



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 12

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REFLECTIONS

Guruji Krishnananda

I tell my people: find out your mission in this life, find out what is your mandate. We find these out in our deep contemplation, in Meditation and when we shift our Awareness to the Universe, to Light. We may not find out these in one sitting, in one day or even in an year, sometimes. We have not located the hot-line between ourselves and the Universe yet ! But, somehow, we receive the information from the Universe and when we receive it, we know that it is from the Universe.

When we realize our mission, our mandate, we have to work focusing on that and that alone. We should not take up more or other issues. If we stick to our mission and mandate, the Universe helps us in every way. This is a Spiritual reality. I am aware of it.

I realized my mission was to continue the work of my Guru. The mandate: teach Meditation, spread Spiritual knowledge and Light and try to bring down new knowledge. I stuck to these. When people volunteered to help me in opening schools and running old age homes, I politely refused. Then, I received help from the Universe through wonderful people. People gave me money and some joined my work. We are doing a great work silently and have stuck to our mission and mandate.

People who fight against corruption should stick to their mission and not dabble even in activities bordering politics. People who take up Spiritual work should not run colleges to collect huge capitation fees. When we divert our focus from our mission, we become corrupt. Then, the corrupt cannot fight against corruption. The Universe will not help us. We stop being Spiritual.

Some day, we have to realize that there is a plane of existence, the Astral plane, above us. And that there are Masters living there who are waiting to help us live happily in Peace and Perfection, who want to help us in our Transition into the next Age. They help us with new awareness and new energies to cleanse the earth of all types of corruption of the old dark Age. We have to learn to receive help from them. They cannot help us if we corrupt our mission. Our mission should be pure and focused on the issue we have chosen or mandated.

The Spiritual Leaders should realize this truth and re-organise their focus first on their mission. Then, they have to guide the crusaders of corruption. ■



MANASA FOUNDATION (R)

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

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

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

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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

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Guruji explaining a point during the Informal Discussions with Meditators in Taponagara on 8th October 2011

NEWS AND NOTES

- ◆ On the occasion of Ayudha Puja on 5-10-2011, the residents of Taponagara gathered in the parking area of Tapovana and energised the vehicles in the presence of Guruji.
- ◆ We are participating in the Bangalore Book Festival for the fifth consecutive year, from 18-11-2011 to 27-11-2011 at Palace Grounds, Bangalore. Meditators are requested to visit our stall and encourage.
- ◆ New batch of Shambala Group begins from January 2012. Those who want to join may contact Manasa office for details before 30-12-2011. External Guidance students can also join Shambala Group.

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM-12Noon
Special Meditation &
Light Channelling:
12Noon-1PM
13th Sun Shambala group
meeting at 2PM
20th Sun Ra group meeting at 2PM
25th Fri Solar Eclipse
Special Meditation:
9.53AM-1.47PM

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

MEDITATION ON SPECIAL DAYS

| | | |
|----|-----|---|
| 03 | Thu | Shukla Ashtami |
| 05 | Sat | Shukla Dashami |
| 10 | Thu | Full Moon Day |
| 18 | Fri | Krishna Ashtami |
| 23 | Wed | Masa Shivaratri |
| 25 | Fri | New Moon Day Solar Eclipse: 9:53AM-1:47PM |

Group Meditations are arranged in Taponagara during the Eclipse period on 25-11-2011, Friday. Those who are interested to join may register their names before 23-11-2011.

Informal Group Meeting with Guruji on Second Saturday, 12-11-2011 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 watch his videos.

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

UPDATE ON LIGHT CHANNELLING WORK

- ◆ Light channelling work expands silently but steadily. Our focus on schools is helping.
- ◆ More than 2.5 lakh children in more than 500 schools now channel Light daily during their daily prayers in the schools. Thousands of children in hundreds of schools are joining this movement every month.
- ◆ In the month of September we opened one more Regular Light Channelling Centre in Vishakhapatnam. ■

LIGHT CHANNELLING EXPERIENCES

We were unable to construct a house for the past five years in spite of all our best efforts. After adopting the technique and practising it regularly, we have begun the construction!

- Smt. R. Shantha, Head Mistress, National Public School,
Beereshwarnagar, Chunchgatta

I can see with regular practice of Light channelling, the ancient era reviving. Students are regular to school. There is a significant change in their behaviour and attitude. They have mellowed down a lot. They have stopped lying. I have observed that the gait of a few boys, who were aggressive, has turned majestic and dignified. They are very loving, peaceful and calm now. Children often come and share their experiences with me. It is really wonderful. Some of the ex-students became aware of this practice at school. On learning about the benefits, they voluntarily approached me and learnt the same.

