



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

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## REFLECTIONS

Guruji Krishnananda

On 30th September 2010, this country stood still holding its breath before the Court verdict on Ayodhya dispute was announced, fearing communal violence. All huddled themselves in the safety of their houses, glued to the TV screens. The verdict was out. And there was a big lull. Then, nothing happened! There was no violence. Not a single case was reported in any part of the country. Then, there was a big sigh of relief. The country moved on.

Then, there was an endless analysis by the TV pundits and print media. We were repeatedly told that the country has moved on, the young were more pragmatic and the old had matured. It was all true. And there were other realities also which the media did not know, the Intellectuals could not read and the common people were ignorant about. It was the effect of Meditations by the Meditators all over the world in these years of awakened concerns. It was the effect of channelling of the Light by lakhs of school children all over the country. It was also the impact of energies channelled to this earth by the Light Masters, the Rishis, in the Astral worlds. It was also the result of the work by many Light workers all over the world.

I heard a Light Worker saying that recently a war was prevented by the Astral Masters. I know several such incidents. The Light Workers of the Earth are aware of these. But, the citizens of the world will never know this because the media will not help in publicising these very important realities even when these are brought to their attention.

I thought that Internet would help in publicising the Light matters. But Internet is an ocean and there are too many trivialities floating. The important messages are either ignored or joked about, though a miniscule minority takes these seriously. But, I am not disappointed. I am aware that the process of disseminating the Knowledge about the present realities of 2012 and messages from the Astral Masters are being done at the Astral level.

At the Astral level, everyone receives the knowledge and receives it without any distortions clearly and wholly.

We, the Light Workers, are not alone establishing Peace on this earth and guiding the humanity in difficult times, including the great changes related to 2012.

We are never alone. But we do not always follow the guidance from the Light Masters thanks to Free-Will. ■



### 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 delivering the Key Note Message in the Global Congress of Spiritual Scientists in Bangalore on 30-09-2010

**NEWS AND NOTES**

- ♦ Guruji inaugurated the 3rd Global Congress of Spiritual Scientists on 30-9-2010 at Pyramid Valley in South Bangalore and delivered a Key Note Message.
- ♦ Owing to the increasing number of students, a bigger Dining Hall is being constructed at Taponagara.
- ♦ We are participating in the Bangalore Book Festival for the fourth consecutive year, from 12-11-2010 to 21-11-2010 at Palace grounds, Bangalore. Meditators are requested to visit our stall and encourage.
- ♦ Apart from registering and renewing for external guidance, donations can also be made online from now onwards.
- ♦ iGuruji articles are now available to everybody online.

**SUNDAY PRASADA**  
was sponsored on

- 05-9-10 by Nagamma A. & Rajalakshmi R.  
12-9-10 by Vilas Pande, Daksha Vijayaraghavan & J. Guruprasad  
19-9-10 by Ramesh V. D., & Asha Hosakoppa  
26-9-10 by Ajay Kumar M., Dr. Nagaraj & Padmavathi G.

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

**MEDITATION ON SPECIAL DAYS**

04	Thu	Masa Shivaratri
05	Fri	Naraka Chaturdashi Worship of Mahalakshmi
06	Sat	Amavasya
07	Sun	Diwali
14	Sun	Shukla Ashtami
16	Tue	Shukla Dashami
21	Sun	Pournima Shiva Deepa
22	Mon	Vishnu Deepa
29	Mon	Krishna Ashtami

**PROGRAM AT TAPONAGARA**

Sundays	Lectures from 11AM to 12 Noon Special Meditation and Light Channelling from 12 - 1PM
14th Sun	Shambala group meeting at 2PM
21th Sun	Ra group meeting at 2PM

**It is proposed to make available the iGuruji articles (two nos.) every month, in English, Kannada and Marathi printed in a booklet. Those who wish to receive may please register immediately.**

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

**Informal Group Meeting with Guruji on Second Saturday, 13-11-2010 from 11AM to 1PM. Those interested may register their names with the office.**

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

## UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ◆ When we began teaching Light Channelling to children in schools on 1st February 2010, we began in a humble way. We did not realise then that soon lakhs of school children would begin channelling Light. Thanks to the efforts made by our volunteers. By the time you read this update, more than 5 lakh children in hundreds of schools across India would have channelled Light. In the month of September alone, more than 1.4 lakh children in more than 250 schools channelled Light.
- ◆ One of our elderly Sadhaks who travels extensively, defying his age, to nearby towns for this work is known as a Light Master among the school children and teachers there.
- ◆ Many volunteers travel, making their own arrangements, to remote towns for spreading this movement. One such group of volunteers from Bangalore supported by local volunteers, covered several schools in Mysore on 17th September and taught "Light Channelling" to more than 26000 children on that day. ■

## EXPERIENCES OF SCHOOL STUDENTS AND TEACHERS

Every morning, when we pray at the assembly in school I make sure that I channel Light for a minute, and when I open my eyes I see everyone glowing and cheerful. This cheerfulness stays throughout the day. It is simply amazing to see this happen.

