



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 2

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REFLECTIONS

Guruji Krishnananda

I was reading a letter from a person who was in a very beautiful Spiritual state where people do not seek anything more and are totally detached from everything, even from experiencing Samadhi. It is difficult to describe these states. Such people live in the Light where there is no more seeking and all fulfillment. We do not reach such states by our Sadhana of this life. It comes after life-times of Sadhana and association with the Rishis.

I replied saying that even these states pass. Everything passes.

We are witnessing the surfacing of scams, leaks and duplicity. Of lack of leadership and concern for the deprived. It is a state of hopelessness. Even this will pass.

I am not philosophising. I am seeing from a higher perspective. Everything passes. And we pass through different phases, we experience and learn.

This year has thrown up a lot of deeds of greed, manipulations and utter disregard for Values. I say good ! It is only when such things surface that they are dealt with; erased. This is not possible by the leaders because they are, in one way or the other, the partners in the acts. It is not possible by us, the ordinary helpless people. Not at this level.

But, let us realise and awaken, that we can build up silent revolutions. We can create new destinies. We can meditate and spread the vibrations all around. We can channel Light all over the world.

Light works. It has Intelligence and Power.

And It has worked earlier, whenever we bungled and brought the life on earth to the states that we are in now politically, economically, environmentally and spiritually. Light knows everything. It is waiting for us to ask for the Change; the Transformation. Transformation is to be sought. It will not be imposed.

We are entering the New Year of Hope and the new Beginnings. The New Year will not disappoint us. We shall see a lot of Light. And Love.

I wish everyone a very Happy New Year. ■

**MANASA FOUNDATION (R)**

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

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

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

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

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

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

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PRAKASHMARG (Marathi)**
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NEWSLETTER

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along with the Subscription
amount.



"Guruji addressing the gathering at
Malleshwaram ground Bangalore on 5-12-2010."

NEWS AND NOTES

- ◆ Guruji addressed the gathering on 5-12-2010 at Malleshwaram playground, during the Mega Meditation programme "Dhyana Bengaluru" conducted by Karnataka Pyramid Dhyana Prachara Trust.
- ◆ On 21-12-2010 Guruji inaugurated the programme "Dhyana Maha Chakram" at Amaravathi, Guntur District conducted by Pyramid Spiritual Societies Movement, India.
- ◆ Guruji inaugurated the 2nd National Conference of Spiritual Scientists conducted by the Indian Federation of Spiritual Scientists at Amaravathi, Guntur District on 22-12-2010 and delivered the keynote address.
- ◆ Lunar Eclipse special Meditation was organized at Taponagara on 21-12-2010.
- ◆ Sadhaks gathered at Taponagara on 25-12-2010 and meditated on the occasion of Christmas.
- ◆ Akhanda Dhyana was organised at Taponagara from 6 AM to 6PM on 26-12-2010.

SUNDAY PRASADA
was sponsored on

- 07-11-10 by Ajay & Seema Ajay
14-11-10 by Ajay Pai, & Vijay Kumar
21-11-10 by Ashvin Radhakrishnan,
Lalitha Lakshmanan, Sunita
& Udayraj Sane
28-11-10 by Vijay Mendjoge, Shwetha
& Ravi G. H.

MEDITATION ON SPECIAL DAYS

02	Sun	Masa Shivaratri
04	Tue	New Moon Day Solar Eclipse from 12.10PM to 4.31PM
12	Wed	Shukla Ashtami
14	Fri	Shukla Dashami
15	Sat	Uttarayana begins
19	Wed	Full Moon Day
27	Thu	Krishna Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures 11AM - 12 Noon Special Meditation & Light Channelling 12 Noon - 1PM
4th Tue	Solar Eclipse Special Meditation from 12.10PM to 4.31PM
9th Sun	Shambala group meeting at 2PM
16th Sun	Ra group meeting at 2PM
30th Sun	Group Meditation from 10AM to 1PM

This month's Newsletters are
sponsored by Barbara Von Grote.

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

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

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

UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ◆ On 27th November, 2010, 43 dedicated volunteers covered 70 schools and channelled Light with more than 33,000 school children in Shimoga, Hosur, Bangalore, Mumbai and Chennai. This noble act was dedicated to the families of the victims of 26/11.
- ◆ By the end of November, 2010 more than 7 lakh school children across hundreds of schools in India had participated in channelling of Light.
- ◆ The encouragement and support from Education and School authorities and Teachers touches our hearts. ■

LIGHT CHANNELLING EXPERIENCES

While doing the Light channelling technique, I lost awareness of my colleague next to me, the students in front of me and the surroundings. I was fully absorbed in the technique not knowing where I was.

