



MAHARSHI AMARA (1919-1982)

### WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

#### LIGHT

is the Intelligent Power behind all Creation. Light is God.

#### LIGHT WORK

is assisting all life to raise its levels of Awareness and Experience for a better living.

#### LIGHT BEINGS

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

#### SAPTA RISHIS

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

#### MAHARSHI AMARA

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

#### GURUJI KRISHNANANDA

is the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

#### SAPTARSHI DHYANA YOGA

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

#### THE AFFIRMATIONS

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

# DOORWAYS

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## REFLECTIONS

Guruji Krishnananda

On February 1st, 2011, the day of Amara's Birthday, more than a lakh school children are going to channel Light. By that day, more than twelve lakh school children would have channelled Light. This is an amazing phenomenon. Particularly, when this could be achieved without any publicity, without any help from the media. But the School Authorities appreciated this self-less and self-rewarding Service and helped us to the most. They recognized this as truly non-religious and non-political but purely Spiritual activity. The Light chose children and the Authorities chose Light.

Amara is happy. One of his dreams is being realized. Master V is happy. He is in charge of this activity.

I have been saying that there is an awakening. It is true and more with the children, the young. For they are pure. They are the future. What they see, the elders cannot see. The elders are too civilized!

I think of all the volunteers who could carry Light to the young and thank them for their selfless service and endless zeal.

A person called me the best gardener to have such beautiful flowers. Best or worst gardener, my garden is the best. My flowers are the best. In my garden, there are no thorns and no weeds. The garden was created by Amara, my Guru. Master V brought the best seeds.

In the last few weeks, I addressed thousands of people and interacted with several people who are genuinely concerned about the future of this planet. It was very heartening to note that everyone wanted a change, a Great Change. Great Change is Pralaya. Everyone wanted Pralaya to take place. And, believe me, it is happening!

All the chaos and confusion are a part of the Great Change. The beginning.

Many more of us should raise our voices and hopes for a greater impact. Now, no one can stop the process. No one can reverse the process. The process leads us to the New Age ultimately.

From 1988, I have been speaking of the Spiritual Revolution. It has begun.

This is the time when all prophecies go wrong, all predictions go wrong. Because, the future is taking shape now. We, the people of this earth, are creating new destinies for this earth of ours. A new earth is emerging. The New Age is dawning. ■



### 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](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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amount.



Guruji inaugurated 'Dhyana Maha Chakram' event in Amaravathi,  
Andhra Pradesh on 21-12-2010

**NEWS AND NOTES**

- ◆ Guruji addressed more than 50,000 Meditators on 21-12-2010 at Amaravathi in Andhra Pradesh.
- ◆ Guruji presided over the Book Reading of Sri M's "Apprenticed to a Himalayan Master" on 4-1-2011 held at Vidya Virkar's Strand Book House.
- ◆ iGuruji (Vol. 4) will be released on Amara Jayanti Day at Taponagara on 6-2-2011.
- ◆ Marathi translation of our book "Higher Communication & Other Realities" will be released on 29-1-2011 at Mumbai.
- ◆ More volunteers are required to assist our Light Channeling Team. Interested students may please register their names in Manasa office.
- ◆ The last date for registration to attend Amara Jayanti Program at Taponagara is 30-1-2011.
- ◆ Students other than Taponagara Centre have to register their names for attending Sunday classes.

