



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 3

FEBRUARY 2010

Rs. 15

REFLECTIONS

Guruji Krishnananda

This is an astonishing incident. I must tell you.

This evening, I got a new pen. It is good. I began writing with the new pen. As I was writing I thought "let me write with this new pen regularly and use the old pen occasionally or when I go out". After sometime, for no reason, I picked up the old pen to write. It did not write. I tried all ways to make it write. But, no, it did not write!

Then, suddenly, I had an idea. I sent Light and Love to the pen and spoke to it saying that I did not mean to neglect it and that I was sorry, if I had hurt it. Then I picked up the pen with extra care and began writing. And, it wrote!

I was moved beyond tears.

Everything in the Creation is alive and has feelings and sentiments! It is only we who are not sensitive to them. Being insensitive, we do not know how many times we have hurt how many consciousness-es!

When Amara visited another earth and, while walking, accidentally stepped on grass, the grass screamed with pain and all the trees around rebuked him for that. He used to narrate many such incidents. We did not learn anything from his experiences and remained insensitive.

In fact, we have not learnt much from him. If we had, we would not be carrying so much of non-love in us.

Another Amara Jayanti. Another round of speeches and sweets. Another opportunity to learn and love. Let us welcome Amara into our hearts and manifest his Teachings and Love.

Kamadahana is burning Kama. Burning negativities in us.

On this day, when the moon rises and we have the energies of Lord Shiva in the air, we sit in front of an imaginary Homa Kunda, pit of fire. Imagine the fire of Lord Shiva's energies in the pit and gather the negativities in us in small black globes and place these black globes in the fire and allow them to burn.

Let us not treat this as a kind of ritual. Let us actually burn the negativities and then not gather them.

With the Webcast of my Lectures on Sundays, I feel closer to all and can experience the connectedness and the Love from all.

Thanks to the wonderful team of people who made this possible. ■



MANASA FOUNDATION (R)

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

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on**Sundays (7 AM - 8 AM)**

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

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

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

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PRAKASHMARG (Marathi)**
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Send us the name and address,
along with the Subscription
amount.



The Olive Plant in Tapovana, brought with great love from Italy by our Roland Pfeffinger

NEWS AND NOTES

- ♦ Our new website www.lightagemasters.com will be launched on 1-2-2010. Please visit and send your feedback.
- ♦ Apart from the Sunday classes we are also webcasting Ra-group meetings and Shambala group meetings. Members of these groups can make use of these facilities.
- ♦ The new batch of Shambala group began on 10-01-2010.
- ♦ There was a Special Meditation on 15-1-2010 at Taponagara during Solar Eclipse.

**SUNDAY PRASADA
was sponsored on**

- 06-12-09 by Y.N. Chalapathy, Madhuri,
B. Sudhakaran & Vijay Kumar
13-12-09 by J. Nirmala, Radha
Shrivatsa, Harinath Babu &
Vasanta Laxmi K.
20-12-09 by Radha Kumar, Vijaya
Soman and Bharathi K.R.
27-12-09 by Vidya Virkar,
Muralidhar T., Sumitra Rao,
Usha Rao & M. Chandranna

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

**Informal Group Meeting with Guruji
on Saturday, 20th February, 2010
from 11AM to 1PM. Those interested
may register their names with the
office.**

MEDITATION ON SPECIAL DAYS

01	Mon	Amara's Birthday
06	Sat	Krishna Ashtami
12	Fri	Maha Shivaratri
13	Sat	Amavasya
22	Mon	Shukla Ashtami
24	Wed	Shukla Dashami
28	Sun	Pournima/Kamadahana

PROGRAM AT TAPONAGARA

7 th Sun	Amara Jayanti Celebration 11AM to 12.30PM
12 th Fri	Maha Shivaratri Special Meditation from 12 Noon to 1PM
21 st Sun	Light Channels group meeting at 2PM
28 th Sun	Kamadahana at 7PM

AMARA JAYANTI CELEBRATION

Sunday 7-2-2010

PROGRAM

11AM	Omkaara Welcome Speeches Guruji Addresses Special Meditation Blessings by Guruji
12.30PM	Prasada

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

AMARA

Shyamala Devi

He was a Great Master but remained in the background. He lived centuries ahead of his times. The right time had not come and people could not understand him. But he continued to do his part of the work all his life. He made a Sankalpa saying, "Let all those who are ready come." A group gathered around him. Amara passed on all the knowledge he had gathered from higher planes.

