



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 7 Issue 1

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**REFLECTIONS**

Guruji Krishnananda

The year is ending. A new year is around the corner, waiting. And there is a big Shift. A shift in Consciousness.

The shift was predicted and much awaited. The mystic Light Workers watching the progressive Transition processes have noticed the shift and are observing its impact.

There were no very big destructive incidents. They were not expected by the observers and workers of the Spirit. The impact would not be sudden, a one-time event. It would be gradual and spread over months. Its beginnings are noticed by the alert observers.

The Shift would create further awakening in people. We awaken to the reality that corruption of values is the root cause of all our problems. We become intolerant and disgusted with the ways the world is being governed by the corrupt. We may not come to the streets to protest. But every one of us does reject the corruption of values in any area, not just in politics and governance but in every area: education, medicine, religion, new age business..... This rejection vibrates and builds huge fields of energy and works at a subtler level. We can see its impact at the physical level. This is how Pralaya works. Pralaya is not destruction but change; Transformation. It works more from the subtler level.

The shift creates new opportunities for us to choose. Choose the right ways to live. Right ways to think. Right ways to emote. We do these naturally, without any external promptings and preachings.

The Shift is also an opportunity for us to say "sorry" for our mistakes of the past. And we are forgiven! Forgiven by the Universe, by the Avatar, by the Lord of the second coming. We can call it the Judgment day. The day is not a day but a period. And judgment is not bestowing punishment. It is forgiving and allowing us the experience of Love. The shift brings in floods of Love energies. Here, we never drown but float always.

The shift is a blessing from the Universe. All of us may not be aware of its presence straight away. It does not matter. We need not know. But it works. That is very important. ■

**MANASA FOUNDATION (R)**

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e-mail : [info@lightagemasters.com](mailto:info@lightagemasters.com) website : [www.lightagemasters.com](http://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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27th October 2011 - Residents of Taponagara gathered to celebrate Diwali by bursting crackers

**NEWS AND NOTES**

- ◆ Shambala Group and Ra Group had gathered on 13-11-2011 and 20-11-2011 respectively to receive guidance and Initiation from Guruji.
- ◆ We participated in the Bangalore Book Festival from 18-11-2011 to 27-11-2011.
- ◆ Group Meditation was arranged in Taponagara during the eclipse on 25-11-2011.
- ◆ The New batch of Shambala Group begins from January 2012. External Guidance students can also join Shambala Group. Those who want to join may contact Manasa office for details. Last date for registration is 30-12-2011.

**PROGRAM AT TAPONAGARA**

Sundays Lectures: 11AM-12 Noon  
Special Meditation and Light Channelling:  
12Noon - 1PM  
25th Sun Group Meditation:  
6AM - 6PM  
Christmas Special  
Meditation: 12 Noon-1PM

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

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

**MEDITATION ON SPECIAL DAYS**

02	Fri	Shukla Ashtami
05	Mon	Shukla Dashami
08	Thu	Shiva Deepa
10	Sat	Full Moon Day Total Lunar Eclipse: 5.03PM 10.59PM Vishnu Deepa
16	Fri	Shoonya Masa begins
18	Sun	Krishna Ashtami
23	Fri	Masa Shivaratri
24	Sat	New Moon Day Christmas Eve
25	Sun	Christmas Akhandha Dhyana

**AKHANDA DHYANA**  
on 25-12-2011 at Taponagara

6AM - 6PM

All are welcome.

To participate

please register your names

with the office on or before

20-12-2011 along with the timings.

**Informal Group Meeting with Guruji on Second Saturday, 10-12-2011 from 11AM to 1PM. Those interested may register their names in the office.**

**Guruji is listed as a Master on Speaking Tree now. Please visit [www.speakingtree.in](http://www.speakingtree.in) to read his blog and watch his videos.**

## UPDATE ON LIGHT CHANNELLING WORK

- ◆ Our Volunteers, who work silently, are people with families, jobs and responsibilities. From their busy schedule of a very demanding life, they carve out time, sacrificing personal time available to them, to visit schools. Their sincere wish to see the New Age on this earth and their dedication to the work is well reciprocated by the Universe through the school authorities and children.
- ◆ It is not an insignificant occurrence that more than 17.5 lakh children have channelled Light at least once and 2.6 lakh children in more than 500 schools channel Light daily during their school prayers.
- ◆ The Universe is waiting for more to join, to reciprocate more. ■

## LIGHT CHANNELLING EXPERIENCES

Once when I was going to a shop, I saw a dog. I was scared. I channelled Light to the dog and it went away! I was very happy.

