



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

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REFLECTIONS

Guruji Krishnananda

We are aware of the major Shifts in Consciousness that occurred in the last year. There were shifts on the New Year day and on 20th February 2012, on the night of Shivaratri. New energies were released. Not many Light Workers noticed this. But that is a different point. Many Light Workers are not connected to the Network of the Rishis and are, naturally, not aware of these.

I can see the impact of these energies in more awakenings in people. I can see it in the result of elections. People exercised their will independently and judiciously. The election talks and promises did not fool them. Here, I am not talking of the politics. For that, the whole media is working over-time. I am looking at it from a Spiritual angle. Election was a Spiritual process. I could see the new energies working there. The new energies are working all over the world. There are no dramatic changes. Though the revolutions have not brought the end results, they are on. They have not failed. The fight against corruption is not over yet. It has not failed. I see the impact of these energies in all systems. More energies will be released shortly. There will be more impacts. More truths, pleasant or unpleasant, will surface at all levels. Individual to the global.

The focus of my work, at this level, is to help the individuals to deal with the truths wisely and grow spiritually. I believe that all problems can be solved when we seriously follow a value system. Here, there will be no failures or success. It is moving on to the next level, adding quality to our thinking and living. It is our responsibility to take the civilization to the next level where there is Love and Peace.

One may wonder, naturally, that this Spiritual movement will take ages and we have to suffer the corruption in the systems. I cannot disagree with the logic and perception of this. But, I wish to assure every citizen of this beautiful earth that, because of the new energies and various Spiritual processes that have already been set in, the changes hereafter will be very fast. Very, very fast. Let us remember that we are entering a new Time-frame soon.

The New Agers say that we are co-creators. It is true. We can create new destinies for us and for the world. We can silently build up a great Revolution without slogans and banners. Without leaders and politics. How do we do this? I say, let us just channel Light sitting in the corners of our rooms and homes.

Revolution by Light is a distinct possibility. Please join the Revolution by channelling Light daily. Also, please participate in the Light channelling session on May 7th from your own places. Channel Light for 15 minutes from 7.45 PM. ■



MANASA FOUNDATION (R)

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

Phone : (080) 2846 5280, 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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along with the Subscription
amount.



In a photo taken by a Meditator,
a bright Light is seen in a Chakra Mantap in Tapovana!

NEWS AND NOTES

- ◆ The fourth Anniversary of our Saptarshi Dhyana Kendra at Anekal will be celebrated on 2-4-2012, Monday, at 6PM.
- ◆ Orientation Program for students is arranged at Taponagara on 4-4-2012, Wednesday at 11AM. External guidance students can also participate through webcast. Last date for registration is 30-3-2012. Please contact office for details.
- ◆ On 8-3-2012 the residents of Taponagara had gathered in the evening and practised Kamadahana under the guidance of Guruji.
- ◆ Shambala group had gathered at the Lecture cum Meditation Hall at Taponagara for their Initiation, practice and guidance from Guruji on 11-3-2012.
- ◆ The Ra group meeting was held at Tapongara on 18-3-2012 to receive guidance from Guruji regarding their three hours' Sadhana.

Light Channels Meet is being organised on 7-5-2012, Monday, at 7 PM, at Chowdaiah Memorial Hall, Vyalikaval, Bangalore.

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

MEDITATION ON SPECIAL DAYS

01	Sun	Sri Rama Navami
02	Mon	Shukla Dashami
06	Fri	Good Friday Full Moon Day
14	Sat	Souramana Ugadi Krishna Ashtami
19	Thu	Masa Shivaratri
21	Sat	New Moon Day
24	Tue	Akshaya Tritiya
29	Sun	Shukla Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM-12 Noon Special Meditation and Light Channelling: 12Noon - 1PM
4th Wed	Orientation Program: 11AM - 1PM
6th Fri	Good Friday Special Meditation: 12Noon -1PM
25th Sun	Akhanda Dhyana (Group Meditation): 11AM - 1PM

Informal Group Meeting with Guruji on Second Saturday, 14-4-2012 from 11AM to 1PM. Those interested may register their names with the office.

