



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 10

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REFLECTIONS

Guruji Krishnananda

I am writing this at a time when the attention of the nation is focused on a person who is fasting in a jail, fighting against corruption. When thousands of supporters all over the country are anxiously waiting for his release from the jail and continuation of the battle against corruption. It is not a protest. It is a Movement. Some one described him as a Messiah. I describe him as a person who kindled the hope of a better society with lesser corruption, who is a voice for millions of helpless people. I describe him as a person who has allowed the energies of Transformation to work through him, though unconsciously. For me, he symbolizes the hope that, some day, corruption vanishes. My hope is strengthened by the knowledge that the Rishis are bringing down and spreading the energies of the New Age where all corrupt systems cease to exist.

This is a sequel to the Arab uprising. The processes of Transition are working all over the world. If we just shift our Awareness a little, we can witness the working of the processes all over the world.

I congratulate lakhs of people who, particularly the school children, who have been channelling the Light for more than two years. We, the Meditators and who are working under the Rishis, are clearly aware of the Spiritual processes initiated and strengthened by Light which carries the energies of Purity, Peace and Love.

I wish, all my fellow human beings understand the power of Light, understand that Light builds up revolutions and transforms societies and the world.

A person asked me: if we channel Light, will the corruption end. I told him, yes. Not directly but indirectly. Light has its own ways of working. The present fight against corruption is being helped by the Light. The Light works at a subtler level. It awakens the individuals and gives them the strength to revolt and fight. All the processes of Transformation are helped by the Light.

I wish people experiment with Light and spread it all around. We will enter the New Age soon. ■



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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NEWSLETTER

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"A Light channelling session at Siddhashrama, Malleshwaram, Bangalore"

NEWS AND NOTES

- ◆ Amara's Maha Samadhi was observed at our Saptarshi Dhyana Kendra in Anekal on 25-8-2011 at 12 Noon.
- ◆ The Kannada book "Hosa Yugada Vaastavagalu" was released on the occasion of Amara Mahasamadhi at Anekal on 25-8-2011.
- ◆ A special group Meditation on the occasion of Sri Krishna Janmashtami was organized on 21-8-2011 at Taponagara.
- ◆ Now facility is available for our students residing outside India to make payments online on our website www.lightagemasters.com using their international credit cards.
- ◆ Renewal of subscription for External guidance and Newsletters should be made soon after the intimation is received. This avoids the discrepancy in receiving the Newsletters.

External Guidance registrations and Newsletter subscriptions should be by DD only in favour of Manasa Light Age Foundation.

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

MEDITATION ON SPECIAL DAYS

1	Thu	Worship of Lord Ganesha
5	Mon	Shukla Ashtami
7	Wed	Shukla Dashami
10	Sat	Worship of Ananta Padmanabha
12	Mon	Full Moon Day
20	Tue	Krishna Ashtami
26	Mon	Masa Shivaratri
27	Tue	Mahalaya Amavasya
28	Wed	Navaratri Begins

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11-12Noon Special Meditation & Light Channelling: 12-1PM
11th Sun	Shambala group meeting at 2PM
18th Sun	Ra group meeting at 2PM

Informal Group Meeting with Gurujī on Second Saturday, 13-8-2011 from 11AM to 1PM. Those interested may register their names in Manasa office.

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

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

UPDATE ON LIGHT CHANNELLING WORK

- ◆ When a child met with an accident and had to undergo surgery, entire school channelled Light to him during surgery. The surgery, which would have taken 2 hours normally, was over successfully in just 20 minutes! So much of love for a fellow student and so much of trust in Light!
- ◆ With such touching experiences more than 1.5 lakh children in more than 300 schools are now channelling Light daily. In the month of July alone our Volunteers covered more than 130 new schools and a total of 520 schools.
- ◆ Two new regular Light Channelling Centres were opened in Bangalore. ■

LIGHT CHANNELLING EXPERIENCES

A hyperactive child has mellowed down with the group channelling technique followed by the school. We were dumbfounded at such a response.

- Smt. R. K. Indira, Teacher, Govt. Model Higher Primary School, Yediyur, Bangalore

I am very pleased with the difference, the channelling of Light has brought to my students. A student habituated in using foul language has mended her ways and has refined her behaviour. Children who were very naughty have calmed down and are much quieter. Grasping power of students has improved. I can easily see an improvement in the interaction among the students. There is a lot of love and care nurtured among them.

