



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

Everyone is shocked at the tragedy that struck Japan. Several questions arise and hang on the mental screen without answers. Everyone is struggling to know how one can help in this time. The best way to help, as individuals, is to send Light. Light has energy. It creates a strong energy field which attracts help from those who can help. Light also reaches the individuals affected and fills them up with courage and hope. This is true with any tragedy anywhere in the world. Including Libya. The Light reaches the people and helps them. Light channeling is very helpful at all the times.

There are Intelligences in Nature, Earth and above. There are Spiritual laws unknown to us. There are gods who monitor our living. When we manifest non-Love, we also have to face the consequences. Sometimes, they result in disasters. The gods cannot prevent. The Intelligences cannot prevent. Only we can prevent. We, the people of this earth. We should stop manifesting non-Love and start manifesting Love. The negativities bring disasters. We must shun violence and greed. There must be harmony everywhere. Then, there will be no disasters.

It is we who create destinies. It is we who create wars and Tsunamis. It is difficult to believe. Yes, but this is the Truth. We create Tsunamis at the individual level and at the global level. It is time that we realize this and behave responsibly. If we do not behave responsibly, we have to suffer along with the victims directly hit by the disasters. We suffer in some form or the other. But we share the burden. We are not aware of this. We are not aware that we are all one and have to share the pain and pleasure of the others. We must realize this. We must realize many Spiritual truths. Once we open our minds, the Knowledge comes to us somehow.

The job of a human guru is to work as a bridge between the Divine and the human. To guide individuals towards Liberation and spiritual living. To explain the truths. To be in touch with the Astral Masters, receive instructions from them and pass on to the seekers. The human gurus have a lot of work and responsibilities. They have to stick to their work and track.

It is not their job to run Educational Institutions. It is not their job to enter politics. If they deviate from their work, they will be doing disservice to Spirituality. ■



MANASA FOUNDATION (R)

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

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

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

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar
at Hymamshu
4th Main, Malleshwaram
at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

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

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

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NEWSLETTER

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12-03-2011, Informal group meeting with Guruji at Antara-Vana

NEWS AND NOTES

- ◆ More than one hundred Meditators had gathered at Taponagara on 2-3-2011 for Shivaratri Special Meditation
- ◆ Shambala group which meets on alternate months had gathered at the Lecture cum Meditation Hall at Taponagara for their initiation, practice and guidance from Guruji on 13-3-2011.
- ◆ On 19-3-2011 the residents of Taponagara had gathered in the evening for Kamadahana.
- ◆ The Ra group meeting was held at Taponagara on 20-3-2011 to receive guidance from Guruji regarding their three hours' Sadhana.
- ◆ Orientation Program for students is arranged at Taponagara on 6-4-2011, Wednesday at 11 AM. External guidance students can also participate through webcast. Last date for registration is 31-3-2011. Please contact office for details.

SUNDAY PRASADA
was sponsored on

- 06-2-11 by Lalitha Lakshmanan, Utkarsha Malkar, Venkatesh Reddy, Ajay Kumar, Adwita Fadnis, Anuroopa Pradhan, Asha Sheshachala & Balasubramaniam S.
- 13-2-11 by Prakash Ullara
- 20-2-11 by Srivathsan S.
- 27-2-11 by Shailaja Muniraju

MEDITATION ON SPECIAL DAYS

01	Fri	Masa Shivaratri
03	Sun	New Moon Day
04	Mon	Ugadi
11	Mon	Shukla Ashtami
12	Tue	Sri Rama Navami
14	Thu	Souramana Ugadi
18	Mon	Full Moon Day
22	Fri	Good Friday
25	Mon	Krishna Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM to 12 Noon Special Meditation and Light Channelling: 12 Noon to 1PM
6th Wed	Orientation Program: 11AM to 1PM
22nd Fri	Good Friday Special Meditation: 12 Noon to 1 PM

Informal Group Meeting with Guruji on Second Saturday, 9-4-2011 from 11AM to 1PM. Those interested may register their names with the office.

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

This month's Newsletters are sponsored by Smt. Alka Jalan.

