



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 6

MAY 2011

Rs. 15

REFLECTIONS

Guruji Krishnananda

Anna Hazare's Movement against corruption was supported by thousands. Everyone is fed up with the corruption that has seeped into all systems. And everyone is helpless. When Anna Hazare raised his voice against corruption, thousands vented out their pent up anger and everyone joined him in silent agreement. Anna said that this is the beginning of the fight against corruption. He should not give up. More importantly, he should not allow the others who are opportunistic to divert or hijack his program.

Behind the movement there are the energies channeled by lakhs of people. There are energies brought down by the Rishis. There are also the energies of advancing New Age. These energies are behind protests against the exploitation in the mid-eastern countries. The time has come for big changes. The time has come for the corrupt systems to begin to fall. These are the pointers to the changes that occur in 2012. The world will not end in 2012. But the corrupt systems will begin to end.

This is the time for all Meditators to meditate more, the Light Channels to channel more Light. This is the time for all the good citizens of the world to reject all types of corruption, violence and non-love and seek from the Cosmic Intelligence Justice, Peace and Love. The collective Thought Force has immense power. It alters the destinies and creates new destinies. This is the time for all of us to create destinies beyond 2012.

People bring to me their problems. I suggest ways to overcome them spiritually. People solve their problems and continue their Spiritual journeys. I feel happy when people begin to smile again. Every smile is a sunshine.

People also bring problems of others to be solved. It is here I struggle to explain that those with problems have to begin meditating and follow the ways of finding solutions spiritually by themselves. Others can only pray for them. It is here people generally do not understand and approve. They want miracles. But miracles do not happen in the way we demand. Then, they go to astrologers and tantrics who promise anything and everything. They spend money and, most of the times, remain unhappy with their problems riding on their backs.

I feel sad and pray. ■



MANASA FOUNDATION (R)

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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/-
DD should be sent in favour of
"Manasa Light Age Foundation".
Money Orders are not accepted.**

NEWSLETTER

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



A photo of Tapovana taken on 1st Feb 2011 -
Many orbs are seen indicating presence of Astral beings.

NEWS AND NOTES

- ◆ More than 250 students participated in the Orientation class conducted on 6-4-2011 in Taponagara and through webcast.
- ◆ The third anniversary of our Saptarshi Dhyana Kendra at Anekal was celebrated on 25-4-2011.
- ◆ Gururji's birthday will be celebrated at our Saptarshi Dhyana Kendra, Anekal on 18-5-2011 at 12 Noon.
- ◆ Gururji's birthday will be celebrated on 22-5-2011 at Taponagara. The last date for registering the names for attending the program is 19-5-2011.
- ◆ The Marathi and Kannada translation of the book "Preparing for 2012" by Smt. Poornima Parulekar and Smt. Champa respectively will be released during Gururji's birthday program on 22-5-2011 at Taponagara.
- ◆ Gururji is listed as a Master on Speaking Tree now. Please visit www.speakingtree.in to read his blog and to watch his videos.

SUNDAY PRASADA
was sponsored on

- 06-3-11 by Durgananda G. K.
13-3-11 by Ramesh Bhosekar &
Sudha Ravi
20-3-11 by Vijay Kumar &
Channabasappa
27-3-11 by Vijaya K. Soman &
Nagamma A.

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

MEDITATION ON SPECIAL DAYS

- | | | |
|----|-----|--|
| 1 | Sun | Masa Shivaratri |
| 3 | Tue | New Moon Day |
| 6 | Fri | Akshaya Tritiya |
| 17 | Tue | Buddha Poornima |
| 18 | Wed | Gururji's Birthday /
Light Channels
World Movement-
3rd Anniversary |
| 22 | Sun | Gururji's Birthday Celebration |
| 25 | Wed | Krishna Ashtami |
| 31 | Tue | Masa Shivaratri |

