



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 8

JULY 2010

Rs. 15

**REFLECTIONS**

Guruji Krishnananda

The Monsoon has arrived. And with that Hope is born, again.

A Meditator had a vision. Darkness was covering the earth. And a light began shining from within.

This vision has a million words, if we could read. Sadly, we do not read such visions and the words go back into their womb unread leaving us untouched in our deep slumber of ignorance. I wonder, how many visions have gone back and how many lessons are lost ! But, I am sure, the visions come back with new words and messages. They come back again and again till we read and wake up. I know it. It is not that I am an unrepenting optimist but the one who sends these messages in visions is a pertinent optimist ! He hopes that, some day, people wake up.

The darkness may try to cover the earth. But the Light that is in me, and in each of us, will light up the whole world when it comes out. The process of bringing out the Light has begun. And soon, the world will be full of Light.

This is not being poetic nor prophetic. This is just plain reading of the writings on the wall of Time.

I read that people begin to meditate, bring out the Light from within and sail through 2012. I see the Golden Light Age beyond 2012. I see people struggling to accept the bounty of the New Age.

Let us not waste time any more. Let us read all the visions and get all the benefits of the Light and Light Age.



We have unprecedented advantages in this new cycle of Time. We have received new energies from Ra Universe for the first time. We anchored these energies under the Great Ra Meditation Hall from 18th May 2009. Some Light Masters from the Ra Universe have come already to help us assimilate the new Ra energies and transform.

All Meditators will receive these energies in their Meditations. There will be new awakenings and beginnings. Meditators will vibrate Peace and Love. They will send the vibrations of Love. These vibrations will build up the energy fields that avoid the destructions and sufferings associated with the cleansing processes of the Transition into the New Age.

Let us take the first step, Meditations. ■

**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**

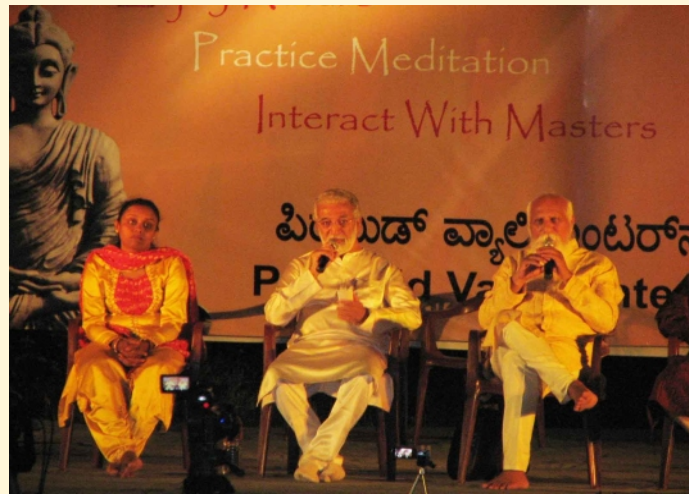
on Mondays (6 PM - 7 PM)  
on Tuesdays (6 AM - 7 AM)

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

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Guruji addressing the Meditators at Pyramid Valley on 25th May and Brahmarsi Patriji translating into Telugu

**NEWS AND NOTES**

- ♦ More than 400 people participated in Guruji's Birthday celebrations on 23-5-2010.
- ♦ Guruji addressed more than 3000 Meditators on 25-5-2010 at Pyramid Valley Meditation Centre on the occasion of Annual Buddha Pournima celebrations.
- ♦ Buddha Pournima group Meditation was held in Taponagara on 27-5-2010 from 12 Noon to 1PM.
- ♦ From 4-6-2010, the Friday Channeling sessions have been cancelled.

**SUNDAY PRASADA was sponsored on**

- 02-5-10 by Yuthika Chandran & Lakshmanan  
09-5-10 by Yuthika Chandran & Pundalik Dhakorkar  
16-5-10 by Yuthika Chandran, Sri. Venkateshwara classes & Usha Deshpande  
23-5-10 by Latha Divekar, Yuthika Chandran, Sharadamma, Mira Mallapur, Prabhakar Deshpande, Muktha Thyagarajan, Ajay Kumar, Brajabandhu Mishra, Roopa, Gururaj Kanade & Vinod Kumar  
30-5-10 by Yuthika Chandran, Alka Vinze, Madhav Murthy & Arun Pophaly

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

**MEDITATION ON SPECIAL DAYS**

04	Sun	Krishna Ashtami
10	Sat	Masa Shivaratri
11	Sun	Amavasya / Solar Eclipse 10.39PM on 11th - 3.27AM on 12th
12	Mon	Ashadha Masa begins
16	Fri	Dakshinayana begins
19	Mon	Shukla Ashtami
20	Tue	Shukla Dashami
25	Sun	Guru Pournima

**PROGRAM AT TAPONAGARA**

Sundays	Lectures from 11AM to 12 Noon Special Meditation from 12 Noon to 1PM
11th Sun	Shambala group meeting at 2PM
18th Sun	Ra group meeting at 2PM
25th Sun	Guru Pournima Special Meditation from 12 Noon to 1PM

This month's Newsletters are sponsored by Smt. Latha Divekar.

