



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 8

JULY 2011

Rs. 15

REFLECTIONS

Guruji Krishnananda

New energies are being brought down from the higher realms by the Rishis and are spread all around the world. The Light Workers of the world are also channeling new energies. We are receiving energies from Shambala, Ra God and from the Photon Belt. These energies, however strong they are, cannot transform us directly because we have the Free Will. The energies create and provide us opportunities to change. If we choose, they strengthen our resolve.

The struggles to correct the systems of corruption and tyranny in this country and all over the world are because people have chosen to utilize the opportunities provided by the energies of change. But the people in power remain unchanged, unchanging. Now, what happens? What happens to the revolutions? What happens to the dreams and aspirations of the people?

In the normal circumstances, the people's struggles would have been defeated and the corrupt dictatorial systems would continue their reign. But, the times are changing. We are moving into the Light Age. The events of 2012 are going to bring down all systems of corruption, violence and untruth in their own way. The Change is not a choice any more. It is the destiny.

If we can have peep into the Astral plane, we can see that the Changes have occurred already. They have to manifest in the Physical plane. It is a matter of time. This is true of the events at the global level, as well as at the individual level.

The fight against corruption is not devoid of drama and misadventure. Messing up a clear approach while pushing up personal agendas may dent the body of the vehicle. But, the course set by the Energies of change cannot be diverted. A Divine agenda set by the Light Masters cannot be subverted. That is our hope.

Half - an - year has passed ! Now, everyone is noticing and wondering about the fast pace of time. How can we explain this fast pace ! How can we understand this ! It is not possible. But, it is a reality that the hours of the day have been compressed. This compression will continue for a long time, till we cross 2012. ■

**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.

**DOORWAYS (Eng.) / TAPOVANI (Kan.) /
PRAKASHMARG (Marathi)**
Newsletter Annual Subscription Rs. 200/-
Money Orders are not accepted.

NEWSLETTER

Gift a Subscription to a friend.
Send us the name and address,
along with the Subscription
amount.



Guruji and students participating in energising the idol of
Lord Anjaneya on 12th June 2011

NEWS AND NOTES

- ◆ More than 150 people gathered and meditated in the newly constructed Sri Anjaneya temple in Chikkagubbi on 12-06-2011 when Rishis energised the idol of Lord Anjaneya.
- ◆ The Residents of Taponagara had gathered for the special Meditation during the eclipses on 2-6-2011 and 15-6-2011 at Taponagara.
- ◆ More than 450 people had gathered on 22-5-2011 at Taponagara and more than 100 people had gathered on 18-5-2011 at Anekal for Guruji's Birthday celebrations.
- ◆ Kannada and Marathi translations of the book 'Preparing for 2012' were released during Guruji's Birthday celebrations.
- ◆ Guru Poornima special Meditation will be held at Taponagara on 15-7-2011 at 12Noon.

MEDITATION ON SPECIAL DAYS

1	Fri	New Moon Day Solar Eclipse (1.23PM-2.52PM)
2	Sat	Ashadha Masa Begins
8	Fri	Shukla Ashtami
10	Sun	Shukla Dashami
15	Fri	Guru Poornima
17	Sun	Dakshinayana Begins
23	Sat	Krishna Ashtami
29	Fri	Masa Shivaratri
30	Sat	New Moon Day

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

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

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11-12Noon Special Meditation & Light Channelling: 12-1PM
1st Fri	Solar Eclipse Special Meditation (1.23PM-2.52PM)
15th Fri	Guru Poornima Special Meditation 12-1PM

**SUNDAY PRASADA
was sponsored on**

1-5-11	by Beena Behre, Suvarna Patki & Gangadharan T.S.
8-5-11	by Yutika Chandran, Shweta Kosamkar & Pradeep Dubay
15-5-11	by Sujatha B, Seema Ajay & Pavithra
22-5-11	by Barbara Von Grote, Ramesh Borkar, Sharadamma L, Subbaiah V & Latika Kulkarni
29-5-11	by Shobha Durganand, Vijaykumar, Gangadharan T.S., Kiran Kadam, Alka Vinze & Lakshmi Abhichandani

