



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 11

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## REFLECTIONS

Guruji Krishnananda

I have been observing this for a long time. What we emote and think within get manifested outside in our lives. If we experience joy within, there is joy outside. If we are peaceful within, there is peace outside also. If we are angry within, there is disturbance outside. If we carry a lot of negativity within, it manifests even as accidents outside. Shortly, we create our destinies.

There are destinies created from the past lives by our Karmas. But, we can alter these by Meditations and clearing these energy tracks. In day-to-day living we create new tracks, new destinies.

We are not alone. We are linked to one another on this planet. It is not merely to other human beings but also to all other lives. To nature, to environment and to all energies operating on this earth. When we are creating destinies for us, the individuals, we are also impacting the collective destinies of the whole planet. The Rishis meditating in Himalayas and other places are aware of this very well. That is why they spend their lives meditating and creating peace and harmony for the planet.

People in power who are manning various systems follow greed and violence. They are creating suffering and pain. The enormity of their contribution to these is so huge that all the Meditations and welfare energies appear ineffective against them.

We are aware that we are transiting from the Dark age to the Light Age. More and more people are awakening. More and more are meditating and are strengthening the processes of the Transition. In this time of new destinies taking shape, it is the duty of every citizen of this planet to emote, think and create conditions for the New Age. We have to become aware of the subtler processes that lead us to Peace and Prosperity and begin to consciously work for the New Age.

This is our planet, our shelter. We have to keep this peaceful and live peacefully. It is true, though it may be difficult to believe, that we can prevent wars, earthquakes and all types of suffering. Let us awaken to this reality. Let us create Peace and Harmony. ■



### MANASA FOUNDATION (R)

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e-mail : [info@lightagemasters.com](mailto:info@lightagemasters.com) website : [www.lightagemasters.com](http://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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along with the Subscription  
amount.



Guruji addressing the Meditators during  
Amara Maha Samadhi program in Taponagara on 28th August

**NEWS AND NOTES**

- ◆ More than 400 people participated in the Amara Maha Samadhi program conducted at Taponagara on 28-8-2011.
- ◆ Three books "Guruji Speaks - Vol 4", "iGuruji - Vol 5" and Kannada translation of "New Age Realities" were released during the Amara Maha Samadhi program at Taponagara on 28-8-2011.
- ◆ Books can be ordered online or by DD in favour of Manasa Light Age Foundation.
- ◆ All our students must have the Newsletter. The renewal of the Newsletter should be made soon after the reminder is received.

**PROGRAM AT TAPONAGARA**

Sundays Lectures: 11-12Noon  
Special Meditation &  
Light Channelling: 12-1PM  
30<sup>th</sup> Sun Group Meditation: 11-1PM

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

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

**MEDITATION ON SPECIAL DAYS**

3	Mon	Worship of Saraswati Devi
4	Tue	Durgashtami
5	Wed	Maha Navami Ayudha Pooja
6	Thu	Vijaya Dashami
11	Tue	Full Moon Day
20	Thu	Krishna Ashtami
25	Tue	Naraka Chaturdashi Masa Shivaratri
26	Wed	New Moon Day Worship of Mahalakshmi
27	Thu	Deepavali

Now facility is available for our  
students residing outside India  
to make payments online  
on our website  
[www.lightagemasters.com](http://www.lightagemasters.com)  
using  
their international credit cards.

Informal Group Meeting with  
Guruji on Second Saturday,  
8-10-2011 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](http://www.speakingtree.in) to read his  
blog and watch his videos.

## UPDATE ON LIGHT CHANNELLING WORK

- ♦ Light changes destinies. We are witnessing this when school children employ Light to seek solutions to their own smaller or bigger problems. They take help from Light to improve their performance in studies, to improve interpersonal relations and even to heal their colleagues. They probably do not know that by silently channelling Light, they are also participating significantly in shaping the destiny of this world.
- ♦ More than 17 lakh children in more than 2000 schools have channelled Light at least once. Many of them do it often and more than 2 lakh of these children in more than 400 schools channel Light daily during their school prayers.
- ♦ We opened one more Regular Light Channelling centre in Mysore last month. ■

## LIGHT CHANNELLING EXPERIENCES

Earlier I could not study peacefully. I used to fail in 2-3 subjects. Now I have passed in all the subjects. I would like to say that this is because of Meditations. Now, after meditating I am happy.

