



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 6 Issue 9

AUGUST 2011

Rs. 15

REFLECTIONS

Guruji Krishnananda

Maharshi Amara (1919-1982) was an extraordinary channel for the Rishis, headed by the Sapta Rishis or the Hierarchy, who are now in the higher planes. The Knowledge he brought down was an extension of the Knowledge brought down to this earthen plane by the ancient Rishis. He guided all Spiritual seekers with this Knowledge and provided them with the New Age energies that he personally gathered. That he continues to guide us even now from a distant galaxy where he is living now, is a matter that we have to be very happy about. For, rarely do such Masters come down to our earth.

He taught and demonstrated to us that in Spiritual journeys there are no pains. There are no pains when the Chakras are activated. There are no pains when the Kundalini rises. There are absolutely no abnormalities in our behaviour when the great energies work on our systems and when we are making strides in Spiritual progress. In fact, living a normal life sensibly is an indication of the Spiritual life. Dignified, majestic, wise, silent, radiating Peace and Love are some of the descriptions of a Spiritual seeker and, of course, of a guru also ! Amara lived all this to teach us. He taught us and in silence and dignity.

If I had not met Amara, not learnt from this Spiritual giant, I too would have fallen prey to the charlatans and jokers that I see around now. Amara used to remind us about a saying of Christ: "Before my Father comes, there will be many false prophets."

Understanding a guru truly and walking on his path is the best gift to him when we remember him. We remember Amara specially on the day of his Maha Samadhi, 25th August 2011.

Bombay blasts, scams, political wars and all such man-made tragedies push us to cynicism, hopelessness and frustration. Naturally. But we should not give up. We have to look beyond. We have to be aware of the New Age energies and the Light Workers of this earth. A great effort is on to take us beyond the darkness of human errors and tragedies. There is Hope. There is Love and Life beyond.

Many of us are channelling Light to the whole world. We are aware that the Light is working. We will see the results slowly. If I say, channel Light to wipe out corruption, people laugh at me now. But, I know, that everyone will witness the Revolution by Light some day. ■



MANASA FOUNDATION (R)

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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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The newly constructed Lord Anjaneya Temple in Chikkagubbi

NEWS AND NOTES

- ◆ Amara's Maha Samadhi Day will be observed at Taponagara on 28-8-2011. The last date for registration is 25-8-2011.
- ◆ The Books "Guruji Speaks - Vol 4", "iGuruji - Vol 5", Kannada translation of "New Age Realities" and a Book from Study Centre will be released on 28-8-2011 at Taponagara.
- ◆ Amara's Maha Samadhi Day will be observed at our Saptarshi Dhyana Kendra, Anekal on 25-8-2011.
- ◆ The Kannada translation of the Book "New Age Realities" by Smt. Champa will be released at Anekal on 25-8-2011.
- ◆ More than 200 Meditators participated in Guru Poornima special Meditation at Taponagara and our Saptarshi Dhyana Kendra at Anekal on 15-7-2011 from 12Noon to 1PM.

MEDITATION ON SPECIAL DAYS

07	Sun	Shukla Ashtami
08	Mon	Shukla Dashami
12	Fri	Worship of Mahalakshmi
13	Sat	Full Moon Day
21	Sun	Sri Krishna Janmashtami
25	Thu	Amara's Maha Samadhi Day
27	Sat	Masa Shivaratri
28	Sun	Amara's Mahasamadhi Program
29	Mon	New Moon Day
31	Wed	Worship of Gowri Devi

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

AMARA'S MAHA SAMADHI PROGRAM

28-8-2011, Sunday

11AM	Welcome Talks Guruji Addresses Release of Books Special Meditation Blessings
12.30PM	Prasada

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Special Meditation & Light Channelling: 12Noon-1PM
21st Sun	Sri Krishna Janmashtami Special Meditation: 12 Noon - 1PM
28th Sun	Amara Maha Samadhi program

SUNDAY PRASADA was sponsored on

5-6-11	by Pratibha Navtake, Shantha Lakshmikanth & Amit Kini
12-6-11	by Hema Reddy, Madhavamurthy, Shankar Rao Patdar & Anjana Gupta
19-6-11	by Barbara Von Grote, Shylaja Rao, Suchitra Vaidya & Anjana Gupta
26-6-11	by Shantha Lakshmikanth, Gangadaharan TS, Godha Srinath, Vinu Varghese & Suchitra Jeevanandam.