PROGRAM AT TAPONAGARA

- Sundays Lectures: 11AM to 12 Noon
Special Meditation and Light
Channelling:
12 Noon to 1PM
- 8th Sun Shambala group meeting at
2PM
- 15th Sun Ra group meeting at 2PM
- 17th Tue Buddha Poornima Special
Meditation: 12 Noon to 1PM
- 29th Sun Akhanda Dhyana: 10AM to 1PM

**GURURJI'S BIRTHDAY CELEBRATION
PROGRAM**

22-5-2011, Sunday

- | | |
|---------|--|
| 11AM | Welcome
Speeches
Gururji Addresses
Release of Books
Special Meditation
Blessings by Gururji |
| 12.30PM | Prasada |

**Informal Group Meeting with Gururji
on Second Saturday, 14-5-2011 from
11AM to 1PM. Those interested may
register their names with the office.**

GURUJI - THE LIGHT MASTER

Shyamala Devi

One evening, pointing to the panoramic view of Manovati, Amara told Guruji, "I want to see a paradise here". Guruji had just then joined Amara in his work. Carving those words in his heart, Guruji made his Guru's dream his own dream and mission. He pursued the dream amidst all struggles and humiliation with steadfastness. And in 1993, the work began at all levels - physical, Astral and Causal.

Building the Manasi Spiritual field, then anchoring Maha Kundalini energies at Taponagara, Guruji laid a strong foundation to the work, parallelly started developing Taponagara as the second Shambala and also systematized Dhyana Yoga, the Path of Rishis. Relentlessly toiling, Guruji worked at many levels. Surpassing many levels of Rishihood, now Guruji has become a Light Master.

Manasa and Antar-Manasa are the twin hearts of Guruji. The Study Centre at Antar-Manasa, for the study of Spiritual realities, is the crowning glory. The descent of Great Ra Energies, anchored under the Ra Meditation hall at Antar-Vana two years ago, were an expression of Love for Guruji, in appreciation of his achievements, and the 70th birthday gift to Guruji from the Great Masters of the Universe and the Ra God. The Great Ra energies have made this place, the Spiritual centre of this world.

The Light Master Guruji, initiated the great Light Channels World Movement in 2008. The Movement is silently spreading through a dedicated band of Light Channel volunteers, choosing school children as the media for the Light to spread to the entire earth.

The work is growing, and Guruji is reaching the world. Guruji is taking the Light to the whole world, the hope of this world in these difficult and confusing times. ■

GURUJI

Vaishali Joshi

When Amara gave Guruji the key to the house in Manovati, it symbolized the key to a Divine Plan that was to unfold over a period of time, step by step. And Guruji had to take the responsibility to manifest this Divine Plan at the physical level. Having unconditional devotion and reverence for his Guru and the Rishis, Guruji surrendered to the Divine will and with sincerity, obedience, loyalty and humility he directed his entire self to achieve this Divine plan.

He became an instrument of God and created Taponagara. Antar-Manasa and Manasa are the manifestations of the very Source from which Creation emerged and therefore a natural receptacle for various energies, which draw their essence from It. It is no wonder that Astral visitors like to come here, that the Rishis live here, and Divine personalities and Rishis first visit this place when they come to earth.

When new special energies are brought down to earth, Guruji takes upon himself the responsibility of receiving the energies on behalf of the people on this earth and in the process he willingly absorbs the negative impact that comes along as part of a Spiritual law. And he does all this only out of his Love for God, Rishis and humanity, seeking nothing for himself.

To us Guruji represents Divinity with his infinite understanding, infinite unconditional Divine Love that embraces one and all, and his Grace that knows no bounds. He brings Light into the lives of all those whom he touches. Yet we can never understand fully the significance of his work and his multi-faceted personality. ■

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

13-3-2011

A person saw his friend in a group of people at a distance. But, when he went near the group he did not find his friend. The friend was in the group astrally for a brief moment, as he had a strong desire to be there, at that time this person was able to see him.