- Prasanna K., Std. IX, Shreyas High School, Bangalore

I practise Light Channelling for about 5 minutes before commencing my studies. This has given me a lot of patience, peace and happiness always.

- Poornashree Manjunath, Student, Std. 6

I am aware that the Meditation program conducted by you in December 2010 has immensely helped in improving the concentration, stability of mind and overall development of our school students. It has also had an impact on last year's SSLC results (89%).

- Laju P. Naik, Head Mistress, Shreyas High School

## TAPONAGARA DIARY

Seema Almel Somayaji

Taponagarites welcomed Goddess Mahalakshmi into their houses and hearts during her ten day stay on earth. Knowing that she will reside in every house as Light made those days special. This was followed by the Sri Krishna Janmashtami Day Special Meditation and his Divine Presence for ten days in our houses. We are sure that the Divine Gods enjoyed their stay as Taponagarites!

25th August was Amara Maha Samadhi Day. This being a weekday it was observed on the following Sunday so that Sadhaks do not have to apply for leave from their jobs. One cannot reiterate enough the understanding and concern the Masters have about the strain one has to endure while requesting and getting a day off from commercial work places. They value the sentiment not just the date.

Three books were launched on the Sunday when Amara Maha Samadhi was commemorated. After the personal blessings, a group of about twenty postal guidance students, who had specially come from Pune, had an hour-long informal meeting with Guruji. Besides the guidance each received, they expressed a lot of love and gratitude towards Guruji. They were blessed with a promise from Guruji that he will meet them every time they visit as a group. The glow of joy on their faces is inexplicable.

Saturday evenings at the Anjaneya temple has become a special opportunity to meditate with Guruji. While enjoying delicious Prasada served by the villagers, Taponagarites find some leisurely time to catch up with one another. ■

## 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)

07-08-2011

When you have doubts or you are disturbed, experience the ocean of Light, for 3-5 minutes. From the level of the Intellect we have to enter the area of experiencing. Only then the Sadhana begins.

God, Light, the great Intelligence is everywhere. You haven't tried contacting Him. With open or closed eyes just try to shift your awareness and be aware of the Presence. Immediately you will have the contact.

The shield not only protects, it also monitors and guides, as it has its own intelligence. We have to become aware of our shield and have a constant dialogue with it.

Pralaya times are the best times to grow fast spiritually, because we have special opportunities, special energies and special help. Contemplate on this.

People take up Meditation, some show off to the world. Amara told us that when a flower in a forest blooms, nobody knows about it. It doesn't declare. Let us lead this life normally, steadily, sensibly, carefully. There is such dignity in that.

This is the time when things, good and bad surface. If something bad surfaces deal with it, fight with it, remove it, you have the help from the entire Universe. This is a Spiritual approach.

Meditation should become a part of our living, like breathing. Do not relax. Never give up.

When you hear about something that is not good you should not get upset. You must face the devil and

dare it. It is all in the mind. You need not avoid anything or anyone. You are strong. The Rishis are monitoring and protecting you. If you feel weak you make an avenue for the dark energies to enter.

We tried at the physical level, made very great effort at the Astral level, to establish one network of all Light workers, a kind of Spiritual council for the world, who would be guiding all nations, not just individuals. But we could not do it, as there was no confluence of even intent. Light workers are wonderful people, but we cannot join and work together. It is very sad. It indicates that we are yet to evolve.

The Rishis have already chosen 144 people, who are being trained specially, to guide in these times when we are approaching 2012. Be aware that the time has come, to make efforts in your own way; do not feel dispirited. I see hope. Destruction will be minimized because the Rishis are working for it.