**Informal Group Meeting with Guruji on
Second Saturday, 9-7-2011 from 11AM
to 1PM. Those interested may register
their names in Manasa office.**

**Guruji is listed as a Master on Speaking
Tree now. Please visit
www.speakingtree.in to read his blog
and to watch his videos.**

**Solar Eclipse from 1.23PM to 2.52PM
on 1-7-2011.**

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

DIFFERENT SHADES

Pragti Raaj

Cast a glance at the morning sky. It is like a beautiful blue canvas, which has no end or beginning with shades of orange splashed all over in the east. Close your eyes and breathe in the morning air ; joy stirs in the heart. The dewdrops on the grass look as though you can collect them and make jewelry out of them. Smile a genuine smile and joy springs up. Such a beautiful moment!

Look at the colour green around. Some times one wonders how can He paint so many beautiful shades of green all around. Feels as though God is an Artist. He must be!

Feel Him all around and what can be more Spiritual? Listen to the breeze whispering its own language and the rains coming down in beautiful millions of drops. As though it is the way of the sky meeting the earth through millions of water drops!

And the night sky clothed in black with stars strewn all over. It looks like the sky has opened its box of jewelry towards the end of the day. Listen to your favourite song. How true it is when the Master says, "You can experience Samadhi listening to a song". What a revelation!

And it is so true, that this world is a MAYA created for us in the form of nature, music, movies and innumerable things. So much created just for us with so much of Love. Manifest Love and watch your heart explode in million colours out of pure joy!

With so much created all around, it is no wonder that the Master Ramakrishna Paramahansa entered into Samadhi when he saw the birds flying in the sky. ■

TAPONAGARA DIARY

Seema Almel Somayaji

May is the most pivotal month of the year for all those who have Guruji in their hearts. His birthday in this month was celebrated thrice - on 18th at Anekal in the morning and in the evening by the Residents and on 22nd, a Sunday, by students at large. The energies of abundance provided by Akshaya Tritiya were probably superseded by the Love which exuded from all for Guruji.

At the dining hall, rangoli and flower decorations were arranged by ladies with an artistic inclination. Gifts and bouquets were presented to Guruji after he cut the cake. Mrs. Usha Vasan and a few lucky others who had their birthdays in May joined him.

It was predetermined that we will not have the standard Q&A session, rather, we will try to express to Guruji how invaluable his Presence has been to us in our lives. Many spoke from their hearts and Guruji reciprocated. The evening ended on a jovial note with an attempted guitar recital of the happy birthday song.

On 22nd, Taponagara was decorated with pink and white flowers representing Love and Purity. The content of the speakers voiced the emotions and experiences of many. Guruji's speech was followed by personal blessings. Seekers stood in large queues patiently for that moment of singularity wherein their silent emotions and speechless words found expression in tears for some and a simple smile for others. Some spoke to him and got their answers; but everyone received enormous Divine Energies which Guruji was passing on. Just one all-knowing smile from Guruji or a glance from his loving eyes melted away the burdens carried by one and all.

On his birthday, he gave more than he received. ■

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)

01-05-2011

People do not ask new questions because somehow they are stuck at a particular stage, in which they have exhausted all the questions. Never feel contented by meditating for an hour or two; or even by reading all our books. There is an ocean of knowledge. When you read more, you gather more knowledge and you will have fresh questions. When you shift to a slightly higher level, if not the next stage, you will have new experiences, new questions and doubts. When that set of questions is answered, you have to shift to the new or next level. In this way you grow.

A Soul is a speck of Light; it has neither size, nor weight. The Soul lives in the Spiritual body-Anandamaya Kosha, which is in the Astral body. After death, the Soul does not come out of the body by itself. The Soul is guided and helped by a guide to a place of rest. During death the Astral body gets separated. As long as the silver cord is connected, the Astral body will resemble exactly the physical body, in size etc. After death it becomes a small spherical ball.

A student wrote, asking me 'when will I meet my guru?' I was neither angry nor offended. A human guru is a guide. The real Guru is God Himself. I guide, give energies whole heartedly. From my part there is no distance. You have to define your relation; whether you are a student, a disciple or a follower.