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

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

UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ◆ After introducing channelling to schools last year, we focussed on covering as many schools as possible. The enthusiasm of our volunteers helped us cover more than one thousand two hundred schools in several cities and we taught channelling to more than 16 lakh children.
- ◆ This is a wonderful achievement, but it is not enough that we channel Light only once. Helping schools regularise channelling will be the focus of our work this year. ■

LIGHT CHANNELLING EXPERIENCES

Today (8-2-11), during the Light Channelling session at Shiksha Sagar School, Bangalore, I felt Light surrounding the place at ground level. When I prayed to the Masters to bless us I felt a big circular form of several Rishis standing in the sky and sending Light to the children, and the bright Light entering every child.

– Sudeep Jayaram, Volunteer

I was jobless since last one and half years. After taking up Light Channelling work in schools I got a good job. I thank Light for that.

– Mahesh Kore, Volunteer

I feel happy while channelling. My mind becomes free and I feel well. If we channel when we don't have interest to read, we get concentration in studies.

– D.S. Dorai Babu, Student, Sunrise Public School, Bangalore

I felt that I was not a human being. When I was doing the Light Channelling, I forgot all my hunger, anger, sorrow, sadness and thirst. I was charming, joyful, everything. I can't explain my experience.

– Yaksha V., Std. 7, Sunrise Public School, Bangalore

TAPONAGARA DIARY

Seema Almel Somayaji

February 1st - Amaraji's birth anniversary was celebrated as World Channels Day by all the Light Channel volunteers and four lakh participants. The following Sunday it was formally commemorated at Taponagara. Two books – “Preparing for 2012” and “iGuruji – Vol 4” were launched. About three hundred and fifty seekers offered their love, respect and gratitude to Amaraji. Guruji gave personal blessing to everyone.

The week before, some Taponagarites gathered and cleaned the surroundings of refuse plastic and trash. In the early hours of the D-day, all flower decorations were made. Food, book sales, everything went on with precision. Besides Guruji, speakers on the occasion touched our hearts with their expressions.

Mr. Srivatsan, a Meditator for many years, inaugurated his new house in Taponagara. Guruji and the rest blessed with Divine Energies. Two other Meditators started construction work. Yet another is in the planning phase and a few are getting their sites ready. The Taponagara family is growing.

Mr. Roland Pfeffinger, a visiting e-guidance student from Italy, took some photographs of Tapovana. The pictures show many orbs, some were very bright. Another evidence of the many Astral visitors to this place.

And for the human beings around, the bus stop has been shifted next to the children's park to accommodate the construction of the Anjaneya Temple, which is growing beautifully towards completion. The stone statue of the Deity is ready. One feels like consciously capturing these formative moments in one's memory; the finalised structure will be there for all to adore but only a few witness the gestation period. Much like the dawning Light Age. ■

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)

06-2-2011

Four lakh people channelled Light on Amara Jayanti. It is perhaps the greatest gift ever given to him. I thank all volunteers and workers.

Amara was the finest human being, because he manifested the life force and humanness to the maximum. Spirituality is manifesting Love, Honesty, Peace and also Humanness. Humanness is everything that is human - emotions, sentiments, poetry, art, gardening, music, excitement, wonder, fear, even a little jealousy. This is the essence of Universalism, which is going to be the future religion of the New Age.

Incidentally, our Path can be summarized as: Meditations, positivisation and practising Universalism.

New Age has begun. The energies from the Photon Belt have brought about the surfacing of scams, the people's revolts in Tunisia, Egypt and in many other places. The conscience of the ordinary man has been stirred, and the most important thing is that, there is no going back.

Our role during these times is to support these processes, by meditating, positivising, channelling Light and by rejecting the negative. We will then be participating in the greatest revolution the earth has ever seen. It is not enough if we follow these things. We are not completely Spiritual, if we don't help others to awaken to their potential, to the present realities - New Age, about Photon Belt and about the 2012-related events.

Sharing is a Spiritual law. The knowledge, energies and hope received from the Rishis have to be shared with others. We have to meditate and help others to meditate. We have to manifest Love, and help

others to manifest Love. We must understand what Universalism is, and also help others to understand it. This is the expanded meaning of Spirituality.

Ignoring the awakening within ourselves perhaps prevents us from experiencing Samadhi and contacting the Rishis. We must realize that if we don't awaken, the world will not wait for us. And we miss the glory.

We must be alert to note every unusual development. Rishis reveal that a little of the energies have now been released, which were stored 7000 years ago under the pyramids; their impact is felt in the people's revolt.

Each one of us has to become a visionary; work at our own level from wherever we are placed. Honest leadership is the requirement of the times.

