



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 11

OCTOBER 2010

Rs. 15

REFLECTIONS

Guruji Krishnananda

When I move in the outside world and look at the people ever-busy with their day-to-day living, I wonder if they are aware of the great changes that are expected to take place in the near future. I wonder if they are aware of the realities like the Astral worlds, Light Age, Light Masters and many other realities! I wonder if they have ever thought about the life after this! Then, I wonder how would they prepare for the Changes! How would they prepare for the New Age! Then, I would think of people in other parts of the world.

Then, I speak to the Light and wait for the answers. The Light has its ways of speaking. Not through the words. But in a language of silent Awareness which is direct and distinct.

The Light says: Do not worry. Everyone will know. Everyone prepares. Some do it fast and some slowly. They need not know everything at this level. There are other levels. Many Masters are working at other levels educating and guiding people. All these will not be known to the people at the physical level. It is not required.

Then, I wonder at the way the Light takes care of those who are awakened and those who are not awakened. Of those who know and those who do not know. I cannot stop wondering.

I, again, wonder at a Revelation. About Transformation.

If a common person realises that he should not tell lies and he stops telling lies, it is Transformation enough for him. If a policeman realises he should not take bribes and he stops taking bribes, it is Transformation enough for him. If people, in any walk of life, realise that they should give up their un-spiritual lives and begin following the spiritual ways, it is Transformation enough. Enough to enter the New Age. Then, he will become Light soon.

For those who are awakened, these transformations are not enough. They have to transform in all aspects, naturally. More knowledge demands more transformations.

The Light Channels Movement is spreading well. More than hundred Meditator-Volunteers in different cities and towns are doing a great silent work. They approach the schools and help students channel Light. And the children are doing a great work of channelling. This work is soul-satisfying.

The Light has chosen children first to spread. The Adults should join them. Light channelling for seven minutes can happen in offices, factories, hospitals....everywhere. Light helps everyone in every way.

Light Channelling is non-religious and non-commercial activity. ■



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.

DOORWAYS (Eng.) / TAPOVANI (Kan.) / PRAKASHMARG (Marathi)
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NEWSLETTER

Gift a Subscription to a friend. Send us the name and address, along with the Subscription amount.

Hundreds of volunteers visit hundreds of schools every month to spread the Light Channels World Movement. While these wonderful souls spend personal money, we support them with brochures, posters and cards. As we approach lakhs of children we need support for printing. Please help us by donating generously.

NEWS AND NOTES

- ◆ More than 400 people had participated in Amara's Mahasamadhi Day Program held at Taponagara on 29-8-2010.
- ◆ Two new books "Higher Communication and Other Realities" and "iGuruji (Vol. 3)" were released on 29-8-2010.
- ◆ Meditators gathered at Taponagara and meditated on 1-9-2010 on the occasion of Sri Krishna Janmashtami.
- ◆ Renovation work of the dilapidated Sri Hanuman temple in Chikkagubbi village commenced on 23-8-2010 with Guruji's initiative.
- ◆ Guruji inaugurated the Global Congress of Spiritual Scientists at Pyramid Valley on 30-9-2010.
- ◆ iGuruji articles are now posted on our website. Printed copies of these articles will also be available from November 2010 onwards, in English, Kannada and Marathi. Please contact Manasa office for subscription.

SUNDAY PRASADA was sponsored on

- | | |
|---------|---|
| 01-8-10 | by Jyothi M. & Praveen P. B. |
| 08-8-10 | by Utkarsha M., Amogh J. S., & D. Chandrakala |
| 15-8-10 | by Ketaki Talwalkar, Anjali Patil & Sathvik |
| 22-8-10 | by Ajay Kumar M., & Aarti Kenny |
| 29-8-10 | by Vishruthi Karanth, Pramila Jagadish & Vidya Mishra |

MEDITATION ON SPECIAL DAYS

01	Fri	Krishna Ashtami
06	Wed	Masa Shivaratri
07	Thu	New Moon Day Mahalaya Amavasya
08	Fri	Navaratri begins
13	Wed	Worship of Saraswathi
15	Fri	Durgashtami
16	Sat	Mahanavami Ayudha Puja
17	Sun	Vijaya Dashami
22	Fri	Full Moon Day
30	Sat	Krishna Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures from 11AM to 12 Noon Special Meditation and Light Channelling from 12 Noon to 1PM
31st Sun	Akhanda Dhyana (Group Meditation) from 10AM to 1PM

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

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

Informal Group Meeting with Guruji on Second Saturday, 9-10-2010 from 11AM to 1PM. Those interested may register their names with the office.