My name is included amongst the Spiritual Masters in the website of 'The Speaking Tree'. We checked up and learnt that I have about 240 followers, out of which only some are my students. It made me realize that all my students are not my followers!

To keep away from haunting by dark energies, we have to carry and

spread Light. There is nothing more powerful than Light. Light is God Himself. If you understand these simple truths, you will not go to Tantriks or anywhere else.

Hereafter, we have to do lot of Channelling. There is a lot to be cleansed and reconstructed. It is only with these things that the New Age is built.

08-05-2011

To progress spiritually and particularly to face the events of 2012, Meditations are not enough. Do not miss the Sunday lectures, read the Newsletters, understand thoroughly the books we have published, particularly from the Study Centre; there is beautiful, authentic, very simple, clear and direct information. We should never be blind or deaf to what is happening around us. We must gather as much knowledge as possible, understand it and of course meditate and positivise.

A person asked me whether God, Consciousness, Energy mean the same. It is very sad. People think God is just energy, like heat or electricity. It is difficult to understand Him completely. God is Supreme Intelligence. God is Love incarnate. The whole Creation, Consciousness and Energy came from God. God is much more than what we think of Him.

All of us, including me, are not perfect, we commit mistakes, and there are margins. A conscious slip spiritually will bring us down to the lowest level.

In Sanskrit there are two letters - "Di" and "Dhi". We write "Dhi" whenever we write Samadhi. My Guru said that it should be "Di". In Sanskrit 'Sama' means equal, 'Adi' means beginning. The meaning of 'Samadi' is: In the beginning, God and we the Souls were same; He was

Light and we were also Light. This meaning was given to us by the Rishis; 'Samadi' was coined by them.

When we experience Samadi, we become Light, we become one or same. Samadi is possible only when we meditate. Rishis say that when we expand, carry Light, or experience all that the Light carries, meaning Purity, Peace, Love, we will be experiencing Samadi. When we are aligned with any one of the aspects of Divinity, Rishis say that we will be experiencing Samadi.

Everyone is tested, assessed, pushed higher or kept at the same level by the Rishis. Incidentally, Rishis don't push us down, we fall down. There is a huge machinery involving many persons, in monitoring, assessing, also helping, removing the hurdles, giving the push whenever required. All individuals, not merely the sadhaks, even the so called gurus, are assessed. The person in charge of this activity is a Rishi sitting in our Himalayan head quarters.

Spirituality is goodness, Spirituality is honesty. We need not meditate nor establish contact with the Rishis. If we are pure, Rishis come and contact us. You should know these truths thoroughly. Watch the world in amusement. Keep your eyes and ears open; your heart open and pure.

15-05-2011

In worship there is always a distance between us and God; there is no connection at all, whereas in Meditation we experience Him, the distance vanishes and we become Him. Transformation is very important. There is nothing wrong in worshipping, but we have to go beyond worshipping.

As we advance in Sadhana, different people go through different types of experiences, like a kind of

GURUJI SPEAKS

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

detachment, or restlessness or indifference towards life and even God. These are natural. Don't be alarmed. If you have any doubt, refer your experience or difficulty to me.

It is important to be sober always. Extreme emotions are not good, intense emotions, Love and devotion are good.

We have 3 shields: a general shield is given to all Meditators, a shield from Shambala given to people in Shambala group and people in Ra group have one more shield. When unknowingly, unconsciously we allow negative thoughts to dwell for a long time, they rupture all the three shields. If we invite the dark energies, they enter us and live in us and do all the damage that they want to do.

A boy who is studying in 7th standard writes, 'whenever disturbed I channel Light.' A young school boy can be an inspiration to elders!

There will be 3 eclipses in a row, beginning from 2nd June'11. Generally, the impact of the eclipses begins 48 days in advance and lasts for 48 days after the eclipses. Very big changes occurred at higher levels- like national level. I am very happy to see wonderful changes in individuals. I see more Light coming out. I feel the effort of all these years is worth it. In rare cases the opposite is happening. I do everything to bring them back on the track at the physical and Astral levels. Allow Pralaya to occur in yourselves. When we change, the world also changes.

Atri Maharshi represents Sapta Rishis. He is in charge for 60 years from 1987. The Rishi in charge of Taponagara and Anekal Centres is Vyasa Maharshi. If you have

anything to ask or pray, you can contact them.