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

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

UPDATE ON LIGHT CHANNELLING WORK

- ◆ More and more children are turning to Light to improve their performance in studies, to refine their behavior and some have even improved their handwriting! Their innocence and complete trust in Light works wonders.
- ◆ More than two million children have channelled Light at least once and more than four lakh children in nine hundred schools now channel regularly. ■

LIGHT CHANNELLING EXPERIENCES

After practising Light channelling technique my handwriting has improved.

- Badri, Std. IV, K. E. Boards Primary School, Dharwad

Once I was angry for some reason. That day I had a lot of homework to complete but I could not concentrate because of anger. I channelled Light for few minutes and my mood for studies improved. I could complete my homework very efficiently. I am short tempered but because of Light channelling, I am able to manage my angry nature.

- Durgesh Choudhary, Std. VI, Lord's English Medium School, Pune

Before, I could not sit in one place and study for more than half an hour. Now I practise Light channelling before I begin to study and I am able to concentrate and study for 2 ½ to 3 hours without getting up from my seat.

- Krishna Kumar, Std X, Kendriya Vidyalay II, 104 Area, Visakhapatnam

One evening I was quite tensed about my exams and felt irritated. I started channelling Light. That day I understood the real meaning of my name 'Roshni'. I was feeling as if I was in the clouds and a sparkling Light was entering into my body. I was feeling like I have got everything. I thought and felt that I was an angel of Light and stars. I started reading 'History' which was a difficult subject and I remembered everything. I got nice marks in the class test.

- Roshni, Std. IX, Kendriya Vidyalay II, 104 Area, Visakhapatnam

TAPONAGARA DIARY

Seema Almel Somayaji

The month for our expression of love and respect for Amaraji also gave an occasion to prove the dedication of Guruji's worker students. Taponagara was the central hub from where information about schools visited across India was gathered on the first of February - World Channels Day. Taponagara witnessed more than six lakh souls receive Light.

Amara Jayanti was celebrated on 5th February, a Sunday. Preparations started a few days before with scheduling, arrangements and job allocation falling in place. The function day started very early in the morning. The glow of success from the Light channelling activity got brighter as everyone shared their experiences. Joy's tendency to amplify was evident, especially when everyone knew that Guruji was very happy with their efforts. The program was Divine; Shri. Roland, a visiting postal guidance student from Italy, also spoke from the podium amongst other eminent speakers. His loving emotions choked him at times and slowed his speech. Four new books were launched. It was a blessing in itself to watch Guruji bless each of the 400 plus students.

The month also gave us Maha Shivaratri, which was a major Shift in Consciousness; Taponagarites gathered for special Meditations.

Towards the end of the month, winter started giving in to the brightness and liveliness of spring. The warmth almost felt like summer, but it was not, the swinging blossoms in a variety of bright colours proved so. Two non-resident Taponagarite families moved to 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 Guruji's Sunday Lectures)
(Compiled by Shobha K Rao)

05-02-2012

It is a great rewarding experience when people understand what we speak of. How beautifully a person said that Amara is “an opportunity”.

I have never met a person like Amara. He gave us the Shambala principles, the most advanced techniques in Meditation and the science of Meditation. If we practice one Shambala principle, we will be able to sail through a dozen events like “2012 events”.

Amara defined the New Age Spirituality, gave a new dimension to Spirituality. He said that Cleanliness at the level of the body naturally makes our mind and our thoughts clean. He advised us to read books, watch television and listen to music, as it refines our personality. He said that being punctual is being Spiritual. He told us that if we are good we are Spiritual and God will come to us wherever we are.

He told us that, we as souls have come down to experience the life here. It is a great revelation. He was the perfect example of a Sanyasi because he was a perfect Master and a perfect human being.

