



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 6

MAY 2010

Rs. 15

REFLECTIONS

Guruji Krishnananda

Never did we have such Knowledge, energies and help from the Light Masters and Astral worlds. Never did we have such opportunities and guidance. But never were we in situations as we are now. Compressed time, condensed Pralaya and the possible great changes from 2012. These are extra-ordinary situations. To face these, we have to prepare in an extra-ordinary ways. But that is not happening.

For some time, when the Film 2012 was released and the local TV channels beamed programs about the "end of the world", there was fear in some, anxiety in some and questions in many. That phase appears to have passed. New sensational stories occupied the TV channels and there were new films !

I am not saying that we have to be tensed all the time. We have to prepare ourselves calmly and steadily. Assimilate the new knowledge, receive the new energies and equip ourselves with Love, goodness and Vairagya to enter the New Age after 2012.

Never did we have such a short time to take such a great leap !

Powers or Ethics? I say, powers or no powers, Ethics. Powers without ethics is not good. It is not difficult to gain powers. Anyone can do this. But being good, pure and honest is not easy.

I have spoken and written often about this. I have met people with powers. I have seen their quick and sure downfall when they behaved unethically. I have said thousands of times, being good is Spirituality. One need not have any powers. It is enough if one is good, just good, one hundred percent good. All the powers in the Universe will protect him and support him.

The Light Channels World Movement was initiated on 18th MAY 2008. An event was organised on 26th February 2009 when thousands, from all over the world, channelled Light at the same time. Now a band of volunteers, and many have joined them now, are approaching schools and are helping children channel Light. More than 70,000 children have channelled Light so far.

Spreading Light silently is taking the earth towards the Light Age silently. ■



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
at Disney Kids Montessori School,
6th Cross, Jyothi Nagara,
Chandra 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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Brahmarshi Patriji interacting with Guruji in Taponagara

NEWS AND NOTES

- Two books "Channelled Knowledge from the Rishis (Vol. II)" and "Guruji Speaks (Part III)" will be released on the occasion of Guruji's Birthday celebration on 23-5-2010.
- Brahmarsi Subhash Patriji of Pyramid Spiritual Societies Movement visited Taponagara with a group of people on 1-4-2010.
- More than 200 students participated in the Orientation class conducted on 22-4-2010. For the first time, students from other states attended this class at Taponagara, and External Guidance students attended through webcast.

**SUNDAY PRASADA
was sponsored on**

- 07-3-10 by Bhuvaneshwar Divekar & Usha Khadke
14-3-10 by Chandrakala D., Vikas Karanth, Sudarshan B.N. & Sudha Ravi
21-3-10 by Feroza Panday, Arjun & A.S. Patil
28-3-10 by Sunitha Rao

This month's Newsletters are sponsored by Smt. Geeta Divekar & Smt. Annapurna M.N.

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

06	Thu	Krishna Ashtami
12	Wed	Masa Shivaratri
14	Fri	Amavasya
16	Sun	Akshaya Tritiya
27	Thu	Buddha Pournima

PROGRAM AT TAPONAGARA

08th Sat	Informal Group Meeting with Guruji from 11AM to 1PM
09th Sun	Shambala group meeting at 2PM
16th Sun	Ra group meeting at 2PM Light Channels group meeting at 2.30PM
27th Thu	Buddha Pournima Special Meditation from 12 Noon to 1PM
30th Sun	Akhanda Dhyana 10AM to 1PM

GURUJI'S BIRTHDAY CELEBRATION PROGRAM

23-5-2010, Sunday

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

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/-

UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ◆ From 1st February 2010 onwards, more than 70000 students in more than 200 schools in Karnataka, Tamilnadu, Andhra Pradesh, Kerala and Maharashtra have channelled Light to bring more Light to this earth.
- ◆ Many schools have made Light Channelling a part of their daily prayers.
- ◆ More than 70 volunteers are working sincerely and selflessly to spread the Light by conducting Light Channelling sessions in several schools. ■

LIGHT CHANNELLING SESSIONS UNDER PROGRESS



**Army Public School,
Bangalore**



**Maratha Mandir Engineering College,
Belgaum**

TAPONAGARA DIARY

Seema Almel Somayaji

The new moon of March brought the occasion of Ugadi. Meditators gathered at Taponagara and offered energies to the Ugadi Purusha. Group Meditations were also performed on Sri Ramanavami day. The special RA Group and Shambala Group Meditations were conducted.