In another instance, a person was very desperate to know the answer to a question. He could not meet me, but on that night he had a dream, in which he met me. He remembers all the details. He had come to me astrally. Some intelligence, some process helped him to know the answer. Behind it there was a strong desire, a strong intent. With a strong and pure intent anything is possible, like contacting Rishis or going to Shambala.

We have to be aware of our Voice, and recognize it. Refer to the intuition. But sometimes, even the intuition does not convey the truth as it is unable to comprehend the truth completely. It is a very strange thing that even the soul makes mistakes. At such times, we refer to the Conscience, as it always tells us the truth. We do not know completely what Conscience is. The Conscience is connected to the Divine and is able to know the truth. We have to do a lot of research on this subject.

Incidentally, ego is not negative. Ego generally does not intend to mislead us. When we allow it to become arrogant then it behaves in a very strange and different way. Otherwise, ego is a friend.

What we know at this level from our past depends on our requirements, on our pursuits, example, a musician. If a person was a musician in the past life and, if he takes up music in this life again, the knowledge gathered earlier gets revealed to him. Otherwise, it remains dormant for lifetimes. If, after several lifetimes he tries to

pursue music again, then the knowledge comes to him, it surfaces. It is difficult to understand these processes.

The recent tragedy in Japan was due to a combination of factors. A part of Pralaya, the processes leading to 2012 and several other unknown factors caused it. Every one of us is touched by it, not merely the Japanese. The best thing that we as individuals, as Meditators, can do is send Light. A lot of Light is required in Libya too. Let us channel Light to Japan and also to Libya.

20-3-2011

During Meditation a person saw me as a huge Light in Taponagara. He became a particle and merged into that Light. Whenever we try to experience the Rishis or the Ocean of Light, we become particles. The most important point is humility. Beyond the human form, I carry a lot of Light, Love and knowledge that I have shared with you, knowledge that I am yet to decipher. I have my own wisdom and I am always in link with the Rishis. People can connect to any of these aspects consciously, to receive whatever they want.

A person wrote that he saw Taponagara full of Light but, there was darkness around Taponagara. This is the Yuga for the Light, of the Light. We spread it. There is lot of Love and Light. We are not yet experiencing this to the full extent. This Love is the Love of the Rishis.

There is a beauty in human relations when we keep a distance, connect to the positive aspect of a person. Somehow, we have lost the art of enjoying the human relation. When we relate to others, we should manifest the expansion experienced in Meditations. If we don't, we will not be able to experience again the expansion in Meditations. The inner expansion and outer expansion are

interlinked. Manifesting expansion all the time is Spirituality.

Meditation brings clarity at all levels. Meditators in this Path are linked with Rishis and cannot commit mistakes. If we have committed mistakes, we can become alert again, and make use of all the benefits received from Meditations.

Most of us would have experienced that sometimes in Meditation the pace of time changes.

It is possible that during Meditation we can travel in time. Of course training and some more techniques are required.

If the purpose of Meditation is clear and defined then we will be able to reach the right path.

Two very clear instructions from the Rishis about preparing for 2012 are: Prepare by removing negativity from your system by making up your mind. Carry Light always.

All new energies are easily received and absorbed by the earth, nature, animals, plants, birds. And they are waiting to enter the New Age; but many people, not all, reject them. After observing the impact of the 2012 events, the Rishis will study periodically and take decisions about the transition period. We want all Pralaya processes to end by 2016 or 2018. Hereafter, Pralaya processes will move faster.

'Holi' is the day of practising 'Kamadahana'. You imagine a fire in front of you, which is the energy from Lord Shiva, and remove all negativities by burning them in the fire. You can practise this on any day, but on a full moon day it will be more effective. You can pray to Lord Shiva, imagine energies coming from Him and filling up your system. They burn the negativities and purify you.

I was shocked when some people told me that they had understood that they should not even look at the Super moon, as advised by some

GURUJI SPEAKS

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

astrologers on the television. It was such a glorious sight to see! And I don't know on what basis these things are said. But the sad part is that such things are taken very seriously.