—Deeksha Suresh

I used to study a lot but never scored high marks. I came to know about Light channelling and decided to try it. Every day in the morning I practise the technique for five minutes. You may not believe but a miracle happened as in our next unit test I scored full marks in few of the subjects. For an average student like me, this is very surprising!

—Samiksha Vagare, Class X, Kalmadi High School, Pune

I could feel the energy during the Channelling session and after opening my eyes, I felt like I had entered a new, different and wonderful place.

—A student, Zilla Parishat Unnat Pathshala, Hyderabad

## TAPONAGARA DIARY

Seema Almel Somayaji

September started with Sri Krishna Janmashtami which was marked by a special Meditation session. His presence for ten days was special this time because more of his energies were spread and contained in Taponagara to enable the Shift.

The sadness with the departure of Sri Krishna's amsha was overwhelmed by the joy of receiving the amshas of Goddess Gowri, Lord Ganesha along with Lord Shiva and Lord Karthikeya. It is a little known fact that the entire Divine family of four graces earth with their presence in this period of ten days.

Shambala class and Ra class were as special as they always are.

The Light Channels World Movement volunteers have been given an office space in the Utility Block. Earlier they would work out of the Library. The Movement is growing and all that is required to facilitate it is being provided as well.

Rains have continued. Fortunately, without any disruption. The last day of the month was a spectacular display of nature's beauty - a mesmerisingly beautiful full-moon rose from the East. It filled the surroundings with its cooling golden glow on a cloudless night. ■

## 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)

05-09-2010

We are racing towards very exciting and great times, great changes, starting from the year 2012, that we would love to go through and accept. There will be stirrings inside. Each one of us is a Universe. We have our own and entirely different ways of looking at things. So, for our struggles and questions it is better we find answers and ways out by ourselves, by adopting the broader principles, passed on in the classes.

It is important to meditate and also equip ourselves with new knowledge, like the realities related to 2012, otherwise we can't make any progress. We should not feel scared. To receive more Light and Prana we have to practise more Pranayama. Now we are receiving Prana from our Sun; after some time we will be receiving it from the Second Sun. People who are ready spiritually will have new systems. The work of the governments will be done by God or Avatar, who is waiting to take charge.

You have to find out which is the best technique of Meditation and the best path. Begin with any technique. Be honest. Your intent or the goal should be clear. You are then led to the right path, the right one for you.

Meditation involves several processes. Apart from cleansing, experiencing the vastness, there will be a kind of upsurge of love. We begin to love life. We must live in this world, must love life. We must enjoy the movement of the clouds, try to experience it. There is so much to life. Processes which bring about tolerance, accommodation, transformation in us, also occur.

When we enter stillness, we experience many things, and many processes get activated. We must consciously allow them to happen. Unwanted old ways have to disappear. Every time you

meditate you emerge as a new person. We must remember that a Meditator is a universal person.

A Meditator gets awakened to higher realities, like the existence after death, Creation etc. When you realize and accept the new realities, a new wisdom dawns in you. It is with this higher wisdom that we have to deal with life. Awakening is one more process in Meditation. We must allow the awakening to happen.

Last time I gave a new technique, which is to keep Light in you and experience Light. It is a general technique meant for people who have not taken up Meditation like us. Once people begin practising this technique they have to understand that to progress further, a systematic learning and guidance is required.

12-09-2010

In every class there is a Divine Personality, a Rishi and many Astral visitors who create a huge field of Spiritual energy. When you attend a class physically or even through the webcast, you should be aware of receiving blessings and energies from all these Masters and the field of energy.

Mere choosing of the path is not enough. Keeping ourselves in the track and remaining focused the whole life is very important. You may improvise the goal but you must affirm.

