



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 7

JUNE 2010

Rs. 15

REFLECTIONS

Guruji Krishnananda

Words do not come easy to express my human feelings when I, sitting distantly beyond the clouds, look at my earth moving silently and my people ever busy in their tracks and traps. The Time has its agenda of destinies and swallows into its bosom all the struggles and dreams of the present, revealing slowly the unknown future. I know that the future has such exciting wonders as also terrifying experiences. I also know that the Time has brought many ships of opportunities. But my fellow beings are groping in the dark and miss the boats. Many, with torches are trying to help and guide. But people do not hold the hands of help and Love. They miss and drift.

Words do not come easy to express my feelings.



This is the time of opportunities. Many opportunities. Opportunities to awaken to the new Realities. Opportunities to expand our Awareness and experience the Love and Vastness of the Universe. Opportunities to break the shells of our ignorance and choose the Light.

Such opportunities were never placed before us earlier. Such opportunities when our manifestation of Love and Light would change the destinies of the world and people. We were not given so much of responsibility earlier. We should feel proud and take upon the responsibilities and be the heroes to steer the Earth out of the terrific shadows of 2012 into the Light of the New Age.

Let us not shy away from the responsibilities and miss the golden opportunities.



When will the Saviour appear? We do not know. But when he appears, the whole world will know him and hear him. Everyone might not follow him straightaway. But everyone will hear him.

Everyone will see and also recognise him! This is not the first time that we see him and hear him. We have known him since ages!

Let us wait for him patiently. ■

**MANASA FOUNDATION (R)**

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

Phone : (080) 2846 5280, 2271 5501, 93420 30250 (10 AM to 1 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.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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NEWSLETTER

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18th May 2010 - Guruji's birthday celebration in Anekal

NEWS AND NOTES

- ♦ All students should get their Meditational practises checked up at the prescribed period. Those who avoid check-ups would be treated as non-students.
- ♦ "Guruji Speaks (Vol-3)" and "Channelled Knowledge from the Rishis (Vol-2)" were released on the occasion of Guruji's birthday celebration on 23-5-2010.
- ♦ Group Meditations are arranged in Taponagara on 26-6-2010 during the Eclipse period.
- ♦ The Demand Drafts for registration of External Guidance should be drawn in favour of "Manasa Light Age Foundation ®" hereafter.

SUNDAY PRASADA was sponsored on

- 04-4-10 by Seema Ajay, Brajabandhu Mishra & Ashish Patil
11-4-10 by P. Sudhakar Rao
18-4-10 by Nalini Rajashekar & Upasana Gurjar
25-4-10 by Chandrasakhi

This month's Newsletters are sponsored by Sri. Bhuvaneshwar Divekar.

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

Our Pin Code has changed to 560077. Please write the changed Pin Code for all future correspondence.

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

MEDITATION ON SPECIAL DAYS

05	Sat	Krishna Ashtami
10	Thu	Masa Shivaratri
12	Sat	Amavasya
19	Sat	Shukla Ashtami
21	Mon	Shukla Dashami
26	Sat	Pournima / Lunar Eclipse 2.25PM to 7.51PM

PROGRAM AT TAPONAGARA

Sundays	Lectures from 11AM to 12 Noon Special Meditation from 12 Noon to 1PM
Fridays	Light Channeling from 10AM to 1PM
26th Sat	Lunar Eclipse Special Meditation from 2.25PM to 7.51PM

Informal Group Meeting with Guruji on Saturday, 12-6-2010 from 11AM to 1PM. Those interested may register their names with the office.

From now onwards Informal Group Meetings with Guruji will be held on Second Saturdays of every month.

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

AT ANEKAL CENTRE

- ♦ Second anniversary of our Meditation classes was celebrated on 12-4-2010.
- ♦ Guruji's birthday was celebrated on 18-5-2010 at 11.30 AM.

UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ◆ 18000 students channelled Light in April 2010.
- ◆ More than 80,000 students have channelled Light so far from 1st Feb, 2010.
- ◆ A group of people from Cape Town, South Africa channelled Light on 30th April, in a session conducted by Jennifer Diane. ■

LIGHT CHANNELLING SESSIONS



Light Channels after the Light Channelling Session in Cape Town, South Africa



Students of Kendriya Vidyalaya, Chennai during a Light Channelling Session

TAPONAGARA DIARY

Seema Almel Somayaji

April started with Good Friday Meditations. Meditators gathered and received Christ's energies. Since then a few noticed that they have been reading about Christ and watching his movies. Coincidence? No. Guruji later mentioned that there are more of Christ's energies in the last few days.