The time has come for a kind of one-to-one training. When you have achieved something and reached a stage, approach me. Check with your intuition, your conscience. I want to pass on certain things. You have to prepare to transform. Living today is very important than preparing for 2012.

27-3-2011

The prime function in Meditation is to take our Awareness to the Ocean of Consciousness, which happens when the system is silenced. It is then that we begin to experience Samadhi. The shift of the Awareness occurs when we are pure in every way; otherwise its passage gets blocked.

Struggles and failures are specialties of this earth. It is only when we struggle we gear up our entire personality otherwise we will be lethargic, passive. When we fail, we gear up again. And when we achieve our goals we feel thrilled, excited. These are unusual experiences on this earth. It is a reality that to experience such things people from other planets take birth here.

We achieve peace within a few months of taking up Meditation. We must allow the peace to settle down, only then there will be clarity about our goals and understanding about our requirements. Otherwise, we will be always confused and may deviate from our goals.

Our priorities become clear. We know how to relate, how much we have to relate, what is the importance, the value of relations, who are the real relations etc.,

everything will be clear. But sometimes, we go beyond them and we forget the Spiritual goals.

When we take up Meditation, material problems get solved. The Rishis give us these benefits, so that we will focus on Sadhana. But many times, once we get these material benefits we pursue pure materialism and forget about Meditations. It is then that all the problems come back to us again. My simple solution is that you begin to meditate, your problems vanish. Try and experience this.

Once we choose a Spiritual goal we have to be careful, focused and pursue it purely. All our personal wishes, personal agendas should align with the Spiritual goal. When there is no alignment naturally there will be disturbance. We do not progress. There will be deviations. When we take up a Spiritual goal if we surrender our other interests and pursuits, then in a very short time we will be able to achieve the Spiritual goals. We have to surrender our ego, most importantly. We have to surrender our attachments. We have to attach to the goal, to the Rishis, to God.

One of the special instructions from Vishwamitra Maharshi related to Shambala Principle-1 says that we should keep ourselves beautiful, everything around us beautiful. Each person, each place, each system has a rhythm and a balance. We have to observe it, not disturb it or try to change or improve it, particularly nature.

Sometimes people struggle to know whether to follow the old things or accept the new concepts from Rishis; they will be in dilemmas. At such times follow your intuition, follow the truth. You can follow only one thing, one track.

A person wrote that she has reduced taking food. For a Spiritual

purpose you don't have to starve. We have lot of knowledge from the Rishis. Use this knowledge.

A person wrote, said: 'I wonder how far I am from enlightenment, how far I am from God.' You should not feel disappointed. If you are on the right track, if you are making right efforts the distance gets reduced; you will achieve the Spiritual goals shortly, in this very lifetime. My Guru spoke of Spirituality as 'Pipeelaka marga' In Sanskrit Pipeelaka means an ant. My Guru explained about an ant trying to reach the topmost part of the tree. It will be moving up and suddenly gets lost in a branch. There will be diversions. There are so many ways of not reaching the top part of the tree. You have to become your own guru. Pull up yourselves. Ask these questions. Meditate and carry Light. Follow all the Shambala Principles.

Last time I spoke about the one-to-one training. If you have achieved something spiritually, come to me. Anyone, even the external students also have this opportunity. But come to me after you really achieve something like, peace. Don't come to me with some experiences.

There were queries about Spiritual leaders, gurus entering into politics. It is my personal understanding that a guru is a guide. When you are ready I guide. If you are not ready I wait. I can only present the Truth, Rishis, the knowledge from them. A lot of energies have to be brought down and spread. They have to enter the human hearts. Then we expect transformation. It takes a long time and is hard work. I don't know if it is wise taking up the political roles, when there is so much of work to be done in the Spiritual field. ■

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 JAYANT'S TALK ABOUT GURUJI

(Compiled by Shobha K Rao)

Recently Guruji said, "I am losing interest with words and people." Guruji has done so much for each one of us in different ways, for some of us personally and for most of us in a different way, spiritually. He has given us so much of love. He has spoken his heart out in his classes, in informal discussions, in retreats, in private meetings, in his reflections and in his books.