**SUNDAY PRASADA**  
was sponsored on

- 05-12-2010 by Alka Scindia, Banu Ramdas & Rama Murali  
12-12-2010 by Ramachandra K & Pradyumna, Ajay Kumar & Seema Ajay  
19-12-2010 by Jayalakshmi K, Yashoda C & Radha Kumar  
26-12-2010 by Mallika Ganesan & Chandrasaki

**MEDITATION ON SPECIAL DAYS**

01	Tue	Masa Shivaratri
02	Wed	New Moon Day
06	Sun	Amara Jayanti Celebration
10	Thu	Ratha Saptami
13	Sun	Shukla Dashami
18	Fri	Full Moon Day
25	Fri	Krishna Ashtami

**AMARA JAYANTI  
PROGRAM AT TAPONAGARA  
Sunday 6-2-2011**

11AM	Welcome Speeches Guruji Addresses Release of Book Special Meditation Blessings by Guruji
12.30PM	Prasada

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM to 12 Noon Special Meditation and Light Channelling: 12 Noon to 1PM
6th Sun	Amara Jayanti Celebration

**PROGRAM AT ANEKAL**

Amara Jayanti Program at our  
Saptarshi Dhyana Kendra on  
1-2-2011 at 6 PM.

**Informal Group Meeting with Guruji on  
Second Saturday, 12-2-2011 from 11AM  
to 1PM. Those interested may register  
their names with the office.**

**A Desk calendar with special photos of  
Manasa & Antar-Manasa is available.  
Please contact the office for details.**

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

## UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ◆ 18th December was a very special day for Light Channelling when more than fifty thousand children from more than one hundred schools channelled Light. More than sixty volunteers gathered in Mysore and surrounding towns and worked silently in unison to make this extraordinary event possible.
- ◆ In the month of December, 2010 alone, more than 1,70,000 students in more than 290 schools channelled Light, taking the total to more than 8 lakh students in the year 2010.
- ◆ This unprecedented response from Schools motivates us most in this selfless work of spreading Light. ■

## LIGHT CHANNELLING EXPERIENCES

When I practised the Light Channelling technique, peace descended. Not only did I experience peace, I experienced the calmness and I lost awareness of the surroundings.

-Ms. Abida Begum, Teacher,  
Govt. Urdu Higher Primary School, Kaiwara

I feel more active after channelling. I gained whole world. There was no violence, no selfishness.

-Himanshu, 10th Std.,  
Swamy Vivekananda Rural English Medium School, Chandapura, Anekal

On 28th December, when we conducted Light Channelling in Sarkari Prouhashale at Talagvara, a student revealed to us that she was present at Govt. High School, Chintamani on 22.12.2010 when we conducted the session there. She was praying that we visit her school at Talagvara and teach the technique to the students. Her prayers were answered in just less than 7 days!

-Mukesh Parmar, Volunteer

## TAPONAGARA DIARY

Seema Almel Somayaji

December 2010 marks the first anniversary of earth's entry into the Photon Belt's energy field. Compared to the years gone by, one can sense that new and strong Energies have increased the vibrancy of Taponagara. An inexplicable zest for Oneness has brought Taponagarites closer than ever before; and this includes all the non-resident Taponagarites as well. Nurtured by Guruji's unconditional Love, efforts and enormous patience the seeds of his dreams of making this place the second Shambala are germinating. This was evident from the Residents' Meet discussion wherein each shared their gratitude for being part of Guruji's Mission. Light has made their hearts so fertile that Shambala is slowly blossoming in each.

Special Christmas Meditation was attended by many and the Master, Jesus Christ filled us with Light to prepare us to take up the challenges of the dawning New Year. Akhanda Dhyana presented an opportunity to spread Light to the whole world to one's heart's content.

The new Dining Hall was inaugurated by Guruji and the Residents on 31st night amidst celebration and gaiety; the Shunyamasa Rishi also bestowed her blessings. The New Year was welcomed with the practise of the Oneness technique.

The end of 2010 and the beginning of 2011 were linked by a pair of eclipses. Both heralded the 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](http://www.lightchannels.com)

## SHAMBALA PRINCIPLES

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

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



## GURUJI SPEAKS

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

05-12-2010

If the beginners find any difficulty in following certain things, they are suggested to read our books; at least the basic texts, as they contain a lot of information. They have to meditate for at least 5 days a week. Otherwise, the processes that are initiated will not work. If you have any doubt, do not hesitate to get things clarified, first from your teacher. Sometimes a small doubt could be a big hindrance forever. Practise Shambala Principle I, or carry Light always.