There are 144000 Rishis' Centres all over the world, where Light Channelling has been taken up. Channelling is helping Pralaya processes in every way. Hereafter, any change either at the individual level or at a bigger level, should be for good.

All the Meditators and the Light Workers of this earth are taking this earth into the New Age, reducing destruction to a large extent. It can be avoided if more people channel Light. More people have to become Light. We are more in number than in the last cycle, when we entered the Photon Belt.

22-05-2011

I have no words to convey my feelings and gratitude for all the Love and understanding received from you. I thank every one of you.

Yesterday, the world did not end as prophesized by a person. But there was a shift, new energies were released. People think 2012 is one more prophecy, although it is not. It is an entirely different thing.

Looking back, I feel I have done my job, though I am not completely satisfied. Rishis' work will never be over. It continues. My work also continues till my last breath.

I am happy about the work, as I could continue the legacy of Amara. We redefined certain things, expanded the meanings and defined the Path. Now we have a distinct Path, a syllabus and everything is very clear.

My Guru gave great and new Knowledge; they were the basics, the fundamentals. We established the Centres here and later on Antar-Manasa. Rishis have gathered and

stored different types of energies and Knowledge in Astral chambers here, which is available to us and to the future generations.

The very happy part of the work was trying to remove many distortions like- ladies should not repeat Gayatri Mantra. From the Rishis we get very clear, short, direct and true answers to our questions. We have set up machinery which will continue the work of the Rishis.

The Light Channels World Movement which was started three years ago is spreading very well and fast. Thanks to the wonderful souls involved in this great work.

The next phase of my work begins now. The main part is, bringing down new Knowledge, related to the 2012 events and beyond 2012. To carry on this work I have to be more in solitude. "Unless we give up we can't move on".

When we don't read literature and listen to music, we not only miss the experience, but also lack the refinement that they bring in our thoughts and emotions.

Amara was the best thing that could happen in my life. I will experience the Love and Light of the many worlds he introduced me to, and would love to make it available to all of you. We can build up the New Age only with Love and Light, can sail through 2012 only with Love and Light. It is difficult to believe now, but all of us will experience Love and Light.

My only agenda is the agenda of the Rishis. My goals are Rishis and their work. I dream for the world. You are all a part of my dream; you are my gifts and also my tests. Tests are a part of our growth.

I would be very happy if you spiritualise, be good, honest and simple.

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)

Over the week end, I had to face a very tough situation, where I was treated very insensitively for no fault of mine. The thoughts went back to Guruji, his teachings, his being there. I have promised myself that any situation would be dealt with very calmly and positively. Now, it is living in solace and not seeking solace...Thanks to Guruji, for showing me how to bring out the Divine goodness in all, and helping me to bring out the same.

- Geeta Joshi

I feel very happy and blessed to be in this Path. All that I was practising earlier in different paths seems superficial. I was looking for something deeper, something more connected with life and living. I almost believed that I would not be convinced enough to join any path and so was left confused. Now, I feel grounded and at home. I feel very grateful to Rishis, Guruji and Manasa family for all the beauty that I am experiencing, within and without.

- Anjali Mehta

I realize now that after testing times, I come back to my centre in a shorter time span. Earlier, I would have carried the hurt or anger for days. Whenever anything upset me badly, I would sit down for Meditation. It helped me to realize that, life had brought these circumstances to help me to clear negativities and balance all the energies I had misused, and come back to Light.

- Geetha Balakrishnan

I see people sad because of difficult relationships. But I find myself happy because you have taught me so much, that small things don't disturb me now. I am able to remain calm and peaceful. I try to correct myself daily, though it is challenging. I am always grateful to you for guiding and moulding me.

- Charusheela Birajdar

I feel life is one long blissful journey. One can sit and watch the events of life pass by, without judging too much. Thanks to Guruji, Rishis, and the senior guides who guide us so selflessly and fine tune us in many aspects.

- Pragti Raaj

Real happiness is a quality we carry within us; it is easy to allow it to emerge at any time. External things might be judged as 'bad' or 'unhappy,' but even then, if I can continue to bring out that core of inner happiness and peace, it will affect any situation positively. These days I am really enjoying practising 'being connected to the ocean of Light' and bringing out happiness during the day.

