



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

## REFLECTIONS

Guruji Krishnananda

First, let me wish everyone a very Happy New Year.

It is truly a new year. We have entered, on 21st December 2009, the Aura of the Photon Belt, a special Energy Field. We have entered a new phase in the history of mankind after thousands of years. It is truly a new phase and a new year to begin with.

We have entered the Aura of the Photon Belt exactly three years earlier. We will be entering it actually on 21st Dec 2012.

A lot of interest and fear have been whipped up by some TV channels about 2012. They spoke of destruction. Only of destruction. So, the fear is natural. They spoke of happenings on the physical plane. But they ignored the Spiritual part, which is the most important part, the real part of the events in 2012.

2012 is a Gate-way Year.

2012 takes us to the New Age, the age of Purity, Love, Peace and Truth. To live in this Age, we have to be pure, loving, peaceful and truthful. If we do not live these values, we cannot live in the New Age. Those who cannot adapt to this Age will have to shift to other earths where the old ways of imperfection, non-love, violence and non-truth are allowed. So, their bodies perish here, naturally. Why can't we change? We can change. We can change and enjoy the life in the New Age.

Will there be destruction at the physical? We do not know! That is the truth.

It is possible that, because of several co-incidences, there could be collapse of man-made systems which are unjust. Systems like justice, governance, political etc. But, new systems emerge. The Solar flare may disrupt or destroy the communication systems. But there emerges a better communication system when we communicate with our innate faculties of telepathy and soul to soul communication. The transport system may collapse and food articles may not reach all. But human beings will quickly learn to absorb the energy or Prana available in the atmosphere and live. Survival is humanity's saving art always.

I am not the only one who speaks of these. Other Light Workers are doing more. But, strangely, these are ignored. Even intelligent people do not listen to the truths.

I expect all this to change as we enter the Aura of the Photon Belt.

May the New Year open up new windows of Light. ■



MANASA FOUNDATION (R)

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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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Light Channelling Session at CES School, Jaraganahalli, Bangalore on 19th December 2009

**NEWS AND NOTES**

- ♦ The Great Ra or Prakasha Brahma Meditation Hall was opened for Meditations on 5th Dec 2009. Anyone can meditate here between 10 am and 5 pm.
- ♦ There will be two Eclipses: on 31st Dec 2009/1st Jan 2010 and on 15th Jan 2010. Meditations on these days help absorb new energies for Transformation.
- ♦ Guruji has stopped meeting people. But he will interact with students in a group on third Saturdays. This opportunity may be availed of.

**SUNDAY PRASADA  
was sponsored on**

- 01-11-09 by Sujatha M.P.  
08-11-09 by Lakshmanan, Srilatha  
Gopal, K. Sowbhagyamma  
& Balasubramanian  
15-11-09 by Harsha Pradha & Kavitha  
Govinde  
22-11-09 by Subbalakshmi Nagaraj,  
Vilas and Madhavi Khedekar  
& Brajabandhu Mishra  
29-11-09 by Mahantesh Kallati,  
Narayanraju Joshi & Usha

**Live webcast of Guruji's Sunday  
lectures will be available for  
students, from 3rd January 2010.  
Please contact Manasa office  
through email for details.**

Lunar Eclipse on Thursday, 31-12-  
09 from 10.46PM to 3.01AM Friday,  
1-1-10. Solar Eclipse on Friday, 15-  
1-10 from 9.35AM to 3.38PM.

**MEDITATION ON SPECIAL DAYS**

31st Dec	Thu	Pournima	Lunar Eclipse from 10.46PM of 31st to 3.01AM of 1st Jan
8th Jan	Fri	Krishna Ashtami	
13th	Wed	Masa Shivaratri	
14th	Thu	Uttarayana Begins	
15th	Fri	Amavasya	Solar Eclipse 9.35AM to 3.38PM
23rd	Sat	Shukla Dashami	
30th	Sat	Pournima	

**PROGRAM AT TAPONAGARA**

Sundays	Lectures from 11AM to 12 Noon
	Special Meditation from 12 Noon to 1 PM
Fridays	Light Channeling from 10 AM to 1 PM
10th Jan	Shambala group meeting at 2PM
15th Jan	Eclipse Meditation from 9.35AM to 3.38PM
17th Jan	Ra group meeting at 2PM Light Channels group meeting at 2.30PM
31st Jan	Akhanda Dhyana 10AM to 1PM

Informal Group Meeting with Guruji  
on 16th January, 2010 from 11AM to  
1PM. Those interested must register  
their names with the office.

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

## INSTRUCTIONS FROM VISHWAMITRA MAHARSHI

Hold more blue light. Keep this light all the time in you and spread it. Interact more with blue Light.