He mentioned a very unusual truth that many events repeat in every cycle.

He told us that by Meditations, the destinies of the individuals and the world including the nations can be altered and the karmic tracks can be changed.

He explained that the soul gets disintegrated if one goes out of the space of the Material Cosmos.

He was the only one who said Kali Yuga ended in 1974 and that Lord Kalki was born in 1924.

Amara brought Rishis into our lives. He gave us knowledge about how this earth and the Creation came into existence; and all such knowledge that helps us to live this life sensibly and fully.

Amara continues to guide us. I haven't come across any other

Master continuing guiding his followers and others, even after leaving the body. Once a Master has left the body I think in almost all the cases the people have lost contact. It is Amara and Amara alone who keeps this contact and he is giving us lot of new knowledge. I owe my life and everything to Amara. My Guru Dakshina to him is you - the beautiful souls carrying his Light, Knowledge and Love. The best Guru Dakshina to a Spiritual Master is: First understand him then follow him, which is difficult.

—◆—

Henceforth, let us focus on the individual growth; attain higher purity levels. Let us channel more Light, as more people have to be awakened and more awakenings have to happen in the same people. Let us manifest Love more, so that we will be able to establish contact with the Rishis. Those who want to contact the Rishis may take instructions from me.

You have to choose from the level of the soul and you must continue to remain in that state of choice. Approach me as there will be confusion at the individual level and at the group level. I will help you.

You have to specialize in the groups you are in - Shambala or Ra group.

Six lakh children channelled Light on Amara Jayanti. This is the greatest Guru Dakshina.

12-02-2012

Rishis described God as Jyoti Swaroopa. God is energy. All the energies are not in the statue in a temple. It is a huge energy field below the statue. Let us be happy with this understanding. It will take us to God.

Stillness is more than silence. Silence is doing nothing. In silence perhaps there will be no Awareness and sometimes, we feel we are sleeping; but in stillness it is absolute

Awareness. Stillness is a state of completeness, a state beyond thought and emotions; a state of alignment with the Universe. In stillness there are layers - deep, deeper, further deeper. There is stillness of the Manifested and also of the Unmanifested. When you enter the Ocean of Light, you experience stillness. In the Material Cosmos there are galaxies and in between them there is space having a kind of dark matter. There are Universes unmanifested, dormant in this dark matter. It is not ‘darkness’. If, we can enter this Unmanifested part and experience the stillness, I think that is the deepest stillness. It is then we will be experiencing God completely. What we experience in the highest Samadhi, the highest state of enlightenment is only part, not complete.

—◆—

Many ask whether they were with me in their previous lives. Most of the people who come to me were with me, with the Rishis, in one life or other. When I say something you straightaway accept it. The long association, the love that we had in previous lives brings about this kind of faith. So check whether you were there with me, with your gut feeling or intuition.

—◆—

Our system, a beautiful gadget, contains most of the energies, which any artifact or rudraksha cannot contain. The Anandamaya Kosha contains huge quantities of energies.

—◆—

On May 7th we will be having a Light Channels Meet in Chowdaiah Kalakshetra. We would like to bring out a book with the experiences of Light channelling sessions, experiences of the children, school authorities, school teachers, and the volunteers.

—◆—

These days in Taponagara, we have severe problems of not just

GURUJI SPEAKS

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

water but also labour. So for some time we request the visitors to either make their own arrangements for stay, or visit astrally!

19-02-2012

We are obstacles to our Sadhana. We are the cause of our struggles and failures. Contemplate; you will understand. We inspire our Sadhana. We are the Universe, a mini-universe. We are everything.

When you commit a mistake, realize it is a mistake, accept it and don't repeat it. Say sorry and it is over. But, be careful in not condemning yourself; as you carry the same Divine spark that everyone carries, a Rishi carries. Don't build up a pressure by thinking that within a short time you have to become a very good person. It affects you. Be honest and choose from the level of the soul. After choosing you have to allow some time for the changeover to take place.