- Smt. Pasumathi S., Head Mistress, New Holy Cross English School,
Bangalore

TAPONAGARA DIARY

Seema Almel Somayaji

Soft morning light announces the arrival of a brand new day. Nature's alarm clock crows and leads the symphony of birds. The quintessential village aroma of burning wood and cattle wafts in the air. A farm tractor roars by as fresh milk, still warm from the cows, is supplied to many homes. As many Taponagarites end their 3 hour Meditation, private school buses honk with urgency and it is rush hour at the village school. Office goers are next; they leave early to cover the long distance to the city business centres. Taponagara Administrative Office staff starts their work day at 10AM after Light Channelling. Some travel from the city.

Late noon marks its presence with kids returning from school and a near stampede at the Children's Park. In a house nearby, Guruji works silently on his Apple Mac in his Study, surrounded by hundreds of books, occasionally receiving calls on his Blackberry. Right opposite to his house is a villager's cowshed, next to a patch of farmland!

A few meters away a Taponagara kid is glued to his video games, a teenager is hooked on to facebook and a young mother struggles with her son's homework. Nearby Study Centre members are lost in exploring some metaphysical concepts. Farm hands work in the fields around. While a housewife practises some Spiritual techniques for the day yet another starts cooking in her state-of-the-art kitchen after returning from Admin Office work.

Evening brings a cacophony of cackling and chirping birds. Shepherds return home with their flocks, so do cowherds. Evening Meditators end their Meditations and night-time Meditators start delving into stillness. And so ends a day in the life of Taponagara. ■

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)

04-09-2011

The Rishis go to any extent to prevent pain, help a person. We have to make efforts to grow and be aligned to them.

For the benefit of the beginners I would like to repeat certain things.

A Rishi is an enlightened person. He is Light and always in link with Light. He carries Light, can also gather more Light, which he is capable of transmitting to a person, country or to the world.

When a person attains Rishihood, he will always work for God, most of the times, under the Sapta Rishis. But sometimes when the Rishis become very powerful they work on their own. Rishis are not enamoured by the material wealth or this world. They are free and unattached.

Sapta Rishis are the Masters chosen by God, to take care of His Creation. They administer the life on this earth and also life on billions of earths belonging to the category-Bhoo Loka. They appoint a Rishi to administer each earth, whose tenure of work is for 60 years. This Rishi will be assisted by a network of 1,44,000 Rishi workers who are also Rishis, who live all over the world, working in different cultures. Our Centre is not one of the centres of 1,44,000 Rishis. It is the only Centre directly under the Sapta Rishis and is opened once in 51,000 years, when we transit from Kali Yuga to the next Yuga. In this Cycle this Centre is being monitored and guided by Vishwamitra Maharshi. He always consults the Sapta Rishis.

The main work of this Centre chosen by the Sapta Rishis, is to gather those who worked with the Rishis 51,000 years ago and also those who are awakened. The Rishis choose and bring the people here. They are provided an opportunity. They are always free to choose or not choose. Here we provide undistorted knowledge, which is received

directly from Sapta Rishis. We are working to pass on the rare and new knowledge. Most of our work is at the Astral level. It is to strengthen the Pralaya processes and to train people in establishing contact with the Rishis, to prepare them to become Rishis.

Our negative thoughts and emotions impact and damage the Movements, like the present Movement of anti-corruption. Therefore, it is important to always spread positive vibrations.

We are unable to receive communications from the Rishis because our mind distorts the communication. So we have to silence the mind and also increase our purity levels to become aware of the communication.

11-09-2011

Every word that comes from me is from the Rishis. It is meant to be taken seriously, understood and followed.

Mukti is the highest Spiritual goal. It requires great, sustained and sincere effort. When we take up the work of the Rishis, Mukti is assured. There are other goals in life. The first goal is to experience life fully, because we have come down to this earth to experience life. Meditating and being in link with the Rishis is also a very important goal. Adding to the quality of our own lives and to the quality of life of the whole humanity is yet another important goal. Painting, music, writing poems and being creative, add to the quality of life. Scientists improve the quality of life in many ways with their inventions. Spreading Peace, energies, channelling Light is also a goal.