**Solar Eclipse from 10.39PM on 11-7-2010 to 3.27AM on 12-7-2010.**

**Informal Group Meeting with Guruji on Second Saturday, 10-7-2010 from 11AM to 1PM. Those interested may register their names with the office.**

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

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

## UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ◆ New Centres for Regular weekly Light Channelling sessions were started at JSS Public School, HRBR Layout, Bangalore and Bharati Nagar Community hall, Dharwad, on 18th May and 23rd May respectively.
- ◆ More than 7500 children from 19 Schools in South India channel Light daily as part of their daily prayers.
- ◆ Exclusive Light Channeling session was conducted for teachers of Sunrise Public School, Bhoopasandra, Bangalore on 22-6-2010. ■

## LIGHT CHANNELLING SESSIONS UNDER PROGRESS



**Kendriya Vidyalaya,  
Bangalore**



**Ashramshala School, Vasai,  
Mumbai**

## TAPONAGARA DIARY

Seema Almel Somayaji

Guruji's birthday is special for many reasons. Not only is it a joyous day for us to formally express our affection for him, it is also a day which marks many Spiritual events. Last year the Rishis presented him with RA energy. 18th of this month marked the first anniversary of this momentous occasion.

At midnight on 17th May, Taponagarites arranged a party for Guruji and greeted him on his 71st birthday. May 18th was celebrated at our Saptarshi Meditation Centre in Anekal. A caravan of cars left from Taponagara. The volunteers there had made excellent preparations. This day also marked a shift in the Rishis' project for "The Shift".

Since 18th was a working day we celebrated Guruji's birthday in Taponagara on the 23rd, the next Sunday. Shamiana, flowers, Prasada etc. - all arrangements went by clockwork precision. Luckily it did not rain on this day. Though the job allocation was the same for most volunteers and residents, the zest was as high as ever. Two books were launched on this day. A special discount was also offered on the books.

Buddha Pournima Meditations were held. Around this time Guruji was invited by Pyramid Spiritual Societies Movement for a guest lecture. After listening to the absorbing lecture of Guruji many students from this venerable Spiritual Path visited Taponagara.

The regular Friday Light Channelling sessions have been discontinued. Though new opportunities are always provided, we have lost this one. ■

## 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)

02-05-2010

A new, big phase begins from mid-May, one year after we received the Ra energies and other new energies. Meditate sincerely and positivise. The time has come to check your growth by yourself and approach us individually.

We have to keep in mind that we have to throw away all the techniques, Mantras, thoughts and everything to experience Samadhi. Mentally get ready for that.

Points for Contemplation:

What I am at this point, at this moment is important. Not what I was.

Spiritual growth is slow and gradual.

The health of the body depends on the health of our emotions, the health of our thoughts.

We had informed that 90% of the Karmas of our Meditators were cleared. Some have noticed it and are grateful. They can feel the relief, a kind of improvement in life without their making any great effort.

A person said that when he is alone in the house he experiences fear. When we are aligned with the Divine and are aware of the Divine in us, fear vanishes.

We live at different levels of awareness and Spiritual conditions because we have our own set of beliefs, principles and understanding. Naturally we are different. That's why most of the times whenever I try to pass on something, it would not have been caught, as energies do not reach the individual. Someday, maybe we will get aligned, and I will be understood. For that you have to open up by making conscious efforts.

All the Shambala principles are to be put into practice. The most important point is one which Vishwamitra Maharshi gave along with the Shambala principle number one, i.e. to be calm always. Another subtler point is that we should not interfere with others' life, and should not allow others to interfere with ours.

Principle 3 speaks of experiencing Oneness. Principle 6 also touches that point. Let us begin experiencing Oneness from the level of the soul, expanding to cover the entire Creation.

We have to practise Vasishtha Maharshi's principle of secrecy and privacy.

The Rishis say, "Don't stockpile but don't waste also." We have to apply the wisdom, a maturity that is in each one of us, draw lines, finally resolve things and settle issues as 2012 is not far away.