-Principal, Sri Maruti School, Nelamangala

I had difficulty in walking due to weakness of the legs. But after channelling Light I have no pain while walking.

- Arun, Std. V, Sarkari Hiriya Prathamika Pathasale, Hunasemaranhalli, Bangalore

I was very disturbed and frustrated. I had lost my confidence and had many negative feelings. I hoped to change all this without much success. I started channelling Light for a few minutes everyday. The results were amazing and things started changing gradually. I became calm and confident. My faith in God increased and I stopped criticizing others. My outlook towards life changed. I channelled Light to my grandmother who was unwell and she recovered fast. My parents who wanted me to work and help them are now supporting my studies.

-Deepika, Student, Pune

TAPONAGARA DIARY

Seema Almel Somayaji

November presented an occasion - the festival of Lights - to celebrate the happiness that each Taponagarite feels all year round. The first Sunday evening after Deepavali was decided upon for residents to come together and celebrate. However it rained and the plan had to be postponed. A few days later crackers were burst in Unnati Layout, a small section of Taponagara. This was followed by an impromptu gathering at Shri. Sudhakar's house. The food delicacies served by his wife are still being appreciated.

One wonders if Manasi Devi and other Personalities also join in the celebrations. After all some part of their Universal existence is a Taponagarite as well!

A quiet stroll in Tapovana reveals the serene beauty it holds. One automatically slips into a contemplative mood. Winds rustle the leaves and sway the blossoms. A wide variety of colourful flowers line the park walls. Small patches of grass have parapets of shrubs in shades of emerald green. Of the seven uniquely shaped ponds some are filled with lilies in purple, pink and white. Water scarcity has impacted but not kept Nature from blooming here. What makes this place Divine are the Amaraji and Saptarishi Caves. Vines craving to benefit from their blessings have grown to cover the Caves completely and have to be trimmed to keep them from entering. Tapovana is where nature offers her lap for us to sit and meditate. ■

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

07-11-2010

In Alandi we have Sant Gyaneshwar's Samadhi, where he is doing Tapas since 700 years! During our visit, when I tried to go there astrally, I saw a person, guarding and protecting the great Saint. He asked me, "Why do you want to go? You will be disturbing his Tapas." He was very much right. There are things like that, a whole world, which we are yet to know.

A person appreciated me, saying that I answer the same questions that come up periodically, with great patience. I learnt it from my Guru. So, you need not hesitate to ask me the same questions, as it is interesting and I enjoy it; I get more insights and I try to add a point.

A person did not give the reason for his confusion and requested to be helped. A Meditator, particularly in this Path, will not be confused. There could be shortcomings, hesitations and inability to practise certain things, which are natural. We know our goals clearly, what we have to do in our day-to-day life and also in journeying spiritually. The confusion arises when we do not understand, or when we do not want to understand.

The Supreme Court was referring to the inhuman treatment of women in our society. It made a remark saying: 'Our society is sick'. Everywhere there are sicknesses of all types. These sicknesses are in individuals. There are no immediate solutions to certain issues. These are facts and realities. We can meditate, channel and spread Light. Perhaps, only this will bring changes.

A person wrote a letter saying, "I felt sorry when an educated man was having lunch in one of the 'Chakra Mantapas' in Tapovana." He said that he has also seen people resting there. Villagers have a blind reverence and none have used these places for a purpose like that.

Perhaps, it is the educated Meditators, perhaps awakened people who do such things. It is very sad.

In this Path, there are wonderful and endless opportunities to grow. We guide people individually; we understand and try to assist them to solve their problems, and also overcome their shortcomings. We have genuine concern in real Spiritual growth. You have to make use of the freedom here and also the opportunity, know more and grow more.

A person asked me, "Why should we contact the Rishis?" We are practising the 'Contact Session' so that someday, we will have independent and strong contact. We have to practise it consistently, with patience.

We must be alert all the time after taking up Spiritual life. We do not know when a Rishi or the Divine communicates with us

14-11-2010

Always be aware of the energies behind my words. Be aware of the great Rishis with us who are unseen, but are a part of our lives.