An Ashrama is an atmosphere, a field of love and peace. It could be anywhere. An Ashrama is a place where we don't find materialism or selfishness but, there is complete freedom to commit mistakes and exercise our Free-will. Ashrama is where all negativities surface so that we clear them. Ashrama is an opportunity.

Being careful, when interacting with others and also relating with

them, indicates that there is no trust or love or any relation. You should relate to a person wholly, completely with great love and trust.

We have taken up Meditations to have knowledge of three types: the ancient knowledge and wisdom that we have gathered in essence, the knowledge of the present realities of 2012 and all related realities; thirdly, the knowledge about living the day-to-day life - to live happily, to allow others to live happily.

There are only seven Chakras and these are gadgets. The other Chakras spoken of are only the energy centers, but not Chakras. There are two more Chakras. There is one above the Sahasrara. It is called Parihari in Sanskrit, Angelic in English. It helps us to travel in Ashtadikpalaka Lokas to gather knowledge and energies from these Lokas. The other Chakra is above this Chakra. It is called Ananta or Cosmic. With the help of this Chakra we can travel in the Divine Lokas.

This is the time to strengthen our bonds with each other, with the Rishis and with the Light. This is the time to practise Oneness, because Oneness strengthens the love, brings us security and protects us from the dark energies.

19-09-2010

Nadi Shastras contain the different karmic tracks. When we take birth we are born into a track which is our destiny. By Spiritual efforts, particularly Meditation, we can clear Karmas, and shift into another track. Only a mystic can read our future in such cases where we have shifted the tracks. We will not be in any of the tracks when we reach a stage where we would have cleared all the Karmas, and also will not be bound by the laws of Karmas. We will then be bound by higher

## GURUJI SPEAKS

(Excerpts from Guruji's Sunday Lectures)  
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laws. At any time we are bound by some laws or principles or a value system.

We have understood Enlightenment as becoming Light ultimately. The beginning of Enlightenment is realizing intensely, experientially that we are particles of Light. Enlightenment is also realization that we come from God and that we are just visitors to this place. We are partly enlightened when we realize that we love everything on this earth because it comes from God. Manifesting Love, manifesting the life-force is an expression of our love for God, and is a part of Enlightenment. Understanding, accepting and following the laws, and accepting with love the consequences also, when we violate them, is a part of Enlightenment. Realizing that forgiveness is not an act of kindness but an act of surrender is a part of Enlightenment. Enlightenment is not just a single process. It is all this and much more.

We have to manage extreme emotions. If not, they damage us, or make some dents, may obstruct our Spiritual growth, or upset our health, or affect our relations with people. They affect our Sadhana.

Not evading, avoiding or postponing a problem, is a part of the Spiritual Sadhana.

Every day we have to seek God, we have to cry for Him and wait. But when we establish ourselves in Light, in God, we will be always smiling, and we don't have to look back.

Visit this place astrally, once a week or as often as possible, before you go to bed, except between 1am and 4am, the purpose being to receive energies. Go to the Cosmic Tower; worship its deity, Malini. Offer your energies and love. Take

energies of the Tower from Her. Go to Kundalini Hall, worship Maha Kundalini, speak to her and receive Kundalini energies from Her. Visit the Ra Meditation Hall. Worship Ra God and the great Rishi from Ra Loka, receive energies from them.

I am giving you two techniques that will prepare you for living on Prana in future, and changing these bodies into Light bodies: One, imagine golden Light coming from the Sun and entering you. Fill every cell of your body with the Light. Experience it. Practise daily for a minimum of 7 minutes, for 60 days; then begin to eat as much as you are hungry. Continue practising it.

Two, whenever possible experience Light in every cell of your body. Increase your purity levels. Let us manifest love, always carry love. Let us prepare and wait.

Ra energies bring us firmness, improve and stabilize our health, and take us to a no-thought state during Meditation, bring stability in emotions, help sublimation of the baser instincts and help us to think big. With these energies it is easier to experience Oneness.

We have a lot of knowledge. If you don't understand it completely or you are unable to put into practice, it is alright. But don't stop making efforts to understand and grow.

When you take up this Path, if you begin to find faults, you cannot learn. You will not develop respect.

26-09-2010

In the beginning, seeking solutions to our problems in the material plane is not at all wrong. But later, we have to take a step in the Spiritual journey, and focus on our Spiritual growth. If we don't do it, then we don't get any more help.