Be open to new energies, new ideas, new truths and to new messages. We have to permit them to enter us.

You must begin to operate your intuition and sharpen it.

Meditate and positivise. Be good to others and to yourself. Don't judge yourself harshly.

Do not be too logical and too analytical, as Truth lies beyond this.

Do not panic. 2012 is a gateway year to New Age.

Do more Saptarshi Pranayama, taking in, holding and also exhaling blue light.

We have to surrender. If we surrender we are safe.

Those who are unable to sit for the three-hours Meditation, may strengthen the shield for 30 minutes and meditate for at least 30 minutes. Always be filled with the dark blue energies.

Do not gossip. Never speak badly about others. Never judge. Avoid aggression.

We have to consciously experience that we are one group. As humanity and as the whole Universe, we have to experience this Oneness at all the levels.

Choose or be judged. Also be punished.

Do not get carried away by small experiences, even good and big experiences.

Those who follow these instructions, sail through 2012 easily. Those who do not follow cannot sail through. ■

## THE DECIDING ELEMENT

Shyamala Devi

Man is a complex of innumerable entities - entities of love, compassion, anger, jealousy, scheming, etc. Some are predominant and many are dormant. The predominant entities highlight the personality of a person at the surface level. He nurtures them to grow visibly strong. He takes shelter under those strong entities and feels secure. The person knows about his hidden entities. He keeps them in dark for himself and silently keeps them alive too.

The hidden entities pop up whenever an opportunity comes and they again become dormant. These reveal the true nature of the person. He may try to hide them but they express themselves in many non-verbal ways. People notice and weigh him based on these.

Man can always take stock of the entities in him and make sincere efforts to nurture the good ones and refine or reject the defective. Ultimately it is the individual who decides how he should be and makes relentless efforts to become that. All Sadhana is aimed at achieving a balanced personality. ■

## TAPONAGARA DIARY

Seema Almel

The Shambala Group met on 2nd Sunday, the RA Group and Light Channels Group met on 3rd Sunday. The Informal Meeting with Guruji was marked by a special energizing session.

The Diary of this second Shambala should probably also mention the innumerable Astral activities that are undertaken by the Higher Beings present here. The Rishis do not permit us to reveal these simply because the time is not right yet. These activities are for the welfare of entire humanity.

The number of Spiritual seekers visiting this place has increased. Due to long Meditations, this abode of the Rishis is slowly turning into a 'nagara' for Tapas. ■

## 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)

**01-11-2009**

When you are in contact with the Rishis you should contain the excitement, otherwise the mind becomes active and starts projecting the things that you like to receive. The communication then either ends or gets distorted.

Whenever we meditate in an energy field, the Core and the Field get strengthened. The deity of the Field takes care of all our material and Spiritual needs. If many people sit and mass meditate for a long time in a place they can create an energy field in that area.

In the present times, Spiritual guides can guide people only when they are aware of the new laws, new ways, the new information about 2012 etc.

Unless we know the answers to certain questions like: Who are we? Where do we come from? etc., we will be taking the wrong routes or we may never begin our Spiritual journey. When we begin the journey we have to go beyond, to experience and manifest the experience.

Do the Rishis exist? Unless you know the answers to such questions, and you are convinced, you can't talk to others about these things.

We struggle in Sadhana if the Spiritual condition of the world around us is not good, or if there are disturbances around us, as we are linked together. In spite of that we have to meditate and channel Light to bring relief not only to ourselves but also to others. It's a part of Sadhana. Periodically we have to introspect and pull ourselves up.

Judging people and developing strong feelings holds us back and takes us down. Locate the good points in people and establish relations from there to the Soul-level.

From 21st December 2009 lot of powers from the dark forces will be taken away, making transformation easier for every one. There will be new choices and challenges.

Intense healing of the earth begins. Hereafter whenever you practise Pranayama inhale blue light, hold the breath, and exhale blue light.

Henceforth, whenever we make a very genuine effort we will be rewarded, and whenever we consciously deviate or commit a mistake we will be punished.

The presence of a Meditator in a bus averted a serious accident. That is the power of Meditation! Sometimes people grumble that they are not making progress.

People in the beginning stages are expected to be patient. Before asking questions, they have to study, listen, read, understand and meditate for some time. People who join us get the shield after meditating for three months in the Chakra activation Stage. This is meant for protection from dark forces. We have to trust the Rishis and move on.

Spiritual aids really do not improve the quality of Meditation, as meditation occurs at a deeper level.