We have to always keep hope against all types of odds. Then someday, things will happen, like Aung San Suu Kyi's release. There are some people like her, who help the world to sail through Pralaya.

When you carry the Light you carry its energies also, which will activate and intensify many processes in people who come in contact with you. Suddenly, a kind of self-enquiry begins in them; they will have the curiosity to know more about life, living, about the truth. It is enough if people carry Light, even if they do not channel Light.

When you choose a path and a guru and if you think he is right, follow him blindly. Understand to some extent with the help of the intellect and then go beyond it to experience Light. Do not analyse.

Make use of the intellect. Contemplate. Go beyond the borders of intellect.

A relation is also a responsibility. Every one of my student who is here and who is not here, is related to me in a Spiritual way. There are no known laws about the responsibilities of a relation. My responsibility is to take you further, help you grow. But you also have your own responsibilities, of appreciating the efforts made by me and the great Rishis in providing the knowledge, energies, techniques and guidance at the crucial levels.

When we see a beggar compassion guides us to just give him something without any comment. These are higher aspects of life and living.

It was observed by a lady that people here interact with great affection. She saw Light in them.

A person wrote to me "I always write to you about my problems and trouble you. Now let me for a change say that I am very happy." It is a feather in my cap!

By mid-2011, we may have to clear all our major Karmas, for which our regular Meditations are enough. Thereafter, the Rishis will prepare us seriously for the year 2012. Even if you do not meditate regularly, carry Light always.

A non-Meditator, who has great trust in me and affection for me, underwent spinal surgery. And, I have the pain. The sharing of even pain is natural, where there is affection and a relation. There is such beauty in life.

Another non-Meditator translated our books into Telugu, volunteered and also sponsored to get the books printed. He said, "I do it for the affection I have for you". I was deeply touched. This is one of the many ways of expressing our Love and affection.

GURUJI SPEAKS

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

You can practise the Contact session with the Rishi at home. We shall practise Oneness. Think of every individual here and on this earth as a small globe of Light. You are also a globe of Light. Then imagine all these globes merging into one huge globe of white, bright Light. Experience the huge globe of Light.

21-11-2010

When we experience Light before this talk we will be able to understand everything thoroughly. We will be able to grasp things that are explained and not explained.

It gives me great joy to see that people have taken Light into their lives. The strong intent, the deep trust and love is important.

A person received healing energies and slept well. The Light makes the whole system relax, thereafter the healing process begins. That is why we attend to healing in the night at 10 'O' clock.

A person wrote saying, "The Light has become a companion. I consult the Light for everything." He asked, "Can I also ask for small things?" Yes, you can ask anything, small or big. So, making the Light a companion must be the Spiritual goal.

In spite of talking about Light for quite some time, I find that some people do not understand Light. It is not the physical light. Light is God, has intelligence and is the first manifestation. Light contains Love, Peace, Happiness and all that is helpful to life and living. We have to understand the Light.

When we are one with the whole world we experience the sorrow of the world and also peace, happiness, for which we would not have worked. We should begin loving the world. Having taken up Meditations, having joined the Path of Rishis we have to expand our personality and experience Oneness. Then the Universe helps. Contemplate on it.

During the lean periods in life, do not worry if you cannot meditate. It is alright as long as you are in the track, with the Rishis. Soon, you will come out of darkness and pick up Meditation. We are with you.

I always encourage people to ask questions, but only after going through our website which has a lot of information and after reading our books. Sometimes people begin arguing. Argument will not help us understand the truth more. Maybe, Meditations and employing intuition helps us. So choose this way.

I want to thank every one of you who visited our stall in the Bangalore book festival. Volunteers felt good when they saw familiar faces.

When you love Rishis, you work for them. Motivation comes from within.

28-11-2010

Experiencing the Ocean of Light for longer times will take us to the highest stage of enlightenment.

We are here to experience life fully. Parallely, we have to be working on going back, beginning with Meditations.

Teaching Meditation and training in techniques is not my only work. It is also to guide you to live this life fully. You must listen to music, enjoy poetry, read books, enjoy nature, spend time in the company of good people etc. My job is to help people to deal with the negativity which sometimes comes to us directly as energies, to deal with negative people and to guide in every detail. My job is to introduce Light. We must know that Light is our guru, guide and everything. I have to help people to face and go through the changes of 2012.