I repeat that it is important to create an inner space for ourselves, where there is solitude and stillness. In this space we can contemplate, experience, communicate with Rishis and God. We can compose - a poem or a song, tune up a song and also receive energies and knowledge. Perhaps we would have created this space unknowingly. Let us be aware of it and develop it. We should not allow others to intrude into this space because it disturbs and also, we should not intrude others' space.

I came across a wonderful idea: "Order here, order everywhere". When there is order at the physical level, in the room that you live in, in your surroundings, this order extends to other levels - emotional, even intellectual. We had mentioned that before Meditation, bath is not required. But every one of us would have experienced that, after a bath there is such freshness which helps us to have better Meditations. So, order, cleanliness, purity, anything at this level extends to the other levels. We have to put it into practice.

There is perfect order and also intelligence in the Universe. The galaxies move in a particular way. The stars, planets move in their own tracks. There is no clash or collision. Order or discipline in our lives helps us to tune to God, tune

to the whole Creation and to the Universe. It is such a great revelation!

Let us also be aware that the Universe has its own dreams and desires to be actualized. When we are tuned to order and discipline, the Universe will be able to manifest or actualize its dreams through us. We realize then that we and the Universe are not different, but the same. It is a very great state, when Oneness becomes operational.

I was really bowled over by the maturity of a person when I read his letter. He says, "Pain is fine and happiness fine. Even the desire to become a great Meditator, to gather energies is vanishing. Life is fine. Life is beautiful. Everything is fine. Everything is beautiful." In these lines there are a million shades. We do not reach these states by only meditating. We reach these states when we grow, when it does not matter whether we meditate or do not meditate, because we are in tune with the Divine.

After Vivekananda had the great experience of Nirvikalpa Samadhi, Ramakrishna Paramahansa told him: 'You cannot have the experience again. Now I have locked it and I am keeping the key'. A person asked 'what is this key?' Vivekananda did not take birth to only experience Samadhi, but to work. Similarly, those who gather under Rishis are meant to take up the work of the Rishis. We are here to work. Sometimes we are not allowed to experience. If we do not realize and do not actualize this purpose, we are wasting our lives. Our keys are with the Rishis.

By 1st February 2011, Amara's birthday, the Light Channels group has decided to touch the target of 10 lakhs. It is a very great achievement. On that particular day, they are planning to make one lakh students channel Light.

12-12-2010

We are meeting after a week of never-ending scams, Wikileaks, Radia tapes, duplicity in politics. There is a big list. I am not trying to paint a very pessimistic picture. This is our world. We have to deal with these enormous problems by channelling Light. We do not know the impact of it. Many have to join. We have to take initiative and form groups.

The Healing energies have intelligence. They not only heal, but also guide us to take a particular line of treatment or go to a different doctor. Medical treatment taken parallelly, helps. As guidance happens at a different level, people may not be aware of it. Also, they take away a little of the Karmas. Maybe, the Karmas are transferred to the healer. The Healing energies help us to transform. Healing energies will speak to the individual at a deeper level and will make the individual aware of his own mistakes, faults and shortcomings. If we are alert we will know where we have to make efforts to get over even the physical sickness. So Healing is not a simple, single process.

A person wrote to me saying that he was very much depressed and unhappy, felt like leaving the job, moving away from this world, the reason being that the people around him were very selfish and not ready to change. He did not know how to correct them. The important point to note here is that, it is not our job to correct people. I am here to place before you the knowledge and techniques that I receive from the Rishis. My job is to guide, not to correct.

Why should a person feel frustrated because he cannot correct others? Is he correct? So let the correction begin from us. Let us allow the Rishis, God to do this work of correcting others. They are working. There are laws which we

## GURUJI SPEAKS

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

cannot break. The whole of humanity is going through the process of cleansing. Individuals should decide to change, to correct themselves. Feeling frustrated is wrong.