He worked for the Saptarishis. He was the most important of the Rishi-workers. He was a great Astral Traveller. He travelled in all the planes of Material Cosmos and also in the Divine Cosmos. He met Divine Beings and Gods. He communicated and interacted with them as he would do with human beings.

Rishis chose Taponagara as their Work Centre on this earth. And Amara worked to prepare this place as Rishi-Centre.

With such great capabilities, Amara lived like a common man. He moved with people and missed nothing in life. He enjoyed the moonlight, the beauty of a flower, the innocence in the eyes of a child, and would tell people around him that all these things are important and we should not miss experiencing the beauty of this plane, for which we have taken birth.

He said, "One who is Spiritual is the strongest and the tallest person. Only a Spiritual person can be humble, soft yet firm, all loving and forbearing, and yet powerful. He thinks, feels and works for the entire world. He is a universal man. Only he has the wisdom to guide the world." Amara was all this and much more.

He said, "Mere Meditations do not make a person Spiritual. A person has to actually live, experience and manifest all that is Divine, and then he becomes Spiritual. Spirituality is a continuous process, not an ultimate product." Such a great and rare personality like Amara lived on this earth.

Amara is the hope of the present turbulent times. Amara is the guiding Light of this world. ■

TAPONAGARA DIARY

Seema Almel Somayaji

In the last month of the year Rishis gave us many Christmas gifts. It started with the formal inauguration of The Great Ra Meditation Hall. Around thirty people had gathered and after Meditations, Master V prayed to Parabrahma and removed ninety percent of their karmas! This was the biggest gift, which was later presented to all students and whoever was ready to choose Light.

The extension of Manasi Field's radius by two kilometres was another gift. As the earth entered the aura of the Photon Belt on the 21st, Taponagarites gathered at the Amara Samadhi at 6PM and welcomed it in unison. What is astonishing is that there was no formal planning to come together in this manner. Word spread and people gathered. What made this happen? It must be the collective consciousness of Taponagara, which spells Oneness.

Christmas marked the presence of Master V. Meditators joined an hour-long Meditation session at Taponagara and received his Grace in preparation to enter the New Year.

The twelve-hour Akhanda Dhyana which is practised every year-end was a session for channelling blue energies to the Earth. As if to express her love in return, Mother Nature reciprocated with a gentle, loving shower of rain. The last day of the year was an Eclipse. Taponagara welcomed the New Year through Meditations, which started on the last night of 2009 and ended at 3AM on the first day of 2010.

Those who cannot visit Taponagara for Sunday classes can now view the live webcast of Guruji's Speeches and join the channelling sessions. The Ra Group and Shambala Group members can also join their sessions via webcast. This is a New Year gift from Taponagara to the postal guidance students. ■

**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)

06-12-2009

The Great Ra Meditation Hall was opened on 5th December 2009. It is open to everyone from 10AM to 5PM. The process of anchoring energies which began on 18-5-2009 was completed on this day. Those who were present meditated for an hour and were later invited to the inner Hall. They were asked by Vishwamitra Maharshi to choose and surrender all their negativities, as a kind of commitment. The negativities in the individuals were burnt as much as they had surrendered them. They were asked to be silent for two minutes and during this time ninety percent of their Karmas were cleared on the spot. Vishwamitra Maharshi wants to extend the same opportunity to the people who have gathered here, to the people who listen to these lectures on DVDs and to the people who read about it in the Newsletter. Everyone is fortunate. Those who choose are given these benefits. They have to be very sincere.

The reason for the never-ending problems is that we do not apply the wisdom that we have gathered here, or that which we have gained by our own experience. We have to contemplate, consciously note down what we have gathered here; see how much of it we apply in our lives. That is how we grow and understand the Rishis. We understand their love only when we experience. The more we rise and grow, the more we understand them, and also many truths, even about ourselves.

