



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 7

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## REFLECTIONS

Guruji Krishnananda

We have been witnessing the surfacing of truths, though unpleasant, like the scams, Terrorist hideouts etc. I have been saying this for a long time, that this is the time for surfacing of truths. This is a part of a bigger process of cleansing, a part of the transitory processes leading to the New Age. The New Age is an age of Purity, of Truth. Things impure and untrue cannot survive. They have to be cleared during the Transition itself. And so, first, the surfacing.

This surfacing is occurring at all levels : global, national and individual. One has to become aware of them. The world should become aware of many Spiritual processes that are occurring.

Many energies are working on this earth now. Energies from Shambala, Energies from the Aura of the Photon Belt and Energies of the Great Ra that the Rishis have brought down from the Source of Ra in 2009 are the three important energies. Surfacing of the truths is a result of the working of these energies.

When surfacing occurs, when we become aware of the impurity and untruth, we have to mentally reject it first and then work in our own ways to cleanse. We, who are just voters and are utterly helpless, should realize that we are not really helpless. We can work at the level of the Energy. We can meditate and channel Light. The energies from these work and bring about all changes. The revolutionary changes that we are witnessing are a result of Meditations and channeling of Light by millions of people around the world.

It does not matter if one believes in these or not. These are truths. The time has come to speak about such truths and spread these truths. The media does not do it. It has its own agenda.

We are at exciting times. Many are engaged in channelling the energies, channelling new Knowledge and are working for preparing the world to enter the New Age. These truths must be known by everyone.

The people in Shambala, who have witnessed many dawns of New Age and many entries into the Photon in earlier times, are ready to help us with their experience and wisdom. We must connect to them and learn to receive the help. We must learn to connect to all those in the Astral and other higher planes. There are many groups waiting to contact and help us.

The time has come to for all of us to become aware of the present realities, awaken and pursue Light. ■



### MANASA FOUNDATION (R)

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

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**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**

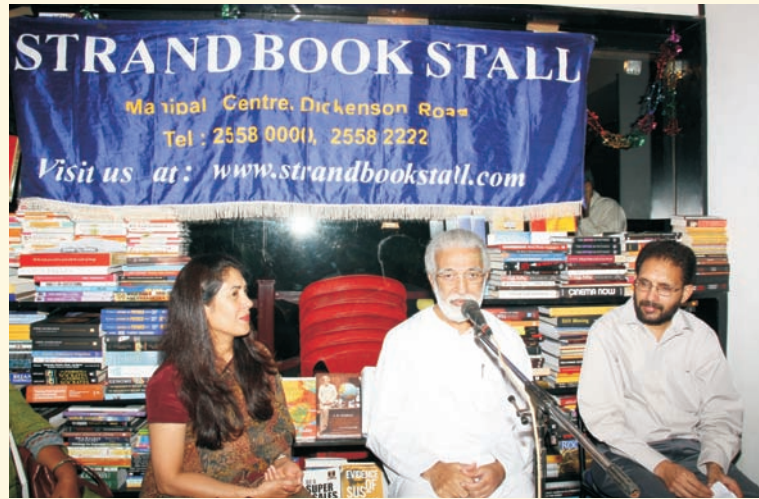
on Mondays (6 PM - 7 PM)  
on Tuesdays (6 AM - 7 AM)

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

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amount.



Guruji at Strand Book Stall during book reading of  
'preparing for 2012' on 27th April 2011

**NEWS AND NOTES**

- ◆ Guruji launched the book "Preparing for 2012" written by Raghavendra Somayaji, during the 'Book Reading' session organised at the Strand Book Stall, Bangalore on 27-4-2011.
- ◆ Shambala group & Ra group had gathered on 8-5-2011 & 15-5-2011 at Taponagara for their Initiation and guidance from Guruji.
- ◆ Buddha Poornima special Meditation was organized at Taponagara from 12 Noon to 1 PM on 17-5-2011.
- ◆ Guruji participated and spoke during the Buddha Poornima program organised by Pyramid Valley, Bangalore on 17-5-2011.
- ◆ Guruji's Birthday was celebrated on 18-5-2011 at our Saptarshi Dhyana Kendra at Anekal and on 22-5-2011 at Taponagara.
- ◆ Taponagarites celebrated Guruji's Birthday on the night of 18-5-2011 in Taponagara.
- ◆ Kannada translation of "Preparing for 2012" was released on the occasion of Guruji's Birthday celebration on 18-5-2011 at Anekal.
- ◆ Marathi translation of "Preparing for 2012" was released on the occasion of Guruji's Birthday celebration on 22-5-2011 at Taponagara.