We are not aware that every problem has a Spiritual root cause. We have to try to understand and locate it by employing intuition. If a pain persists, you have to sit alone in your inner space and contemplate. You will be able to locate it and remove it, the problem then vanishes miraculously.

Group Meditations improve the quality of Meditations. If a person participates in a group Meditation he will be able to meditate regularly. Group Meditations as we have here, in the presence of a Rishi, are very beneficial. The Rishis monitor everyone's Meditation, try to pull us up, try to tune and give energies. For group Meditations you need not physically gather here. From wherever you are, you can mind-link. Meditation is more important than the words. We must also become aware that whenever we meditate individually or in groups, we are participating in a silent Spiritual revolution. These Meditations generate vibrations which spread to the world and bring about transformation.

All of us should make efforts to speak to things. There is Consciousness and a personality in every inanimate object also. You can speak to trees, to birds, to objects, also to a river. In Puranas we come across such incidents.

Lord Rama speaks to the ocean. The ocean communicates with Him. When we come across such beautiful experiences we energise and inspire ourselves. The facts that there is Intelligence and Love all around us, waiting to communicate, waiting to help us, bring us hope. But for this

awareness, we cannot be having hope. I never had hope before I met my Guru. I thought this world would degenerate. I thought there was no future for this world. But, my Guru presented this aspect of life.

There are people, Divine Personalities, Rishis, Light workers involved in the work of wiping out the evil. We in our own humble way are also contributing to it. Let us wipe out the darkness of corruption, greed, violence and selfishness from within.

Every eclipse has its influence on the whole world. That is why during an eclipse we choose to meditate. We will have the benefit of absorbing the new energies that are released. Remember every eclipse is a step towards Satya Yuga.

19-12-2010

Meditations are becoming more and more difficult because our efforts are not enough. In a very short time we are expected to clear lot of dirt, a lot of Karmas. So we have to make more efforts. If we increase our efforts we receive more help. Even with less effort we get more help. That is the grace from the Rishis.

An interesting point about the Healing energies is that, they come back to the healer and report to him about the medical and Spiritual condition of the patient. Now we know the role of a healer. It is not merely to heal. It is to help the individual transform and grow spiritually. Healing is a great Spiritual act. All the healers ignore this part. They do not know about it.

Recently I met a group of astrologers. I was shocked to note that they had such an open mind. They could understand and accept all that I tried to explain. They even enquired about the year 2012. I did

not expect it. This is the result of the working of the new energies that are released on this earth, which convey and convince people at a different level. Therefore, preaching is not required. And of course, I have to appreciate these people who had such an open mind. Everyone will not be open-minded in spite of these energies. But in this group there were wonderful people because they had a wonderful guide, a guru, who was very humble and who was here with them.

While practising Light Channelling we do not preach. Light does everything. The people who channel Light have amazing experiences, amazing transformations and insights.

Many times people volunteer to work. I always tell them to first equip themselves with great Love, enormous patience and then volunteer. We have to have patience, Love towards the Rishis, Love towards the work; you must learn to speak from your heart. You always have a place in us.

I was hesitating to mention an incident when a person spoke very harshly to one of our volunteers. I feel very sorry about it. How selflessly my volunteers work! And you hurt them. I want everyone to think about these things. One sour incident like this upsets everyone. Let us be very kind to the volunteers who are working like angels. It is no exaggeration.

Yesterday about 60 volunteers made more than 60,000 school children channel Light in different places. They spent money from their pocket. I feel very bad about it.

We offer our energies to the new batch of eight Rishis, who are here in place of our Rishis during Shoonya Masa. This batch is headed by a very great lady Rishi. She has come for the first time. ■

## 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 Gurujii 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)

This year has thrown open many opportunities and experiences, that humbled me to a great extent, the most important being the inclusion of my name as a part of Study Team. I don't have words to express my heartfelt gratitude and love. You being the centre point of my life, I assure you to celebrate life with wonderment, remembering your words "There is so much to learn and unlearn".