The Meditation Centre at Anekal celebrated its second anniversary. Rains lashed Bangalore. While it brought much needed relief from the relentless heat, life got disrupted. Taponagara too bore the brunt. Electric poles and trees fell and electricity became more inconsistent. At Antar-Manasa a lot of electrical equipment got damaged. Yet life managed to continue taking all in its stride.

Orientation Class was held on April 22nd. The evening before, lightning struck the tower near the Internet router. This put the entire webcast plan in jeopardy. Instantly the resident volunteers put a fire-fighting plan in place. Equipment support teams were called early the next morning. Despite all the problems the Class went on successfully.

Many outstation students used the webcast service and for the first time Orientation Class was spread out to a larger base of students. Guruji acknowledged that the volunteers succeeded in their test because they worked in Oneness. ■

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)

04-04-2010

A lady hired a taxi to visit Taponagara, and soon realized that she was being cheated by the taxi driver. She gave him a little less than what he had demanded. The taxi driver came back after some time to return the extra amount! We suppress the conscience in us, we don't listen to it. At some point it pricks. The taxi driver responded to his conscience. It shows that everyone is good at the core.

The wisdom of the intellect is sometimes not enough to deal with situations or to take a decision, as it is not whole. To have a higher wisdom, refer to the soul. Soul is Light. You will then be able to carry on with life, dealing with very complex situations both at the material and Spiritual levels.

A person wrote that it is very difficult to be calm when hurt, cheated or when dealt with very unjustly. Only when you rise slightly above the human level you will be able to accept the imperfection on this planet. Keep aside the ill-feeling in you, remove it. It is a kind of Spiritual cancer. Bring out love and you will be able to forgive anyone. Unless we forgive we will not be able to make Spiritual progress or lead a peaceful life.

To change the world let us first change within ourselves. Let this change be seen by others, so that they get inspired and in turn they change.

Every Spiritual leader receives Knowledge and Wisdom either from his own higher self or from his Master, like a Rishi in the higher planes. Those who do not have a higher self or a Master, may not be able to always guide others properly. Some people guide others genuinely, but will not be aware that they are being guided from above. There are some who

guide people from the levels of their own egos. In such cases there will be problems.

A student commented that we have written about Photon Belt, 2012 etc., to attract more people. It's very sad to note that people see things in this way. I clarified saying that he was wrong.

There are some knowledge channels - those who are, those who claim to be and those who want to become. We will guide and train these people. When Rishis give instructions, all channels should receive same instructions, if not, we have to correct ourselves. Don't disturb these channels for getting information about mundane things.

11-04-2010

A person had visions of destruction related to the future. I could understand that any one of us can slip into this state where we can have a peep into the future. Many are having these visions, mostly of destruction. It depends on us mainly. We, the Meditators are great players of 2012!

My Guru said, 'On the Moon Pitru devatas live.' They live in different bodies at a different level, at a subtler level. Physically we can't meet them or see them. Pitru Loka is near Brahma Loka. On this Moon we have a branch office related to this earth and this Solar system. Every Solar system has a branch like this.

This is how we add knowledge, point by point, slowly, bit by bit. When knowledge descends we have to be very careful. It has to be analyzed calmly, understood and the extra additions have to be removed. It takes time.

Every Mantra has a purpose. A person picked up a Mantra from a book and started repeating it; that

Mantra was meant to attract some beings not very friendly, not really benevolent. A particular being began coming to him and he couldn't get rid of it. We have to be very careful.

Open diaries. Note down the experiences. Some day, after a year or years you will see certain things behind these experiences. It is then that new worlds and new doorways open. If you think an experience is important, write to me.

A person took up Meditation, the Basic Course which contains very simple exercises designed for a non-Meditator, a beginner. He practised this for 7 hours. This person had problems. Whenever you venture to do such things you should consult us. Enthusiasm is not enough; a little common sense is required. Save yourself from such non-intelligent acts. Don't feel bad, be careful.