09-05-2010

There is a kid in everyone of us. Keep him alive and active. Let him not grow. If he grows he becomes too logical like us. Taking care of the kid, keeping him active is a part of Sadhana.

Negative things, even good things are surfacing in everyone. If we become a bit sensitive, become aware of all such things we can notice these changes.

Don't allow anyone to hurt you. You should protest when you are right. Even when you are not right the other person has no right to inflict hurt or pain. Vishwamitra Maharshi has given instructions to contact him when anyone is unjustly hurt and can't protest or complain.

In e-mails and letters some write their qualifications and designations which are sometimes very long. I notice, appreciate and have respect. But these degrees and designations have no relevance

here.

I receive many requests for help. Sometimes they are very frivolous. There should be some justification to take them to Rishis. Why don't you ask the people who are in need of help to take up Meditations, or gift them the book 'Living in Light' and ask them to practise? We have to filter these requests and help everyone.

We have to take advantage of the one-to-one interaction during the monthly check-ups or individual assessment which is the uniqueness of this Path. All the students are required to go through these check-ups periodically at the prescribed time. You are assessed by a Rishi and given a charge during the check-up. Every time it is like a new initiation. You have to take this seriously.

16-05-2010

Photon Belt conveyed a happy message to all of us saying, "Don't panic. Follow the instructions from the Rishis." Photon Belt helps us in every way.

An aura is an extension of the mind and is visible. This is a new revelation.

The size of the aura depends on the Spiritual energy and the love that the person carries. Usually it will be about one to two inches, could be of even bigger lengths.

Auras have colours which indicate the predominant emotion of the person at that moment. We can read the auras of other people.

We can touch the auras of other people and send positive vibrations. Auras send out vibrations which touch the people around and they attract a response.

Auras can also receive and absorb all types of energies, without filtering. All energies are not welcome. That is why we have to have a shield.

All beings have auras. All inanimate objects also have auras.

## GURUJI SPEAKS

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

All of us don't come from a single origin, therefore we are bound by different sets of laws; some are not bound by the laws of Karma. Souls from different origins have different networks to disseminate knowledge and also to supply new energies.

The work allotted to people from different origins and their techniques of Meditation are different. Souls from any origin can take birth anywhere on this earth. We take up Light as the way. Light is the universal way. Anyone from any country can come here, take up Meditations, understand, receive the knowledge and progress spiritually.

For a successful Meditation we have to sit erect without stiffening, or bending the body or head. Keep your Trataka fixed properly. This helps in avoiding sleep too. Focus on experiencing the Light and not on the technique. You must keep a strong thought to keep your awareness alive all through Meditation, and also not to fall asleep. Samadhi is all-awareness.

Observe silence as much as possible, especially on Full Moon and New Moon days. Silence during other times helps Meditation. If possible, reserve a day for Mauna. Mauna is not just, not talking. You have to be really quiet.

Concentration is the focusing of the body, mind and intellect on a single activity. Meditation is non-concentration. If you concentrate well then you can meditate well. If you meditate well then you can concentrate well.

Do not skip check-ups, particularly from today. If you avoid check-ups please don't come to the classes from next time.

Keep perversion away. Perversion is a darkness which creeps in silently. If you are simple, you are the temple.

Build up a rhythm in your daily routine. It helps.

If you follow all these things I assure you that in one year you will

be able to experience Samadhi.

A person told us that he astrally entered the body of another person. These things are forbidden. When you venture such things you are taking great risks. Please do not do it.

From today we have implemented small changes in the syllabus. Keeping in mind that people do not find time to meditate we have reduced the period of Meditation.

We are trying to introduce new techniques of healing, involving Light.

23-05-2010

A very simple person who does not claim to be a Spiritual leader was speaking on the television. He said that to participate in a Havan you need not wear the traditional dress, dhoti and shalya, and can even wear footwear. The energies that we have brought in are speaking through him, indicating that there are changes.

People are struggling to choose. But the process is on. I am sure they will completely be able to throw away the old baggage, choose, smile and move into the Light Age, move beyond 2012.

I would like to thank everyone here, everyone who is watching this webcast, everyone who has sent me such wonderful greetings and love.

The best gift that you can give me is of course love. I want everyone of you to sail through 2012 easily. During this process you should help others, guide them and pass on Light, wisdom, love and hope.

There is no point in regretting about the past now. We can only try to exploit our potential, put it into use hereafter.

I feel sad when people are not ready to accept what I want to give. We don't know the value of things when they are so easily available to

us.