Informal Group Meeting with Guruji on Second Saturday, 13-8-2011 from 11AM to 1PM. Those interested may register their names in Manasa office.

UPDATE ON LIGHT CHANNELLING WORK

- ♦ The Light channelling work expands silently. The Volunteers are working passionately but silently to realise the dream of their Master. The dream is to see this world full of Peace and Love. Schools are helping us immensely. A school began the Parents-Teacher meeting with a Light channelling session.
- ♦ Our Volunteers covered 114 new schools and taught channelling to 39000 new school children in June 2011. More than 17 lakh children have channelled Light so far and more than a lakh channel now everyday in their schools.
- ♦ A Light channelling centre started in Madurai and one more centre was opened in Bangalore. ■

LIGHT CHANNELLING EXPERIENCES

Light channelling has improved Patience, Concentration, Tolerance, Discipline and Memory of our students. There is a good improvement in the character and behaviour of the students.

-B. Jayalakshmi, Govt. High School, Saniguruvanahalli, Bangalore

During my maths paper, towards the end I realised that I still had to solve two problems and I had only two minutes left. The questions were easy but the answers had to be very lengthy. I prayed to Light and Light Masters to help me. After solving the problems when I looked at my watch, it was showing the same time, which it was showing before I began solving the problems! I was really shocked! I have scored 85.5% only because of Light and Light Masters. I am thankful to them for guiding me.

-Rucha Nashikkar, Student, Mumbai

TAPONAGARA DIARY

Seema Almel Somayaji

The half-year marker month of June had many milestones. The very second day of the month was a solar eclipse, which was the first of the two milestone eclipses for the onset of the Light Age. Within the twin eclipse fortnight the Anjaneya Temple was inaugurated.

There were two ceremonies; a three day ritualistic service for the villagers, the next in the way of Light. On this day the Sapta Rishis came and an Amsha of Lord Hanuman was installed in the statue. Guruji announced that every Saturday at 7PM Taponagarites will gather for Meditation and the villagers are welcome to join.

The pristine white temple Gopura stands tall and reminds one of the majestic snow-clad Himalaya mountains. The twelve feet serene statue of Lord Hanuman is flanked by two five feet brass lamps. Guruji had designed the main door out of large glass panels so that those passing by could get Darshan on the go. There is a curved flight of fifteen stairs leading to the high platform of the temple. The climb up to the main door itself is elevating.

Guruji took care of all details like invitations, food, program, etc personally. The magnetism of his zeal rubbed on to everyone around.

The lead up to the big day was a whirlwind activity for Mr. Krishna, he is Venkatamma's husband - the one who cooks and serves Sunday Prasada. A part of Taponagara's backbone, they look after Guruji's daily needs and take care of Taponagara 24X7. Though they are village locals, they are the first residents along with Guruji. Symbolically the Universe has given them a house at the very entrance of Taponagara!

These milestones apart there was another, a test for Taponagarites; they succeeded with great camaraderie, oneness, forgiveness and a non-judgmental attitude.

June passed on its legacy to July, the first day of which was an eclipse! ■

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)

05-06-2011

Behind the Creation, even behind the ocean of Light, there is a great Intelligence, a great Presence - God. He is in and around us. We must become aware of this reality. He is behind our Awareness.