18-04-2010

On 14th evening at about 4 'o' clock we had very heavy rains here in Taponagara. After the storm I sat for Meditation. I found Meditations were so grand and effortlessly very deep. It may be wrong to connect the good Meditations to this storm. But somehow I felt after this storm there was such stillness in the nature that helped me to meditate so nicely. I recalled the proverb that after the storm there is calmness. I began contemplating on this point. Then I realized there will be many storms in our lives. And after every such rattling or shaking there is calmness. This we have to notice and take advantage of. Such calmness, such stillness occurs periodically and continuously even in nature.

The whole city of Bangalore is vibrating in a new way because of the changing times and the new

GURUJI SPEAKS

(Excerpts from Guruji's Sunday Lectures)
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energies. More than 70,000 wonderful children channeled Light contributing to the change in the quality of vibrations in Bangalore.

When you send Light to an individual you may call it healing, not channeling. Channeling is for many, for the whole world.

We can take up the work of helping others, serving them in our own way, keeping enlightenment in the background. Those who keep Mukti as the goal will not be able to do lot of service. It's your personal choice. Either of the two choices is not wrong.

Meditations are meant for individual Spiritual growth and are not meant for transforming others. But when we meditate, when the positivity in us vibrates, these will have their influence on others. It may take time. To bring about changes in others we have to take up other ways like channeling. Send light to them and wait.

We have to reject non-love and at the same time forgive. We can't forgive if there is a persistent wrong. We have to be aware of the parallel truths in Creation. They are not contradictions. We have to always use our discretion. The new energies are very strict. If they find a person is unrepentant and persists, they will not forgive.

Everyone wants to become a Knowledge channel. We have to work for it. He or she has to be around me, not necessarily living here. We should be able to interact freely and I should be able to see the changes, the progress. It's very important.

I want people to understand that there is so much of affection and care in dealing with every individual and his problem. If there

is no trust people should leave us. Goodness is fine but exploiting it is not fine.

In future when we have to enter the Light Age people have to be Spiritual - just simple, good and decent.

If we carry love, manifest love, all such things like volcanic eruptions and earthquakes can be prevented. It's an indicator of what happens in 2012.

25-04-2010

Recently in Taponagara we had very heavy rains and strong winds; lightening hit our tower causing lot of damage. We couldn't webcast but could do the audio part of the Orientation class; thanks to the dedicated team of volunteers.

Amara told us that when Pralaya hits, it touches everyone. We don't get protection automatically when we meditate, but we can protect ourselves by our efforts and acts. He told us to take shelter under Spirituality. It protects and saves us.

If you want to experience Samadhi you have to make efforts to meditate without Mantra. Start experiencing Light; it is the most beautiful experience.

The process of change has begun at the level of the individual, at bigger levels - societal and global. The first part of this change is the surfacing of the shortcomings and good things in the individual and in the systems. We have to make efforts to get over these things, to change. If people change, they will be taken to earths where there is light. If people do not choose to change, after this life they will be shifted to another place, where opportunities to choose and grow are provided. (This information is new.) But even there if people consciously refuse to change, then they will be taken to lower earths

where life is horrible. Let us change.

During these times follow your own Light, your conscience, your intuition. In future perhaps we will reach a time when communications collapse. By that time you should have established communication with Light which is beyond the mind. Now itself let us begin practising it. It is as important as Meditations.

The Rishis work is spread over lifetimes. Our work is to teach Meditations, spreading the awareness of new realities, and also the Light Channeling Movement. We cannot and do not expand very fast. It's not easy for people to understand us. I was told to practice a healing technique for 3 minutes when I had a strange pain in the head yesterday; within an hour the pain vanished. We can open healing centers. But, the focus here is on transformation. We are a small but a solid number. Each one should become a real Light worker, the carrier of Light. We are here to guide people in future. Each one has to share this great responsibility.

Some people forgot about the Orientation classes; it shows their disinterest. The techniques given in the Orientation class when practised do not harm, but enrich us with new energies, new experiences and new insights. Be discreet. These are for you, for Meditators. During the Orientation session we received energies at a particular time from Lord Kalki who was there. You need not accept what I say. You can exercise the freewill to any extent. But we will have problems when we continuously exercise the freewill for wrong reasons, choosing wrong things. It is upto us always. Freewill and freedom are wonderful gifts from God. ■

EXTERNAL GUIDANCE

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

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

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

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

SPECIAL GUIDELINES BY GURUJI

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

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

I love, honour and respect your work. It is close to our work and we join with you in world service and sending out Light. It's amazing to see how you have established your work. Your principles are so simple and beautiful.