This month's Newsletters are sponsored by Smt. Premna Varghese and Smt. Vidya Virkar.

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

UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ◆ Light Channelling Sessions on 28th August were dedicated to Maharshi Amara. Filled with great Love for the Master and with a passion for the cause of bringing more Light to this world, our Volunteers all over India taught Light Channelling to more than 30000 school children on that day.
- ◆ Our volunteers covered more than 230 institutes in August and channelled Light along with more than 1 lakh children.
- ◆ Healing, which started silently as a natural response out of great love and pure intention is now gathering momentum as more and more people volunteer to join this healing group. Many have benefitted by the healing.
- ◆ A special bulletin on Light Channels World Movement will be released from November 2010. ■

LIGHT CHANNELLING EXPERIENCES

My 11 month old niece was serious and the doctors suspected Dengue fever. With Guruji's blessings and the Light Channelling team channelling Light to her, she recovered miraculously. I have no words to express my gratitude towards the Light Channelling team. –Dr. Suresh Kumar

After my son and daughter started channelling Light regularly, both have shown unimaginable improvement in their studies. Also, they are gaining more confidence. Light Channelling can create wonders and my one birth is not sufficient to express my gratitude. –Dr. Charusheela Birajdar

I liked the Light Channelling technique very much. I experienced a lot of energy while Channelling. One of our teachers told that she could not open her eyes and unlock her fingers after the session. Many students informed that they felt very relaxed and energetic and some had even seen the Light everywhere. –Head of Silver Drops High School

TAPONAGARA DIARY

Seema Almel Somayaji

All of August was geared towards the commemoration of Maharshi Amara's Mahasamadhi, which was observed on the last Sunday of the month. Two books were launched on this day. The weeks running up to the launch were blessed by Goddess Mahalakshmi's Presence on earth for ten days. She was welcomed and worshipped with group Meditations at Taponagara.

The day of Mahasamadhi was marked not only by personal blessings from Guruji but also by a special speech by Guruji which gave us rare knowledge about Moolabrahma. Students also received a new healing technique. Amaraji blessed everyone.

Every visitor to Taponagara would have seen a Hanuman temple right at the entrance behind the bus stop. If you cannot recollect having seen it, do not be puzzled. The structure was in ruins and it hardly resembled a temple. Though some villagers regularly worshipped here, maintenance was never addressed by them. Guruji has initiated the task of rebuilding this temple with the help of some humble donations from our students.

The Residents' Meet was held at Shri. Gururaj Kanade's new house. Taponagarites blessed this homely and beautiful abode with Light Channelling. Each passing Residents' Meet is turning out to be an enriching session of Spiritual guidance from Guruji. ■

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)

01-08-2010

Awareness of Light leads to the experiencing of the Light. Awareness of peace or anything leads to the experiencing of that aspect.

Very strong reasons lead to the state which makes one say 'I hate myself.' If someone has inflicted great pain, or a great injustice on you, don't cry, don't hate or commit suicide. Don't look at things with your standard of justice. Refer to Light. The Light will help us to get over this helplessness. We have to realize that there is always life ahead, there is always hope. After we leave the body we have immediate access to greater knowledge and more information. Once we understand these minimum realities we will never hate ourselves, or anyone or anything in life. There is much more to life, there is much more to death. There is a universal justice system. No one can escape that.

There is a life-force in everyone and everywhere on this earth. It is like a special gift. Inertia is another force almost opposing it. It is in us and also everywhere around. Inertia is a kind of passive force, not a negative force, which somehow discourages life, without doing any damage. Perhaps God introduced inertia to test us. At times, when we cannot meditate, let us not blame ourselves entirely, but get over the inertia by making efforts. There is no other way. Sometimes we have to deal with the collective global inertia also, which exists because of the oneness. When we bring in Light, suddenly the cloud of inertia will be removed; the life-force emerges, bringing back the enthusiasm.

Practising oneness helps the group to be strong and the individuals to be amicable towards each other. Technique to be

practised is: Let us imagine that each one of us, as many people as we can identify and recognize, is a small globe of Light. Imagine all these small globes of Light merge into a bigger globe of Light, and we become that globe. Experience it.

Your health is assured when you practise more Pranayama in the morning and before going to bed with a minimum of 7 rounds. Inhale slowly taking in a lot of air and also Light, allow the Light to spread to the entire body. Then hold the breath for a comfortable period. Then exhale slowly. Between each round you can have regular breathing once or twice.

We must educate the Sadhaks patiently, and check if they are practising channelling properly. The Sadhaks have to get their doubts clarified with their teachers. If we are sincere we achieve good results.