Even the dark people pass on a lot of information about the year 2012. So people get scared and confused. My work is to help you to understand the distorted knowledge and to bring out the true

knowledge. You must try to understand and be alert. Hold on to the Rishis. Carry the Light. You will be guided by the Light itself. Follow the instructions given to you on contacting the Rishis, meditate and practise other special techniques. Suddenly, you will be able to see the Rishis, talk to them. When we are aligned to the Rishis or God, then everything comes to us instantaneously. Our bodies become Light bodies. My job is also to develop this Centre of Sapta Rishis.

In a pure, simple relation there are no conditions. There will be a natural flow of energies, knowledge, Love and Light at a different level; communication gets established, everything happens. When a person is ready and open, such a transfer, a flow happens.

A person said, "Healing others has helped me to expand." What a beautiful observation and an experience! Remember always, that Healing is an act of unconditional Love.

Choosing is not a one-time act or process. This happens every day, every moment. Same thing applies to 'surrender.' In the beginning we have to make efforts to choose. After some time we naturally choose Light.

It is very important that we begin serious Sadhana. When we have a genuine intent the guru comes to us in some form, through someone.

Someone said that he felt sad when he heard that ultimately when we go back and merge, we lose all our memories and our achievements. There are greater things in God's world but we think we have achieved quite a lot here! People refuse to listen, refuse to understand.

There are no proofs for mystical revelations. We know them by experience. A true Master never misleads. ■

EXTERNAL GUIDANCE

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

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

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

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

SPECIAL GUIDELINES BY GURUJI

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

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

I was touched by your words "Relationship is also a responsibility and it is a two-way affair." The commitment to the relationship gets diluted in many cases in the present day world, when it comes to guru and disciple.

Many a time, I feel that I am not reciprocating the duties and activities related to the relationship. But, you always console me from within saying, "Do your duty and that is Sadhana". Things have changed around me. Your fragrance emits always in all activities and gets reflected on the faces around.

-T. Nagaraj

Every night filling up with Light and Love and thinking of you establishes the contact easily. There is always help, either in the form of a person or a book which we pick up unconsciously. In genuine situations the clock ticks slowly and even time helps with a lot of compassion and love. Sometimes, when help does not come, it is a clear indication that we need to learn and evolve on our own, using our intelligence.

-Pragti Raaj

I always think that Light is with me and will show me the way. This has increased my self-confidence and I am able to handle people around me better. I get help from Rishis and Light even for small things. Sometimes when I get delayed for lunch I think that I am living on Light. At such times I am able to work with more enthusiasm without getting tired.

-Dhanashree Kulkarni

I used to always wonder how a lady can live alone. Now I can see how God and Rishis take care of us when we are alone.

Quite often, I have also been woken up in the mornings on time,

without an alarm, after a hectic night! Many thanks for all your help.

-Poornima Pemmaiah

The Light helps us in every way, every day. Many miraculous incidences happen and I have seen positive changes in many individuals. Help arrives and all we have to do is connect, and believe with all our hearts. Light protects me. Even a cat in the suburb where I work is being healed by the Light! The presence of a guiding force is very comforting. I send my love and gratitude to God, Light Masters and you for guidance, love and Light.

-Jennifer Diane

I think more of Light now and I feel its presence always around me. I am more positive in all my approaches, and I am able to plan better now. Twice, when I misplaced my valuables, I was able to get them within a minute of praying to Light. That was a miracle!

-Arun Thiagarajan

Every time I strengthen the shield it feels like something I really need to do, and that it helps me get through the unsettled times. I am reacting less to things that seem to be problems. They seem pretty insignificant to the totality of the universe. I am beginning to have a faith that everything that happens is right, whether it is something I like or not.

-Linda Sawyer

Now-a-days, I have started feeling Taponagara in my home, in my office and almost in all the places. I have started to see and know Light in all life on this earth and experience the same. It is a great experience! This is something new in my life and is a second birth for me. The Path of Rishis has shown me the doorway to Light. I offer my gratitude and sincere thanks to you.

-Pratap Kishan

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Does a person in coma retain his consciousness and be aware of the happenings around?

A: Yes, he will be aware of all the happenings around him at a different level. The brain will be temporarily disconnected from the mind. Therefore, he will not know anything at this level. But, his soul will be aware of all that is happening around.