14-08-2011

If we have not experienced Peace, it indicates that we have not meditated properly. At some point or other in Meditation, we would have definitely experienced Peace at least for a brief moment. We must allow the influence of Meditations to continue. If you are sincere you definitely understand Meditation, practise and progress. If you believe in Pujas, rituals, be sincere there also. Try to understand the meaning of the Mantras. Be sincere in everything in life- in pursuing arts, reading books, cleaning a room.

On death anniversaries of our departed relatives we perform rituals. Some of us offer energies to them, which are carried and reached to the concerned people. We cannot

send a message to the departed; very rarely it is carried, depending on the message. It reaches them at a deeper level, at the Astral level. They will not be aware of it. Though difficult, we have to someday accept that death disconnects. It is a reality. We may, very rarely meet the departed, but generally not, except the soul mates. Mind-linking and communicating with the departed is not permitted.

Every time we reach a crossroad in life, we can always choose to turn in the right direction. Even after we take a wrong turn, if we wait, there will be one more opportunity to take the right turn.

Mahalakshmi is the Goddess of abundance. She carries material and Spiritual wealth, also knowledge and many things. She can grant us Vairagya or detachment. She once told Amara that She grants everyone's wish, but there is a law: 'You have to ask for both the Spiritual and the material benefits'.

During a huge gathering a person saw dark people injecting their energies into everyone's system. She said 'my Meditations were disturbed. I could not meditate'. Later, she saw Amara clearing all the dark energies, replacing them with positive energies. After that vision she could meditate. All this was her imagination. Be happy when you have an experience, but go beyond it.

21-08-2011

Experiencing of the ocean of Light gives us so much of Peace. When we are calm and peaceful we understand the realities very clearly and properly; Light also gives us the strength and wisdom to accept the truth and live it.

The anti-corruption Movement in

## GURUJI SPEAKS

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

our country is not a separate, isolated and singular Movement. It is a part of one whole huge, Spiritual process, a transition process of Pralaya, where corruption, dictatorship, abuse of power is rejected. The new energies and the Light channelled by many people are having their impact on it. A clear and loud message from the Rishis says that, we need to sit in our own quiet corners and channel Light to further and strengthen this revolution to build up the New Age.

Once you take up Meditation under the Rishis and continue, you are linked to a network of Rishis. Great intelligences will be monitoring you constantly to help you. Therefore, when a question arises in your mind, the answer also takes birth. It reaches you sometimes, or the question enters the network and you get the answer even when you don't ask it.

Sometimes, during Meditation we realize that after some time we would have stopped repeating the Mantra. That is the right thing to happen, as our Awareness goes beyond the mind. When you become aware that you are not repeating the Mantra, then you may take up the Mantra. This kind of breaks may occur several times during the Meditation of one hour. During Meditation we cannot see the Light. Let us focus on experiencing the Light.

God helps in strange ways, even those who are not in the network of the Rishis. We don't notice it.

Every check-up is an 'initiation'. We are always given a fresh dose of energy. There will be a shift. Even if you have not meditated regularly, attend the check-up; it helps you.

During such times, if the Rishi finds that certain problems or Karmas come in the way of Meditations, they remove them. Sometimes if we have meditated well, the Rishis give us gifts.

There are 1,44,000 Rishis and their Centres which form a network. They live amongst us like Amara did. They live all over the world.

There are no shortcuts to Samadhi. People get confused; being clear about the goal is so important. Choose any path, stick to it. All paths lead to God.

28-08-2011

I am happy to note that we honour Amara, worship him by offering energies, also follow him. We try to understand him. We shall never deify Amara. Amara is Truth. When we manifest Amara and his teachings, we will be giving him the best of Guru Dakshina.

Amara has made us aware that all the Rishis exist and they are contactable. The knowledge brought down by him is amazing and incomparable.

Amara introduced us to Shambala and also the Shambala Principles. To attain Mukti it is enough if we follow any one principle. He also declared that Kali Yuga ended in 1974, as he had participated in the function when the Rishis bid good-bye to Kali Yuga and welcomed Satya Yuga. He said 'Pralaya begins from 1987'. Pralaya began and we are witnessing it.