The immediate future times are difficult times because they confuse us more, bringing in fear and insecurity. We can prepare by

rooting ourselves in Spirituality. Once we are established in Spirituality, in the Rishis, in Meditations we don't have to fear about anything. There is someone with me, behind me that I can fall back upon - the Rishis, my own Meditations and God Himself.

Ignore the experiences as most of the times they are from your mind. Experiences do not measure the Spiritual progress and hence don't give much importance to them. But, even a projected experience will have its own impact. All experiences are important. Do not try to analyse an experience particularly when you are going through it.

A little negativity is human and even natural because we are here on this earth. But strong negativity is not good and should be consciously avoided. Make an effort to remove it, as it comes in the way of contacting the Rishis. Establishing contact directly is so important particularly in the future times.

Let us consciously purify ourselves by many ways, apart from Meditations. Sometimes, the dark energies play havoc with us. Wherever there is negativity they come, posing themselves as Rishis, giving us messages. They push us away from Spirituality. We come in touch with people who discourage Spiritual activity, Sadhana. We have to be very careful.

A person took the name of a Rishi and told a lie. It is not right. It does not help and somehow you go down spiritually.

18-09-2011

A message from the Rishis says-spread more Light, because Light alone can save this world from corruption, violence, all evil and take us into the New Age. Light demands nothing from us but Light gives us everything - Peace,

GURUJI SPEAKS

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

Prosperity and Perfection. Always carry Light.

Every moment is an auspicious moment when you live in Light, in a plane above duality. It is possible because I have seen my Guru living like that.

Every soul is a wonderful soul. Every person is my friend. Sometimes we don't agree on certain things. It doesn't matter. It doesn't make a person an enemy or make him bad.

In Gita it is mentioned: 'What is in you, you bring out. It is natural.' The principle is that what you carry you manifest. You should not carry anger, jealousy, aggression, diffidence, confusion. Sometimes these and such things manifest in your lives as failures. Sometimes such things manifest as upsets in life, misunderstandings, diseases, even accidents! So, let us always carry Light. We will be manifesting success, good health and all the other things you can imagine.

Make use of Light more. Every day send more Light and Love to the people around you, to the whole world. Send Light to all things that you use like computers, vehicles. Send Light to your vehicle, talk to it. Listen to it. The vehicle responds. You experience directly the love from a vehicle, from a pen that you use. That is how we have to create or alter our destinies. We have a lot of knowledge from the Rishis, but the knowledge about living the day to day life is very important because it makes all the difference.

If we as Meditators have problems it means that we have not meditated properly, or we have not carried enough Light and Love.

I want you to actually experience Light before you are shifted to the

next stage of Meditation. Do not worry if you are not shifted to the next stage. Focus on how much Light you have experienced. It is very important.

You have to read books. Read the book 'Descent of Soul' understand it then ask questions. Sometimes we also have information or knowledge which cannot be revealed now, or sometimes, there may be confusion. So we hold it back. If you ask questions about that we have to say we don't know. You have to accept that part.

25-09-2011

Beginners must understand what Light is. We the people under the Rishis, have a great responsibility. We are supposed to guide others. We have to live all that we know and all that we have understood and be the role models.

We have so much of knowledge, so much of energies. We have to try to cleanse and perfect ourselves before we cleanse the world or try to preach. There have been shifts in Consciousness, which continue to happen. At such times the Rishis try to increase the quality of vibrations so that we get used to the new energies. All of us are capable of absorbing and manifesting them. We have to rise along with the level of energy, otherwise we have problems. For this we don't have to make any great effort. We have to just experience Light, manifest Light. Mere choosing is enough. It will make us different.

The mind is spread all over the body and interlinked with every cell of the body. If I keep my mind always peaceful, full of love, my body will be healthy. Only a part of the mind is interlinked with the body, the rest of the mind will be outside the physical body. Mind works as a vehicle during Astral

travel. The mind can stretch, but is always linked to the body. We can go to any part of this Material Cosmos and even go to the first Divine world, Brahma Loka. We give up the mind in Brahma Loka when we have to travel further.

During sleep our conscious mind will be sleeping, the sub-conscious mind becomes active. It is only during Meditations we can enter a deeper mind.

Every time there is an earthquake or a volcanic eruption new energies are released. These energies are used by the Rishis for the welfare of the world and to go into the New Age. These energies give a lot of hope and courage to the people who have lost their homes in the disaster. They burn the Karmas of that region. They gradually spread to the whole world.