—Menorah Charney, Israel

For the last few weeks my mind was restless and I had a huge pressure about a problem at work. The day after the Orientation class my mind was relaxed and peaceful. I was able to think of possible options and solve the problem. This was a wonderful experience.

—Karuna Durai

I am now on the path of surrender. I offer my day to God who is now my constant companion. This helps me to accept whatever the day brings as His Will. I am trying to be a witness to all happenings.

—Geetha Balakrishnan

While watching the movie 'Invictus', I could relate the protagonist to you, as he struggles to bring about oneness. He also shows how to forgive people with love, as you do all the time. I thank you for forgiving us every time we have erred and for giving us a wonderful smile during our tough times.

—AmoghJS

When one of my relatives was sick and passed away recently I was not disturbed. I prayed to you and the Rishis to take care of the soul and channeled Light. I could console her children and explain to them the knowledge given in the book 'Descent of Soul'. I am grateful to you for all this knowledge which makes us, the Meditators in this Path strong, and helps us vibrate peace.

—Vishwas Dixit

There has been no bigger happiness in the weekend than to hear your voice and see your smiling face, live. The conviction in your words fills my heart with hope, love, light and peace. It is we who 'abandon'. But the Rishis, you and Amara accept us unconditionally and accommodate us again with the same love.

—Ajit Kumar A

Your words about accommodating the mistakes or faults of others impacted me and helped me to change my attitude towards others. Recently I had to face a difficult situation due to a mistake made by a person. I ignored it, did not even mention it to him. I am aware and happy about these positive changes in me!

—Ramesh Birajdar

Many new changes have happened within my being and I find that the purpose of life is more clear and visible, and is bringing good opportunities. Your unconditional love and concern for all beings has touched me and I have realized that the less I speak, the better it is for attaining greater peace.

—Jayanti Natarajan

I was going through some confusion and wrote a mail to you. While I was writing I felt your energies and presence, and all that I wrote was clarified and explained as though I was speaking to you in person. I offer my gratitude, respect and love and thank you for your blessings and love for all of us.

—Vidya Arora

Your flexibility and the readiness to understand Sadhaks' difficulties and working towards reducing the Meditation time has left me speechless. Such dedication towards the cause and zeal to see Sadhaks grow in Sadhana is rare. Moreover you have no ill-will towards the non-pursuers but only blessings.

My performance in office was at stake due to many reasons not in my hand. Every time something came up, I remembered your words "Be calm always". I would focus on what is to be done rather than fretting or finding reasons for what went wrong. Things went on, teaching me a lot. Now I have no grudges against anyone. If someone tells me anything, I just listen and instead of talking, I channel Light. This gives me satisfaction and avoids unnecessary confrontations.

—Geeta Joshi

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: What is Oneness?

A: Oneness in the beginning is the awareness that we and all others are one. As we continue practising oneness or experiencing oneness, we become aware that not only we the human beings, the whole nature, animals, birds, every being, everything on this earth is One. We carry one Light. We can extend this awareness to the whole solar system, the whole galaxy and experience that we are one. We can extend this infinitely. This awareness is oneness and that is one part of it. It is not merely the awareness but also the experience. Without the experience the oneness is not complete. This expansion of awareness and experiencing is not easy. A greater effort is required, a Tapas perhaps.

Q: What is the benefit of this awareness?

A: There are several. Awareness brings oneness. It brings new knowledge, more knowledge also wisdom naturally. When we make knowledge our own and contemplate on it, knowledge becomes wisdom. With this awareness of oneness we realize several truths, about our birth, about our death and reincarnation. Why do we reincarnate again and again? What is the story of this Creation? How did it begin? Where does it end? When does it end? This knowledge makes us think in an entirely different way. Our priorities change. Awareness of oneness transforms our lives undoubtedly.

Q: How do we achieve oneness?

A: First, in thought. We must think we are one. We are one with the human race. We are one with this entire Creation. Then we must feel it emotionally. Then in stillness we can achieve it. To achieve stillness we have to meditate. This is possible in deep Meditations.

Q: I see bad images during Meditation.

It is difficult to meditate. Please advise.