- Poojitha M. K., Student

For a few minutes I felt calmness in me and I did not have any worries of outside world. After opening my eyes I saw a new world with calmness in the mind.

- Humera Ajaz, Student, Madrasa-E-Zainab, Bangalore

On the day of my results, I was very tensed. I practised Light channelling and I felt very calm and peaceful.

- Wasiha Banu B., Std. VII, M. E. 2 English School, Bangalore

I channelled Light whenever I felt sad. After the channelling my sadness went away and my mind became blank.

- A student from K.K. English School, Varthur

After doing this technique I feel that I am a new person and I feel positive.

- Manasa, Std. IX, Meridian School, Hyderabad

## TAPONAGARA DIARY

Seema Almel Somayaji

Festivities have marked the quintessential human spirit of sharing joy. Everybody adheres to a collective decision to pause the mundane and just be happy. Taponagarites never miss an opportunity to come together and celebrate; October presented more occasions for fiesta. On Ayudha Pooja around 12noon, residents parked their bikes and cars in the Parking lot. Guruji, and about a hundred others, blessed the vehicles with energies; an impromptu group photo followed. The group was so large that individual faces appeared tiny; personal identities had merged into one. It also had a core, like a speck of white Light at the centre. Yes, the soul of the group was Guruji, we had huddled around him for the picture.

The day after Deepavali, Taponagarites gathered in Unnathi Enclave and celebrated the festival of lights. While all children and kids-at-heart were busy with crackers, the ladies of Taponagara made sure they appreciated each other's festive clothes and jewelry. Every moment we could hear someone wish another a happy Diwali. Mr. Swaminathan and Mr. Krishna had made all the arrangements.

Mr. Sudhakar and family had arranged for refreshments at his residence and as it always happens, food triggered a conversation and an unplanned informal session ensued with Guruji. It went on till 9:40pm!

Guruji has taught the importance of manifesting the life-force and he had once said "Celebrating life is celebrating God's Presence on earth." Taponagarites exemplify this. ■

## LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

**Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.**

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit [www.lightchannels.com](http://www.lightchannels.com)

## SHAMBALA PRINCIPLES

**These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. They live in Peace and Perfection without ageing.**

- 1 Experience the Light in your Core and spread it around.
- 2 Experience and spread Love.
- 3 Experience the Oneness of Life in everyone and everything.
- 4 Carry on the daily activities first in mind, then verbalise it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising talks about it.
- 6 Gear up the body, mind and intellect to fight out the negativities.
- 7 Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.



## GURUJI SPEAKS

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

02-10-2011

Meditations make us aware of all types of truths. When we begin meditating and advance, we realize about all the mistakes we made in life. But sometimes our pride holds us back from apologizing. Some are very far away from us, some though very near are very distant. At such times, we can say sorry to the Universe, seek forgiveness. Universe is God. Our message somehow reaches the particular individual. There are so many ways of communicating. We have to explore.

You can enter into a dialogue with the Universe by consciously shifting your Awareness to the Universe. Pray, send Love and you will be able to have the dialogue. Every one of us has to attempt at these things.

You read about hunger in a book but, when you actually meet a person who is really hungry, it makes all the difference. For us the Truth and its pursuit are important.

A person said 'I will give up my job and take up Meditation.' You should have a concrete project, a clear goal. Then, if you can afford to give up a job and sustain yourself, you can do it; but don't be hasty. The essence of Spirituality is being realistic and not just romantic.

You will not be affected if you take the food prepared by a thief or a murderer when you are pure and strong. Always keep this in mind that you are a Meditator and you are strong.

A long mail was received from a person explaining a lot of things about his problems at home. We attended to his problems. Finally he wrote 'I am telling my wife to take up Meditation. She refuses to

do it.' What about him? He thinks his wife has to be corrected not himself!

A person known to us from Italy asked me to heal a 14-year-old boy in New York, who was in coma. I prayed to Rishis. I am told that he is coming back to normalcy. Everything is possible with the Rishis and God. So, let us align blindly with the Rishis. Our lives will be always full of smiles.

09-10-2011

One of our students made thorough notes of a lecture by a great and famous Light worker, and sent it to me. I want to clarify certain points:

The source of Knowledge of most of the Light workers may be from the galaxies they come from. They have gathered wonderful Knowledge. But the Knowledge that comes to us is from the highest source, the Sapta Rishis. Each earth is administered by a Rishi. Our earth is being administered by Atri Maharshi. He works directly under the Sapta Rishis. Each galaxy has a Council of Light, which consists of great Masters, Rishis and Divine personalities. All the councils report to and receive instructions from the Sapta Rishis, who are the ultimate in command- the Hierarchy.