The residents met specially to discuss the garbage disposal system and security arrangement. The Residents' Meet and Informal Meet with Guruji went on as planned.

The month ended with preparation to receive Brahmarsi Subhash Patriji, founder of Pyramid Spiritual Societies Movement. He and some of his followers graced Taponagara with their presence. It was a momentous occasion as Guruji and Patriji met and discussed Spiritual matters. Taponagara office workers were blessed by Patriji. All gathered were thrilled to see the humility, purity, simplicity and Divinity which the honoured Guest exemplified. In honour of Guruji, he also gave an impromptu flute recital and sang a few lines of a bhajan in three languages.

The guests were then shown around the various places of Meditation in Taponagara and Antar-Manasa. One of Patriji's disciples - a third-eye master - narrated the visions she had when she spent just a few minutes in the Amara Samadhi Hall.

Patriji invited Guruji and other people who were present there, to his Pyramid Meditation Centre. It was indeed a rare event. The mutual admiration, love and respect that both the Masters manifested for each other were truly remarkable. ■

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 Gurujī's Sunday Lectures)
(Compiled by Shobha K Rao)

14-03-2010

A person sent an e-mail asking me to teach him how to live. I feel this cannot be so easily taught, definitely not through an e-mail. We have to learn how to live. When we genuinely intend to live properly we find ways. When we have questions, we always find answers. The answers may come from the guru or from a book or from somebody's talk, could be from anywhere. Universe has many ways of communicating and teaching us. You must open your eyes and ears and then the Universe will begin to teach in thousand ways. Pick up any point from a Master and practise. We have by the grace of the Rishis, so much of knowledge. Practise any Shambala Principle, not necessarily the first principle. There is so much to pick up, learn and live. It depends on us.

Apart from Meditations and positivising a serious student who really wants to be always peaceful, happy and contented, should carry Light of any colour and be aware of it, communicate and interact with it. When you carry Light, the Light takes over your life. You must allow It to do it. Light is an independent entity. It is God Himself. Light is the greatest Guru, greatest companion, greatest friend whom you can blindly trust. What is required is Love. Be aware of the Light and love the Light.

Powers do not carry wisdom. We come across people or we hear about people with great powers, tantriks and people of that category. Respect them but keep them at a distance as they cannot guide us spiritually. Sometimes instead of elevating us they will drag us down. We have to be careful about it.

Your Spiritual progress is our concern. You are making progress. But it's not enough. When we

meditate and manifest the Divine we get tuned to the Core of the Universe or the Divine. When we are in tune with the Divine we do not commit mistakes. Once we keep the Light in us and manifest Love, it will be flowing out from us even when we are busy with the world. Whenever you are alone be aware of this Love flowing from within. Without manifesting the Divine transformation does not occur.

People ask me with genuine concern to point out their mistakes so that they can correct themselves. I prefer not to point out their mistakes. We as Sadhaks have to introspect regularly. If you genuinely want to reform, you have to consciously correct yourself.

Non-love devours us, destroys us. We have to consciously unchoose non-love. We have to consciously clear it out of our system. If we carry non-love within us even to a small degree, it leads to our downfall.

At the level of the individuals, at the level of the globe, at bigger levels we find the truths surfacing. It could be good or may not be good. The process of clearing has begun. Let us become aware of the new energies that the Rishis have brought down. We have to expand our love to the whole world, at least to the surroundings and to the people that we know. We have to accept the world, love it. We do our best to improve. We don't judge or condemn. It is then we will be manifesting Love. Life in the world has to change and has to enter Light Age. The Rishis chose to be with us only to take this earth into the Light Age. We too have to assist them in this work.

21-03-2010

A person asked me whether it was spiritually right to travel

abroad or go on a trip or tour. We have to refer to our intuition or our wisdom. That is how we grow and become confident. When we travel we gather new experiences and also new energies. There is a misconception that Meditation alone is a Spiritual activity and that Meditation alone transforms us. The most important thing would be to unlearn. Carrying non-love is easy. But we don't try to get rid of it; we don't smile from the heart though we know about it.

A person told me that it rained because it was very significant and related to some incident in his life. I was asked to confirm whether what he thought was correct or wrong. We read more than necessary in things around us. When it rains, it rains for the world. It's for everyone.