**PROGRAM AT TAPONAGARA**

- Sundays Lectures: 11AM-12Noon  
Special Meditation and  
Light Channelling:  
12Noon-1PM
- 2nd Thu Solar Eclipse: 0.55AM - 4.36AM
- 15th Wed Total Lunar Eclipse:  
10.54PM(15th) - 4.40AM(16th)

**MEDITATION ON SPECIAL DAYS**

- |    |     |   |
|----|-----|---|
| 1  | Wed | New Moon Day  |
| 2  | Thu | Solar Eclipse:<br>0.55AM - 4.36AM                                     |
| 4  | Sat | Lord Kalki's Birthday   |
| 9  | Thu | Shukla Ashtami  |
| 11 | Sat | Shukla Dashami  |
| 15 | Wed | Full Moon Day<br>Total Lunar Eclipse:<br>10.54PM(15th) - 4.40AM(16th) |
| 23 | Thu | Krishna Ashtami   |
| 29 | Wed | Masa Shivaratri   |

**SUNDAY PRASADA  
was sponsored on**

- 03-4-11 by Pundalik Saurabh &  
Seemantini, Padmini S, Mallika K  
& Seema D.M.
- 10-4-11 by Madhukar Godse, Nalini  
Rajashekhkar, Vijaykumar, Anand  
Niranjan & Anjali Mandke
- 17-4-11 by Ranjana Godse, Reboni Ray,  
K.C.Pani & Bindu Madhavi  
Mandke
- 24-4-11 by Sandhya Sathe, Sunita  
Madan, Usha Khadke &  
Padmavathi Muniraju

**Informal Group Meeting with Guruji on  
Second Saturday, 11-6-2011 from  
11AM to 1PM. Those interested may  
register their names with the 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.**

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

- ♦ Schools are closed for summer vacation but our Volunteers are still working. They are teaching children in summer camps. They are also opening new Light Channelling centres with the help of wonderful people willing to conduct channelling sessions in their houses or institutes.
- ♦ More people from the areas around these new centres in Mumbai, Mysore and Bangalore are joining the weekly sessions and participating in this great movement. ■

## LIGHT CHANNELLING EXPERIENCES

We felt very cool. Calmness and patience has increased after doing this exciting experiment. Nowadays children have become silent. There are no complaints of beating and fighting.

- Meera Deshpande, a teacher from a school in Pune

I do this technique two times a day. It has improved my concentration and I can concentrate now on whatever work I do. It keeps my mind and body fresh for everything and any activity throughout the day. When I do channelling before going to bed, it helps me to recognize things I do daily. My thoughts are also good now.

- Aditya Bhintode,

Std. 8, Maharashtra Mandal English Medium School, Pune

Earlier after getting up in the morning I used to feel very sleepy and tired the whole day. But after I started doing this Meditation I feel fresh in the morning and the whole day goes very nice. It helps me to concentrate on the work, which I am doing.

- Sanika Nadgauda,

Std. 8, Maharashtra Mandal English Medium School, Pune

## TAPONAGARA DIARY

Seema Almel Somayaji

Purity of Spirit will shine through when the body, mind and intellect complex is purified on a consistent basis. Besides the regular Meditations, Guruji has provided us techniques to tap into the Spiritual energies available on certain days to hasten our purification. Like Kama-dahana practice on the spring festival of Holi which purges our lower emotional tendencies. Taponagarites gathered at the Meditation Hall for 20 minutes to practice this technique under Guruji's auspice in March.