We co-exist in seven Lokas including this earth, in our higher selves. When we choose a higher Spiritual goal and are working for it, energies, strength, knowledge come to us automatically from our higher self. Consciously we cannot tap our own higher self. Our system will store the energies gathered. If we gather much more energies, then these energies will be stored in our higher self.

You can get over all the feelings of hopelessness by choosing happiness. Let us make it a beginning. If one door closes many doors open. We have to continue to live and manifest the life force which we are carrying. First choose then make more efforts; devise ways to be happy. My happiness depends on myself alone.

If you want to be in this Path, if you want our guidance you have to practice the technique given without making any changes. These are the most advanced techniques. They are a kind of shortcuts. ■

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)

Please help me stabilize, strengthen, live and share all the wonderful things that you dreamt of for us. We can feel your strength and wisdom, but we still need to hold your hand and walk, for we do get lost sometimes. We have been provided everything without asking. Unlearning is a hard task master and this is where the slackness sets in. We all want to rise to your expectations. Your dream is our dream!

- Usha Satishchandra

After reading the book "Preparing for 2012" I practised sending pure Love and Light from my heart to people with whom I have troubled relations. I have observed that now my relations with them have improved. I am able to be tolerant and try to ignore what I don't need to dwell on.

- Pratima Vadgama

Changes observed not just in Meditation, but there is tremendous growth in life too. Manasa is a confirmation of my truth that I am on the right Path. Thanks to Manasa. There is too rapid a growth at times; however I am able to handle it.

- Ramesh Segu

I have grown more silent, I am contented and at peace. Somehow extra thoughts, people and even words are avoided. My work performance has been flawless like never before. I am involved in all daily tasks, enjoying beauty in all but in a detached manner. I can sense my alertness, intuition and strength levels rising.

- Geeta Joshi

Following some of your simple teachings is transforming us to such sublime beings. Non-Meditators find joy in our company, though they cannot express it. But we know that your constant effort is bringing about changes in us.

- Pragti Raaj

Though I am going through difficult situations, my heart has learnt to accept them. I always carry the Light while dealing with people. Light helps the people around to change and become positive. I am amazed to observe deep Love emanating effortlessly, from within and going out to everyone. Light is helping me in every way.

- Jana Sumathi

For us, spending time in Taponagara surrounded by your Divine aura was indeed a wonderful experience. The energies received from the Rishis, the Divine Beings and you, were enough to make us experience the Divine Love and Bliss of Manasa. Thank you for sharing your precious time and showering on each one, so much Love. It was an honour to be in your Divine presence. We do hope we can participate and join you in the Divine Mission that will ultimately take each one of us back home where we truly belong.

- Feroza Jamsheed Pandey

I feel so good after joining as a Meditator in this Path. All these years I was restless, searching for a path and for something which I wanted to do. Now I feel comfortable, happy in all that I do in life; now a kind of anchor, a support has come into my life. I feel more charged up to face anything.

- Shalini Rajnala

Now the power of Meditation and Channelling is felt even more strongly. After Meditation and Channelling I feel lighthearted and things seem to be in prospect. When I skip Meditation, things start to appear out of order. Sometime ago you had mentioned that a young school boy channels Light whenever he encounters a problem. I have been following him. I realize that there is no qualification to turn to Light. This has made my life simple.

- Lynne Karatani

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How do the Rishis help Movements like the anti-corruption Movement?

A: Although the Movements are initiated by the human beings, the leaders are chosen by the Rishis. They will be explained what they have to do and are given lot of energies. The Rishis guide, instruct and help astrally, but they cannot directly interfere with the affairs of the world. There are many laws.

Q: There is so much new knowledge in the Internet. Has all this been channelled from the Rishis?

A: The Light workers who channel knowledge from the higher planes come from different origins, stars and advanced earths. They always try to get the knowledge from their sources. But the 1,44,000 workers and we get the knowledge directly from the Rishis.

Q: What is the role of Lord Kalki during this transition period?

A: Lord Kalki will educate gradually every single individual on this earth, about entering the New Age. He is meeting different groups and giving them a lot of instructions. He monitors and spreads new energies. He is in charge of all Pralaya processes. He will protect people and sometimes, He punishes those who don't change. He will advise the dark people to stop disturbing the process of Pralaya. Lord Kalki also instructs the world leaders and He guides the Rishis' work.