**08-11-2009**

Vishwamitra Maharshi gave me very clear instructions to be passed on to a person. Within five minutes I got a call from that very person who said that he had decided to follow the instructions exactly as passed on to me by Vishwamitra Maharshi!! We can contact Vishwamitra Maharshi for guidance on any issue.

When we shift our awareness and expand it to experience Light, God and Vastness, then we learn to ignore the petite details of life. We have to keep our awareness

expanded even when we are not meditating, and try to see the whole life from a higher perspective and enlarge our vision.

It is observed that Humility is totally absent even in the people who meditate for long hours. Being humble is being Spiritual.

We choose Light/the New Age by choosing the right thoughts, emotions, actions, goals, the path and of course the right Guru, from the level of the soul. It is then transformation occurs.

After taking up Meditations some change their mode of dress, maybe sometimes they wear beads. But the changes should not end with Rudrakshas and beads.

You must recognize the surface level activities in the Spiritual industry and go beyond them and make a choice from the level of the soul. Vishwamitra Maharshi says, "That is enough. I will help you to sail through this very difficult period of Pralaya-2012."

Everyone goes through pain in life in one's own way. Pain brings maturity. If we understand pain, accept it and contemplate, then the pain teaches us lessons. We learn those lessons fast.

When people do not get all the answers to their prayers immediately, some lose faith and some stop Sadhana/the pursuit of Truth. They restart the pursuit after years or lifetimes. If we really love God, we never lose faith. Every failure is an opportunity for a bigger growth.

How can Rishis say what exactly is going to happen in the year 2012? It depends on you and each one of us. If each one transforms the destiny of the world gets altered.

Do not misuse the name of the Rishis or this background.

## GURUJI SPEAKS

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

**15-11-2009**

You don't have to believe just because I say, but because you know it as true by your own experience. You must use your intuition, choose ways, follow and also accept the consequences.

In Meditation we have to enter stillness, as many new things happen then. Thinking or analyzing pushes the Spiritual part i.e. experiencing, to the back seat. We have to be careful about this.

Never compare or discuss your experiences or techniques.

We have to accept lethargy as it is a natural obstacle, make effort to get over it, and shouldn't cry about it. Establishing a rhythm in the system reduces lethargy.

We have to build up a rhythm in our entire system. Take care of your physical bodies by practising Asanas, exercises, taking healthy food, resting well, keeping this body clean and dressing cleanly. Thus we build up a rhythm.

Similarly take care of your mind by not worrying and not allowing any type of agitation. Practise Pranayama and Shambala Principle number One. Spend time amidst nature, listen to good music. Build up a rhythm.

Intellect can be taken care of by reading, thinking, contemplating and allowing the thoughts to expand, by thinking of the entire humanity, by thinking big. We have to dream. It makes us grow and keeps the intellect healthy.

We have to take care of ourselves as souls, by experiencing Stillness, Light and Oneness.

Spirituality is God-given, Religion is man-made. Pursuing and exercising powers is the third aspect. Paths and ways built up by the dark people destroy us virtually at all levels. Be careful.

The essence of Sadhana is trying to connect to the core of either an individual or of the Universe. It

brings us new knowledge and energies.

Energies have intelligence, which seeks the permission of the individual before it enters. They burn the Karmas and cleanse, also give us knowledge, strengthen us and help us to transform. All this happens at a different level.

We have a great responsibility to understand the information about 2012 thoroughly. Be very loud about the point that the world will not end and we can save ourselves and also the world by just choosing and transforming. Read, practise, experience, have the wisdom as you are expected to guide others. Unless we meditate we cannot grow and sail through 2012.

We take up Spiritual practices for Spiritual growth; we also become healthy. Healing is a part of Spiritual growth.

Everytime you don't get what you ask for; but you will get something better that you don't notice. God knows better.

**22-11-2009**

Most of what I say is understood though it may not be accepted. But let it not hold you back from meditating and practising the techniques that are given to you. Follow the techniques blindly. You will grow. Rishis monitor to educate, support and help you grow. Be aware that there is a parent watching you.

In this system of body, mind and intellect, there are constant fluctuations of moods, which is natural and we have to accept them, deal with them. Let us be kind to the system, be lenient with it.

It is the mind which is always moody. Spread Ananda. When the mind tastes bliss/Ananda, it will cooperate wholeheartedly. Ananda also helps the mind to stabilize and mature.

Artificiality is untruth. The dark forces will be waiting to penetrate the apertures in your system and execute their agenda. Be very careful.

It becomes imperative now to have contacts with Rishis. Many times the mind projects images and messages and we feel satisfied and happy. Check every time, but never stop communicating with them.