A: We have to understand case by case, individually. In this case these were memories of past times. These bad images naturally disturb. Ignore them, or at such times fill yourself with light. Send light to these images and fill them up with light. You will see wonderful things happening. Your Meditations will be smooth.

Q: Why do we require a shield? Are Meditations not enough?

A: During these difficult times Meditations are not enough to shield us. There may be in some cases assaults from the dark forces, our own egos, or there may be confusions, diversions, anything is possible. A smooth journey in Meditations may be interrupted suddenly by a jolt for some reason. So it is better that we have a shield. Shield also protects us from many other things.

Q: While meditating I feel sleepy. What should I do?

A: Re-fix Trataka. You will be able to get over sleep. If you still feel sleepy, you can just get up wash your face with cold water, practise three rounds of Saptarshi Pranayama. Pranayama freshens, you will not sleep.

Q: With thoughts remaining all through in Meditation, can I move to the next stage?

A: You can. You can casually ignore thoughts, not making great efforts or giving lot of attention. Shift your attention to Light. Try to experience Light. Then there will be no thoughts. When our awareness rises and goes beyond the level of the physical world, mind and intellect it is then that there will be no thoughts. If there are thoughts don't worry.

Q: How to always carry Light?

A: We have to establish a relation with the Light. Then we don't have to carry Light. The Light carries us always. ■

LIST OF OUR PUBLICATIONS

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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)

On 30-4-10 afternoon I was lying down and resting. I prayed to the Rishis to take me to see them and take their blessings and express my love to them. There was a propeller kind of sound and intense spinning vibration. And soon I was travelling astrally, very fast, first through a forest where there were many animals, then through darkness. The noise and speed gave rise to fear in me and I wanted to come back. Something was injected or taken away from my head and after that I felt fresh and rejuvenated.

—Vidya Vishwamitra

On Gudi Padwa (Yugadi), in Meditation I saw myself sitting in front of a 'Homa Kunda.' A Yagna was going on and Mantras were being chanted. After some time a Rishi blessed me. I felt a tingling sensation in the area of the Sahasrara Chakra in my head; also felt a flower, glowing with thousands of petals, being inserted in that area of the head. Now I always sense something like an antenna in that Chakra, and I am told in Meditation that, it is the 'gateway' to be used during work.

I experience vibrations at a deeper level in all the Chakras during Meditation; I can feel light in all Chakras throughout the day and night, and feel myself at different levels apart from my physical level.

—Sonali Sagdeo

I have joined the Light Channeling Movement. One day I opened the Light Channels website, was surprised to see a Chakra near which was an 'ashtakoni' star. It entered my body and also spread its light into the room. I felt very peaceful, though I found it difficult to withstand the strong energies.

—Pradnya

I feel free of the past burdens and prejudices. I experience a new silence and have a more sensitive awareness. It feels like the beginning

of a new life, free of negative thoughts.

—Roland Pfeffinger

As I wondered whose hands were trying to expand the Light in my chest, I saw Amara's face; and in my heart-shaped void a small white globe appeared, filled with a bright light. The next moment I felt the light expanding from within, upto the finger tips of my hands.

—Ikuko

I was unable to practise Chakra Activation Meditation on 13-4-10. I imagined Vishwamitra Maharshi and myself meditating in the innermost area of Great Ra Meditation Hall. I felt his energy in an oval shape entering me. I was able to hear him chanting 'Om' with me, in a deep and commanding voice, which stopped after a few minutes. Thereafter I was able to continue Meditations.

—Poojashree

My wife suffers from body ache and joint pains. It becomes extremely painful for her to sit down and meditate. In the Sapta Rishis' cave I felt very sorry for her and requested Maharshi Vasishtha to give her relief from pain. Maharshi Vasishtha rose, and I could see her standing in front of him. Then he took her hands in his and both their figures became radiant. Later I saw her sitting down beside me; all the Rishis were sending blue and golden light to her.

—Dilip Parulekar

It was past mid-night, I was in deep Meditation, and suddenly the electricity went off plunging everything into absolute darkness and silence. It was Amavasya, so there was no moon. When I opened my eyes after the Meditation I could see nothing around me. Suddenly, I saw a faint glow of light reaching the lower part of my eyes. I realised that, that glow was coming out of my very own body. It was unbelievable! It stayed with me until I finally went to bed. I was thrilled beyond words!

—Vidya Virkar