Lord Kalki and Rishis are supervising all the happenings and working at the Astral level. They know what to do and what not to do. So the best thing for us is to trust them and follow them.

From today there will be changes in techniques that we follow. There is one universal technique which anyone can practise. Imagine Light in your system. Experience the Light. But to experience Light systematically and easily, we have a structured way, which will not change again till the New Age really enters.

13-2-2011

All answers, solutions, possibilities and opportunities are within us. But, almost all the time we try to look outside for these things, as we do not know that they are within us. We have to learn to manifest these things, by entering a state of stillness. With Meditations we achieve the state of stillness, we become aware of the possibilities,

the questions, answers and opportunities within us. In stillness we become aware of many things, the most important being the Presence, the Vastness and the Oneness that this Presence carries. This Presence is God. We begin experiencing the Presence. We become one and we experience true Love. You have to contemplate on these things.

When we enter stillness we become aware of many other realities, many dimensions. Even after entering stillness, it is very important to have a strong intent to manifest.

We must introspect, analyze and accept the responsibilities for all actions, good and not so good. We should not find reasons and excuses outside us. This is how we practise truth, true living. In every possible way, at every possible situation we must pursue truth. Then we become aware of our strong points and weak points. We become aware of when we are right and when we are not right. When we become aware of our own shortcomings we have to get over them, and that is how we grow naturally and we will not commit any mistakes. Our efficiency, our credibility and our self-confidence improve.

20-2-2011

We have to accept whatever we are told during check-ups as it is the Rishis who assess, not the human beings. Very rarely we have cases when people are a bit argumentative. Every time you come for the check up you will gain energies, you will gain Initiation. Do not miss it.

During check-ups, Rishis consider the number of days meditated and the quality of Meditations. During the time when we are not meditating, they observe our behaviour, our thoughts and emotions, how calm we were during

GURUJI SPEAKS

(Excerpts from Guruji's Sunday Lectures)
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this period, our levels of purity, levels of honesty, how much Love we manifest and whether we are willing to change. We must know that we are always monitored. The people who conduct the check-ups are monitored a little strictly.

Mystics contemplate first, then take the Awareness beyond the intellect, where the intuition captures the knowledge at the mystical realms and perceives. This perceived knowledge is transferred to the intellect, which converts it into ideas, which are passed on through the mind to the brain, which converts these ideas into words. That is how we receive the knowledge. Intuition perceives a lot. We have to sharpen it to capture more, by Meditations and experiencing more of the vastness. Even during the other times, we can experience the vastness by thinking of the sky, the ocean and the ocean of Light. Intellect is limited. We have to increase its efficiency by reading a lot and contemplating. You have to contemplate on these points.

Pursuit of knowledge is pursuit of truth. Only an honest person can pursue the truth. Knowledge has intelligence and will decide whether to reach the person or not. All knowledge is in a layer, which is related to this Material Cosmos. It is also with the great Rishis, who have gathered a lot of knowledge over thousands of years. It is difficult for us to bring down any knowledge directly from this layer. We contact the Rishis, who pass on the knowledge which comes as words following the same route, according to the requirements of the times. The person in charge of this layer of knowledge is Goddess Saraswati. In this layer all the knowledge of the past and the future is available, Akashic records being a part of it. Beyond the Material Cosmos there is knowledge in the Divine Lokas.

To receive it, we have to do deep Meditations for a long time and approach the person in charge of these Lokas, God Himself, like Maha Vishnu. Knowledge is given only if it helps the universal welfare, and not given for personal or selfish use. Those who sell knowledge will be taking birth in their next lives as mentally challenged people. This information is from the Rishis.

The people who bring down knowledge have to be extra careful, should not distort it. If this is done they are punished. Knowledge is like Light, always pure. We should not colour it.

27-2-2011

We should not be too analytical. We cannot and we need not understand everything. We need not know everything. There is lot of knowledge in the upper layer. At any point of time we cannot bring down all the knowledge to this level. We may know a little more intuitively, but we will not be able to know it at this level. But even this knowledge helps, as it adds to our wisdom.

It is important to realize that we are not ordinary people. We are Meditators; we have responsibilities and duties. It is only when we realize this and we live as Meditators that the benefits of Meditation will come to us. My Guru said that in a crowd of thousand people a Meditator shines. It is our behavior; it is our living which is important.