We came down to experience life here when this earth was ready for life, and not to learn, as some Light workers say. We came down and took birth as humans directly. But, some people wrongly believe that we had to go through experiences of living in the various lower life forms and that later we took birth as human beings. There is freewill in the entire Creation and not only on this earth alone, as some believe. There are soul mates and I don't think there are any contracts.

At some point of time we always meet the people that we love when there is a genuine bond.

As we continue to meditate consistently, we become capable of understanding higher Knowledge. All Knowledge is meant to come down. As we grow the Universe gives us Knowledge bit by bit.

This is the 28th time that this earth is going through the great changes of transition. The Rishis have witnessed all of them. They have trained people to lead humanity through these great changes. They have plans, they are ready and confident.

A person saw herself in a temple. In place of the idol there was Light. The 'teertha' received by her from the priest was also Light. Everywhere she could see Light, and even saw people as Light. It indicates that God is Light. It was a wonderful experience.

If we carry a strong negativity for a long time it will manifest as a very serious disease.

Let us welcome changes and let them be permanent. It is enough if you manifest Love, take care of a person, a family, or a group. You will then be contributing to further the advancement into the Light Age, and you will become a part of the Universe. Thus, we change the world, by changing ourselves, by becoming universal.

16-10-2011

Whenever we take up work under the Rishis, we have to do the work that is mandated to us. The mandate now is to teach Meditation, train Meditators and help Sadhana in every possible way. All the Light Channels are

## GURUJI SPEAKS

(Excerpts from Guruji's Sunday Lectures)  
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doing great work. Stick to channelling. Do not try to interfere with the personal life of others.

Bliss is Ananda and the atmosphere in Parabrahma Loka. We carry this in our Anandamaya Kosha. Bliss is also a state of being.

God manifested as Light then as Consciousness. In the Material Cosmos there are billions of galaxies, different Lokas, and they are in huge space. There is lot of space which is not an empty space but is an ocean of Consciousness, which is the unmanifested part. In this part, there is Bliss. It may not be the Ananda of Parabrahma Loka but there is a lot. This space is the Consciousness where no creation occurs and also no destruction occurs. It's a state of perfect balance. It's a state where there are no dualities. Scientists describe this as perhaps the dark matter. It's entirely wrong. It is the unmanifested part.

If we can tune to this ocean of Consciousness or the ocean of Bliss we will experience the highest Samadhi, we will achieve immortality and we will have the best of health. We will not be touched by time.

Whenever we are experiencing nature, experiencing a joy, there will be a tinge of sadness, because somehow we know this moment is temporary. This helps us to understand that the whole creation is temporary. The state of Bliss is beyond all this. Rishis always live in this state where there is neither joy nor sorrow. It's a state of perfect harmony with the Divine.

If we trust God we have to accept the whole package of life, not merely the happy part of it; make efforts to change ourselves and get over our problems.

You have to bear with or deal with painful situations in your own

way. But a person who was in such a situation wrote to me, asking 'where the hell are the Rishis?' When we cannot accept, cannot digest our own failures we use such expressions.

A person says that whenever she reads the experiences of the students in the Newsletter she feels very unhappy. She says 'I feel abandoned by the Rishis.' I told her 'you abandoned Meditations. But the Rishis will never abandon you.'

A person complained that she is neither getting any feedback nor guidance. It is only in this Path, you are assessed, and able to contact a senior guide or me directly and receive guidance and help. It makes me feel sad. I advised her to change to some other path. This work is a package. We have to accept everything that comes with it.

23-10-2011

We must be aware that the Light we experience is our Over soul, the soul of all souls. If we try to experience it as mere Light, we will never touch it. Similarly, whenever we practise the Shambala principles we bring out the golden Light or the white Light. It is only when we are aware that the Light is full of life, it is an entity, then the contact gets established.

You are free not to believe in Rishis, or God, or my words. To grow spiritually it is enough if you believe in yourself, in your intuition and intelligence. If you are sincere in the pursuit of your goal and if you are sincere in your efforts you will achieve it. Follow whatever you accept and believe. You have to put it into practice. You will then achieve your goal.