-Padmaja Balaji

I have observed the expansion happening in me because of the opportunity given to work with the Light Channelling team. I feel very calm. I try to treat everyone with love. This has never happened before. I see that some of the unwanted negatives in me are dissolving gently. Being amongst the school children every day and the Light that they channel may be helping me change.

I want to let you know that you have a beautiful garden, with different varieties of flowers blooming, emitting their own distinct lovely fragrances, as pure as sparkling water - the garden that you have been carefully tending to since 1988.

-Pragti Raaj

The mega Light Channelling that took place on 18-12-10 had made you happy. We were waiting to see your great million dollar smile. But, instead you expressed sadness because you could not finance the expenses incurred by us.

The love, affection and the respect we are getting from thousands of children and teachers cannot be equated with any amount of money. By doing the work of Light Channelling we are able to grow and learn many things. Rishis provide us everything required for Light Channelling. You taught us how to love everyone and everything. Please never feel sad. It hurts us.

-Manjula V

Every Light Channelling session that I conduct has given me new insights and lessons to be learnt. I have been benefiting more from these sessions as I feel the oneness. Every time I request the Rishis to work through me and every session has been different and the words that I speak are completely directed to the people's need at that particular session. I thank you and the Rishis for teaching me that our life is the biggest opportunity provided to help others and also learn to evolve ourselves in the most humblest of ways, with Love.

-Nithya James

Ever since I joined the Healing group and started sending Light, I have been feeling very energized. The Healing and Reiki that I channel to others has also become more powerful and has given wonderful results. The Rishis are with us, and I thank you from the bottom of my heart for accepting me in this group.

-Hilla Mazda

As a Sadhak I do falter, at times still I lose patience, yet you are always there... It is an unconditional and steady support. That is what I am trying to build up in me, being there for the opposite person and being good, irrespective of how he or she is.

-Geeta Joshi

At the beginning of the New Year I express my gratitude for permitting me to, seemingly from the sideline, grow familiar with the teaching, the energies and the love which are transforming the earth in its totality. I am receiving impulses for hope, confidence and perseverance in the process of transformation. I am also understanding and sensing the unity in all the different means towards the goal. Thank you for the courage and the patience in guiding and your example of living.

-Gerda Leyten



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

### Q: Why did God introduce Maya?

A: God introduced Maya to help us to experience the Life here and the diversity of Creation. Maya is a gift. Without Maya we would be seeing only Light everywhere.

### Q: When can we say our Spiritual life begins?

A: Our Spiritual life begins when we begin to manifest Love, not when we begin to wear saffron or Rudrakshas, or go to temples or do Japas; not even when we begin meditating.

### Q: What is Spiritual awakening?

A: When we awaken even at the intellectual level to the reality that we are a part of God, that we are particles of Light and that God is the Ocean of Light, the Spiritual awakening occurs.

### Q: What is a reality?

A: A reality is what we see, feel and experience. There are several levels of existence, each with its own realities, which we may not be able to see with the physical eyes. But we perceive them with different faculties. There are realities like the body and this world, which are temporary. There are permanent realities, like the sky and Light. Every reality is important.

### Q: Is it because of Karmas that I am not getting a job?

A: I have to study the case individually to understand it. Generally speaking, Karmas only influence. Karmas may make it difficult to find a job. But they do not block.

### Q: Is there any technique to take upon others' Karmas?

A: No.

### Q: What is the difference between selflessness and sacrifice?

A: Selflessness is not thinking only of our interests. Sacrifice is going beyond it. It is giving up things for the welfare of others. It is the manifestation of Love.