We must begin the practice of communicating by telepathy, communicating from soul to soul, from our core to the other core. You can contact me; write your experiences, your difficulties. I will check and let you know. But there will be more help at the other level, the Astral level.

All the people in certain dark groups are interlinked by energies, the purpose being to prepare a kind of workforce. But at some point they can't make progress individually, the whole group has to progress. Here we don't want a workforce that is not free. You must ask questions, learn to rebel very positively. These are the subtler points.

Sentiments, emotions, a little anger and also a little jealousy are not negative but are natural human traits. But extremes of the same are not good as they turn out to be weaknesses.

Avoid rituals, not worship. You have to follow the higher ways passed on by the Rishis.

Practise more of Saptarshi Pranayama. It brings lot of clarity and there are many other benefits.

We have always said Life continues after 2012. There will be great changes. We can survive them provided we follow certain simple things. That part people don't appreciate and don't try to read or know. Only after the TV channels have created the scare about 2012 people try to listen to us. ■

## 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 Gururji 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)

The beautiful feeling of love towards God is missing in us and we have lost contact with God. You and the Rishis are full of love. If we open up to this unconditional love there will be an awakening in us.

During Meditation I experience love in abundance, and during the rest of the day I am constantly checking myself to see and to be that love. Life is very different now as I experience everything with this perspective. –Vidya Vishwamitra

After practising Meditation for a month in the Chakra Activation stage, I am experiencing calmness, and I have become more tolerant and less rigid. I no longer negate life. I have now realized the purpose and mission of my life, and wish to serve my Guru and God. –Hemant Kumar Sharma

When I opened the cover of the books, I experienced a lot of energy flowing into me from the book 'iGuruji'. All the books contain rarest knowledge indeed. I am reading each book several times as I need more time to digest the information. The books are priceless. –Jayashri Vasudev

I am channeling Light twice everyday. I feel very relaxed as the calm and soothing energy remains in me all the time. Surprisingly my temper has gone down greatly.

The book 'Beyond 2012' is excellent. The content is very clear. I am making like-minded people aware of the importance of our present transient phase of Pralaya, by providing them the books 'Living in Light' and 'Light'. They are amazing books which help us to be with Light. –Ashish Desai

I deal with all difficult situations with your and the Rishis' help and

blessings. I am able to handle some of them calmly, which I could not before. I am observing my ego and I am clearly able to make out when it creeps up and interferes in my actions. Every instant I am definitely working towards positivisation. –Shantha Kumari

I find a lot of change in myself. Positivity, tolerance and expandedness are increasing in me. I am making more efforts to understand others. Also there is no conflict of thoughts and emotions. –Goraksha Mahadik

As guided by you I am praying to Light before beginning Meditations. This has helped me a lot to reduce lethargy and boredom and I have regularized my Meditations. –Sonali Nashikkar

I can observe humility in myself, and shower love on everyone, even on those who hate me. I am able to remain calm and peaceful. –C. Swaminathan

I have managed to meditate three hours daily for longer than three months, without sacrificing other activities, which is an unbelievable achievement for me. Your DVDs have helped this process enormously. Also there are many other positive, almost dramatic improvements in life. –Lynne Karatani

Meditation has instilled calmness in me. Earlier I used to panic and feel bad when I was hurt. It has lessened. I am able to focus on my activities more efficiently. My tolerance, patience and acceptance levels have increased. My focus has now shifted more on myself. I don't react but pass on everything to God. I thank you for showing me the Light. –Geeta Joshi



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: How can you say that the present religious leaders cannot guide us?**

**A:** The religious leaders base their wisdom on Upanishads, the Scriptures etc., which is not enough. They must know more about 2012, only then they will be able to guide people properly.

**Q: On what basis do you ask us to stop rituals?**

**A:** On the basis of the instructions from Maharshi Vishwamitra. For me, he is God. I know him from my past lives. He is perhaps the tallest person in this Creation, the greatest in this Creation, closest to God. He knows what he is speaking of. He won't blindly thrust things on us. He is explaining to us many things. He says the time has come to stop doing rituals blindly as these are controlled by the dark forces.

**Q: What happens to those who do not respond to the call of Vishwamitra Maharshi?**

**A:** It's not a crime to decline his call. Nothing happens. We miss an opportunity. But we have all other opportunities to grow.

**Q: What happens to our family members during 2012?**

**A:** The same thing that happens to many other people. Each individual has to grow and transform. If we meditate it helps us. But our Meditations or our transformation will not take the family members along with us. If you are really concerned, explain to your family members. Ask them to take up Meditation. Ask them to change and transform.

**Q: Is it enough if we meditate to sail through 2012?**

**A:** It is not enough. Even in the normal course of life without the background of 2012 mere Meditations are not enough. We have to meditate, change and transform.