In Meditation, stillness begins from the body. We must keep it still and relaxed. When the mind is devoid of emotions the stillness enters it, and that is the next phase. When we ignore the thoughts, the intellect will be free of thoughts. Stillness then enters the intellect. This is how Meditation evolves. The awareness then enters an inner space, a dimension of stillness. There, our awareness expands and remains in that expandedness for a minimum of 48 minutes. This state of expansion or expandedness is Samadhi. When our awareness remains in that state for a long time, we establish a kind of communion with the Divine, experience the Divine, for which we don't have any words to describe. Apart from meditational practice the most important factor is that you have to carry love, if not, Yoga does not occur.

In Manasa we offer many things - We can learn Meditation; learn to live peacefully and perfectly. We can attain Enlightenment. We can transform the physical body into a

GURUJI SPEAKS

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

Light body. We can become the citizens of Shambala. This is a lifetime achievement. One can become a Rishi, which again takes a long time. We can become channels and channel knowledge. It is not easy to achieve all these things. Pick up one or two and focus on that. It's possible.

Work is higher than Sadhana, work itself is Sadhana. But you cannot neglect Sadhana. Work is something extra that we choose to take up.

You can see good and bad things surfacing in us and in the world outside, in all areas. If these are not dealt with by us then the Universe deals with them. There will be destruction and pain. We will reach that phase in 2012.

'People of Taponagara are not different from the people outside' was a comment from a person. People are living in Taponagara, but they have not yet allowed Taponagara to live in them. It takes time. People in Taponagara are a part of this world, and naturally they are like anybody else.

We have to begin a commune here which has been our dream. My commune is already there, in a different realm. If a person keeps a smile most of the time then he belongs to my commune. If a person keeps a smile, is calm, good, honest then he is going to be the first citizen of the next age, the Light Age. Astrally we see such people as bright lights. Rishis want us to build a Shambala here.

We have to think more about Vishwamitra Maharshi, understand and experience him more, then we will be making a lot of Spiritual progress. We will be able to live all

that we speak of.

28-03-2010

This morning in the newspapers I saw a photograph of a blind man trying to open a tap to drink water. A monkey is helping him to open the tap. Somehow strangely we human beings go through different phases of love, non-love etc. Animals and nature always carry the love enormously, abundantly and unconditionally. Let us keep this picture in mind, to always remind us of the love in the Universe.

We can't have lectures for people in different levels of learning. A beginner and a very senior person having spent quite a lot of time here, and people in Samadhi Yoga also listen to this talk. This is the reason for repetition of points in the class.

Spirituality is different from religion. Spirituality is the essence of all religions. All religions speak of love, compassion, forgiveness, accommodation. New dimensions to the Spiritual world are being added, discovered. We always get what we seek. First let us become aware of the fact that we get united at some level. Oneness is so important now. Oneness should be the religion of the future. We have to understand Oneness, become aware of it and experience it all the time if possible. Oneness gives us strength, because in Oneness we expand. Oneness gives us direction. Oneness gives us so much of happiness. Oneness is Samadhi. This is how we find new meanings to the old truths and realities. You have to contemplate on it; then new ideas, new aspects of the realities flash in you. That is how the knowledge comes down. This process is very creative. In each individual, the Light Age takes

birth from within, not somewhere else.

A person wrote to me saying that he is able to meditate happily when he sits in a room where he gets lot of natural light. He feels suffocated when the room does not have natural light. It's a very genuine difficulty. When we tried to understand him we realized that in his earlier lifetimes he had meditated for long times in open spaces. We advised him to turn inwards, see the Light there and experience the Light within. That is the remedy.

Many people write to me that they experience Samadhi. Check up if you are really moving in the right direction. Sometimes we mistake the unawareness as Samadhi. One who has experienced Samadhi even once, will be a transformed person. This transformation will be visible to the whole world in every way. Unawareness is good. It is the first step in Samadhi. When you experience Samadhi you will be completely aware of what you are experiencing. Our awareness rises and reaches some other level of consciousness where it expands. That is complete Samadhi.

When you receive communication from a Divine Personality, to begin with cross check with me. Cross check with your intuition. When you receive communication if you get excited you will not be able to receive it, as the channel becomes clogged. Be careful. I am emphasizing these points because hereafter most of us or all of us are going to receive communications. I am saying this in the background of the year 2012. When you receive these messages you must be calm, unagitated and pure. If there is slightest trace of negativity of any sort then the message gets distorted. Receiving true, complete messages is important. ■

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.