How much of it is really understood, practised and taken to heart? How much have we reciprocated and in what way? All these questions stare at us. Can we take away his disappointment? Or is it too late? Of course a Master waits. He has enormous patience. It will be sad if we continue to struggle to face these questions.

Guruji's life is a 'Tapas'. It is burning and giving Light, not only to us, but to the whole world. The focus of this Path is on the individual. A revolution begins with an individual. An individual like Guruji makes such a big difference to our lives. This Path stands on his Love. The structures here, the trees, the plants, the energies here are full of life and love. These energies have a Spiritual relationship with Guruji. These are here because of a very special relationship Guruji has with them from past lives. They are here for a global cause. These are destiny altering, destiny creating energies, at a global level and also at the individual level.

The energies do not come down just like that. On behalf of humanity a person has to take responsibility to receive them. Guruji has taken that responsibility. That is the difference a person like Guruji makes. But for him we would not have had the Great Ra energies, etc. Guruji's physical presence on this earth at this period of time is so important. ■

A GUIDING LIGHT

Manoj Chopra

When I met Guruji for the first time, years before, I found something special in him. Slowly I realized that he is a very great man. I never knew that a person with such simplicity, well mannered, with twinkling eyes and a Divine smile, would be my Guru. I never imagined I would meet my Guru so casually. After meeting him, my personality started dissolving in him and started taking a new shape.

His sincerity and honesty to guide attracted me the most. He came into my life like a bright star on a dark night. If I had not met him, my life would have been incomplete and purposeless. I have studied hundreds of people of different calibers from all walks of life, but I have not found any one close to his great personality.

Once while talking with him, I experienced behind his human part, an ocean of Light. Human part is just symbolic, Guruji is Light. For me, just a smile from him is enough to help me to sail through life. ■

GURUJI

Ramachandra K

In the midst of growing chaos and confusion, it is not easy to find the real guru and tread the path towards Light. A Master who has real concern for his fellow beings and all creatures, who has contacts with the higher beings in the higher planes, who has access to higher knowledge, who has seen the pain and hard moments of life and who can see things beyond and help and guide the humanity, is required.

Guruji, after going through all these and having met an advanced Master Amara and having established contact with the Hierarchy, took this great challenge of guiding us and has emerged as a modern Guru with an unbiased approach, to guide the humanity to Light.

His footsteps are the torch light to us, his teachings are our goals and his life is our guide. Let this Light, Guruji, be with us forever and we be with the Light forever. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: What is Initiation?

A: To begin with, Initiation is an acceptance of the individual as the seeker of Truth. Then, it is introducing the individual to the world of Spiritual practices, not to merely theoretical studies; preparing him to receive the energies. Initiation is a very serious and sacred process. Usually it is the Rishis who pass on energies from their store of gathered energies. They overhaul, tune up the system and activate certain processes.

Q: Are there different ways of Initiation?

A: There is only one way. But, for preparing the individual to receive the energies there are several ways.

Q: What is fulfillment?

A: When a person achieves something, he fulfills his desire or goal. It could be any goal.

Q: Does experiencing miracles help in Spiritual progress?

A: Not directly. If you experience a miracle, try to understand the miracle. One can experience a miracle and have a thrill, can speak about it and may not progress. It is a point of beginning. Unless we begin the Spiritual journey we will never move.

Q: During sleep what does the soul do?

A: Generally, it rests along with the system. Sometimes, it travels astrally. And sometimes, it links with the Divine and experiences Samadhi.

Q: What can Spirituality do to a poor person?