Amara introduced periodic 'check ups' for Meditators. It is an opportunity for the student to meet the teacher and share his

experiences, clear difficulties and doubts and to take back new instructions. 'Check up' is the unique feature of this Path.

Amara said 'do not add numbers'. The people who are with me now though not many, are enough. We can create a new destiny for this world.

Amara got the Manasi field built. He also brought many visitors from other galaxies to this place.

His teachings are simple meditate and positivise; live a normal life, fully and properly; put down your ego and do not neglect the material life. Let us re-dedicate our life on days like this to Spirituality, to manifesting the Light.

I will pick up people to pass on personally the special techniques given to us to face 2012. Later on, I will pass them on to everyone.

Hereafter, we will hold Astral classes on every Saturday here, for all the people who volunteer, from all over the world. Those of you who want to attend these classes may mentally register with the Rishis. Rishis will pick up volunteers for Astral works and they will be trained. Those who wish to join the Ra group can register their names. People in the Ra group visit the Ra pyramid, stay there for some time, that's enough.

I want to congratulate every person who channelled Light, because you can see the results of channelling Light. There will be many more movements and silent revolutions. Light reaches people's hearts, provides opportunities, it advises but people have to decide. Future days will be most challenging and exciting. Let us be aware of these processes. ■

## 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.

## THE GRAND CONCERT

Pragti Raaj

The curtains are unveiled and a grand process of work towards the Light Age has begun. Each one has taken position and is trying to give their very best for the work taken up.

A team which runs the administration of Manasa ever so silently and smoothly; a team which goes on incessantly adding new realities at the Study Centre a centre for studies on Spiritual Realities. The Meditators who become tools for Light to spread itself all around. Then there are Meditators who are busy with their life, yet contributing by simply spreading Light and manifesting Love. Also the Light Channel volunteers who bring down Light through school children day after day, contributing in their own ways.

Each of us have a role in this grand concert. All of us are special whether just a Meditator or a volunteer. Each plays his role each day with responsibility. It takes all of us to move in Oneness and join a beautiful chorus simultaneously to create a grand future.

As in a musical concert, each piece of music and each person playing different instrument is equally important, so is every wing of our beautiful Manasa family.

The dawn of Light Age may look a far away cry seeing the surfacing of many unpleasant realities. But when we see closely we see the sweeping changes initiated and taken forward by Light, heralding the hope of new times.

Like a soft breeze, the grand wise Master silently guides the grand concert at Manasa to play their roles at the human levels and also at the levels not known. ■

## EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Shobha K. Rao)

It is poignant to witness another making of a national revolutionary movement. Now the entire world has turned its eyes on India. The collective voice may be loud and the impact huge on the planet.

- Padmaja Balaji

You have left within us a deep impact and built in us a trust, that the energy and Love it carries is enough to sail us through any situation. This is a way of self expression at the joy and happiness for being under your tutelage. The more we think of the magnitude and extent of your work, the more we are humbled.

- Usha Satishkumar

While taking blessings from you, it didn't appear to me that I was looking at your eyes, because I saw the infinity in your eyes, depth, and so much. It was like a huge container, and a whirlpool, into which one can simply dive! At that time, I wondered what it was, I thought it might be magical power, but now I know that you carry that infinity in you, all the time. You connect to us at all levels. We are very fortunate to have you.

- Vidya Vishwamitra

On my birthday this year, I sought your blessings and an opportunity to work with you. I will make all the efforts. Last year on the same day I had wished to be in Taponagara and this year I am here. It is a special gift to me. You have always been there for me, right from my pre-wedding days.

- Rashmi Girish

Connecting myself with the structures in Taponagara makes me feel close to the Rishis and you, Guruji. All that you have been speaking of, is being manifested and proving to be a reality. The birds seem to have changed their language of communication, and express themselves differently. Perhaps, this is because I have changed and see something new in myself!

- Jayanti Natarajan

## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: Can we access the memories of our past lives without going for past life regression?**

A: We can do it. We have to begin with Meditations and there are some techniques. All the memories are in the unconscious layer of the mind. We can access them when we become mature and strong enough to accept our own past.