A student, who is in this Path since just two months, wrote a long mail. She has understood

everything - about the Rishis, Meditations and the way we work. It is only when we open our eyes we see; when we open our hearts we understand and receive.

We have to make efforts everywhere not only here and, also have patience. In a short period we cannot attain Mukti. Perhaps, hopping from one path to the other does not help.

Between people, particularly between me and others there are two distances, one from me and one from them. From me I believe the distance with anyone is the same, that there is no distance. Everyone is closest to me. You have to experience. But from people this distance varies from time to time. I am not perturbed at all.

It is only when we receive gifts from people, perhaps there will be conditions and the negative part. Sometimes, even our own Karmas get us gifts. Let us be aware that when a gift comes from God there will be no conditions; accept it, enjoy it and be happy.

A person complained about people around him being difficult, not ready to change. He asked for advice. Let us be aware of the fact that this world and we are imperfect. Let us not grumble, complain or judge. We have to deal with people with Love. If you carry a lot of Light, manifest Love truly, you will not have problems with anyone.

I want you to remember three keywords of this Path - Meditate, Positivise and channel Light. You become an angel if you practise all of them. If you practise any one of them, you will be a wonderful human being. ■

## 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 Shobha K. Rao)

Manasa Foundation goes out of its way to help and be with us all the time. You have introduced us to Light. The kind of feedback system you have in Manasa and the concept of levels of existence motivates us; the instant help which one receives from the Rishis is difficult to find in this day and Age. You make things so simple and life more beautiful. Now I love every moment of life! Probably, I took birth just to be a minuscule part of Manasa Foundation!

- Jaspreet Kaur

Two years of working for the Study Centre has given me enormous exposure to life and its wonders, unlike before. I'm sure, they were not chance happenings. I cannot forget my first visit to Taponagara on August 9, 2009. The journey is becoming better and better. I keep looking up at the stars....

- Padmaja Balaji

I thank you and the Rishis for all the help and guidance given to me. It is much appreciated. I have the strength to move on to a new chapter in life, as I know that the Rishis will be looking after me. I have been most fortunate to have discovered this Path.

- Anne Chapman

Joining the Path of the Sapta Rishis, and meditating at Taponagara has raised my levels of joy and satisfaction. It is a fulfilling experience. You purify our minds and hearts. A heart full of Love and Light, devotion to God and the Rishis, good behavior and compassion towards all living beings is your Mantra. To make your dreams come true, it takes a lot of determination, self discipline and effort. With your blessings I shall try.

- Sudha Raman

On 16th October'11 you gave guidelines for the Light Channels. I am so happy that our bond is becoming stronger. I just don't have words to express our connection.

Strange are the ways of the Divine! Knowingly or unknowingly, you have been with me from so many years and I could meet you in person only two years ago. I thank you from the bottom of my heart for guiding me incessantly at every step.

- Meena Kumble

Your lessons on being a good human have helped me. The principle "Be calm always" has helped me sustain many pressure-situations in work and I move on, remaining unaffected, keeping goodness intact. I am embarking on a new turn; I am at solace as I know that Divinity is with me. Earlier, certain beliefs which were on thought level are slowly becoming a way of life. Guruji, thanks.

- Geeta Joshi

After having taken up Meditations four months ago, I am happy and contented at all times, without any complaints about life. Life is more beautiful now. I have a very good rapport with people, and receive a lot of Love from them. I send Light and Love to one and all. I am thankful to you.

- Rashmi Kuteshwar

I experience a much greater sense of peace and equanimity and have a sense of receiving guidance and blessings. I have made a prayer that I make myself available 24/7, as an instrument of the Divine Forces - a channel of Love, Light, Peace and Oneness.

- Ruby Madan

Whenever I have a doubt or, have to face a difficult situation, I somehow get the solution in the Sunday class. It is truly amazing! I always wonder about it. I cannot describe my feelings at that moment when you spoke about the network of Rishis. I feel so connected, protected and loved. I realise that the Rishis' protection has always been there.

- Kavita Manjunath



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

### Q: Is Life Force different from Prana?

A: Yes. There are several types of Prana, which we get from the Sun. But we get the Life Force from the Divine Cosmos, from Maha Vishnu. Prana adds quality to life, giving us good health, purifying the entire system, more importantly the mind. Life Force injects life in this system and in the entire Creation. It helps evolution of the human body, helps us carry hope always and gives us the strength to fight against all odds. Life Force is behind all activities of creation and all creative activity. It is everywhere.

### Q: Do people steal energies from others?

A: Yes.