I had explained that if a common

man thinks that he should not tell lies any more, and he stops telling lies, that is transformation enough for him, to sail through 2012. This concession, 'transformation enough to sail through 2012' is for those who are ignorant of the realities like 2012. Afterwards, everyone, common man to Meditator, will have to further their Spiritual efforts to attain total transformation.

Everyone has experiences. Some remember, the others do not remember, as their channels of memory are blocked. To clear these blocks we have to meditate, practise more Pranayama and experience Light. There are intelligences working, which see to it that the person who doesn't remember his experiences, somehow receives the knowledge or the message.

The healing energies work by reaching the person and converting the energies of the disease.

A person sat at a particular time in the Ra Meditation Hall, experiencing the Ra energies. After she spent a long time, she opened her eyes to see the time. The watch showed the same time, not a moment had passed!! It is possible that we remain at this moment, somehow enter a kind of expanded time, spend an hour or two or any length of time and come back to the same moment. The time has come for us to explore these possibilities. Maybe, after 2012 when we almost enter a New Age, this becomes very easy.

Whenever we heal, we attract a part of the Karmas of the person getting healed, which are cleared when we meditate. A person does not suffer in any way when he heals another person. ■

## 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)

The channelling of Light that we tried in various holy spots in England was unimaginably deep and joyful. It was entirely owing to your Grace that we could happily fulfill our end of the trip and reach at the unshakable conclusion that, we are at any time under the affectionate gaze of God.

–Yasuji Yamaguchi

Though Meditation has been a struggle, acceptance of people and situations has been increasing slowly but surely. I have never stood up to unfair situations, but now I feel I need to verbalise. I am taking the help of Light to handle the situations effectively.

–Smitha Shetty

A few days before the interview at the US visa consulate I had been suffering from severe toothache and headache. I prayed to Light to heal my pain and be with me. It was Light and your blessings which helped me to clear the interview. In times of trouble I have always felt the help and protection received from you. I am thankful to you.

–Maithreyi

I spend hours looking at the rain and sky, and feel satisfied and joyful. I enjoy watching the squirrel which plays in our garden or the butterfly which is not disturbed by my presence. I am grateful for the beauty around and the blessing to be able to enjoy it!

–Vidya Arora

I am meditating since two months. I can feel the white Light around me and visualize your face sometimes in the Light. With this practice I have become calm and my negative thoughts have decreased. I thank you for this transformation.

–Sudhir Jain

Now-a-days I do not expect people to think like me. I speak only when someone asks for my opinion, thereby reducing unwanted

dialogues. I just witness and do not take over the situation when I am not supposed to.

–Balram Paranjape

I have a lot of peace within me. Any sense of anxiety is only momentary. I thank Light for this. When I sit in front of Master V's statue at Antar-Manasa, first I experience red Light, which becomes golden and later I am filled with white Light. I am transfixed and have to force myself to get up.

–Nalini Rajasekhar

While conducting the Light Channelling session on 17-7-10 at Chennai, after explaining about Light when I started giving instructions I had stage fright. Suddenly, a greenish-blue Light filled me, and after that the entire session was beautiful. I thank the Rishis for giving me an opportunity to be a part of their work.

–Manikandan Baskaran

Recently I was very disturbed and requested for your help. The next day during Meditation I could feel an energy descending into Sahasrara Chakra and a sense of peace prevailed. I realized that I should accept the situation and go beyond it instead of counting losses. I am also feeling a sense of humbleness and surrender, and my way of thinking has changed.

–Nirmala Bala

Several doubts that arise in me are being clarified by the Rishis. I am freed of several knotted thoughts and I feel all the more light and happy. The challenges are now more easily acceptable than before. I have been helping my students and their parents in Light Channelling and extend their gratitude as well. Millions are being blessed with your guidance.

–Jayanti Natarajan

## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: Why does God allow killings?**

A: God neither allows killings nor does He prevent them. He is a witness.

**Q: Does God also evolve along with the Creation?**

A: What is created evolves. God was not created. For Him, evolution is not required. He existed always.

**Q: I want to give up everything and join your work. Can I?**

A: It is appreciated. But you have to understand the work, equip yourself with Love. If we take up the work without proper preparation, we will feel disappointed and go away.

**Q: In spite of many attempts, I could not contact the Rishis. Please advise what shall I do?**

A: We lost contact with the Rishis thousands of years ago; to restore the contact it takes time. Practise Shambala Principle number One. Calmness helps contact. Sit with great Love and try to speak to the Rishis, you will hear, you will have the contact, never stop attempting.