**Q: Does Meditation help distancing from the world?**

A: No. Meditation helps us to understand our goal, the Source and then realize it. Meditation helps distancing ourselves from all that comes in the way of our Spiritual progress. Meditation also removes distances. We become closer to ourselves as souls, and to people who help us understand the truth.

**Q: If I meditate will I get a job?**

A: If you meditate you will get everything. Not directly, not immediately. Meditate, stick on, have faith and persist.

**Q: Why is it that I am not experiencing Light?**

A: You have to have great patience, faith and you have to meditate regularly. You will definitely, experience Light. Before actually experiencing the Light you will be experiencing some of the aspects of Light like Peace, feeling expanded.

**Q: Is it alright to carry the blue energies all the time?**

A: There is nothing wrong in that. But I suggest always carry white Light.

**Q: Are the Pralaya energies strict?**

A: They have to be. The truth is that they are also very kind. They guide and help us in every way.

**Q: Are the deaths in accidents like plane accidents destined?**

A: Yes.

**Q: Why do people change paths?**

A: Maybe they do not get what they want. When we are unable to follow the disciplines laid by a path, we naturally leave the path. Sometimes people experiment. First you have to decide what you want; then search for a path, choose a path and stick to it.

**Q: Are the people in the hollow earth not affected by Yugas like us?**

A: No. They are not affected because they live in a different frequency.

**Q: Can I mind-link and talk to you directly?**

A: Yes, you can. When you mind-link you get a reply instantaneously. It is not easy to read when you mind-link with anyone. But do not give up. Persist. You will be able to read. ■

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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)

Now I clearly know that my foundation is God. In Meditations, it is an appointment with God. How can any thought interfere when I am with God? So, thoughts have weakened. When my breath stops, there is still this life in me, and it breathes. There is the beautiful Presence. Every time I touch this Presence, my assurance, belief, and my knowing of this existence in me, gets stronger and stronger.

In contact sessions, I am touched every time. I dwell in expansion, like a baby in mother's arms. I experience a very gentle physical push on my shoulders. I go deeper and deeper. It is clear that I am a part of Guruji, Rishis and this power. This is the center where I always wanted to stay and from where I always wanted to act. It is full of positivity, fearlessness, confidence, trust, faith, balance, Love, everything.

- Vidya Vishwamitra

On 7th August I was enjoying the heavy downpour. Suddenly, I went within and my core got connected to the core of a tiny rain drop. The droplet turned into white Light. Though the droplet was minute, because I was connected to it, I felt it was very huge and full of Light. Later, I was amazed to see the rain as white Light, pouring down heavily! Light could be seen everywhere.

- Rakhee

Once or twice during Meditation, I felt a great surge of energy in the heart. I felt as if my heart would burst. There was expansion. Once, during Meditation I lost body consciousness, I could feel only Light. I also feel connected to my soul a lot these days, and sense bluish white energies surrounding me.

- Geetha Balakrishnan

When I had to advise a friend I asked

the Light to help. Then I saw an enormous ball of white Light descend in the room. At that moment I knew how to handle the situation. I felt like the Light was working through me. Every night I sent a ball of Healing Light to my friend and now he is in good health.

- Linda Sawyer

During the Shambala Meditation I was constantly aware of a presence in the room, as if somebody was watching me. There was a warm heaviness in my head. Towards the end, there was only the resonance of Mantra all around me and I could not feel anything else.

- Rashmi Raghuvanshi

After every session of Light Channelling, there is an explosion which happens deep inside me, which bursts into millions of colors of joy without reason. I am aware that it is the Light channelled by the children which impacts me.

- Pragti Raaj

My Meditations have improved and I am more at peace. 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 Rajshakar

When I meditate I feel the blue Light fills me, surrounds me and becomes darker. On 1st September during Meditation I felt as if I was enveloped by the dark blue Light and I could not feel my body. I felt so peaceful, like I had never felt before. Then the Light spread everywhere around me.

- Deepa Raghuram