### Q: Is it true that if we are seeking something, that something also will be seeking us?

A: It is partly true. The Universe will be waiting to give us many things, but we will not know about it, because either we are not ready to receive, or we will be asking for something different. We must begin to interact with the Universe. Trust the Universe blindly. Then our life will be entirely different.

### Q: What is the primary purpose of life?

A: The primary purpose of life is to manifest life, manifest Life Force, manifest Love and the Divine.

### Q: How does one deal with continuous disappointments?

A: Never lose hope, reorganize

your efforts. There is always another turn. You can also check up to see if what you are pursuing is the right thing at that time. Meditate regularly. You will get guidance and help. We must trust the Universe, learn to receive the help from the Universe by spiritualising, being good, honest and patient. Then you can come out of any type of difficulty.

### Q: How can we manage our relationships with others sensibly?

A: If you carry Love to the Universe, to others, you can manage any relation. Do not intrude others' space. While interacting with others let us sometimes shift our focus to the life beyond this earth, to the Presence. Mere awareness of something higher than this horizontal living will make us so different and this life so beautiful.

### Q: I heard that this earth will be in Satya Yuga permanently. Then what happens to this Centre which opens once in 51000 years?

A: If this happens we will close this Centre, but the work will continue. People who are working here for the Transition into the New Age will work on other earths. But the earth being in Satya Yuga permanently is yet to be decided.

### Q: What is Love?

A: It is the power which is behind all Creation. To know Divine Love we have to experience Light. We must experience Samadhi. It cannot be described in words. ■

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ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
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2012 முடிவா அல்லது தொடக்கமா	100/-
தியಾನ ಯೋಗ	50/-
ஆத்மாவின் அவரோಹಣ	50/-
ನವೀನ ಗಿಣ್ಣಿ ಉರುವಾಗಿನ ಕ್ರಷ್ಣ ಸಾಹಸಗಳು	50/-
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ಧ್ಯಾನಂ ವಿಯುಡಂ ಎಲ್	50/-
२०१२ ದ್ವಾರಮುಲ	150/-



**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)

In the 1st week of October 2011, after Meditation, while performing the regular pooja and aarti with my eyes closed, I saw a huge temple. In place of the idol there was Light. The temple was full of Light. People were offering Light and some also came to receive Light. The tirth and prasad which the priest offered was also Light! The people were very radiant, just like light bodies. I felt I was part of the scene. My body had become very light; I experienced immense Peace. I felt blessed.

- Saroj Sawale

A few days ago, I went to bed at a very late hour. A few minutes later, my phone started sending signals for low battery. I ignored it and slept. In the morning, when the alarm rang, my phone was 33% charged. After Meditation, the phone was charged 100%! The battery worked for two complete days!

- Jaspreet Kaur

On Anant Chaturdashi I sat for Meditation in front of Lord Ganesha's idol. I could hear someone giving me clear instructions and the shield around me was getting strengthened. I saw a large and beautiful eye in front of me. Later, I realized that it was the eye of Lord Ganesha. I saw Guruji sitting in the same place in Padmasana and meditating. I could see a halo around Guruji's head.

- Anuradha Waikar

During my interactions with people when they express their sorrow, I can actually feel their sadness; my throat and heart start hurting. Almost immediately, I experience Light radiating from my heart to the entire body. Within a few minutes I am

restored to my happy emotional state. It is as though my happiness level is being monitored and when it dips down, this process of cleansing triggers off by itself!

- Sowmya Ajay

About two months back while I was just sitting quietly, I suddenly realized that the 'Real' is not away from me, that I am a tiny speck of the 'Real' or 'All That Is' which is nothing but the purest Awareness. That Power which makes everything possible dwells in me and I am that 'pure being.' Since then my perspective has changed totally. The world around me though the same world, is not the same any more. Thus acceptance and surrender happen automatically.

- Purnima Parulekar

One night I lay down and imagined my body to be full of white Light, and requested it to channel itself through me and spread to the earth and the hollow earth. Suddenly, I felt a dazzling big white diamond in my chest region. The Light was passing through the diamond and spreading itself around. I could feel this diamond for the next few days.

- Pragti Raaj

On my daughter's 13th birthday, I gave her the Light Channelling technique along with other gifts. I told her that it is the best gift that I have ever given her, and that she should practise it every day in the morning and in the night. Later, she informed me saying "I did the Channelling, it's amazing. It was a marvellous experience. I am happy to give my contribution." I had tears. I had no words to express my feelings.

- Vishwas Dixit