The Spiritual journey is to be made by the individual himself or herself. We do our job, keep quiet and watch you.

This life is multi-layered and multi-faceted. We have come down to this earth to experience all the

layers of life by expanding our awareness and experiencing fully. To understand the other layers of life, other aspects of life, you have to read. You have to experience nature, talk to flowers, talk to butterflies, to know that everything is Spiritual. You have to experience love, experience God. Then we have to manifest the experience.

I feel I am not understood. It is fine if you don't understand me but don't misunderstand!

I have lived 70 years. I have not wasted these years. I have gathered a lot. I have experienced a lot. To interact with me you must come closer, and open up. When we open ourselves we receive things.

You have to grow and outgrow me. I find too many good-intentioned people in the Astral level trying to guide people on this earth, to face 2012. The sad part is that they are not united, each has his own ego. If all the Light workers on this earth join together, they can contribute a lot. They have some knowledge and based on that they are trying to guide the entire humanity. They don't meet the Light Masters and take their guidance. Many times I see confusion. This situation is fully taken advantage of, by the mischief mongers, the dark people. They also deliberately send lot of messages from the Astral level to create confusion. We have to be very careful.

On 26-11-2009 at 9.40PM millions of people observed silence for two minutes, because at that time last year in Mumbai, the first bullet from the terrorist was fired. During such times we can pass on lot of energies. Vishwamitra Maharshi passed on energies through these millions of wonderful souls.

We wanted the participation of millions rejecting violence, wanting Peace when we arranged an event on 26th February this year. We have been channelling energies, the Light. I see changes at both the physical and the Astral levels. At the Astral levels we can see the light, although dim, indicating an awakening. At the physical level people are rejecting violence very strongly. Spontaneous protests by people against corruption and violence are increasing. The energies are working and we have to work more with these energies.

After meditating in the Chakra Activation stage for three months, a shield will be given to the student. This shield has to be strengthened daily for half an hour.

13-12-2009

If you are serious about your Sadhana you will know what to do. Sadhana is growing spiritually—growing, changing and transforming. We have to meditate and sublimate our emotions and thoughts before positivising. Make efforts every day, every hour, every moment. Breathe light blue light all the time. You will see wonderful changes occurring in the system.

You have to trust Light and follow Light. Vishwamitra Maharshi is also called 'Light'. Trust him. Follow all that he says without being selective.

We have to experience Oneness with Light, with God, with the sky and with nature. Experiencing Oneness with the whole humanity is easy, but not with a small group. If we are able to experience Oneness with our own family members, we can say that we have passed the ultimate.

We have to follow a value system

GURUJI SPEAKS

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

that is going to be the essence of a single religion, which the entire humanity will be following in future. It has the values - Love, Peace, Truth and Perfection. All religions will vanish, the systems will crumble down, collapse. We have to recognize, receive and accept the Divine Systems that are waiting to emerge. A lot of fear is built up about the year 2012. The world will not end. We will be safe when we choose to be with Rishis, align with God, and with Light. Understand and believe in these messages as they come from the Rishis, from Light. If you find anyone confused, fearful, tell him 'Don't be scared. You are safe with Light.' That is our responsibility.

If a problem persists, try to trace its root cause. It is within us only. Once you recognize it, remove it. It applies sometimes even to health problems.

If you hurt someone, you hurt yourself. It comes back. We have to rectify it. Don't judge yourself harshly.

Work is higher than Sadhana, higher than Meditations. We must be sincere in this Path. I will accommodate everyone who wants to work and be with me. It is voluntary, it is full of Love. It is appreciated and accepted. But persist with sincerity.

When we work sincerely we attract merits. We attract the Grace. Try to experience the Grace and know its dimension, and exploit it. Once you experience it, you learn and always live in the light of that experience.

When we are not sincere while working or while doing anything, then we are unspiritual. We slide down, sometimes we fall. Where there is sincerity there will be love.