I feel sad when people do not relate to me at the level that I live in. They try to relate at their levels. I am a kind of un-scaled peak. I am not alone. I have the whole sky as my companion. I want everyone to rise, grow and become peaks.

Spiritual learning has to be done just sitting across like two friends, sharing things. We have to remove all distances. I feel sad when people are unable to understand all that I carry. For me being human is the most important thing. Unless we are humans first we can never be Divine later.

I realize that anyone's experiences and wisdom cannot be completely made understandable to others. We can only convey a part of it. Most of it remains with us.

The new energies bring us the awareness that God is Light, Energy, Consciousness. He is a Presence. Be aware of the Ra energies. If possible, whenever you meditate link up to the Great Ra Meditation Hall.

Thanks to the efforts of some wonderful souls more than one lakh students channeled Light in schools. This movement which was started two years ago will have to spread like this with love.

We are able to webcast these lectures. It's not merely the words. It is the energy. We are able to reach, and expand the reach.

Hereafter I will give more attention individually. Don't hesitate to approach me, do it sensibly. You must receive back something from me.

I want many Knowledge-Channels. I will train them. You have to be pure. Your intention should be pure.

From 18th May there are new shifts. Hereafter the pace of change will be faster. We will be seeing many things happening very fast in our lives and in the global life. ■

## 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)

Kabir says, "Even if I convert the entire earth into paper, all the trees into pen, and all the oceans into ink, I can never describe the guru." I have found such a Guru in you!!

–Nithya James

On the occasion of Guruji's birthday celebration, I was touched by all the three speeches and Jayant's words about all that Guruji has done for us gave the complete perspective. Your talks were self-awakening. Nothing is more joyful than hearing you. We are really blessed to receive your gift of Light.

–Padmaja Balaji

It has been easier for me to positivise since I chose to change. My awareness has improved. For last few days when I read your books and listen to your lectures I notice that I have been reading and listening repeatedly the words 'manifest Love' and 'un-choose non-love'. Nowadays, every time I react, a mental alarm sets in, 'un-choose non-love, choose love'. I feel more connected with myself. Thank you for all the guidance.

–Anjali Mehta

I find myself in the realm of stillness even when I am not meditating. I also handle all situations with positivity.

–Shubhada Limaye

After taking up Meditation, I cannot stand lies. I put in effort to correct where wrong is being done.

–Alka Jalan

When I am upset I call upon Light and feel uplifted. I need to continuously remind myself to link with Light so that I don't let my moods control me.

–Geetha Balakrishnan

Each and every day you peep through every activity of ours and guide us both at physical and Astral levels. You make us feel that you are with each one of us individually. We

remember with gratitude your concern and affection for all of us. You have been an icon for all of us to emulate, but many of us have fallen short of your expectations. Yet you have been magnanimous in putting up with our shortcomings.

–T. Nagaraj

I have been practising Meditation and positivisation since three years, and I have come out of depression etc., and received tremendous Spiritual support. Being all alone helped me a lot and I stopped feeling lonely long back. I always feel the presence of Divine.

–Geethasaraswathi

Now-a-days I am completely aware of my thoughts, behaviour etc., as though I am watching myself from a distance, and correcting myself whenever necessary. I have realized that I need to be calmer, cultivate more love and trust my intuition.

–Vidya Arora

I used to send mails for trivial things and ask for help. But because of your firm replies today I am much more matured. I have learnt to take my own decisions and developed inner strength. I thank you very much for helping me evolve.

–Pragti Raaj

Contemplation and introspection have become part of daily activity. Things are becoming clearer and I have started appreciating life more. I am enjoying life now with all its ups and downs and I realize as long as I don't change, others won't. Sometimes I feel the presence of Light and my wishes are getting fulfilled. I thank you for everything.

–Deepthy Raghavendra

You are giving me a new vision and my life is taking new turns. I was alone, helpless and struggling but now you and Saptarishis are with me always. I feel closer to God and my own self.

–Prajakta Janorkar



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: What is abundance?**

A: Abundance is the richness of the soul, richness of the heart. It is the richness of the Light that we carry and the richness of the love that we manifest.

**Q: How do we develop awareness?**

A: Awareness cannot be developed, it can only be expanded.

**Q: How do we accept difficult situations?**

A: Individuals devise their own ways. When we make efforts to get over, God helps us to align with His wisdom and His strength and there is always a way out.

**Q: Why are there fluctuations in the quality of Meditation?**

A: We are living in the world where everything fluctuates. Our Meditations are touched by all these and many more unknown factors like our moods, our sincerity and applications.