Meditation works as a bridge between the inner and the outer worlds. Meditation works as a bridge between us and God, between the Material life and the Spiritual life, between us and the Creation; between us and the Rishis, even between us and the others; between us and the Astral worlds.

When the body relaxes, the mind and intellect also relax. If there is no

relaxation these may create disturbances and diversions also. Every part of the body should be relaxed from head to toe before we begin meditating.

For successful Meditation, be aware that you are in charge of this system not the entities - body, mind, intellect. Many thoughts and emotions are kept out then and you are not ruled by them.

In Meditation we have to let go of everything - thoughts, emotions, even the technique.

In Meditation we invariably gain knowledge and energies, about which we may not know at this level. But we always use these unconsciously.

In Meditation we become aware of first the silence, next stillness, then the Light. We have to explore and experience all these.

When you sit for Meditation, don't worry about how long you have to sit etc. There is a body-clock which will guide you.

Do not seek experiences. If you seek experiences, the mind will provide you anything.

There are many ways of assessing your Spiritual progress but you don't even do that. Ask yourself periodically whether you have understood what is being told to you, whether you really accept all these things or you are indifferent, or you are not bothered.

Somehow I am losing interest in words, in people also. I am forcing myself to sit here and speak to you. It is my job. I cannot avoid it. I want to be alone. I want to do more Meditations. I want to spend more time there than here. Perhaps this happens to everyone naturally. Someday I may come here, sit before you and not talk at all. We may just sit and meditate. Maybe those days are nearing. ■

EXTERNAL GUIDANCE

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

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

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

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

SPECIAL GUIDELINES BY GURUJI

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

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

I have surrendered totally to the Light and it has been the guiding force during difficult times. Whenever I felt helpless, Light guided, encouraged and helped me to sail through the trying times. Stillness within me has increased while meditating. There are times when I feel energies coming to me in the form of Light.

- Nalini Rajashekhar

The retreat at Anekal on 19-1-11 was very nice. The full moon and the sky filled with stars, brought quietitude in us. The whole interactive session was informative. When lights were put off, it opened us to nature's complete beauty. The volunteers at Anekal had worked hard to make us comfortable in every way. Thank you for giving us an opportunity to be with you and the Manasa family.

- K. Ramachandra

During Meditation, the Awareness expands to experience shining white Light and Oneness with the Universe. Body consciousness is not felt. It takes more time to come out of Meditation. When I open the eyes, I feel absolutely contented, light and fresh like a new born smiling baby.

- Madhukar Shah

Sometimes during Meditations I could see Light for a few seconds and felt very happy. Once when a situation had arisen which was likely to cause strain in relationships, I prayed to you and the outcome was very positive. I was happy to experience your Grace.

- Mrudula Sathe

You have reduced me to a leaf which will fly wherever the wind takes it, without resisting. And the wind is taking the leaf farther and farther away! The known, the unknown, the song, the dance, the Master, the beggar - these states you have given me in alms, without regular Meditations. And I have

nothing to offer but my Love and gratitude, and commitment to the Light Channelling work.

- Pragti Raaj

I am doing Light Channelling technique everyday with my friends. I was poor in cycle riding but now it has improved. I have got the confidence after doing this technique.

- Poojitha M. K.

We plan to say many things when we meet you, but we go speechless the moment we see you. We feel very small in front of you. Thank you for attending to every detail of our life. We feel pampered. We would like to thank God for the biggest gift we have received, that is you.

- Girish

After the Shambala Group Initiation on 9th Jan., I have noticed that my emotions are maintained at a joyful level and do not dip into sadness or suffering, given any challenge. I feel more courageous to face the situation. Taponagara is a blessing that cannot be expressed in words. It is a true shelter, the real relief zone, a zillion times more precious than heaven, with so much of peace and love. Two of my friends who visited Taponagara said that it felt like they were on a different planet altogether! Their heartfelt gratitude is passed on to you.

- Sowmya

Words cannot express the gratitude to you and the Rishis for bringing Light into my life. With Light has come Love. It is a serene experience, especially for one like me, who is always following the mind rather than the heart. You always tell us that Meditation alone is not enough. It is so true! When I started changing my ways of speaking, behaving and thinking, I started seeing the change in others around me. I have still a long way to go. But, it is a beautiful journey.

- Deepthy Raghavendra

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is Astral travel important?

A: Yes. It is important to those individuals who wish to meet the people in the Astral worlds and gather knowledge. There must be a genuine purpose when we do the Astral travel. We will be then helped astrally.