When Meditations become difficult there are reasons other than those from within your system, like inertia, lethargy etc., that hold you back. Never give up Meditations. Sometimes the Karmas come in the way. The energy levels that make your Meditations very beautiful may change, to cause a disturbance. The negative vibrations from the quarrels in the house or even from the neighbor's house will affect your Meditations. There will be umpteen reasons like this. At such times make more effort; establish communication with your system - body, mind and intellect. Request them to cooperate. When you really want to experience God, the whole Universe helps.

A message from Lord Kalki, meant for everyone, was received by a Meditator. The essence of the message is: Do not try to receive

energies now from different sources like Ra, Shambala or the Photon Belt, as the proper technique for it is not given to you. Only the techniques given in the Shambala and Ra-classes have to be followed. When you begin to practise a technique given by the Rishis, you will be monitored by them. This is the most important point to note. If you do it by yourself, sometimes the dark people impersonate and you will be channelling energies or, receiving energies from a wrong source. Then you will have lot of problems.

The volunteers represent the Rishis and their work. Your behaviour should be ideal. You should not get angry. In fact none of us should get angry.

26-02-2012

All the techniques given here are based on experiencing the Light. Be aware that you are experiencing Light or you have experienced Light when you feel a kind of expansion; or when any feeling brings you joy.

If you are really Spiritual, you feel happy when someone has an experience, as there is oneness. If you feel jealous, pull yourself up. In the Spiritual world there is no jealousy.

A person was practising receiving the golden coloured Prana. The phone rang, she went to answer it. On the other side of the telephone there was a lady who is a clairvoyant. She could see the Prana continuing to enter her, although this lady had stopped practising the technique while she got up to answer the phone. It is a very beautiful thing and it is not entirely new. I have been explaining this for a long time. When you begin meditating certain processes are set in. During Meditation if you get up to talk to a person for a few minutes, these processes will not stop. There will be no interruptions. Maybe the

processes discontinue when we feel agitated. Never feel annoyed, be at ease.

Whenever you practice techniques you will be carrying the energies related to them. You are not expected to see them. When you receive energies, be aware of them, you can feel them.

On Shivaratri there was a kind of conference. It involved Sapta Rishis, Vishwamitra Maharshi, Lord Shiva, personality of Photon Belt, Ra-personality and some experts, who were there the previous time the solar system entered Photon Belt. Lord Ishwara gave lot of powers to Lord Kalki, who conducts and supervises the Pralaya processes. They began the process of selecting people to work in the next cycle. They chose 144 people from all over the world, even some from Manasa family.

Lord Shiva said those who want to opt out of the work of the Rishis, will be given Mukti straightaway. You need not come to the classes.

From this Shivaratri, we have entered another phase where there is no place for non-love. Let us take this very seriously, as this comes from Lord Shiva Himself. Remove it consciously. Intensify your Sadhana. It is more of manifestation of love. Prepare yourselves to sail through 2012 and to live after 2012. Make a strong intention, transform totally, it is possible.

We are told to divide the Light channelling period into two parts. First fill up yourself, your home, your small locality with Light; in the next part spread it to the whole world. Channel Light more, at least in your own home. If possible join the Light channelling work.

As there is lot of work, please don't ask for personal appointments till May 7th, when we have the great Light Channels Meet. ■

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 2,000, for Kannada, Marathi and Hindi, it is Rs. 1000.

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)

I joined Meditation classes for health purposes, as advised by my doctor. I got guidance in all areas. I also realised the mistakes I was committing, the wrong things I was doing. Now I am feeling very peaceful. Thank you for helping me.

- Simran Gadgil

Meditation is definitely helping me in many ways. Now I have special strength to face anything and anyone. Earlier I used to just give up easily, but now I have opened up a lot and somehow I am able to find my way out. I feel very happy and thrilled to do my daily Meditation. The feeling is too good!