A: Spirituality gives hope to a poor person. It helps him to trust in the Divine. It takes him nearer the Divine. And he will be able to go through life in peace.

Q: Are emotions momentary?

A: The intensity is momentary. But the emotions remain with us. Even after years we can recall and experience these emotions.

Q: What is emotional intelligence?

A: Emotions carry energies. Energies have intelligence. This is emotional intelligence. We have to expand our Awareness and try to read the emotional intelligence in order to never commit mistakes and emote properly, rightly.

Q: Is it wrong to have desires?

A: No. But we should not pursue only the material desires. It is then that we neglect the Spiritual desires, which when given priority ultimately lead us to our goal - Liberation.

Q: What should I do when my desires are not fulfilled?

A: Check up with your intuition if these desires are the right ones. If they are not, give up and choose better ones. And if the desires are the right ones you have to make more efforts.

Q: Can we practise both attachment and detachment together?

A: Yes. It depends on us. We can get attached to God, to the Rishis and to the Spiritual work. At the same time we can keep the world at a safe distance and not get attached to it. We need not get attached to bad habits and comforts.

Q: What is the greatest lesson that life teaches us?

A: It is Love. Love is the greatest force in Creation. Love has no enemy and it conquers everything. It brings us everything. With Love we can lead a full life. ■

LIST OF OUR PUBLICATIONS

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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.

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)

Recently during Meditation, I observed that I was trying to establish contact with Vyasa Maharshi. My soul came out of the body. Some other soul came to guide me and took me up in the sky, and was with me all the time. I was able to see my soul like a star in the sky. I was aware of my heart beats. Later, I bounced back into my body. I am feeling happy after that experience. -Charusheela Birajdar

As I had guests, I was unable to attend the Satsang with Guruji when he visited Pune. I was very restless and felt uneasy. I slipped into my room and sat down just thinking of Guruji and Rishis. A powerful Light came in, which was immediately followed by total silence. I became calm and cheerful. Guruji gave me this experience and I felt that I would not have got more otherwise. -Shashikala Sainath

A bush in my garden was infected and it had almost wilted. It recovered after it was treated, but did not bear any flowers. A few days ago, I talked to it mentally, requesting it to grow some flowers for offering to the gods during puja. And today I saw six small buds! -Nandita Patel

On 14th March'11 while driving, suddenly I started feeling very blissful. I looked around and saw that, everyone and everything that I looked at seemed to be happy. I was smiling and without my knowledge, I was laughing aloud too! Suddenly, tears started flowing; I wanted to hug everyone and shower my affection on all; wanted them to experience what I was experiencing. -Vishwas Dixit

Before closing the Meditation session in Taponagara, I felt a shower of flowers on my head and

the rustle of orange robes, touching my body. I looked up and saw a number of Rishis, showering flowers and blessings on everyone assembled in the Meditation hall. -G. Lakshman

Last week while meditating, in a vision I saw that Guruji had become Light. I realized that to meet Guruji, I too had to become Light. Guruji, as Light had expanded to the height of the cosmic tower, his form being completely filled with Light. I had become a particle of light and had merged with Guruji. Gradually, all the Sadhaks became Light particles and were merging into him. -Latika Kulkarni

During Meditation I saw a vision of a room with Meditation mats and a person doing Meditation. When I activated my Chakra that person's Chakra got activated. That person was me! The body was immovable and made up of some energy. I got a message to be quiet. Then I saw a city of Light which had children. After that I saw a lump that looked like a Linga on my head! -Marie Louise

Yesterday (19-3-11), in my dream I was searching for my mobile battery and I came across a man with a Divine face. He was vibrating with so much calmness, peace and love that I could not help watching his face, although there was no face. It was like being around Lord Vishnu who stays in such a tranquil state. He told me, "You will merge with God." He also said, "On April 14th, there will be a new beginning, many dramatic changes will happen." Then he gave back my mobile battery to me conveying that I will not require the mobile to communicate. -Vidya Viswamitra