Q: Which is the most important practice that we have to do at this time?

A: The most important practice at these times is to understand what Light is, experience the Light, and then manifest the Light.

Q: Is living an idealist's life possible now?

A: We have to follow the laws of the Material world and the Spiritual world without compromising with the value system. Therefore, now an idealist's life is not possible to live.

Q: How do you define success?

A: It depends on the individuals. For me success is balancing both the Material and Spiritual worlds. It is progressing spiritually in spite of obstacles, in spite of tests and confusion. Success is aligning with the Light, experiencing the Light, manifesting the Light. It is creating Peace for us and for the globe. It is manifesting the life-force, manifesting the human part.

Q: How do we ask the right question?

A: If you are sincere in seeking the right answers the right questions come to you.

Q: Which is the best possession in life?

A: Knowledge is the finest, the best possession that we can have.

Q: How do we find a true guru?

A: By becoming a true seeker.

Q: What are Dwaita and Adwaita?

A: These are two states of experience. Dwaita is a state of experiencing Samadhi. Dwaita means two. When there is the identity of the self and the Light separately, this experience is Dwaita. When this identity, the separateness vanishes, we experience ourselves as Light. Then that experience is called Adwaita which means one or not two.

Q: Can we practise this in life?

A: No. It is not possible. This can only be experienced in Meditations. In life we have to go through a kind of multi-realities, not one reality.

Q: Are rituals not important?

A: Rituals are important, provided you know their significance and the meaning. Following blindly does not help us.

Q: Is practising any ritual necessary to experience God?

A: Love alone is enough. If you have genuine Love, you can experience God. We cannot experience God by practising any ritual.

Q: How do we know that a failure is due to Karmas or lack of efforts?

A: We have to know it by intuition only. Karmas influence. They do not prevent or cause.

Q: How do we deal with an explosive situation?

A: We have to deal with any situation calmly. We have to connect to the Light. Light always helps. Light always guides. ■

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 on Amara Jayanti day at Taponagara, strangely there were two kinds of Awareness: one, of being in that Hall and another of also not being there. Many people spoke, but I lost touch with what they were speaking. I felt as though Guruji was transparent and only Light, and not in the Hall and yet in the Hall. It was like a paradox.

– **Pragti Raaj**

On Amara's birthday, I suddenly felt as though the atmosphere was that of dawn, though it was noon, and the energies were those coming from that time period. They were full of Love. I received those energies and started channelling them. After some time, I felt the Hall was filled with those energies. It was a pleasant experience and I felt that those energies were from the New Age, indicating that the New Age had dawned.

– **Kiran Mayi**

My Chaya Purusha was sitting on a platform and training me. She is all loving, radiant, has amazing leadership qualities, and she is definitely strict, focused and highly disciplined! Before she finally entered me, she sent a lot of her Light to me. Now, I feel light as a feather, calm, hollow and clear, in both body and mind, as if the path is made totally clear and clean for me. This path is based on trust and selflessness. Never have I felt this good, and confident before.

– **Vidya Vishwamitra**

I just surrendered to the moment and I enjoyed my Meditations. I went deep into myself and felt the

blankness which Guruji often talks about. I felt a burst of energy entering me, from everywhere, and I got immersed deep within myself. I felt expanded.

– **Neha Rajnala**

On 16th February in Meditation, a lot of thoughts were disturbing me. I tried to establish link with Guruji. Soon I found myself in the midst of a lot of white Light. Waves of Peace were coming to me and there were no thoughts. I was not aware of the noise outside. This state lasted for 15 minutes. I did not feel like coming out of it.

– **Charusheela Birajdar**

A few days back, I was feeling low because of some downfalls in my life. I saw a very bright Light entering me when I was meditating to heal myself. I told the white Light that I am not feeling too good. I was healed! Now, I am feeling more relaxed, positive, motivated and strong. I am thankful to Guruji.

– **Sandeep Palke**

I had been sending Healing energies to a very good friend of mine, who was to have a second procedure done for his heart and also stent insertion. I had told his wife to place the pure intent before the Light and visualize the Divine Light in her husband, which she did. The doctor called his wife in and showed her the TV monitor saying: 'Look, this is a miracle. There are no blocks in his arteries!' Now, she has full faith in the Light, and wants to start channelling Light.

– **Hilla Mazda**