April started with Good Friday Meditations. The lesson of forgiveness and the assurance of the resurrection of the Christ or Divine Potential within each individual got reiterated. Ugadi Meditations gave us an opportunity to pray to Ugadi Purusha, an aspect of the incomprehensible phenomenon - Time. Rama Navami Meditations reminded us of the ideals to live by.

Orientation Class was attended by many. Mind and intellect matter were specially brought down from the Higher realms by the Rishis and added to our subtle body system. Those two hours of focused practices were an enormous blessing and brought about a shift within. The Light codes in the energies awakened us more.

People's revolt, surfacing scams, earthquakes in many parts of the world, which reached the brink of a nuclear disaster due to a Tsunami, all this proved that the times are changing. Taponagara strengthens itself and all the meditators with special energies so that we do not just sail through turbulence but evolve enough to contain it. ■

## 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)

3-04-2011

When we practise 'Experiencing the Ocean of Light' and try to understand something, we understand it better and more. If you are reading a book, you will understand things that are not printed in the book. And this gives immense joy, pleasure, calmness and everything.

We have to remember that we come here to learn from the Rishis. I only represent them. Rishis are doing great work related to this earth. Teaching Meditation and training Meditators is a part of that work. We are part of a great project, because it is through us the New Age is going to be established. We have a great responsibility.

Let us accept that most of the times we cannot recall the Astral travels or the instructions given to us at the Astral level. Most of us have a dream-like experience. A Rishi would have told us many things but, when we wake up we remember nothing. Do not worry about that. What is required to be known at this level will surface somehow, at some point of time; or we will be following the instructions given unconsciously. Nothing is lost.

The focus at this point of time is not Astral travel, but on transformation and enlightenment. Once we achieve this everything comes to us. We will be easily able to recall the Astral travels. We don't have to practise any special techniques.

To join the Rishis work one has to plan and prepare. Some of us have done that. Before we join, we have to clear our responsibilities or arrange to clear them. We have to be ready to keep the world at a distance, so that

the world will not interfere with the work. We should have no personal agenda. We must be ready to learn and more importantly, to unlearn perhaps all that is not required for the work here. My Guru said, "Burn the boats." Normally we do not do it. That is why people go back.

A small group of people connect at the same time, to the structures here in Taponagara and meditate. I wish all join this group or form their own groups.

10-4-2011

When you are alone, be aware that you are not alone, that you are with God; you are blessed. We must learn to spend time with Light, with the Rishis; spend time in Meditations, in contemplation, and in reading. Do not complain or grumble. You cannot bank on human relations. Amara introduced me to the world of Rishis. I am never alone.

The single most important message from Gita is face life, fight. A similar message from us is: Do not avoid. Do not evade. Take help from the Rishis during this period of transition.

Questions like 'Can we send Light, healing energies to Satya Sai Baba?' were asked. We can always send Light and Love. One great lesson that we have to learn is that the body has its limitations and its own laws. Moreover, if the soul wants to live it will, otherwise it will leave the body. At some level all the work done by different Spiritual Masters is one. So, his health concern is the concern of all the Rishis. They are with him.

A person complained that a hypnotist caused a lot of damage in

his life. After having come to us, where you get all help, all guidance, why did you go to him? Astrologers help us. Devatas, gods like Ashtadikpalakas are great, but they cannot guide us spiritually. Only the Rishis can. Rishis are the direct passage to God.

For peaceful daily living, you have to manage your emotions and human relations; avoid extreme emotions. All relations should be peaceful. We can even sever relations that come in the way of our Spiritual progress. We have to follow three simple things - meditate regularly, positivise, and practise Shambala principles.

Turn inwards to meet your core and experience it. It is as if you are meeting the core of this Creation. You realize then that there is a purpose in this life. It changes the course of your life. You live happily and begin your Spiritual journey. You move fast and know that your true relations are the Rishis and God.

Last year we had mentioned that by May this year we should clear all the Karmas. Regular Meditations are enough to clear Karmas.

Try to complete major projects by mid next year. 2012 is approaching, don't take up long projects. Focus on Spiritual growth.