- Mrs. Komala, Principal, Good Earth, Bangalore

Amazingly, our institution has achieved a glorious result in 2010-11 compared to last 28 years. Thank you.

- Haneesh R. P., Head Master, Indian High School, Bangalore

TAPONAGARA DIARY

Seema Almel Somayaji

What makes a community successful? Is it a robust infrastructure, minimum harmony amongst residents, a peaceful ambience, personal space and a healthy environment? It is certainly all of these. Diversity in beliefs however leaves little scope for oneness in neighbourhoods.

A Spiritual community needs much more to be successful since it has a shared Higher purpose. In such societies diversity does not become a cause for differences. Taponagara exemplifies this. Each resident has a different social conditioning, education, personal ideology and language. Each is like a unique thread which seamlessly weaves into a beautiful tapestry. Each maintains their individuality and that's what makes the tapestry so colourful and vibrant.

In Taponagara, though we are a small community, we have the traditionalists, moderate liberals, contemporary modernists and even an avant-garde or two. Quite like in God's Creation where there is space for all varieties to co-exist, so too in this abode of the Rishis.

This did not happen on its own. It took an Ascended Master to build the commune from scratch. He has toiled over years to build the Spiritual Energy Field within which the Light Age can dawn before anywhere else. He presides over every house warming ceremony in Taponagara and turns the brick and mortar structures into Divine energy fields.

July gave us the opportunity thank him on Guru Poornima Day. We thanked him for giving us the Spiritual strength and wisdom to respect our differences.

More threads are seaming in and adding to the tapestry. Even when some loose threads get stuck in the weaving loom of Pralaya, and come off, the sheer strength of the whole supersedes the weakness of the part.

This month a five member Committee of Residents was appointed to aid the mundane requirements of Taponagara. The tapestry now has dedicated caretakers. ■

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)

03-7-2011

We can experience Light at any time, as Peace, as Love, as Vastness, as Truth. In short, we experience Light as God. We can carry Light all the time. When we want to experience Light we don't have to face any particular direction and follow rules that we follow during Meditation. If we can experience Light, we need not meditate.

Every word spoken here, every instruction given, every idea expressed, is supposed to be understood and practised in life. It is only then we can say that the Sadhana is complete.

There is only one condition for getting trained in contacting the Rishis: Manifest Love, carry Love and treat others with Love. It is more of practice. If you are really ready and have the Love towards everyone, the contact happens automatically.

Someone said 'everything is allowed by the Rishis, good things and bad things.' He said that he has accepted it. Many problems arise because of your own wrong decisions. Let us not blame anyone, even ourselves. Never say that the Rishis allowed it.

When people start meditating, the first thing they tell me is that they can't meditate. In the beginning we have to allow the body to get used to sitting for long periods. Affirmations do work. Negative affirmations harm. Live with the idea 'I am a wonderful person.' Carry Light. You will not have problems.

You can contact the person from the subterranean city, Telos, about whom I had mentioned. If you receive some information from him, come to me. I will help you to understand more.

Recently there was a kind of crisis

in Taponagara. All the residents geared up. There was great love and concern for one individual. Now, we have a kind of commune. We have to appreciate, admire and encourage it.

Many times our own negativities damage the shield; dark energies enter us; confuse and disturb us. They may not harm us, as we are strong. You have to strengthen your shields before Meditation.

The mind projects experiences. Even lights seen with open eyes are the projections of the mind. Whenever you have any psychic experience enjoy it, then go beyond it. Do not brush it aside. Even that experience is important. Sometimes people imagine things, enjoy the experiences. I feel sorry for them.

Three eclipses, shifts in Consciousness, nearing 2012, have their own impacts. We are not protected automatically from everything because we are Meditators, or because we are here. We are also made to go through good experiences and not so good experiences. There will be drastic changes in the roles, in the systems. All changes take us to the right things, right goals, to help us grow and transform.

10-7-2011

A person was frustrated. He quoted in his mail about the scams that we read in papers and about corruption in general. He said 'I am so angry, please tell the Rishis to do something about it.' Everyone is angry. But we cannot force changes. We have to wait. Rishis follow all the laws. Send Light. Light helps the individual to grow and if possible change. Otherwise, he will go down spiritually.