DD of Rs. 200/- for subscription to Newsletter is to be drawn in favour of "Manasa Foundation®" and DD for the remaining amount is 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.

GURUJI

Shyamala Devi

Born into a cultured and highly respected family, Guruji imbibed those values since childhood. His disciplined, open-minded elders were the models for him and the freedom they offered helped him to grow in various areas.

He was encouraged to read books like Gita even at a very tender age. Those values got engraved on the tender mind and the thirst of search for Truth began at the background. The thirst for Truth made him a rebel, to reject all that was not aligned with Truth. Even his father respected the views of the young boy and allowed freedom.

The naturally shy and introvert Guruji involved himself in the study of Kannada and English literature. He wrote novels and poetry. He has the gift of the art of painting and drawing by birth. His works were exhibited too. He played Tabla, associated himself very closely with nature and listened to music. He had very few but the best friends. All these refined him. He sacrificed his personal ambitions and shouldered the responsibilities whenever there was a requirement. He could see and read everything in a different way, from a higher angle. He is a man with a mission. He is a visionary right from his young age.

During his search for Truth he met many gurus and masters and his Guru Amara. Amara taught him the higher Spiritual knowledge. Guruji grew into a great Master but he retained his humility and simplicity. His humility and simplicity misguide us to treat him as an ordinary man.

He is a Light Master; the representative of the Great Masters of all times. The World Movement of Light Channels which he has initiated to save the humanity and the world indicates his vast love and concern for all life on this globe. He is a Universal Man with Universal Mission. ■

EXCERPTS FROM JAYANT'S TALK ON 7-3-2010

(Compiled by Shobha Rao)

Guruji's life is probably the greatest example of struggle and commitment to the Work, commitment to his Guru, commitment to the values and to the Spiritual principles.

Guruji has amazing clarity in thinking, in understanding what is Spiritual and he does not get influenced by the surrounding world. After Maharshi Amara passed away Guruji had to deal with many difficult situations and had to make sure that the work continued.

Recently a person asked him how he could manage to survive after so many betrayals, hurts, humiliations and after being let down by people. Probably this person was also going through similar situations and wanted guidance. Guruji wrote thus:

"I am going through this maybe because I have chosen this track and accepted the package inclusive of pain, betrayals, disappointments etc. My mission is to uplift these persons. I have to have enormous patience and love, which I tap from my Meditations. Our love towards the Divine is immense. We cannot let Him down. Things will change. There is hope. I know it because I know the Divine."

"If we connect to the Divine in the stillness and purity of our Core and remain connected always, we know and feel secure. The Divine works in its own way. And we have to work in our own way. We must love but we need not trust blindly. We must help but we must not allow exploitation. We must be kind but we must be ruthless in our action. We must adventure but we should not take too many risks. We must dream but we stand on the ground firmly. All this is Spiritual. I hope these words open up new doors and windows for you. I send energies along with these words. Carry Light always. Light helps."

This reply of Guruji to that person contains the essence of Spirituality. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Do thoughts consume energy?

A: Yes. Any activity in this system consumes energy. Prana gives energy to all the three bodies physical, mental and intellectual. If more energies are required for the mind or for the intellect it is possible to get these energies from their respective sources. The source of mind is Brahma Loka. Pray to Lord Brahma and imagine you are receiving light from him for three minutes minimum and for a maximum of seven minutes. The source of intellect is Devi Loka. In a similar way we can pray to Devi Adishakti and receive energies from her for three to seven minutes. If required you can do it daily.

Q: Do the positive and negative thoughts and emotions consume the same amount of energy?

A: Negative thoughts and negative emotions drain out more energy. Therefore we should avoid them.

Q: When the guru knows our Spiritual progress why are the practice reports required?

A: The practice report is an opportunity for you to assess yourself. When you fill up how many number of days you have meditated or not meditated then you become aware of your own practice. The guru knows at a different level. So at this level these details are required for us. Spend some time. Send the practice reports.

Q: Can we progress spiritually with a false guru?

A: Yes. The progress depends on us. We receive these instructions or the knowledge and begin practising. It depends on our devotion and our involvement. If we make sincere efforts the real Guru (God) guides and all other middlemen vanish.