**Q: How can I experience the Light?**

A: You have to find a way by yourself. First, you must believe that there is Light, become aware of this unseen Light or its Presence in you. Send Love to it. Light will respond. You have to spend some time. It's like a love affair with God. We must love Him. It is then you experience the Light. This Light carries great Love.

**Q: I am unable to meditate. Please help me.**

A: Help is assured but help us by being a little more specific. If we are really serious about Meditations, we naturally locate

the obstructing factor and get over the problem.

**Q: When was Meditation taught first? And who taught Meditations?**

A: Meditation was taught to us first by the Sapta Rishis when we came down to this earth maybe, more than a billion years ago. They wanted us to become Light again by getting rid of the tainting Karmas.

**Q: Why should we meditate?**

A: We meditate to concentrate more, to improve memory power, for peace of mind. We have to meditate to receive new energies, more wisdom, which is required to deal with the new complex life. We have to meditate to receive more Light, to become Light and later Light bodies. We have to meditate to sharpen our faculties like third eye, intuition etc., to establish contact with the Rishis, and, of course, to sail through 2012.

**Q: You have given us several healing techniques. Which one should we follow?**

A: The latest one or anyone. We should know that it is the Love and intent that work and not the techniques.

**Q: Do we require a guru even after Enlightenment?**

A: Even after Enlightenment we require God to always guide us. We require perpetual guidance.

**Q: How do we communicate with inanimate objects?**

A: Any object has an energy field with a core and a personality. If we invoke, provide it with more energies, it can take a form. Try to communicate, speak to the Light in that inanimate object. You have to practise consistently. ■

## LIST OF OUR PUBLICATIONS

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प्रकाश (Hindi)	10/-
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ಕಾಂತಿ	10/-
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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.

**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 7-9-10, a few minutes after I started meditating, I was in total darkness which felt like a big void. There was utter silence and stillness. I heard Guruji's voice saying, "Go deeper." As I went deeper, tears started flowing from my eyes. I said, "Guruji, I feel so tranquil here. Please let me stay here forever." He replied, "You have to come out. Don't you want to fulfill the unfinished dream?" I thank him for his Grace and Love. **—Purnima Parulekar**

While climbing the hills to Tirupathi, I suddenly blacked out and had difficulty in breathing. I just sat down and prayed to the Light to give me the strength to complete my mission. A voice deep inside me told me to undergo this suffering as I had much more in store, but just with this it would all end. I felt something leaving my body and got a great energy surge after which my entire journey was blissful, and I did not feel tired even for a moment. **—Nithya James**

During the Ra class on 19th September, Master V was present along with Ra Brahma, passing special energies to us. A lady Rishi from the Ra Loka passed on feminine energies to all, which would balance all energies and help us to absorb more Ra energy and prepare for 2012.

A blue diamond gadget was brought down from the Ra Loka to spread the Ra energy wherever required, so that it could be absorbed by all. These energies are very important for transformation and for the year 2012. **—Vidya Arora**

Two weeks ago I was meditating in the Ra Meditation Hall. Since we had to vacate the place in about an hour I

thought I should make the best of the time available. I experienced unification with the blue Light and a lot of expansion for a long time. I thought that I must have exceeded the time limit, but to my utter amazement I saw that not even a minute had passed. There was a cessation of time! **—Ruby Billimoria**

On 16th August, when I came out of our office, I found a crow lying under an electric pole. It was electrocuted but was still alive. It was struggling to breathe. I prayed to Light, passed on Light to the injured bird and left the place. After half an hour I returned to find that the crow had flown away! Light had acted and done the needful. **—K. Ramachandra**

I had a beautiful vision on 17th September morning, when I was deeply experiencing Light. Light was flowing all over me and I was thoroughly enjoying that feeling. Suddenly there was a brilliant Light shining which was very intense. In those few seconds, nothing else could be seen as its brilliance was incomparable. It was the ultimate, and it occupied the whole. **—Vidya Vishwamitra**

I always feel the presence of Light around me. It sublimates my negativity and changes it to positivity. I am lot more happy. Sometimes during Meditation I see myself as a Light body. **—Archana Pillai**

In my stage Meditation now, as soon as I think of Lord Light, the Light pours out of my chest and expands. When I fill all the cells of my body with Light, for two hours Divine Light from Jesus, Virgin and Buddha showers over me and I am filled with gratefulness. **—Yasuji Yamaguchi**

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