**Q: When I imagine that you are present when I meditate, I feel your presence. Do you actually come astrally?**

**A:** Not always. Sometimes the Rishis do. Whenever the people make such requests a part of us will extend and will be there, for some time. But our energies will be there. People feel the energies and their presence and they think we are there.

**Q: At such times can I communicate with you?**

**A:** You can communicate with me all the time, not necessarily during such times.

**Q: Will you be aware of such communication?**

**A:** Sometimes I will become aware of someone trying to contact me. But every such contact or communication will be known at a different level. And the responses will be sent back.

**Q: I want to take up Rishis' work. Would you please initiate me into this?**

**A:** The moment you wish to take up the Rishis' work you will be blessed and initiated. You will receive protection, energies and knowledge.

**Q: Is there any difference between spreading Ananda and channeling Light?**

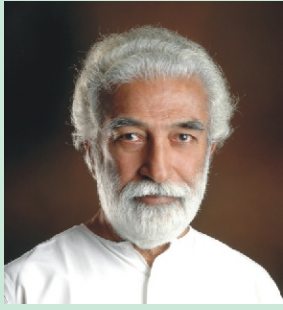
**A:** There are subtle differences. We spread Ananda from our Anandamaya Kosha and when we channel Light we bring down the Light from our source. They carry different types of energies.

**Q: Did Lord Buddha also spread Ananda?**

**A:** Yes. He vibrated it naturally. It was a part of his living, part of his existence. Lord Buddha also spread certain special energies that he carried. ■

## LIST OF OUR PUBLICATIONS

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2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
2012 ನಂತರ	100/-
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ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
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ವೆಲಗುಲೆ ಜಿವಿಂವಡಂ	10/-
ಽಂತಿ	10/-
ಽಂತಿಕೆ ಧ್ಯಾನಮುಲ	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)

Yesterday I had an experience with open eyes. I saw myself floating in a tunnel of golden Light. Guruji and someone else were also with me. At the end of the tunnel there was a spaceship with some Light Beings inside. I went inside. Then the spaceship zoomed fast. We reached a globe of golden light. The spaceship went straight up to the middle of the globe, it opened and we went inside. My hands were glowing with golden light. I saw Amaraji and many Divine personalities. Later I saw myself sitting near a Homakunda and reciting some Shlokas. When it was over everyone was blessing me. I felt it was an oath taking ceremony. White light was emanating so brightly all around me that I couldn't see much. At the physical level I was receiving bright white light and my body started floating. I felt I was taken to Himalayas after that.

—Rakhee Chopra

On 9th Nov. '09 during the stage Meditation I felt strong vibrations at the Trataka. I then saw three blue Light Beings coming down from Ra-Loka to Taponagara. They spoke to Guruji and proceeded to Antar Manasa, went under the Ra-temple and entered the special chambers in the cave beneath. I understood that they were to be in-charge of the energies stored there, and would release them to the seven earths at the appropriate time. After some time some more blue Light Beings were seen descending from Ra-Loka. They were to work with our Light workers to help people positivise on our earth. After this experience I went into a state of Stillness for more than an hour. I was under such spells many times during Meditation.

—Nagamani Chandrashekar

On 1st Nov. '09 I was a bit

disturbed by a strong thought. Later, I sat in front of Vishwamitra Maharshi's statue in Antar Manasa and prayed to him to pull me out of that state of mind. He comforted me saying, "Whenever you are disturbed just think of me." I sat quietly for some time. Later, I was filled with bright golden light and found myself in an ocean of golden light. I experienced the light for a few minutes. Now I am out of such disturbing thoughts. —Kiranmayee

I was very nervous to undergo an operation for Appendectomy on 13-11-2009. I was sedated and before the anesthesia was induced, I felt a lot of blue light around me and the image of Guruji appeared. It made me feel safe and calm.

—Dr. Sapna Purushotham

After practising the three-hours Meditation for some days I started experiencing stillness in the core of my being. As I live alone there is silence, Meditation takes me further into deeper silence. It is a good state. But, as this is happening deep inside, mind is acting independently as if it has nothing to do with anything, and the experience of stillness is yet to have its impact on the mind.

—Geethasaraswathi

On 31st Oct. while channeling Light in the Hymamshu centre, I went into a deep state of Stillness and expansion. The inner sky was vast and clear. It said, "You will not see clouds here. I am always without them." How true it is, I mused!

Stillness is experienced while strengthening the shield and pure energies also emanate from the Soul at intervals. On one such occasion I heard someone say, "The energies from within contribute to the strengthening of the shield."

—A Sadhak