Q: Who is our best guide?

A: God is our best guide. We know that the formless God exists. He can guide us in every way, all ways because he knows us thoroughly. He is in us, with us

all the time. He knows our weaknesses and our strengths. He knows the past, future and everything. After God it's Rishis. They are the best guides.

Q: When we are unable to meditate can we ask our Chaya Purusha to meditate?

A: No. We cannot do it. If there is a genuine reason for our not being able to meditate, then maybe the Chaya Purusha will meditate on behalf of us. But it will do so by its own will, not because we want it.

Q: Why do we fall spiritually when we are with the Rishis?

A: With our freewill we choose to be different. We don't follow the Rishis completely. We follow where it is convenient for us and the rest of the times we don't follow the Rishis seriously. We have our own egos. We naturally fall even when we are with the Rishis. We are responsible for that.

Q: Can I practise Trataka alone separately?

A: Along with Trataka if you can practise Pranayama, it's more beneficial. Along with Trataka if you meditate or channel Light you will get greater benefits. Practise of only Trataka is not forbidden but not advised.

Q: Once we go out of this hall we are different. Why?

A: When we come and gather here, we come prepared to listen, to learn, to meditate and to spend time in a particular way. Once we go out, we go back to our own lives, our own egos. We prepare ourselves to go back to the world. It's natural we are different there, as we live in that world all the time.

Q: What and who will save the world?

A: It is the love that saves the world. It is we who save the world. The essential goodness in us will save the world. Universe is waiting for us to come back to our original goodness. ■

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)

I wasn't being selfless while taking care of my mother-in-law who had undergone surgery. Vishwamitra Maharishi told me, "You have to be absolutely selfless and should serve with love. It's time to settle your Karmas." Thereafter, I took care of her with great love which gave me happiness. One day I cried feeling the pain she was going through. When I regained myself, Vishwamitra Maharishi smiled and said, "That is being selfless." I am ever grateful to the Rishis for guiding me with so much love.

—Vidya Arora

I was sitting with folded legs holding them with my hands to my chest. An unseen energy had kept me afloat in this position on a plateau in the sky. I was taken to a height of about 500 feet. The energy showed me a mountain in which there was a cave.

Later Guruji told me that I had done a lot of Sadhana in my past life in that particular area and the cave. My energies from the previous Sadhana are there, and that I will be given these energies, which will help me in this life. This was the significance of the Astral experience.

—Rakesh Shetye

I tried to speak to Photon Belt. I saw three people fighting between life and death; also saw a photo in which ten people were writhing in agony. However, soon all of them gained bright expressions, rose and dispersed as if nothing had happened. The Photon Belt told me, "This is my Healing Light." Then I felt a strong energy and a bright light flow into me through the third-eye like a shower.

—Ikuko

On Ugadi, after Meditation I asked the Rishis whether my Karmas were cleared. Suddenly I observed that the tubelight in the room was on. Nobody

had entered the room. It was surprising! Later Guruji confirmed that the tubelight getting lit indicated that the answer from the Rishis was 'yes!'

—Prof. C. Swaminathan

I held on to the aerial roots of a Banyan tree and felt a stream of energy flowing out from my fingers to the roots. Later I touched another new born shoot from the same tree and felt a flow of energy entering my body from the tree. It was an exchange of love! Nature teaches us, and I prefer to be still in her midst, to allow the unfolding of faculties in me.

—Jayanti Natarajan

I feel a bubble of light all around me and I am centered somewhere in my heart region; I am a point of consciousness there and the Universe expands all around me. A few times I found myself in a place of absolute stillness.

During Meditation I felt as if I was falling from the bed and something had hurt my head, but when I opened my eyes nothing had happened. Later I received the news that my brother-in-law had a fall around the same time, had hurt his head and was bleeding. I realized that we are sparks of one big Light and connected to each other.

—Meena Kumble

On 26th Feb., while channeling Light, I saw white light emanating from my soul, filling my entire body and merging with the blue light. I was absorbed in the intense experience. Later, I saw myself going into the earth. A blue ball of light was seen, which I felt was the core of the earth. I could see blue light coming from above and reaching the core. It was expanding and spreading to the surface also. A happy and beautiful Mother Earth was seen in our Meditation hall.

—Rakhee Chopra