Some people are trying to gather

leaders, groups and bring them all on a common platform. I also want to gather all the Light Masters in the human bodies, and bring a kind of declaration to the world about the value system and the future religion, the guiding light of humanity. Oneness is missing. It is a tragedy. There is so much of knowledge, so much of love. If all this can be gathered, a big momentum, a Spiritual revolution is quite possible, that will save this earth, save humanity, save us the individuals.

There is going to be lot of panic, lot of confusion and frustration. I want to have a network of Light workers who will reach everyone who is in distress. I wait for the time.

The future Spiritual leaders must know the New Age realities and about the Photon Belt. They should have a contact with the intelligences that are in the higher planes so that they will be able to guide us. They should not have any commercial interest. Only then they can lead honestly.

On the tree in Anekal behind our Meditation Centre there were thousands of caterpillars eating its new and tender leaves. A person had brought pesticide to get rid of the caterpillars. I asked the tree, 'Can we use the pesticide?' It said, 'No. I want these caterpillars to eat the leaves. I will bring out more leaves!'

20-12-2009

We have to understand very clearly that Spirituality and Religion are different. Spirituality is the essence, religion is rituals. Sometimes the rituals are distorted or added for very selfish purposes.

Even in the Spiritual world there are things finer and higher than

Meditation and beyond Meditations. It is just being honest. If a person is truly honest, he need not meditate.

Powers do not help. In one sitting of Meditation, the energy generated is enough to destroy all the effects of black magic. People do understand much more than what they hear from me, as an innate wisdom is dawning. New Age begins from within. This is the finest example of the beauty of the New Age.

We have to have individual action plans. Hereafter, we have to be on our own. The action plan is to meditate and look within. Use your intuition, reject and remove all negativities.

When we practise Saptarshi Pranayama, the intelligence in the Light separates the Prana into subtler Prana required for the processes at subtler level; and grosser Prana required for the processes at the physical level. This light also cleanses, positivises and wards off the dark energies; more importantly it sharpens our intuition. Practise Pranayama for longer periods, 15 minutes to half an hour at a time. Then wonderful things will happen.

The time has come to utilize the last opportunity. You have to choose. It is truly difficult. The rest is left to the Rishis and God.

Tomorrow 21st December, the entire Solar system will be entering the aura of the Photon Belt. If possible, at 6PM wherever you are, think of the Photon Belt, welcome it, embrace it and enter its beautiful aura. Satya Yuga begins from tomorrow. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The annual fee for English is Rs 1,000, for Kannada, Marathi and Hindi, it is Rs. 700.

Textbooks and one year's Newsletter subscription, in any language, are included in the annual Fee.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Guruji himself.
- ◆ Sri Jayant Deshpande answers letters written in Marathi.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

Cheques/DDs are to be drawn in favour of "Manasa Foundation (R)". Rs. 50 has to be added to the non-Bangalore cheques.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

Today (3-1-2010) I heard your voice for the first time in my life. It was a very sweet experience indeed! I thank you for making the webcast of Sunday classes available for distant students. *–Gaurav Pathak*

Many thanks for webcasting your speech. We, the students outside Bangalore have benefited a lot. The experience was as if we were in the Meditation hall. Subsequently we also joined the group Meditation. *–Vilas Khedekar*

The webcast has brought Taponagara very near and close to my heart. I felt as I was sitting among the fellow Meditators in the Sunday Classes lectures. *–Naveen*

Thanks a lot for webcasting the Sunday classes live. I really felt blessed to hear the audio and was really happy to be part of the group Meditation. *–Ashok Seshan*

It was a wonderful and soothing experience to listen to you live through webcast. It's a great gift to remote students like us. Hearing the audio one could visualise the scene. I congratulate and thank the team for taking such an initiative. It made me feel connected in full sense. *–Nandini Bondale*

I was very much excited and happy to listen to your speech live through internet. The energy received from you gave me moral support and boosted my confidence in my work. Thanks to the whole team of Manasa foundation. *–Mohan Khedekar*

The value of your time and the vastness of your work are really very big. Yet you have guided me in my difficult times and I do not have words to express my gratitude.