### Q: What is the difference between projecting and manifestation?

A: The difference perhaps is in the Intent. There is a falsity in projecting anything about ourselves. But when we manifest, we manifest what is real. It could be Love. It could be pure hatred, pure dislike. We cannot manifest what is not true.

### Q: What can I do to fight the violence and corruption around us?

A: Individually at this level, we can do nothing. But, at the Spiritual level, we can channel Light. When we channel Light, automatically the Light wipes out corruption. But one man's effort may not be enough. Most of us on this earth have to do it.

### Q: Is there any cleansing process going on around us?

A: Yes. The cleansing process begins with surfacing. You can see it happening around us, the individuals, families, society, nation and the world. The leaks, tapes, scams, are very good indications, and they will be wiped out gradually. Negativities surfacing in individuals have to be removed consciously by the individuals.

### Q: What is our true potential?

A: Our true potential is unlimited. We can become a Rishi. We can become a galaxy. We can become a God. With seriousness, with effort and with Love we can explore our true potential and bring it out. ■

## LIST OF OUR PUBLICATIONS

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2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
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ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
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தியானம் செய்வது எப்படி	50/-
ஒளியின் வாயில்கள்	200/-
2012 முடிவா அல்லது தொடக்கமா	100/-
ஒளியில் வாழ்க்கை	10/-
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தியான யோகம்	50/-
ஆத்மாவின் அவரோகணம்	50/-
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ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ವೆಲಗುಲಿ ಜಿವಿಂವಡಂ	10/-
ಽಂತಿ	10/-
ಽಂತಿಕ್ ದ್ವಾರಮುಲು	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)

I feel expanded, and sometimes I am not able to distinguish between the world and myself. I experience Oneness most of the time. So, all the conflict has vanished from life. The only thing I experience now is Love for everyone and everything. Now I am driven by a force, to 'work' forever, for Life. **-Hemant Sharma**

The failures in this life just surfaced in me, and a quiet resolve reminded that we are responsible for our actions, not for the fruits. It startled me. I have never heard anything so powerful from within me. It showed me that I have the capability to try harder, no matter what the outcome will be. **-Aditya Bheda**

On 26th December I had gone to a mall and got lost in the huge crowd. I had no hope but to ask Light to help me. I was relieved to find my dad, but forgot to thank Light. I happened to glimpse at the word 'Light' which was being unscrambled in a game of word scramble, on the television. It made me realize that I should have thanked the Light and I did it. Now Light is a beacon in my life. **-Deeksha Suresh**

While viewing the video of Taponagara, as we looked at the structures there, I sensed a tingling sensation in my palms and forearms first. Finally, something swept across in the heart region which was too much to bear. These are the energies being passed out to individuals even through the videos of Taponagara. I pray that everyone on this earth receives them. **-Pragti Raaj**

A few days back during Meditation I saw a Divine Personality in the form of Light. He was holding a bowl in his hand which was filled with something. He extended it towards me. Another personality next to me, who was also in the form of Light, whom I perceived as Guruji, took that bowl and gave it to me.

In the last Shambala Group meet, throughout the class I felt as if my whole body was covered with a thick layer of Divine fragrance which was very intense and unique. **-Nagashree**

After the Light Channelling session at the Institute of Design at Chennai, an architect told me that she had seen a beam of pure white Light emanating from the palms of a saint and she was suddenly pulled to a far away space outside the planet, from where she could see the wonderful Light spreading throughout the globe. Without having seen our banners she described to me exactly the picture that we show during Light Channelling! **-Nithya James**

While going to the Police Commissioner's office, Pune, to conduct a Light Channelling session for the traffic police, we forgot the laptop to be used for the presentation in the rickshaw. After the session, we told the police about it. We also told them that as there was "Light" in the laptop, we would certainly find it. In the evening when my sister went to lodge a complaint, a policeman came there with the laptop! It was a miracle and even the police admitted that Light works in wondrous ways. **-Medha Kulkarni**