People attend camps and workshops. A person in one such camp, perhaps during initiation saw

people swaying their heads and bodies. Such things happen because they employ gross energies. When subtle energies are employed, as we do in our Path, there will be no swaying or pain; when Kundalini rises we don't feel the piercing pain, we experience only Peace and Bliss.

Pralaya means change everywhere, change even at the individual level. We have to accept these changes, as every change is a step towards the New Age. Problems will crop up if we refuse to accept the change.

Meditations should have their impact on the Meditator. A Meditator's behaviour should be impeccable; he should not be rude, should not hurt others. Let us look at the mirror of our conscience and ask ourselves: Have I lived spiritually? Am I worthy to be with the Rishis? Where is the lacuna?

I also want you to contemplate on: Why is it that there is no Master V group? Why did we let him down? Are we worthy of all this knowledge and energies that are given to us so easily?

Do not condemn yourself or get angry with yourself. Make efforts to move on. We are here to help you.

A person tried to contact his ancestor during Meditations. During Meditations we have to meditate, do nothing else; not even try to analyse or understand experiences. We offer energies to the departed on the annual days, maybe on the days of New Moon and Full Moon and on the days of eclipses. Whenever we have new energies, we have to pass on a part of these energies to our ancestors, through Pitru Devatas. Never try to contact the departed. It is not permitted. Once we leave this earth we are disconnected from life here. There is no disconnection from the Rishis, the Guru and God. This connection continues for ever. All

GURUJI SPEAKS

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

relations vanish, except that of the soul mate.

Do not think of the dark entities. Strengthen the shield every day. Always fill yourself and your houses with Light. Keep this world filled with Light. We enter the New Age soon.

17-7-2011

All dreams are not just dreams. Some are Astral experiences. Dreams are from the sub-conscious mind. Our own desires, wishes, even sometimes understandings, which we cannot experience at this level, are experienced in dreams. We do not know about some dream-like experiences which are neither dreams nor Astral experiences. We have to study them.

Though it is difficult to contact Rishis, continue to make efforts. But you can easily contact the energies of the Rishis which are available in Taponagara. These energies of the Rishis contain Knowledge also. You can contact any Rishi. Think of Taponagara. Think of any structure. Then try to communicate. You will be able to communicate easily. These energies can guide us, answer all our questions and help us in times of need. It is as good as contacting the Rishis themselves. This is a very important point.

On Guru Poornima day the Rishis gave a very beautiful point. They said that this whole life is an opportunity given by God, not only to experience life but also to grow. Similarly, the Rishis themselves are opportunities. You can receive from them as much as your capacities allow - receive knowledge, energies, grow to unlimited extent. You have to understand that opportunities are available and waiting with great Love. They don't impose themselves. This Path Manasa is an opportunity. And I am an opportunity. Make use of these opportunities.

The Rishis cannot prevent certain tragedies like the recent Mumbai bomb blasts. We cannot do anything about it. It is sad. We shall send Light silently and with great Love.

People who wish to join the Ra group have to wait, till we call for registration of members. Until then they have to continue to meditate regularly for three hours.

People want to join the Master V-group. All the Meditators in this Path are in Master V- group, as this entire special project, is a project of Master V, wherein we want every Meditator to grow to a Rishi. We help in every possible way. But to have a Master V-group, there is one major condition: There must be unconditional, pure Love towards everyone. People who want to join this special group should live in Taponagara, the reason being that I must know them. Let every one of us try.

From today Dakshinayana begins. At such times there will always be new energies, a shift, which happens over a month. We had a very big shift on Guru Poornima Day. We shall welcome this shift and continue to take advantage of it.

24-7-2011

We have to practice the experiencing of the ocean of Light as often as possible. Even when we practice for a brief moment, we experience such Peace, so much of Stillness, so much of Purity in our system. We can understand many aspects of it. In spite of practising Stillness, if sometimes we have traces of negativity, we have to sit again, experience Light and throw away the negativities.

During these times of Pralaya there is turmoil, so that we will emerge as transformed beings. We must allow the turmoil to happen. It is then that the truth is revealed - truth

about us and truth about the Creation. By Meditations and practising Shambala principles we can manage any turmoil, as they bring us such wisdom and Vairagya. We should never become a part of the turmoil. We must stand aloof, stand separately and allow it to happen. Then it will not touch us.