08-08-2010

We have to learn to firmly deal with the realities of our individual lives, to move on spiritually and live peacefully. When we meditate we naturally get connected to the source of all wisdom, all strength and receive these, which help us to deal with any situation in life, remaining peaceful and focused on our chosen goal. We also come to know about the higher realities, understand many things which bring about changes in our life. We even change the tracks of our lives.

The changes of transition or Pralaya have picked up pace. When we accept the changes, we sail through, move on. Sometimes when we don't accept, many disturbances occur. We should face these squarely. We must know that these are very temporary. Once you learn a lesson, gain the wisdom and move on, these things vanish like

mist. These words come from the great Rishis.

Our only relation is the Light itself and nothing else. When we sincerely 'let go' of our old ways, attachments, baggages etc., and 'surrender', all problems, diseases, and obstacles in life and Sadhana vanish.

There are some revisions and changes in the laws of Karmas. You are not bound by these laws when you surrender and become Light. When bodies turn into Light bodies Karmas vanish. When you apologize sincerely and don't repeat the mistake, the Karma related to a particular incident just vanishes. When we manifest Love and Light truly, wholly, all Karmas vanish. When we do selfless service some of the Karmas get cleared. When the purity levels increase the Karmas also decrease. When we work for the Rishis we don't attract Karmas.

In Light Age the Chakras remain as gadgets only, or maybe as the connecting points to their respective Lokas, as we don't require the energies from them because we will be having the Light in our system. Similarly the Kundalini will remain dormant as we don't require it. In the Light Age all are enlightened naturally, and will be able to access the knowledge that is with God and bring down special energies and carry them. The dark energies will be replaced by the Light energies. All faculties in us will operate fully; contact with the Rishis and gods is easy and instantaneous. There will be no diseases, no boundaries, neither army nor governments; no police, no courts, no production centres, no communication systems and no rituals. Worship will be direct. There will be one Divine system for the entire world. God Himself, the

GURUJI SPEAKS

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

Avatar will be the person in charge of the entire earth. We will live on Light, not on Prana. There will be neither births nor deaths. Natural disasters will not happen during the Light Age. We will be able to talk to the elements. We will be able to travel to any part of the Universe in special spaceships. We will be spending time experiencing newer and greater things. We will also be helping and guiding people in other planets who will be in different Yugas.

Light works whether the individual has faith or not. Light works when either one individual or hundred individuals send Light.

The Light Channel Movement is something which overwhelms me. Those who can take up this work, contact us. If anyone requires healing from the Light please contact us.

We don't publicize about our Path. We don't attract people, or drag in people and try to hold them back when they want to go away. All paths lead to the same Light. If you think in some other path you are comfortable, you are most welcome to join it.

15-08-2010

A person experienced a kind of Awareness and also a kind of blankness when he was in a crowd. He could hear the birds chirping and also the other sounds around him, and somehow he had tears. He was so calm and peaceful, but questions arose in him like: What am I doing here? Who am I? This was a beyond-Samadhi experience. At that moment he experienced Parabrahma. It's a very rare experience.

The Light Channelling group is doing great work, silently and wonderfully. These people also

heal, by sending Light. Only cases where an emergent attention is required should be referred for healing.

Some people find it difficult to meditate for various genuine reasons, but will be practising Shambala Principles, channelling the Light. Even when you don't practise you have to send practice reports. Don't flaunt about your reading books, having great ideas etc. Let us be serious. When you take up Meditations, it is like entering a temple. Keep your ego out. This is a place where humility is the entry pass.

Rishis say we have to increase the pace of transformation because we are entering into very difficult times. Every one of us will be touched by the sufferings around us in one way or the other. We have to meditate more. Send more Light.

22-08-2010

Everyone has problems which can be solved by taking help from Light. You have to approach God directly, I am sure you will always get the help.

I would like to say a few words about this Path. In this Path there is no discrimination. Between us and the Meditators there is absolutely no distance. It depends on people, to come closer and remove all types of distances. There are equal opportunities for everyone whether they are in Taponagara or at a distance, to seek counseling at times of confusion and depression, or to seek guidance in Meditation and Astral travel, and to understand the experiences, to have a kind of more tuning towards the Divine. We always help to understand the truths, particularly those related to 2012. We are emphasizing on the human part, to understand human values, the value of keeping a smile

always, on being compassionate, looking at the sky and expanding, expressing gratitude and manifesting Love. Only we human beings are empowered to experience and manifest the life-force.