Sit quietly, stretch your Awareness, extend your Love, you become aware of the Presence. You get connected and there will be a flow of Love. Human Love is great, precious and wonderful. But this Love is something which we have never experienced. With the Love comes in energy, knowledge and so many things. Suddenly, we become aware of the protecting hand and realize that this is our Spiritual father, whom we never knew, who was with us in all our lifetimes. A moment's experience of this Presence is enough to transform the whole life. Try this. You must be honest and simple.

When the bodies began evolving from amoeba, souls from different Lokas came and occupied them. They improved the bodies and perhaps it took millions of years for that. Now, it is our duty to continue this process of evolution, by improving our thinking, emoting and our way of living. Meditate consistently. The very look on our faces will change.

Many of us have many experiences but we don't see the impact. Why? Contemplate on these points. It is only when we begin asking such questions and introspecting, we begin to grow.

A person told me that she went to a Bhagavan who told her that she was enlightened. I was once asked to demonstrate Meditation. How do you demonstrate your Meditations and how do you demonstrate Enlightenment? They are questions you have to contemplate on.

On my Birthday celebrations, sometimes, very elderly people and people with children jump the queue

when they come to take blessings. A person got angry about it, was very rude, quarreled with our volunteers and our Trustees. After years of Meditations, where is its influence?

The fight against corruption is going on. There is a fall out which is very good.

The impact of New Age energies, the energies channelled by many on this earth and energies from the series of three eclipses, cause such turmoil. The truth is that there is corruption everywhere. Let us mentally reject it and send Light to the people who are involved and let us hope that things will change.

Why do Meditations not stop a person from getting angry, or shouting? Why did a person think that he got a cold after meditating for half an hour? I speak about this, so that you will understand what is Spiritual. We have to ask ourselves these questions and individually avoid such things. Let us read lessons in them but let us never condemn or judge anyone. None of us is perfect. Let us carry great Love, great tolerance, let us love everyone, let us love this world.

12-06-2011

I want you to know that, every time I speak in the class, a lot of energies are released, which every one receives, those who are here and those who are watching the live, or recorded web cast or the DVD.

"Who am I?" was Ramana Maharishi's way of self enquiry. We must follow it from the intellectual level, then go to the mystical areas to experience who we are. We are Souls. Why are we here with the Rishis? Having spent some time in Meditations, we should ask ourselves periodically whether we have really made progress, and really understood. Every time we ask this question after some gap of time, we will see that there will be a kind of expansion in the answers, there will be new factors, new Light. This is Sadhana. Even

intellectual exercises, excursions into the mystical areas are a part of Sadhana.

A person was in a dilemma. He did not know whether he should tell a lie in the interview and get a job or he should speak the truth. He asked my advice. I told him to speak the truth, not to worry about the consequences, to trust in God, trust in Truth.

New energies from the eclipses have thrown up new opportunities at all levels. There is a shift in Consciousness. Energies from this shift, energies from the Photon Belt and its Aura, RA energies, themselves don't bring about changes in us, because we have the curse of Free-will. We have to choose, we have to transform, the energies can only provide us opportunities and suggest.

The people who are fighting against corruption have messed up things, because they have a very personal agenda. The fight against corruption is being nullified. When we have a personal agenda in the work or in Sadhana, we don't succeed. It is the people who fail, not the energies. The Light work is going on very powerfully, very efficiently. We continue channelling Light, we channel Light to specific people, the leaders.

Every one is special, is closest to me, closest to God and the monitoring intelligences, the Rishis. Every effort of ours is helped by them. We must be aware of this and live like the children of God. I mention this because many times we see a kind of self-negation. The closest person to us is God Himself, He is in us. We must continue to contemplate on such truths, life becomes beautiful then.

There is so much of beauty around. Experience the blue of the sky, open up and expand your Awareness. You must wonder and keep the child in you alive. That is Spiritual. Individual life

GURUJI SPEAKS

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

is important, but you must be concerned about the life around you, about the delayed monsoons in Bangalore, about the fight against corruption, etc.