- Linda Sawyer

The condition of my throat was going worse day by day in spite of taking medicines. I was advised not to speak for 5 days to regain normalcy. I was overwhelmed by the response we got from the Healers' group. Many called up and enquired about my health. Felt the oneness. These five days were days of transformation for me. I learnt to listen to people, observe and understand them better. I feel this was an opportunity given to me.

- Rajashri Padaki

My work environment and working pattern has been fine. The guiding words, your memories, your guidance has always filled my work place and is spreading its fragrance. People feel it and I also experience it. It is a great thing to feel that you and Rishis are always with me in all walks of life.

- Thimmaiah Nagaraj

I intend to continue with the Meditations of the Manasa Foundation as I relate with it quite well, I like to do it, and it is helping me to build that inner quiet and peace better. The connection with the Sapta Rishis is easier.

- Anjani Shah

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Why do we give so much importance to Meditation?

A: We give importance to Meditation because it is the first step in Spirituality, a Doorway which opens a whole world to us. Most importantly, it makes one, a fine human being, liked and loved by everyone. Meditations help us live this Life fully, discover new and beautiful things in this creation, heightening all our sensitivities. They help us to live peacefully and connect us to the Rishis and to God; expand our awareness, helping us to realize the Truths and also our Spiritual goals.

Q: Do all Karmas get cleared by Meditation?

A: Meditation clears most of the Karmas. Even if a person does not meditate, if he transforms, some Karmas get cleared. So, there are three ways of clearing the Karmas: to go through the Karmas, by Meditations and by Transformation.

Q: Can we clear all our Karmas in one life-time?

A: We are supposed to. That is how the life-period is decided; the longer the life, it means that we have more Karmas to clear.

Q: How do we know that we have cleared our Karmas?

A: We have to use our intuition. Clearance of Karmas can be made out by the quality of Peace we enjoy and by the quality of Samadhi we experience. These two or either of them, is enough to make out whether we have cleared our Karmas or not.

Q: Why do people fail to achieve their Spiritual goals?

A: We are not serious, we take up Sadhana but somehow, we lose interest. Our approach will be casual. We do not follow the

guidelines nor understand Spirituality. We have so much of knowledge, we have to read more. People try to follow several paths simultaneously and get confused. We have to be clear about the goals.

Q: Which is the simplest Spiritual goal?

A: Goodness; be good.

Q: Can I experience Samadhi without practising the Astral travel?

A: Yes, you don't have to travel astrally, but you can experience Samadhi.

Q: Is there a group Samadhi?

A: No. Samadhi is individual, there is no group Samadhi. The individual experiences Samadhi when he meditates alone, or in a group.

Q: What is the meaning of being silent?

A: In absolute terms, it is no thought, no emotion and no movement of the body. This is possible only when we meditate. In practical terms, it is not doing anything, not being active and not speaking.

Q: Did Amara have powers?

A: Amara had enormous powers. He never exhibited them or spoke about them; used these powers during the works he undertook.

Q: After I establish contact with the Rishis, can I share this information with others?