Our work is global, and is done at the Astral level. At no point of time we will build up a Movement like Anna Hazare has done. Such Movements on this earth are supported by us. Meditate, understand the new Realities. Our work is to Channel Light to the world. We have a greater responsibility. We are the sober people chosen by the Rishis.

## GURUJI SPEAKS

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

17-4-2011

There is much more to corruption, other than taking bribes. Corruption is being impure and unnatural. We are corrupt if we are not doing our job properly or not meditating regularly. Our nature is Love. We are corrupt if we manifest non-Love. When we don't keep up a promise, we can say we are corrupt. There is corruption everywhere.

If we are careful while interacting with others, we will be projecting a false self, a false exterior. We have to be natural. There is no relation when people are careful and have only surface level smiles. One should not be careful. The point is, let us not pretend with God, with a friend or with anyone.

We have taken up Meditations to make our daily life peaceful and Spiritual. We have knowledge, energies, techniques, help and support. In spite of that, if we are not happy, there is something wrong with us. If we cannot achieve peace in the daily life now, later on we can never achieve Mukti or anything.

We can easily achieve Peace. But, we have to make efforts, by expanding Sadhana to 24 hours. We don't have much time as the transitory period is reduced. Meditate, positivise, carry Light and Love always. Carry a smile from the heart always. Keep the Light in you and go to bed. The Light will be with you all through the night.

In the ocean of Consciousness there is no time and space. To contact a person in some other galaxy or anywhere in the Material Cosmos, we have to enter this ocean of Consciousness. Then you can have the contact with the person; time and space vanish. Meditations lead us to

silence, stillness, then to the ocean of Consciousness.

I had a request for help. A person had messed up his life and had become very frustrated. He began hating people and hating life. Sometimes this happens. So, before we decide to help a person we have to speak to the person. The person should be ready, should participate and should open up. Without this, nobody can help. Even God cannot help.

Binayak Sen was jailed unreasonably and was not given bail. But Supreme Court gave him the bail. We have a glimmer of hope in this country. Understanding these things is also part of Sadhana. Sadhana is the pursuit of Truth. The truth is that Binayak Sen is not guilty. Channelling helps here. Let us do more of channelling to build a new world of Love and Light.

24-4-2011

In these advanced times, the Chakras get activated automatically. When they are activated we receive powers. But here the powers are surrendered, so that we don't move away from the Spiritual goals. The benefits that we get when the Chakras are activated are: Mooladhara Chakra gives stability to our emotions and thinking. This comes out of wisdom. Swadhishtana Chakra increases our creative ability. Manipoora Chakra helps in administering, managing our life and emotions. Anahata Chakra helps us to shift our focus to the Spiritual Realities. Vishuddhi Chakra helps us to seriously take up pursuits of higher experiences and we don't go back. Activation of Agna Chakra gives rise to a new Awareness. We get rooted firmly in our Spiritual pursuits. Sahasrara Chakra brings us

happiness and contentment.

When we send Light to a person, Light helps, but will not forcefully bring about a change in the person. The individual has to choose to transform.

A little anger is fine. It is human. But a burst of anger causes damage to the brain cells. Repeated bursts of anger change our personality and our attitudes.

A person wants me to initiate him. He thinks initiation will help him to meditate regularly and to get over his lethargy. These are wrong conceptions. Initiation helps, but we have to make efforts. If we fail we have to make more efforts.

People also think that they can spend two days in Taponagara and learn Meditation. A lifetime may not be enough to understand Meditations. People have all these misconceptions.

A person sought help for his relative who had problems. She is a good person, but she does not believe in Rishis, in this Path or Meditations and does not meditate. Before you make a request, you have to think twice.

A Spiritual Master is never fully understood when he is alive. We make him a deity and begin worshipping him, creating distance. He does not expect us to worship him, he expects us to follow him.

After death, a soul normally remains on the earth for 10 days after which it is taken away by special guides. But spiritually advanced souls may go away very soon after death, as they are already in a detached state. Every death makes us think about so many realities. ■

## 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.

## A SUNDAY

Pragti Raaj

Who says festivals are celebrated once in a while when they arrive according to the calendar dates?