19-06-2011

Every time we come here, sit before the Rishis as we are doing now, it is an Initiation, to those who are here and those who are watching the webcast. The presence of a Rishi always elevates, we must be aware of it. We have to accept it. We have to make efforts to rise consciously.

As explained by Amara, "Samadi" means: 'In the beginning, we were one with God, we were like God.' Samadi is a state. Later on, somehow people began using the word 'Samadhi' instead of 'Samadi'. But we have to continue using it as the wrong word has become the right word now! If we correct it, there may be confusion, arguments may arise. We are interested in growing, helping others grow. We have to sit and contemplate about these things.

Every Meditator is a natural channel of Light. Light chooses the channels. When we meditate we get individual benefits and we also serve the world, serve God. We will be channelling energies, channelling Light and spreading Peace.

Recently, in Times of India Chetan Bhagat mentioned that a Yogi cannot get angry. How right he is! A Meditator will not get angry. He should be carrying Peace all the time. Every act of his, every thought, every emotion is Divine, Dignified, Majestic. When you are peaceful, Love flows through you, God speaks through you. Be aware that you represent the Rishis. The Rishis are like Himalayas, majestic and strong.

At the end of the day, when we go to bed, whether a person is an official, big businessman, a king or a queen, he

is just a human being, devoid of his status. At that time, look into the mirror of conscience and just check to see if you have lived the day well. How much of the sky could you experience? Experiencing life as a human being is Spiritual. Time is taking every one, even those who are not meditating into the New Age.

A Meditator went to a psychiatrist because he had problems like lethargy and was feeling depressed. The psychiatrist advised him to stop meditating, saying that Meditation is escapism! We must try to find solution for such things by ourselves. If you feel lazy, persist, cajole the body, force it, but meditate. It is possible.

If you go to an astrologer, very honestly follow whatever he advises. Do not try to cross check with me.

A person wrote that while channelling Light he uses Gayatri Mantra. Our instructions are complete, clear, direct and simple. Don't ever modify them.

26-06-2011

We are seekers of Truth, Sadhana is pursuit of Truth, Sadhana ends when we become Truth, when we merge back. We are a special group, we gather under the Rishis once in 51000 years. Let us be aware and proud of this.

Some people choose to work. People who leave may join back as students, but they cannot join back for the work again, as others will be taken in their place by the Rishis. This Centre of Saptarishis will be always opened by Amara, continued by me and many others. The people who choose to work are trained not to get attached to any place, even to ideas, philosophy etc. They surrender everything before the Rishis. They should not have even a trace of personal agenda, as they will not be able to work. If it is there, it will be corrected.

Taponagara is great energy, great opportunities and many more things. You can always carry Taponagara, or link up and draw the energies. The opportunities to grow and work are available, wherever you are.

We do not know how severely we will be affected by the 2012 events. Decisions about marriage, having children are very personal and have to be made by you.

By just holding the book 'Practising Shambala Principles' a person felt a lot of joy, then she saw that her skin was glowing, which was very unusual. The Love in the intelligence of the energies in this particular book, gave this great experience to her.

A hint from the Rishis: "Whenever you are disturbed by thoughts, shift your awareness to the Ocean of Light."

A stranger with a health problem, wrote to me mentioning that even God did not help him. If he had known a bit about God he would not have made that comment.

Every act concerning us need not be taken that seriously, as if it is a part of Destiny.

Let us not insist and also not expect anyone to even acknowledge that the Healing energies helped him. We can speak about Meditation to him, like providing an opportunity, that is all. It is up to the individual to take up Meditations.

I want everyone of you to contact Rishis, Photon belt, RA energies, RA Brahma. I can get the knowledge from the Rishis to train someone who comes to me with that request. For a successful contact there is only one condition: true manifestation of Love. ■

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.