- Shalini R

I can handle tough situations very well without losing my calm. I am experiencing a totally different kind of peace in me, which I have never felt before. All the members of my family though not in our Path, are going out of their way to help me progress. I thank you for all the positive changes that are happening in my life.

- Nandita Patel

On Amara Jayanti day, I asked you "make me worthy of thy love". When I got the news of the accident of my son, I started channelling Light, and your words rang in the mind: "There will be turbulent times ahead, you have to be rooted in Rishis." You saved my son who is not a Meditator. Thanks a lot.

- Jana Sumathi

I was encountering a problem at my workplace. I introspected, prayed fervently to Light that I shed my inhibitions and become more humble. It worked and eased the situation at my workplace. I am happy and talk to people to whom I can connect.

- Nalini Rajshkhar

I have been carrying negative emotions while dealing with my mother-in-law. But something has

happened now; heaviness has been replaced with Light and I feel there is a kind of surrender within me. I am filled with gratitude towards all the Masters, Guruji and to the people in my life for giving me the opportunities to transform. Working on myself has become my need and part of my goal... it is a long way to go. Thank you for the patience, love and acceptance.

- Deepthy R

During my last visit on Feb. 5th, I picked up a leaf from your hut, out of a sudden impulse. I was touched how even a fallen leaf becomes sacred just by its choice. In a couple of days I will be completing three years of Sadhana under your loving fold. It appears as if the earlier period of my life is like a past-life regression. There's only gratitude and love in my heart for the Path, Masters and most dearly towards you, for what I am today.

- Padmaja Balaji

On 7th Feb. 2012, in Meditation I had a flash of Light. At that moment I knew intuitively what you expected from us as Guru Dakshina. You want us to live like Amara Maharishi. I have only known him through you, seen him only through your eyes. Imbibing his qualities even to a very small extent is a very tall order for us. But I promise I will try even if I fail thousand times.

- Rajalakshmi

It was a rare opportunity and we feel really blessed, first to be on this path, then to have met you. The energy spoke itself through the structures around. I was particularly amazed at the love and warmth of the entire Manasa Foundation which was visible from the people to the objects there. Your expression of us being the Guru Dakshina to Guru Amara left many of us in tears. Tears of happiness, gratitude and love.

- Jaspreet Kaur

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How do we raise the frequencies of our thoughts and emotions?

A: Do not think of any techniques. Manifest Love, experience Love. The frequencies will automatically increase.

Q: How much does God love me?

A: God loves you more than you love Him; more than you love anyone. We do not know the dimension of God's love.

Q: I do not behave properly in life. Does God love me even then?

A: God loves you, as you are, in whatever way you behave.

Q: Is dipping into the Ocean of Light a 'soul bath'?

A: It is much more than that. Every time we take such a soul bath we are born again, we are new spiritually. It is as if a layer of ignorance is removed, a layer of negativity is removed and we come out fresh and purer. It clears Karmas, purification occurs naturally. Faculties open. There will be new Awareness, new knowledge and new energies. And we will experience God in higher Samadhi.

Q: Is this where the soul rests between lifetimes meaning this Ocean of Light?

A: No. After we leave the body we are guided to another earth where we rest and we can spend time in any way we like usefully - we can meditate, enjoy and take rest. We will be waiting.

Q: When we speak to other souls in the Ocean of Light do they intuitively know that they had the conversation? Do they become aware of the content?

A: They will know at a deeper level. Not always at this level. They will be aware of the content sometimes. This depends on the capacity and the Spiritual condition of the person who

receives this. It also depends on the content. Sometimes we are not supposed to know even at a deeper level.

Q: Who is a Light worker?

A: A Light worker is one who understands Light, experiences Light and spreads Light. Light workers work for a common project of the time. At this time it is to help people to transform. We have to provide knowledge of the New Age, of the impending events of this 2012. The most important thing is that we have to transform spiritually.

Q: Why is it so difficult to choose Light?