Also thanks a lot to the Manasa team members who have made Guruji's lectures available via internet. *–Geeta Joshi*

Towards the end of Basic course my Sadhana was very satisfying and peaceful and I was totally relaxed. I

feel the depth of silence once in a while and remember it during the day. The condition attained is much more peaceful and I feel a certain connection whenever I remember you or Taponagara.

–R. Narasimha Murthy

As I look back at my association with Manasa family in the year 2009, it has been truly remarkable how I have changed with realizing the big deal. There were times of disagreements, dissatisfaction, sometimes fear and excitement for new happenings; and as time progressed, positive feelings replaced the negative in me.

You and the Rishis have shared enormous knowledge this year with us and have raised the level of our Meditations to new heights.

–Rakesh Mishra

It is only because of your Divine blessings that 2009 passed without problems. To read all the new books and know about so many truths is a great gift, and makes me feel more responsible towards nature and creation. Now I understand, why you always tell us to equip and prepare for changes. I am trying to put more efforts to change my priorities.

–Jayashri Vasudev

Your books make a lot of sense to me. They fill many of the knowledge gaps which I have, in my understanding of cosmic forces. For the people who have been initiated into the stream of knowledge of cosmic realities, your books add tremendous value. *–Staju Jacob*

I experience short spells of Stillness which help me in my day-to-day activities. I have become aware that each individual has his/her own nature, and that I have to be true to myself. *–Shashikala Sainath*

These days I do not feel like talking much with people. My sleep and food intake have reduced. One day while meditating I experienced a lot of movement in my body. Another day I saw a lot of golden light.

–Dr. Mrs. Charusheela Birajdar

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Who is a Light worker?

A: One who works for Light is a Light worker. Light worker is the one who carries Light. He aligns with Light and he lives in Light. And he is committed to Light for lifetimes, for his entire existence, not merely one lifetime.

Q: What shall I explain about 2012 to others?

A: If you have understood clearly what we say you will be explaining not about destruction but about the Spiritual angle, that we will be entering a New Age; for which we have to qualify by purifying ourselves by meditating regularly and that, if we transform we are safe. We must tell that the world will not end; and that we must not stop but continue doing whatever work we have taken up.

Q: Will aliens come and pick us up in their airships in 2012?

A: We don't know. It is possible.

Q: Which of the Yogas would be outdated after 2012?

A: All Yogas get outdated. After 2012, Spiritual practices are not required. We live that. We are that.

Q: How do we distinguish between intuition and thoughts?

A: What flashes is intuition. The first thought is from intuition. What makes you think is not intuition. Analysis is from thinking or contemplation.

Q: In these advanced times which single factor indicates Spiritual progress?

A: Oneness. We must experience Oneness—oneness with this group, oneness with entire life on this earth, oneness with the entire Creation. We must try hard to experience the oneness with this entire group. You must be sincere about it. Then Love flows, we trust each other, we can smile heart-to-heart.

Q: What shall I do with my negativities?

A: If you know it is negativity throw it out, reject it. Meditate, burn,

positivise, do everything and anything that is possible to remove the negativities.

Q: Can a soul become dark?

A: Yes. Like a dark soul can become light. That is the Love, God has towards his Creation.

Q: How do we know that we have chosen the Light at a different level?

A: We know whatever happens at any level. But if you want more conviction that you have chosen Light at a different level, and are unaware at this level, observe your own thoughts, emotions and actions. Your behaviour will tell you whether you have chosen light.

Q: Are there any techniques to free our ancestors of their Karmas?

A: Separate techniques to free the ancestors of their Karmas are not available. When we take birth we inherit a part of the Karmas of our parents and indirectly of seven such generations. We have to clear a part of the un-cleared Karmas. So we will be clearing the Karmas of the ancestors.

Q: If we don't transform we are told that we will be shifted to other earths. Then do we realise our mistakes?