Experiences are either psychic or Spiritual or Divine in nature.

We provide all help, theoretical and practical to have enlightenment. When we take up Meditations we set our goals. It could be to get peace of mind. After some time we realize that we get peace of mind when we meditate, and we extend our goal to experience Samadhi. It is only after experiencing Samadhi we understand directly about the realities, about life, about Creation, about ourselves. Samadhi is the first step, and afterwards we realize that the goal of taking up Sadhana is to get enlightened. If you are calm, tolerant and accommodative most of the times, you can easily presume that you have experienced Samadhi.

Guru represents all truths, simple and complex, truths known and unknown. It is up to us to make use of the presence of the Guru on this earth. It is a very beautiful revelation.

This is a very interesting and significant point. Every moment in life is the right moment. It's not important to understand about the good or bad that has happened in our lives, as long as we are making an onward movement and transforming. Let us be grateful to God, grateful to all the people on this earth who gave us the different experiences that have made us come to the Rishis and to Meditations.

A revelation says that the one who can grant us Vairagya is Mahalakshmi Herself. She is the one who would grant us abundance not merely material in nature but also Spiritual. ■

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 GURUJI'S LECTURE ON AMARA MAHASAMADHI DAY

(Compiled by Shobha K Rao)

In recent times none of the Masters have given so much of Spiritual knowledge as Amara did. It was Amara who added many things to Upanishads - he gave us knowledge about the origin of the Chakras and the origin of the Mind and the Intellect. Amara revealed that Kali Yuga ended in 1974. He was the one who gave us the Shambala Principles. Reading the "Descent of Soul" is like reading one more Upanishad. Later, after the book was printed Amara gave great and rare knowledge. Amara is immortal. He is always with us to give us solace, to give us a kind of solution to our problems. We have never used this to publicise or to attract people, as these are very sacred things which have to be kept within and respected.

When I met him in 1977 my life changed. To this day I am carrying the mantle passed on to me by Amara. I want every one of you to carry this mantle because with this mantle we have to transform the whole world. This work, this project is not for a small group but for the whole world.

The energies that you carry back today, will impact many people, as it will be passed on from person to person. This day is momentous. A great revolution begins today quietly, from individuals like us. I call this 'Light revolution'. You will see great changes occurring.

Today Rishis have introduced a new meaning to transformation. Rishis say if a person who lies realizes that it is wrong to lie and he stops telling lies, then that is transformation. Similarly, if anyone changes in his own way, at his own level, it is transformation. We are expecting such transformation to happen and it is happening.

We thought Parabrahma as the

ultimate God, who is Light Himself. Rishis discovered and revealed about a year ago, that Parabrahma had an un-manifested part. Later, they discovered that there is a Core, which is God. They named Him 'Moola Brahma'. From Him emerged about 1008 Lokas, like Parabrahma Loka. From this moment onwards the Light from Moola Brahma will be available to humanity on this earth.

Rishis are introducing a revolutionary meditational technique. Imagine an ocean of Light above you. It is from Moola Brahma. Receive Light. Experience it. Face any direction. There is no Mantra or Dharana. This can be practised by anyone, of any age, anywhere, anytime, for a minimum of 7 minutes, any number of times and for any length of time.

For self-healing, take in the Light, experience it in every cell of your system - body, mind, intellect. Pray to the Light to heal you. Imagine the Light healing the part that requires healing. Use the affirmation that you are getting healed. Practise this for 7 rounds, each round consisting of one minute to three minutes. Practise this once a day. If you want to heal others send this Light.

Lord Moola Brahma is suggesting many revisions. Many things are being considered like removing evil. There are modifications of the laws of Karma; discussions are being held on curtailing the Free-will, traveling freely to other earths and even on the changes about 2012.

Choose Light. Experience Light. Spread the Light. Reject evil. Reject non-love mentally. This will build up huge vibrations, which will work. This is the revolution. Let us begin this revolution today. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Why are we different and yet we are all one? How?

A: We are different because of our egos and because we have a Free-will. Yet, we are one because we carry the same spark. We carry the same Light.

Q: When will my Karmas get cleared?

A: When we completely surrender, all the Karmas vanish; because then we become Light and all the laws, the laws of Karma etc., are not applicable to us in that state.

Q: Should we control the mind?

A: We can't do it. It is not the mind that wanders, it is our Awareness. So focus the Awareness on the Mantra given. In the later stages when you don't repeat the Mantra, focus your attention on experiencing the Light.

Q: What is Spiritual life?

A: Spiritual life is just being good, honest, peaceful at all times; manifesting Love and Light; keeping a smile always. Spiritual life is being in communion with God, the Light.