**Q: Is a good person also required to take up Meditations?**

A: It depends on the level of goodness and purity. Someone has to appraise this level. If his purity levels are high certain processes occur without him actually meditating. But if his purity levels are not very high he has to meditate and practise all other techniques.

**Q: Why do we meditate?**

A: We take up Meditations to live this life wholly, peacefully and sensibly; ultimately to attain freedom, to become Light and go back to God.

**Q: Why is the time compressed?**

A: The Rishis have compressed the time out of Love, so that we will be able to quickly pass through

the Pralaya period of sufferings and struggles.

**Q: Has it occurred earlier?**

A: Yes, this is not the first time.

**Q: After choosing to work for the Rishis, can we withdraw?**

A: Yes, we always have the freewill. We can withdraw.

**Q: Do we attract Karmas for this?**

A: No.

**Q: How do our bodies become Light bodies?**

A: When we take in the Light, the Light enters every cell of ours. Each cell gets purified, cleansed and each cell becomes Light. Gradually the whole body becomes a Light body.

**Q: If I channel Light will I also get healed?**

A: When we channel Light many other things also happen. We automatically get healed.

**Q: Lot of new energies were received and channeled. What are the impacts?**

A: There is a kind of awakening everywhere, a kind of intolerance to injustice, corruption and violence. There is an awakening that there is something wrong with the world and even ourselves; and that we have to change, the world has to change. The energies are really working.

**Q: Is it wrong to exchange Spiritual experiences?**

A: I don't say it's wrong. But it is better we avoid this exchanging and discussing.

**Q: Are there male and female energies?**

A: Parabrahma created Adishakti. But the energies that come from Her have no gender. ■

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ಽಂತಿ	10/-
ಽಂತಿಕೆ ಧ್ಯಾನಮುಲ	150/-



**GURURJI KRISHNANANDA (1939)**

### **MANASA FOUNDATION (R)**

established in 1988 by Gururji 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 Gururji 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)

The Photon Belt addressed my concern about my husband saying, "His eye will be alright. Your heart will be healed as well." When I looked at the Photon Belt I saw Lord Buddha being one with it. -Ikuko

After Meditation, the whole day I live in a meditative state. On some days I have experienced Light and Peace permeating the body and spreading everywhere. I am intoxicated with Divine Light, Peace and Love. I can see Light descending through the Sahasrara Chakra, golden globules entering into all the Koshas and making me more peaceful and loving. -Rajnish Deshpande

While trying to experience Light during Meditation, my body became Light and began expanding from within. I was being drawn to the Infinite source of Light. After this experience I felt very refreshed as if I was never tired at all! -Priyamvada Godse

Although there was no power the whole night and it was very hot, my room was cool and I could sleep peacefully. Also, I could go about my work in the morning without getting tired while the other family members suffered from the heat. I realized that Light takes care of us in every way. -Jana Sumathi

In my Meditation I saw an image of a huge pillar of Light made of the earth, Sun, Alcyone, Sirius, Galactic Centre, and white hole embracing Lord Suryanarayana, the earth and the human beings. With the support of Ra energy, the pillar was forming a huge cross of Light together with the Photon Belt, and protecting the earth and human beings by placing our earth at the center of this cross.

During Meditation I am able to receive energy from the huge cross of Light, expand Light in the chest without any difficulty and I am filled with Ananda. -Yasuji Yamaguchi

On 2-5-10 I had a glimpse of an Astral class. Most of the volunteers and some residents of Taponagara were present in the class, and were sitting around Gururji. I was told that the meeting was held to assess our group and how it could be improved or reorganized.

On Buddha Pournima day my Meditation was extraordinary. After entering into Lord Buddha I melted into Light and I became Light for several minutes. At that time I had the glimpse of Lord Kalki sitting on a golden throne. A little later I was moving in a tunnel. My Meditations became deeper and deeper as I moved through the tunnel and at the end of the tunnel I saw a very bright Light. I felt I had done an internal journey. -Manoj Chopra

Buddha Poornima Meditation was deep. I was actually swimming in waves of Consciousness. Since that day there is a big push to move and become Divine. That night, I felt God showed me that there is purity inside me, and it actually spreads to everyone who comes close to me. That purity came in the form of Vibhuti, flowing from inside me to everyone around. There was no difference between Vibhuti and Consciousness. -Vidya Vishwamitra

I experience Light coming through after a few minutes of Meditation. Waves of energy emanate in the Agna Chakra area and I feel vibrations throughout my body from the Crown Chakra downwards. -Jennifer Diane