A: It is not difficult. We don't want to choose Light. At the intellectual level we choose, we accept Light. But if the choice is not made from the level of the soul, we find all types of difficulties. This is a truth.

Q: If we send Light to a person does he sense it?

A: He may not always sense it at this level. But at a different level one is aware of it.

Q: I want to build a pyramid above my room but is it required for good Meditations?

A: It is not required. If you imagine you are sitting inside a pyramid and meditating, you will get all the effects and benefits of sitting inside a natural pyramid.

Q: During Meditations I feel as if I am growing and I exist everywhere. Is this Samadhi or projection of my own mind?

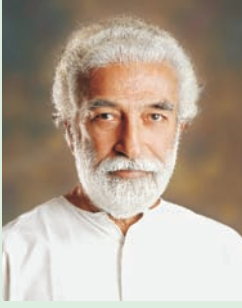
A: It is definitely not the projection of the mind. It is a very great and unusual experience. It is the beginning of Samadhi, part of Samadhi.

Q: Should we begin practising living on Prana?

A: It is not necessary now. ■

LIST OF OUR PUBLICATIONS

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iGurujii - Vol 4	150/-
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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)

During the iGuruji session in January'12, suddenly I felt loads of energies entering me from above. After a few minutes I was unable to see my body. When I looked up I could see only Light around me and at a distance Guruji's glowing face. Guruji's voice was heard as if from a distance. I got a little scared. I prayed to Light and within a few seconds I was able to see my body.

- **Rakhee**

In mid-January I linked up to the Cosmic Tower and started meditating. I heard a voice saying, "You have been initiated." Later, Guruji told me that it was the Cosmic Tower which spoke to me, when I was given a dose of energies.

- **Nandita Vijayan**

Last week I had been to a holy place in northern Karnataka, dedicated to a saint. No one is allowed to enter the temple after 8.30PM. One night, we heard a deep voice of a man, singing melodiously. It was coming from the temple. One of the senior members confirmed that Devatas come to this place in the night to worship. We felt blessed.

- **Sowmya Ajay**

I was reading a book where the author describes Light as being the core of everything and Love being the core of Light. Suddenly I don't know what happened. I just felt very happy. I smiled for a long time, imagining things glowing around me, feeling 'at home' with self. Perhaps after more than a decade I could smile from the heart. Now I understand a little, about how it is to be full of Love. It was a blessing from Guruji and the Rishis.

- **Rakesh Mishra**

Nowadays I really experience the Light. I get centered easily and the upsurge of energy leads to an explosion of Light all around me. I don't see the

Light but I have a feeling of Light around me. Mostly I feel white Light. Once during Meditation I felt the Light explode like silver sparklers. Very soon I settled in my heart, in stillness. Sometimes I lose sense of my body and feel as if I am a ball of Light.

- **Geethanjali Balakrishnan**

On my brother's wedding anniversary I tried to send a mail to wish them but I could not send it. Throughout the day I was busy with the household work. I completely forgot about it. But that night I felt I went to them astrally and greeted them. He recognized me and responded. I was surprised and even asked him, "Can you recognize my presence?" He said, "Yes". I don't know how I came back to the body, but it was amazing and thrilling!

- **Kiranmayi**

Since I was not getting sleep, I prayed to Vyasa Maharshi and practised experiencing Ocean of Light after filling myself with Light. Within moments I was propelled out into space in a seated position. It was very clear. When I looked to my left, I saw dark black space and stars at a distance as sparks of light. I had the feeling, something like a knowing, that I was in the Unmanifested part of God. When I looked to my right, I saw our earth from above.

- **Abhilashita**

Some days ago, I was practising the technique of receiving Golden Light-Prana. Suddenly, I had a phone call from one of our Meditators. At the other end, the person, a clairvoyant, told me that she was able to see at that time, a golden-orange ball of brilliant Light; mist-like golden rays were coming out of it, pouring on to me. She was able to see me as golden Light.

- **Nagamani Chandrashekhar**

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