THE GREAT MASTER AMARA

Shyamala devi

Amara was a great Master who worked with the Great Masters of the Universe, the Sapta Rishis. Always it is he who starts the only 'Centre of Sapta Rishis' on this earth during this period of Transition once in 51000 years, which would be continued by yet another great Master, our Guruji.

Amara had told a little earlier to his departing, that he would live for 19 more years. No one had an inkling that he would leave so soon in August 1982. He knew, he had to leave behind his work in the physical plane and nothing was defined yet. On that day Guruji saw that Amara was anxious which was very unusual of him. It was the human part of Amara that was anxious, Guruji says. Amara wanted to speak personally to everyone involved in the work. When Guruji said that he would follow all his instructions, Amara said, "It is not enough. I want everyone to follow." Guruji says these were the last words of Amara that he heard. Amara's last sentence with Guruji, is like the Divine verdict for us.

Amara went away from this level but he is never away from us. Guruji is the connecting link between us and Amara. What words and instructions come from Guruji, are the words and instructions from Amara also. Amara extends to us through Guruji.

Amara gave us the Knowledge and the Value System of the future times but he only said, "My Knowledge is from the Rishis." He passed on this Knowledge in weekly meeting sessions with Guruji. Then, one day he said, "Now you can add a chapter to Patanjali's Ashtanga Yoga." He continued, "This is not all. The Knowledge has to be updated as and when new Knowledge comes." Amara continues to channel the Knowledge through Guruji for humanity to enter and live in the New Age of Love and Light. ■

THE GREAT MAHARSHI AMARA

Shobha K Rao

Guruji has brought Amara into our lives and with him have come New Energies and New Knowledge. These are invaluable gifts to us from him. Guruji always speaks about Amara, his Astral ventures, about his humility and magnanimity. Hence we the members of Manasa, feel deeply connected to Amara, though we have not seen him. Guruji is the link between us and Amara.

Amara has introduced us to the Sapta Rishis, our guiding Astral Masters. He has made us realize that the Rishis have always been with us, ever since they guided us down to this plane when we took birth for the first time. Amara has given us a glimpse of the huge work of the Rishis carried out selflessly, with enormous Love and patience, from the Astral planes. Now we know that energies play a very great role in our lives, and that Rishis release different energies periodically, to bring about changes in the world.

Amara has given new Knowledge about the Photon Belt, about the changes that may take place in 2012, making this period of transition into the New Age different and important. Our earth is receiving new energies from the Photon Belt, from different sources like Ra Loka and Shambala. They give rise to a new Awareness in people, creating opportunities for them to choose Light, and transform, and realize that transformation is the only way to transit easily into the Light Age.

Amara lived every word he spoke and it reflected his simple and magnanimous personality. Though far away, in another galaxy, the great Divine Master still continues his Mission of guiding us with unbounded Love and patience, into the New Age of Light and Love. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is Enlightenment a continuous process even after the attainment?

A: Yes. It is a continuous process even after the attainment. It is true of all Spiritual states. It is because of one single factor which is Free-will. Sadhana never ceases. It is continuous till we merge with the Light.

Q: Were there the New Age truths in all the previous cycles?

A: No. This time it is a very special occasion because of many events taking place in 2012, and also the entry of our earth into Photon Belt.

Q: How seriously should we take the 2012 events?

A: We have to take these things as seriously as our common sense allows. Spirituality is being very sensible always. We have to note these things, understand them and be cautious. We should never make any drastic changes in our lives, so that we will regret later. The best thing is to prepare spiritually by becoming good, honest, meditating and positivising.

Q: How does linking up to the different structures in Taponagara help Meditations?

A: When you link up to the structures in Taponagara, you get connected to the energies in those structures. You receive energies, sometimes knowledge, and the Meditations generally will be very intense and deep.

Q: What is the difference between Shambala principles and Meditations?

