Q: How to carry the Light always?**

**A:** You have to think that there is Light inside your system. If you

request the Light to be with you all the time, the Light will be there. We need not be aware of the Light all the time but we can carry the Light all the time.

**Q: How do we deal with the world?**

**A:** There are many ways. We have to employ our wisdom and intuition. We have to study each situation, each individual, then deal with it. It is not at all difficult if one is open, carries love and is also cautious.

**Q: When we meditate who in this system meditates?**

**A:** We can say that the whole system meditates. Meditation is a series of processes, beginning from the silencing of the body and leading to experiencing of Samadhi.

**Q: Is it because of Karmas that we find it difficult to meditate sometimes?**

**A:** We can say that. Sometimes the Karmas themselves come in the way of Meditations. But, most of the times it is our lethargy and our lack of seriousness.

**Q: I find it difficult to practise the technique of Meditation. Can I do away with the technique and just sit in silence?**

**A:** Just sitting quietly is not Meditation. If you want to meditate you have to practise a technique.

**Q: How can I carry the stillness of Meditation throughout the day?**

**A:** We cannot carry the stillness that we experience in Meditation, throughout the day. We can only meditate and experience the stillness. We are not expected to carry this stillness. But, we are expected to carry the peace, the calm, all the time. ■

## LIST OF OUR PUBLICATIONS

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ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
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ಐ-ಗುರೂಜಿ ಭಾಗ 1	150/-
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ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	50/-
ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
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ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸ್ಮಯೋಬ್ಬರ ಗಣಪತಿ ಮುನಿಗಳು	100/-
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ऋಷೀಕವ್ಯ ಮಿಷಾಲೇಲೆ ಜ್ಞಾನ (Marathi)	200/-
प्रकाशवाट (Marathi)	150/-
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ध्यान कसे करावे (Marathi)	50/-
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सूक्ष्मजगातील पराक्रम (Marathi)	50/-
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प्रकाश (Marathi)	10/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
ತಿಯಾನಂನು ಸುಪ್ರಸಂಗವು ಉಂಟಾದ	50/-
ಉಣಿಯಿನ್ ವಾಯಿಲೆಕನ್	200/-
2012 ಪ್ರುಷಿವಾ ಅಲ್ಲಲತ್ತು ತೊಡಕುಮಾ	100/-
ಉಣಿಯಿಲ್ ವಾಝುಕ್ಕಣಕ	10/-
ಉಣಿ	10/-
ತಿಯಾನ ಯೋಕುಮ್	50/-
ಆತ್ಮಮಾವಿನ್ ಅವರೋಹಣಂ	50/-
ನವಿನ್ ರಿಷಿ ಉಣವಿನ್ ಕ್ರೂಷುಮ ಸಾಕಸುಂಕನ್	50/-
ಸುಂಪಲಾ ನಿಯಮಂಕಣಿನ್ ಅುಂಪಿಯಾಸುಂಕನ್	50/-
ಧ್ಯಾನಂ ವಿಯುಡುಂ ಎಲಾ	50/-
ಪೆಲಗುಲೆ ಜಿವಿಂವಡುಂ	10/-
ಕಾಂತಿ	10/-
ಕಾಂತಿ ದ್ವಾರಮುಲು	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)

During the contact session with Vyasa Maharshi, I saw him sitting under a tree, busy writing. I asked him as to how to begin the dialogue. He replied saying: "Let's have a dialogue of silence."

I looked up in surprise. He explained: "It becomes a dialogue if you too participate in silence. There will be an exchange of silence." I hesitated, closed my eyes and sat in front of him, was at peace. There was no exchange of words, but I felt satisfied.

-Vidya Arora

During Meditations some days ago, I felt my body as all energy with one small particle of Light inside. It was an ocean of Love in which I was floating. My Awareness was at its fullest and I was at peace with everything. This lasted for quite a while.

One day while driving my car to office, I was thinking of Light in me and suddenly I started conversing with God, asking Him why I cannot see or feel the Light. I became very emotional and started crying. Suddenly I heard an inner voice, "The one who is making you have this strong desire for Me, and the one whom you want to see or feel are the same, so with whom and why are you fighting? Just let go, enjoy this feeling." I became silent.

-Vishwas Dixit

From the auto which had stopped at the traffic signal, I watched the crowd coming out of the Santa Cruz railway station. Suddenly, a surge of emotion enveloped me. My eyes became moist. I started spreading Light to all of them. I prayed to Light to spread, to spread Love and Peace

to the entire humanity. It was as if Light had decided that I should do it. Even now I am in that mode.

-Geetha Saraswathi

During Meditation I was aware that I was in Light, when I began travelling within myself in a dark tunnel. After some time I moved towards a distant Light which was very close to my heart. I don't know how long I remained there; experienced a joy that I had never experienced before! I did not feel like coming out of it. But soon became aware of the silence and opened my eyes.

-Jayanti Natarajan

While travelling on my two-wheeler from my work place, as usual I prayed to Master V to protect me and my vehicle during my journey. I reached safely but absent-mindedly left the key in the vehicle outside the hostel. Two days later I realized that the key was not with me. I rushed down to find the key in the vehicle, both were safe! I felt blessed for the protection extended to us by Master V and Saptarishis.

-N. C. Chandana

A few days ago, I stood in front of the mirror and started staring at myself, trying to see as to who is really inside me. Suddenly, I started seeing a brilliant white Light first around my head. In a few moments, the entire body was transformed into white Light. My breath had come to almost a standstill. My body was moving slowly from left to right, but the Light remained stationary, shining, pure white. I froze looking at it, was aware of what was happening around me. I was shaking with tears. It was an amazing and unimaginable experience!!

-Vidya Vishwamitra