Q: When will the Light workers of this earth unite and work?

A: It is my personal opinion that they will never do it.

Q: Will we enter the New Age after 2012?

A: We do not know. The Photon Belt energies cleanse this earth thoroughly. There will be many great changes. I am very much sure that from 2012 we enter a new phase, if not the complete, true New Age.

Q: When will our Sadhana end?

A: When we go back and attain Mukti. Sadhana ends when we begin truly and naturally manifesting Love. Sadhana ends when we reach a very high level of purity, become egoless, truly humble, become aligned to God, Light. Sadhana ends when we stop praying or pestering God for things. Sadhana ends when we realize that every breath we take is a grace and when we accept all the people around us as gifts from God.

Q: Which is the single most important benefit from Meditation?

A: Becoming aware of the Presence, God, is the most important benefit. When we meditate and reach stillness, suddenly we realize that there is a Presence. Even at other times, if you shift your Awareness, you become aware of the Presence. The Presence has concern for us, has Love, Peace, Bliss and everything.

Q: Is Meditation required to experience Light?

A: In order to experience the Light our system should enter into stillness and become totally silent. So Meditation is required to experience Light, more and deeply. ■

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| தியானம் செய்வது எப்படி | 50/- |
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| ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್ | 50/- |
| ಕಾಂತಿಕೆ ದ್ವಾರಮುಲು | 150/- |



GURUJI KRISHNANANDA (1939)

MANASA FOUNDATION (R)

established in 1988 by Guruji Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city.

MANASA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Guruji lived from 1987 to 1992.

STUDY CENTRE

is a unique Centre for Studies on Spiritual Realities at Antar Manasa, guided by the Rishis.

JYOTHI PROJECT

is mainly for the village children. They are helped in their school studies and are taught Shlokas, Bhajans, hygiene, General Knowledge and Computers. They are also encouraged to express themselves creatively through story-telling, drawing and painting.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APPEAL

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

SPIRITUAL EXPERIENCES

(Compiled by Shobha K. Rao)

Nowadays I experience a lot of stillness in Meditations. Often, I feel so expanded that my body remains as if a mere pencil border. Also at times I feel that I have walked out of this level of existence and crossed a door. I sense stepping ahead somewhere.

- Geeta Joshi

During Meditation, I experience lesser number of thoughts and sometimes a sense of timelessness. I have become more calm and non-reactive to situations. I feel an inner need to meditate.

- Amita Pradeep

On 1st September '11, while meditating in the Ra Meditation Hall, I was able to see many Divine personalities at the Astral level. During the end of the Meditation, suddenly I felt my third eye open. I travelled out through my third eye and was astrally out in space. I was able to see only blue Light everywhere. For the next two days I could see with both my eyes and also with the third eye. Now I am able to see things very clearly.

On 4th September '11, I was upset as I was unwell and not able to attend the class. Suddenly I was out astrally. I saw Guruji and wept bitterly before him. Guruji said, "You may not see me, I am constantly with you. You will be fine, don't worry." I saw myself in the Meditation Hall, glowing with Light. My Astral body collected energies and offered them to Lord Ganesha, who was alive like us. I prayed and got a thought message that I would be alright soon.

- Rakhee

I attended the Shambala class on Monday morning and at night was in bed by 11.15. I noticed that I was making a journey in Consciousness. I was totally unaware of this world. I had an aerial view of a special Divine city, which appeared as if it was covered by a layer of mist; it had many tall buildings, looked like an advanced city. Later, Guruji confirmed that it was Shambala.

There is quality in Meditations since I experienced the Presence. Meditations are deep because I am rooted in the Presence, knowing where I just love to be. The Awareness is fixed there and the Presence takes over.

On 28th September '11, during Meditation there was no 'I', but it was only 'OM', melodious, slow, profound, a very powerful sound. It did not have the voice of either gender nor was it an instrument. It was in a way huge, all encompassed and very profound and I knew that I had for sure entered the silent areas from where 'OM' originated. This is the first time I have heard something in Meditation.

- Vidya Vishwamitra

My Meditations have improved and I am more at peace within myself. I can feel the presence of Light with me as if it has become a part of me. When I am in a state of confusion I seek the advice of the Light and I get answers.

I feel very light and I am able to tackle any situation that comes my way without worrying too much about it. I am able to understand people and send love to them though it has been difficult at times.

- Nalini Rajshekhhar