Q: Is it possible for a walk-in to enter the body of a person in coma?

A: No. The person in coma is unconscious at this level, but the soul will be aware of all the happenings. The walk-in has to take permission of the soul to enter the body.

Q: Is the life of Jesus or Krishna allowed for imprinting?

A: Yes. But, ordinary souls cannot have these imprints, as it is too much or too big for them.

Q: Are the lives of males allowed to be imprinted on female Astral bodies?

A: Generally, the souls would not prefer this. A male would like the experience of a male only to be imprinted. Moreover, it is not required.

Q: Are there young and old souls?

A: No. The souls do not age. But the Astral bodies do age, very slowly.

Q: Is suffering absolutely necessary for Spiritual progress?

A: Suffering is not absolutely required to progress spiritually. But suffering helps in many ways. Suffering teaches us humility. It helps in understanding the pains and problems of other individuals, in dealing with life from a higher level. Suffering helps turning inwards and to get rid of many surface level activities, even relations. Suffering helps spiritualizing. It helps us to increase the levels of endurance.

GURUJI VISITS MUMBAI, PUNE AND NAGPUR IN JANUARY 2011

PROGRAM IN MUMBAI

29th January, 10 am to 1 pm

Venue : Shehnai Hall, Sahayoga building, Louis wadi, Service Road,
Thane (west) 400604

Please register by contacting Smt. Chaya Kolte

Ph : 022 - 4040241339, Mob : 9821376797

PROGRAM IN PUNE

29th January, 6 pm to 8 pm

Venue : Balshikshan Mandir Sabhagruha, 131, Mayur Colony, Kothrud,
Pune - 411029

Please register by contacting Smt. Medha Kulkarni

Ph : 020-25882189, Mobile : 09730865306

PROGRAM IN NAGPUR

30th January, 11 am to 1 pm

Venue : Maruti Mandir, Ujjwal Nagar, Off : Wardha Road, Nagpur - 440025

Please register by contacting Shri. Prabhakar Deshpande

Ph : 0712 - 2291157

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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)

Some days ago, while talking to a friend, I suddenly became aware of something inside me, for some time, which was not me. It had its likes and dislikes and was suggesting that I should experience things, which seemed very selfish. Suddenly, I could hear someone crying within me and asking repeatedly "who am I?" Then, I felt as if I was melting, everything was melting. I experienced that "I am in everything, I am everything." I started crying. Soon I was in a dark cave, where it was very peaceful. After opening my eyes, for a few moments I was blank.

-Hemant Sharma

I got connected to Guruji and the Rishis, as I entered the class and could make out the shift in the energy level. My Being was still. From the depth of my Being, I heard a voice which was full of love and compassion. I recognised it as the same love and compassion that Guruji and Rishis extend to everyone.

-Rajyalakshmi

It was necessary for the baby to fall asleep before it was taken for the MRI scan. In spite of giving a sedative he did not fall asleep. They wanted to administer Anaesthesia. I tried to contact the soul of the baby and told him, "If you don't sleep now, you will be given Anaesthesia. It will hurt you. So, it is better you sleep for some time." Within minutes the baby fell asleep!

-Dhanashree Kulkarni

A few days back, I tried to merge into the Ocean of Light. My Astral body became a small ball of Light and merged into the Ocean of Light. As I entered the Light, I experienced a sudden shift in consciousness. I went into the deeper layers of Consciousness. Simultaneously, I was aware of my body and surroundings. After this experience, I felt peaceful and spiritually very strong.

-Manoj Chopra

For the past few days, along with daily Meditation, I am also practising the technique of Oneness. I have observed that when someone around me has some pain, or is experiencing some discomfort, I also experience similar pain, though I do not suffer. This is not limited to only my dear ones.

- Medha Kulkarni

During my Meditation I had a vision in which I saw Guruji as Kanakadasa! Later, I saw a Sage in Guruji's place. I got an answer that Guruji was Angirasa Maharishi. I am really humbled by these visions.

-Pratap Kishan

During Meditation, a pointed focused beam-like vibration was projected on my third eye; because of it, I started seeing the Astral events and was able to focus inside. Now, I dive down straight. It is actually more of dwelling in the Divine. At some point, it automatically aligns me to that focal point, brings me in touch with my Being (the life force that vibrates strongly in every cell), dissolving unwanted thoughts and feelings.

- Vidya Vishwamitra