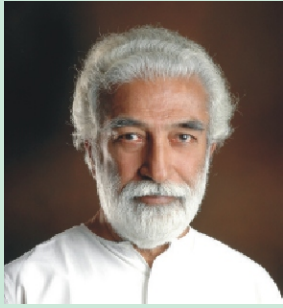
A: We always know our mistakes whether we will be shifted to other earths or we remain here. Unless we begin to change, make efforts to change, even repentance is of no use.

Q: What is Spiritual science?

A: It is the science of the spirit / science of the soul. Like in the material sciences even here realities are studied and verified at a subtler level employing subtler tools like the intuition. The finest example is the science of Yoga, the science of Meditation which Amara brought down to this earth.

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
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- Descent of Soul - Practising Shambala Principles	
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- ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತಿಂದ್ರಿಯ ಸಾಹಸಗಳು	
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ಧ್ಯಾನಂ ಯೋಗಂ	50/-
ಪೆಲಗುಲೆ ಜಿವಿಂವಡಂ	10/-
ಪಾಂಶಿ	10/-
ಪಾಂಶಿಕಿ ಪ್ಯಾರಮುಲ	150/-



GURUJI KRISHNANANDA (1939)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

LIGHT CHANNELLING

by Meditators with Guruji arranged at Taponagara on all Fridays from 10 AM to 1 PM. All are welcome.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APPEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

SPIRITUAL EXPERIENCES

(Compiled by Shobha K. Rao)

As instructed by Guruji I welcomed Photon Belt with love. It was a great and memorable experience. I witnessed the movement along with many others under the leadership of Guruji. I asked the Photon Belt whether he has a physical body. He replied in a gutsy voice 'No'. He told me that he was happy to be welcomed by all of us. We followed Guruji into a chamber where we received lots of energy. **—Sudeeptha C K**

Somehow my feet drag me to the Ra Meditation Hall every morning to meditate and I am going happily with the flow. I am enjoying just being in a state where my identity doesn't exist! It was very beautiful getting in and out of different states of consciousness. Once I entered into a state of consciousness where there was no identity and no thought, I was still like a tree. Though I was in the blank state it was so full and fulfilling! **—Vidya Vishwamitra**

It was a wonderful and Divine experience meditating in the Chakra Activation Stage for a month. It makes me feel that I am moving towards God. During Meditation I see myself walking on a white path around the clouds, towards the Sun. Also, pleasant waves are experienced in the system and I get absorbed in Meditation. **—Prachi Khedekar**

Once while channelling Ra energy, I asked the energy, "How do you work on us while channelling?" The energy replied, "I am absorbed into every cell and I replace the earlier stored energy since it has been present for long. More effort by way of channelling is required. As I am pure, gradually the thoughts and everything gets purified." **—Vidya Arora**

After channelling Light I meditate

and speak to Lord Light through my third-eye. A soft blue light appears from within and without which purifies and embraces me. I thank Lord Light and surrender myself to Him like an infant. The light expands gradually and pours out of my chest, and I am filled with joy and aspiration for the Divine. I enjoy floating in non-gravity space, identifying myself with Divine figures. **—Yasuji Yamaguchi**

On 6-12-2009 I completed three months of three-hour Meditation; I woke up feeling very joyful and bright. I felt a huge diamond in my stomach, radiating bright light. On that day while meditating I received a Divine kite from Guruji. In the past three months my negativity has alleviated. Meditation gives me the experience of positivity. I often see Guruji meditating or enjoying walks in the sky. **—Ikuko**

On 17-12-2009, during Meditation I met my extended Self again. I sent love as suggested by Guruji. I felt as if I had met a dear one after ages and was happy about the reunion. My extended Self asked me to follow it. Suddenly I felt I was moving at great speed. We reached a place with a huge, beautiful and curved structure that was glowing. The orange, golden and yellow gate was also glowing. There were twinkling bubbles of light waiting to enter. I felt my extended Self was holding me secure till I returned to my body. **—Sonali Sagdeo**

I welcomed Lord Christ to this Earth on 25-12-2009 by offering energies at His holy feet. In the evening I went to Bank to draw money. On one of the notes it was written "Jesus lives 2010". Later Guruji confirmed that it was a blessing from Lord Christ! **—Deepak Diwakar**