We have to realize that we are in the transitory period and have to accept certain realities-that we and the others are imperfect. The journey towards perfection has begun now. If we realize this factor and meditate, we will gain enormous patience to deal with this world.

I heard a person saying casually and innocently 'Guruji does not believe in Pujas.' I would like to clarify. I do believe in Pujas and in going to temples. I do believe in pilgrimages. But, because we know certain things which are higher we follow them. You don't have to follow that. You can go to temples, do Pujas, go on pilgrimages, you are free to do anything, but meditate. At any time I have not said that you don't do it. When you perform Pujas you receive energies, you receive Grace. But, as long as you are doing Pujas there is a distance between you and God. When you meditate this distance vanishes. You become God. You become Light. For Spiritual progress doing Pujas is not enough. You have to meditate and practise Shambala principles. Only then transformation occurs. Please understand me. But never misunderstand me.

You must trust God absolutely. Then you realize the gifts given to you and the gifts held back or not given. God knows the reasons for it. Perhaps, God wants you to be peaceful and wants you to do some work. You should have this kind of acceptance in life. Check up with your intuition. ■

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 Rao)

After joining this Path I have realised that, in the past a lot of my precious time has been wasted. I would like to focus now on my Spiritual growth. I feel that the foundation has been laid. I find my inner voice has become louder now, preventing me from making small mistakes. Earlier, I was weak-minded and could not bear to hear any criticism. But now I am able to ignore it. I have become more tolerant.

- Deepthi Devadiga

I enjoy Meditations. After meditating I feel energized, very happy and I often feel the strong vibrations in my body. During such times I feel the presence of great Rishis and my eyes become moist with tears. Meditation has become my passion. I feel very grateful for your guidance.

- A. Seethalaxmi

I have sensed a lot of anguish and negativity, as the things I thought I had accepted have resurfaced and, have challenged my level of acceptance, love and humility. The 'iGuruji' talks were such a big eye-opener! The need to be in a state of 'being' even for a few moments, by just experiencing Light, has been my greatest lesson.

- Smitha Shetty

There are times when I am full of joy without a rhyme or reason. I think of all the Grace bestowed by you and the Rishis, the guidance given at many levels. Now, life has become an eternal song. I sometimes wonder how I can ever express my gratitude; what can I do to express it? But I realise that whatever I do, cannot be said in this one life time.

- Pragti Raaj

I am indeed fortunate and blessed to be in your fold, Guruji. I feel a whole lot of puzzles being solved and the larger picture is visible. Suddenly, I feel a lot of baggage is unburdened. There is a release from bondages and limitations;

unrealistic expectations and relations. I see a whole new world through your eyes Guruji, I have just begun my life. Thank you so much!

- Usha Satishchandra

The fundamental change in me is that I have become calmer, stronger and more confident in using my own intuition. I have also had the inner strength to pursue my passions and resign my job. Although it was difficult, it was the right decision. Meditations, the help from the beloved Rishis and Light have given me this inner strength. I am extremely grateful that I found this Path.

- Nicola Jordan

I am entering my second year in Saptarishis Path. It has been the best year of my life. I have gained health, wealth, knowledge, hope, and bliss. Rishis have taken care of all my needs and I am content. Even my mother recognizes this and is happy, that now I am being taken care of by Masters.

- Manoj Deshpande

I want to thank you from my heart for everything, for things that I can understand and for things that I cannot. Everywhere we can see turmoil. The recent Mumbai blasts occurred thirty minutes away from our place! Even at the individual level there is churning. I need more help, please support me. Your words to me are like words from the Bible. I am listening and reading them and also trying to live them.

- Varsha Palke

Now I know that whatever I need will be added, that I am always taken care of. I realize that everything that I had strived for is empty and meaningless. I am dealing with my negativities more strongly and I feel happy and free. Also, of late I experience the ocean of Light. I thank you for all the miracles and attention given to me, to push me ahead in this journey.

- Sandip Banerjee

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Are the people of Shambala highly evolved human beings or, are they the Light beings living in a subtler dimension?

A: Shambala is in a different dimension or in a different frequency. Evolved human beings are living in Shambala for more than lakhs of years. Light beings visit Shambala. Some may also live there. Avatars live in Shambala. Right now Lord Kalki, Lord Parashurama are living there. Even now, persons who evolve, prepare themselves and are ready, can go to Shambala. Perhaps the only condition is that they should be manifesting Love, all the time.