There is a quaint little picturesque hidden place, away from the bustling life of the city dwellers, away from the day to day stresses, manipulations and deceptions, where the birds fly, tweet and chirp, where the flowers bloom in their glory, trees stand in silent strength and where even the grass grows with happiness. This place, known to a few blessed ones, celebrates a grand festival each Sunday. It happens to be a joyous celebration, but this celebration happens in deep silence. Paradox! In this place Joy, Celebration and Silence go hand in hand.

On a Sunday morning one can find the place being cleaned a little earlier than usual. It feels as though the whole place is getting ready for some celebration although there are no decorations! It is as if this quaint little place 'Taponagara' is getting ready to welcome all the Meditators into her arms.

At around 10AM one can find people dressed mostly in white arriving quietly and exchanging greetings in hushed soft tones, soft laughter and bright smiles. And as the small hand of clock moves towards eleven, people make their way towards one particular hall. It is almost time for the most awaited moment of a Sunday. And then as the clock strikes exactly 11am, a man clad in white walks into the hall with soft unheard footsteps in all his grandeur of simplicity, carrying an ocean of Light, Love and Humility with him. And as he settles down gently, joy and love explode in each heart sitting in front of him. Yes!! This is indeed the most awaited moment.

For some his presence is enough, for some the answers to their questions seeking truth, for some just the joy of being around him. An hour from 11AM to 12Noon passes as quickly as lightning in his presence and he leaves the people with laughter, Love, Compassion and things to contemplate on. And then the celebration of silence begins in his presence. After a while this Master leaves the hall as quietly as he had entered. He is the Master. Words fail to describe him.

This quaint quiet place was put together by this Master bit by bit, step by step since 1988. He toiled, braved the winds of despair with all his might and faith, stood still and strong against all odds and he grew tall reaching beyond the skies. And today all of us reap the fruits of his hard work.

Sometimes everyone wonders - is he human? May be not. Is he from this planet? May be not! He feels so ethereal and Divine.

And by 1PM after the celebration of Silence, it is time to give in to the hunger pangs. All of them move towards the dining hall, eating joyously and talking to one another. Love is the common thread that links them.

As the afternoon progresses the people start dispersing to various structures to get in touch with their inner self through Meditations. And as the Sun gently makes his way towards the west, giving way to the pleasant evening, they all bid their good byes once again in soft, happy and contented tones and move towards their homes from a home!

And once again Taponagara returns back to her Silence as she smiles to herself, waiting again for yet another Sunday, for another celebration of Silence. ■



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: Is there Life-force on other planets?**

A: Yes. There is Life-force everywhere in this Creation, on all the planets. It is like one more element, the sixth element.

**Q: What are the specialities of this earth?**

A: On this earth we have diversity - mountains, rivers, birds, butterflies. Here, we have equal opportunities for the good and the bad. People come down to this earth to experience the struggles, the challenges, as these are not available on all earths. Here, we have emotions, sentiments and imagination; and more than anything else, we have hope here.

**Q: Do sentiments come in the way of Sadhana?**

A: Sentiments are essential and are required. But sometimes, our strong sentiments come in the way of Sadhana. It depends on us. Some day we have to go beyond sentiments to experience Samadhi, which is the first step in Sadhana.

**Q: How can we remove Spiritual ignorance?**

A: The light of Knowledge removes Spiritual ignorance. We must make efforts to know, read the ancient Knowledge, also new Knowledge. We have to open up. We must meditate consistently, as it enhances our capacity to hold more knowledge.

**Q: Do gods and goddesses exist or are they figment of our imagination?**

A: It has been told to us by the Rishis, who are the Masters, that the Creation, the worlds came out of Light, and God manifested Himself in many forms as different gods and goddesses.

**Q: What should I give up or sacrifice to take up the work of the Rishis?**

A: To take up the work of the Rishis, we have to give up our ego; keep aside all our personal agendas. And surrender. We have to give up all attachments, give up our selfishness, negativities and superstitions. We have to become tools in the hands of the Rishis.