A: I suggest, never speak about these things to others. If you establish contact with the Rishis, it is for your personal Spiritual growth. People will somehow notice the vibrations that you emanate, the Love, Peace and the goodness that you have. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
2012 - End or Beginning	100/-
Preparing for 2012	100/-
iGurujii - Vol 1	150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 3	150/-
iGurujii - Vol 4	150/-
Higher Communication & Other Realities	100/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis	250/-
Channelled Knowledge from the Rishis-Vol-2	150/-
Gurujii Speaks Part - I	200/-
Gurujii Speaks Part - II	200/-
Gurujii Speaks Vol - 3	150/-
The Book of Reflections - Vol 1	200/-
The Book of Reflections - Vol 2	200/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences	150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಐ-ಗುರೂಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
2012ಕ್ಕೆ ಸಿದ್ಧತೆಗಳು	100/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿರೂಪಣೆ ಅಭ್ಯಾಸ	50/-
ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
ಗುರೂಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಸಿಷ್ಠ ಗಣಪತಿ ಮುನಿಗಳು	100/-
ಅನೇಕಶತಕ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ऋषीकडून मिळालेले ज्ञान (Marathi)	200/-
प्रकाशवाट (Marathi)	150/-
२०१२ - अंत की आरंभ? (Marathi)	100/-
२०१२ - सालाची तयारी (Marathi)	100/-
आयुगुरुजी (Marathi)	100/-
ध्यान कसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
தியானம் செய்வது எப்படி	50/-
ಛನಿಯಿನ್ ವಾಯಿಲೆಕನ್	200/-
2012 முடிவா அல்லது தொடக்கமா	100/-
தியான யோಗம்	50/-
ஆத்மாவின் அவரோಹಣம்	50/-
ನವೀನ ಗಿಣ್ಣಿ ಛನುವಗಿನ್ ಕ್ರಷ್ಣಮ ಸಾಕಸುಕುನ್	50/-
ಸುುುಲಲಾ ನಿಯಮುುುಕುನಿನ್ ಅುುುುುಿಯಾಸುುುಕುನ್	50/-
ಧ್ಯಾನಂ ಕಿಯುುುಡಂ ಎಲ್	50/-
ಃಂತಿಕೆ ದ್ಯಾರಮುುು	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.

APEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

SPIRITUAL EXPERIENCES

(Compiled by Shobha K. Rao)

On a Sunday while listening to Guruji's talk, I felt there was a huge white Light behind me, which engulfed me. I was unable to see my body. There was only white Light in its place. I was very peaceful. Later, while channelling Light I was lost completely in Light. I was very peaceful. I felt one with Mother Earth and experienced myself expanding to the Universe. Later, I saw a Rishi in front of me, with lot of bright energies. I received his blessings. The experience empowered me.

- **Rakhee**

I feel the presence of a Rishi during Meditation, as energy and sometimes at other moments too; now, it has become a regular feature. I am listening and trying to feel open to the messages which I feel come from him. Sometimes I feel that on one level I have received the message, but it is not conscious. But, I love feeling the Rishi's presence. We truly are never alone!

- **Linda Sawyer**

I was meditating and talking to Shirdi Baba in Shirdi, seeking his blessings for my progress in the Spiritual journey. I asked him 'how will I seek God? Suddenly, I heard an altogether different voice-that of an old man saying "meditate, do Meditation. Even I used to do that...I am not different from you....you are I and I am you."

- **Lalita**

I linked up to Manasa Meditation Hall on 27th February'11 around 11.45 AM and channelled Light for some time. Later I started my stage Meditation. As I closed my eyes to offer respects, I saw sky-blue Light and also golden beams of Light in front of my eyes.

- **Renuka Sudhakar**

On the night of 17-5-11 I had a dream, in which I saw myself in the sky,

with people around me wearing tight clothes, blue in colour. I could see the whole world down below, covered with white clouds. Many were coming out of these clouds and going somewhere. I was feeling very nice and free of all attachments. I was thanking God for giving me all the various experiences of this world.

- **Vishwas Dixit**

While meditating on 18-5-11, I saw Guruji sitting in Meditation in the core of the bluish white globe. Love and Light were flowing to our Guruji from outside the bright white core of the globe. A diverging beam of Light came to me from above. I could see blue and golden colored souls in the beam. After sometime I moved fast in an infinitely vast expanse of the sky. I felt I was not in the five bodies, the bodies were in me and everything else was in me. There was a sense of freedom!

- **Ravinder Gaur**

Something amazing happened on 23rd May'11 at the Astral level. There was a touch screen in the air, not on a board. There were events happening in separate sections on the screen. It was like a color movie, and I was moving these events around, as if I was rearranging these events! I was working on this like a professional! I was really surprised because I have not read, heard or seen anything like this before!

- **Vidya Vishwamitra**

As I was thinking about the question that I wanted to ask Guruji, I could feel a lot of love in my entire being, especially in the heart region. I could feel the question crumbling down, replaced with Love. The answers settled down inside me in the form of very loving energies. I was moved to tears and this loving feeling stayed with me throughout the day.

- **Pragti Raaj**