A: There are subtle differences. Meditation begins with silence, we experience Samadhi and get transformed; even enlightened. It is an intense practice for a

short time. Practising Shambala principles is not just one hour practice. It is a way of life. Meditations have to be followed by the practice of Shambala principles whereas we can practise Shambala principles without practising Meditations and we achieve the same results.

Q: When can we truly trust a person?

A: Go by your intuition. Perhaps when you trust, when you send your Love, it is reciprocated. Even a person, who is not trustworthy, reciprocates in the way we trust.

Q: Which single experience brings about the transformation in us?

A: Any experience. Every experience brings transformation but we have to allow the transformation. Hold on to every experience, wonder, experience it again and again, and go after that. Wonderful worlds open up. We have to have enormous patience and humility, to understand and wonder.

Q: How can we communicate with the people in distant galaxies?

A: Enter into the ocean of Light, the ocean of Consciousness. Think of the person you want to contact and you get immediately connected to him. In the ocean of Light, the space and time vanish.

Q: Are all the pains because of the past Karmas?

A: No. We carry Karmas from the previous life which we were unable to clear in the past life. But all the pains are not because of them. Some are physical, they are natural sometimes. Many of the pains are of this present life. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
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Preparing for 2012	100/-
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iGurujii - Vol 2	120/-
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iGurujii - Vol 4	150/-
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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 24th June'11, in the morning while I was asleep I had a unique experience. I saw myself in a dark room where a person was meditating. I saw that his whole body was filled with a very bright white Light. I had never seen such a Light before. I recognized that person as my husband. I woke up, I could feel the Light. It was very peaceful, special, which certainly made me so happy that I had tears in my eyes.

- **Ashwini P.B**

I feel very connected with nature, and love to watch buds come out, the activities of birds, squirrels, chipmunks, ducks, insects, and even ants; love to watch the sky, and feel the wind. The animals and plants are fine and in tune with a greater rhythm. I see a thick, black net around the earth that is made up of human thoughts, emotions and actions. A lot of light has to be sent.

- **Linda Sawyer**

On 28th May I set out, zooming in the air. I climbed on the tree and touched the beautiful fresh pale green leaves, smelt them and tasted them too! In joy, I opened my arms in the air, and I started to expand so much that I blended with the whole. This feeling was simply Ananda, being one, and so carefree, the 'whole' embraced me! I came back, went back again to experience it. This experience had so much life, and power to it.

- **Vidya Vishwamitra**

I was listening to a Hindustani classical composition. After a few seconds I was lost in it as it really touched my soul. I saw everything melting into Light. There were no thoughts, only me and the song. I felt as if I was going out of Golden Light to some Infinite bluish white Light. I went

into the Light and felt I merged into something. I never had such an in-depth experience. The song and the music remained with me for hours!

- **Rakhee**

Recently when I was reading 'The Book of Reflections -Vol. 2', I could smell a beautiful fragrance, a totally different one. We had not lit agarbattis at that time. I could not smell the fragrance in the room either. All I can say is that I felt the fragrance coming from the words in the book that I was reading! It was just wonderful!

- **Jyoti Gajjar**

Easily, I have become more aware of myself after taking up Meditation, and I am able to come out of my moods easily, whether it is anger or sadness. Light has become my best friend and I know it is not different from me.

- **Sree Saritha**

On 12th June'11 in the Anjaneya temple, while meditating with the Mantra "Rama" I could feel each stone, each brick of the temple chanting "Rama". At some point, their chanting was louder. I was also aware of several Rishis doing a "Yagna", chanting Mantras with high vibrations at a different level.

- **Brajabandhu Mishra**

I was talking, while holding the book 'Practising Shambala Principles' in my hands. After about fifteen minutes, even without reading it, my heart felt very delighted. I saw myself in the mirror and could see my skin glowing! It is so amazing that, just holding the book for sometime was enough to shift the emotions. Later, I read in the same book "This booklet contains the energies from Shambala. They are not in the paper or in the words but in the content."

- **Sowmya Ajay**