**Q: Can we channel Light to the Cricket players?**

A: We channel Light for universal welfare. Light does not take sides. You can pray and send your thoughts, energies to the players. It has to be a very positive action.

**Q: Can we send Light to achieve material goals?**

A: It is enough if you pray and carry Light. Never manipulate, which means, never send Light to anyone with a particular intent. Light has its own intelligence and will not oblige. Understand Light thoroughly.

**Q: What makes our words more effective?**

A: If you are speaking the truth, the words have all the effect and the impact. When you have the purity and the intent is pure, there will be more energy behind your words.

**Q: How do we earn the Grace of God?**

A: Grace comes to us when we begin to make sincere efforts to carry the Light, experience and manifest the Light and manifest the Life-force. Grace is always waiting to descend, but we block it with our negative thinking and emoting. We have to open up.

**Q: Will there be rituals in the New Age?**

A: No. There will be only Love in the New Age. The contact with God will be direct without the help of any agent, because you will carry so much of Love and Light. ■

## LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
2012 - End or Beginning	100/-
Preparing for 2012	100/-
iGuruji - Vol 1	150/-
iGuruji - Vol 2	120/-
iGuruji - Vol 3	150/-
iGuruji - 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/-
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Guruji Speaks Part - II	200/-
Guruji Speaks Vol - 3	150/-
The Book of Reflections - Vol 1	200/-
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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)

While meditating at the Cultural Institute in Calcutta, I recalled Guruji had told us that it is easy for us to receive the Ra energy. The energy came into my system forming a violent vortex. I felt as if I was nearly crushed at the centre of a great tornado. I heard a message from somewhere above "Guruji is sending lot of Light to Japan, so be very thankful to him!"

– Ikuko

I saw myself with Guruji watching the earthquake and Tsunami at Japan. Guruji said, 'We cannot do anything. Many things are to happen like that. We have to be strong for others, who are ready for transformation' After some time we went to a place, from where I could see golden light coming out of the earth and spreading around. The energies were strong, pure and raw, and I was able to feel them. Guruji told us that they are for cleansing purpose.

– Rakhee

While watching the mass movement against corruption I was overwhelmed and had tears. I could feel all around the tremendous energies of the Rishis, which were behind the mass movement.

– Vishwas Dixit

Since a few days, while channelling Light, when I imagine light blue energies, they are suddenly replaced by dark blue energies. A few times while practising Shambala Principle -1, I felt golden energies being replaced by blue. On the night of 7th April, I could feel thick ink blue energy while channelling Light. Suddenly, there was a smile on my face and I forgot channelling. There was someone saying "take these energies and transform faster and faster!"

– Pragti Raaj

In Meditations, the nearness to God is felt immediately. It automatically becomes the main focus, so strong that nothing else matters. Throughout the day, the focus is at the centre, within me. I am aware simultaneously of both - the inside world, which is so calm, contented, and the outside world. Both run parallel. It is just amazing the way I feel with this experience to balance.

– Vidya Vishwamitra

On 18-4-2011, I had a dream, in which Sunil and I came to a huge room. Guruji was standing and a Rishi with long flowing white hair and a white beard was sitting in front of a Homa Kunda. As I entered the room, I felt dizzy due to the strong energies and I fell. Guruji initiated me. I bowed down to him. He touched the base of my throat with the symbol 'Om' made of pearls.

– Keerthi Bisarahalli

My father-in-law has been a keen golf player, but unfortunately due to Sciatica, he could play only once a week, for the past few years. My husband and I started meditating and channelling Light two months ago. Now, he is able to play golf 3 4 times a week! This is a miracle, as he could not even walk for more than 10 minutes! Light heals. We thank Light and the Sapta Rishis, who are helping us.

– Jyoti Gajjar

When I bi-located to the Sapta Rishis' cave on 22nd April, I saw an old man in a white gown with long hair. It was painful to see him as he was badly injured. I was afraid and started praying to Guruji for help. Immediately, my friend sent a message asking me to offer energies to Maharshi Vishwamitra, as it was Good Friday. It struck me then that the person was none other than Christ Himself!!

– Sunitha Kumari