Q: How is meditating on or, connecting with Rishis different from meditating on, or connecting with God like Lord Shiva?

A: 'Meditating on' is a wrong expression. We meditate on nothing. We meditate, enter into silence and experience Samadhi. The contact with Rishis or God happens when we have Love. A simple technique would be to think of the form of a Rishi in front of you, then imagine a beam of Light connecting you and him. Begin communicating. Contact occurs. It is the same way with any form of God.

Q: What is the role of techniques in Meditation?

A: Techniques are very important, in the beginning. They help the whole system to become silent. They bring discipline and they regulate. Once the system knows how to enter the stillness, the techniques become unimportant. This is very important. Most of us or all of us would have experienced that at

some point in Meditation, we forget the technique. It is then that the Meditation would have succeeded and we would have gone beyond the techniques.

Q: How do I know that I have established contact with you, Guruji?

A: Check up your energy level. Check up with your intuition and also check up the Love and Peace that you experience at the moment. If there is a contact you will know.

Q: How important is imagination?

A: Imagination is very important, as it is a creative force. When we imagine that the Light flows through us, it really starts flowing through us.

Q: Can a reality be created through imagination?

A: Yes.

Q: Why is the Spiritual path slippery?

A: The Spiritual path has always been smooth, never slippery. It is our efforts that are not consistent.

Q: Why are people blind to realities?

A: They are blind to realities because there is lack of honesty. They don't accept and they don't see the realities. When they begin to accept these realities it is then that they make a beginning in Sadhana, not until then.

Q: How can we manifest more Love in a natural way?

A: There is only one way. We have to transform, change completely. When there is transformation, Love flows out naturally, automatically. ■

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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)

I had a great Astral experience, in which the entire Universe was embracing me. I enjoyed this free, joyful child-like experience. I realized that no matter what I am, what I do, the Universe always embraces me. I was touched by this. I connect to the 'God self' in everyone now, no matter who they are, and what they do. It is so beautiful to live this way. I don't see differences and I don't look at things as drama.

A strong process goes on for some time, during the contact session with Rishis. Then, I merge into an ocean of dark blue color, a strong energy field. I stay there expanded and wide awake, waiting, remaining focused at my centre, where I feel the power, Guruji, Rishis and God.

- Vidya Vishwamitra

There is a deep sense of quietude and calmness. I feel complete and oneness happens naturally. All separation and distances seemed to have disappeared. I don't feel the need to connect deliberately or pray, it happens naturally. There is contentment that is beyond description! There is so much of beauty and joy in everything. I experience moments of stillness in many day-to-day activities and wonder at the dynamism that exists in such moments.

- Usha Satishchandra

I tried to link up to Vishwamitra Maharshi, but I was not able to get answers to my questions. So I prayed to the Maharshi and slept. I requested him to make me understand his message. Early morning I saw a dream, which came very true the next day! I

am very happy to feel the Maharshi's presence with me.

- Abhaya Joshi

On Guru Poornima day, I was missing Guruji and Manasa a lot. I went to the Koramangala Meditation centre. On the way I felt Guruji's presence, saw his smiling face too. I expressed my Love through deep Meditation. I realized that, if I change, the world will change. Next day, early in the morning I saw that I was sitting with Guruji in Meditation (astrally).

- Ravi G.H.

My mother asked me to practise the technique of filling my head with white Light for a few minutes before starting my daily studies. I started doing it. I am practising this technique since one year. I have improved a lot in my studies and got a rank in my college this year.

- Kavyashree R

Nowadays it is easier to find the space of Stillness within. During one Meditation session I experienced a few seconds of absolute Stillness where nothing in the world seemed to matter. Most of my experiences are not visual but in the form of feelings. I also feel closeness to the Masters in Shambala.

- Geetha Balakrishnan

I and my friend, a lady, were stuck at 11PM on a deserted railway platform in Italy. It was dark, raining, and except for a light pole nothing was in sight. Silently I prayed to Light for help. No sooner had I prayed, a woman turned up out of the blue! She stood near us, and even opened the door for us to board the train! The Divine Light is always with me and guides me.

- Hilla Mazda