Q: Why are Spiritual practices required?

A: Spiritual practices are required for cleansing our system, for tuning it, for experiencing Samadhi, experiencing Light and for establishing contact with Light. These are required to access the Knowledge from the higher planes, to expand our Awareness and grow.

Q: Can Enlightenment happen without Sadhana?

A: Nothing can happen without effort. Sadhana or effort is absolutely essential.

Q: Is Ra God like the formless God

Parabrahma? Or is He like one of the Trimurtis?

A: Ra God is like Parabrahma. He is an entirely different Universe. He is also another formless God.

Q: Do the Light bodies emit Light?

A: It depends on how much Light these bodies carry.

Q: When we attain the Light bodies, do we disappear?

A: We disappear maybe from the material plane. People may not be able to see us with their physical eyes. But if we want, we can always materialise.

Q: Do we choose the path or does the path choose us?

A: It happens both ways. It is we who choose always. And after we choose, the path chooses, accepts us.

Q: What is the role of negativity in Creation?

A: The role of negativity is to test us. It will tease us and expose us. Confronting negativity helps us to grow in strength, to compare and evaluate ourselves.

Q: Is evil an aspect of God?

A: Manifesting is bringing out what is inside. Creating is bringing out something entirely new. Evil is created and therefore not an aspect of God.

Q: Do the big tragedies in the world like plane crashes, floods etc., affect us?

A: All tragedies and pain affect us because we are one.

Q: Which of the Sapta Rishis is in charge of Taponagara?

A: Vyasa Maharshi is in charge of Taponagara, which is a special place like Shambala. He is not one of the Sapta Rishis now. ■

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.

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)

While meditating, I feel very light. After some time, I see blue Light everywhere and I feel very peaceful and silent. I sit in that silence. Sometimes, I dissolve in that Light and everywhere I see Light only. Once I felt as if I was absorbed by Light and I heard a very sweet tune for some time. It appeared as if it was coming from a great distance.

—Chaya Kolte

Sometimes, in a crowd or when I am alone, I suddenly go blank. I don't know where I am or what I am doing. I become aware of sounds around me - birds chirping and flying, trees full of life, people expressing themselves - like life is happening everywhere. At that time tears flow and I am full of Love. After this experience a sudden change has occurred in me. And the longing to merge back into the Ocean of Light has become intense. Everything appears loving and I don't hate even negativity.

—Hemant Sharma

I feel the joy flowing in me all the time, unconditionally, for no reason at all, to everyone and anyone! There is tranquility, maintenance of the same smooth wavelength of emotion...I do not know how to say this, because it's not emotion at all, it's just being myself, just... joy, that's all. I can feel how beautiful it is when this joy touches millions of others!

—Vidya Vishwamitra

On one occasion in Highlands, we had climbed a hill halfway to watch a waterfall. It was afternoon, all of us were hungry, especially me, as I am a diabetic. I didn't want to dishearten others so I went with them, feeling extremely weak. I prayed to the Rishis to enable me to receive Prana directly from the Sun. We were able to eat only at 6 in the evening. But, I

did not feel hungry or weak or tired after I had prayed to the Rishis. It was amazing!!

—Purnima Parulekar

I was watching the BBC news and I saw that they were reporting about a bus load of people held as hostages in Manila. I started sending them Light, and prayed that the hostages get freed. No sooner had I finished sending the Light and opened my eyes, I saw the hostages coming out of the bus, and the breaking news saying 'Hostages freed!'

—Hilla Mazda

When I was inside the Ra Meditation Hall with the Rishis from Ra Loka, a passage opened and I had a glimpse of the beautiful Ra Loka. It was the most beautiful blue with a silvery-gold hue. Once I asked the Rishis, how it would be like to exist in the 4th dimension. Soon, I found myself in a capsule and could see the world go by - both on land and under the sea! I was separate from them and yet occupying the same space.

—Ruby Billimoria

Last night, I sat on the garden swing feeling tired and low in spirit. I spoke to Light, "Light, you are my companion, so please help me cheer up and energize me." Immediately, my garden swing speeded up with far, far greater force than I was exerting. In rapt amazement I exclaimed, "Dearest Light, you do not follow the Laws of Science, for it is not me exerting force. What then are the Laws of Light?" Light replied to me, "Light can make anything happen. Light is omnipresent, omnipotent, omniscient. Light is the Beginning and the End. It is the Source. Light is the Creator and the Destroyer. Light is you, and you are Light. These are the Laws of Light!"

—Vidya Virkar