



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

Now, people are awakening to the reality that there will be great changes soon. Those who are involved in the Light work are certain about the changes occurring at or after the end of this year. And we, working under the Rishis or the Light Masters, are aware that we are in the transitory period of entering the New Age. The transitory processes began years ago and they are intensifying now. The total Transition may occur immediately at the end of the year or it could be gradual spread over a few years. It is not clear yet. The Masters monitoring these processes have not decided about this yet.

We have to realize that this period is a great period of opportunity. Opportunity to grow fast spiritually. Some day, we have to spiritualise. We have to become good, honest and peaceful. It is a must to enter and live in the New Age. There is no choice. We have to choose and change. Those who do not choose and change perish. This is a reality that we have to realize.

During this period of Transition, various processes begin to operate. We may go through a kind of inner turbulence at the individual level and also all others levels beginning from the family to the society, nation and globe. We should not allow this to defeat the spirit of living. We have to realize that this turbulence is created to make us contemplate on life, the value system, the purpose of birth, life after death, New Age and many such realities which we never bothered to understand so far. Understanding these and learning the lessons of living a proper peaceful life is the purpose of all turbulence at all levels. Once we realize these and begin to live properly, the turbulence vanishes. Problems vanish. The Universe leads us into a higher life holding our hands and showering grace and Love.

Amara has provided us rare and essential knowledge about many unknown realities. We can add an Upanishad with this. He and the great Rishis are providing us newer knowledge and techniques to enter the New Age. We have to understand this and also try to pass on to others without imposing and without any commercial interests. This is a part of the Revolution by Light. Knowledge is a part of the Light. ■



### MANASA FOUNDATION (R)

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**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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Send us the name and address,  
along with the Subscription  
amount.



14th July 2012 - A team of Taponagara Residents worked together to remove plastic bags and papers littered in Taponagara area

**NEWS AND NOTES**

- ◆ Shambala Group and Ra Group meetings were held in Taponagara on 2nd and 3rd Sunday of July respectively, to receive initiation and guidance from Guruji.
- ◆ Amara Maha Samadhi Day will be observed on 26-8-2012 at Taponagara. Those who are interested in participating may register before 23-8-2012.
- ◆ More than 200 Meditators participated in Guru Poornima Special Meditation at Taponagara and our Saptarshi Dhyana Kendra at Anekal on 3-7-2012 from 12 Noon to 1 PM.

**MEDITATION ON SPECIAL DAYS**

02	Thu	Full Moon Day
09	Thu	Sri Krishna Janmashtami
15	Wed	Masa Shivaratri
17	Fri	New Moon Day
25	Sat	Amara's Maha Samadhi Day Shukla Ashtami
26	Sun	Amara's Maha Samadhi Program Shukla Dashami
31	Fri	Full Moon Day

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

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12 Noon Special Meditation and Light Channelling: 12 Noon - 1PM
9th Thu	Sri Krishna Janmashtami Special Meditation: 12 Noon - 1PM
26th Sun	Amara Maha Samadhi Program

**AMARA'S MAHA SAMADHI PROGRAM  
26-8-2012 Sunday**

11AM	Welcome Talks Guruji Addresses Release of Book Special Meditation Blessings
12.30PM	Prasada

**Informal Group Meeting with Guruji on Second Saturday, 11-8-2012 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](http://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

- ♦ A Volunteer, elderly but very young in spirit, begins her day very early in the morning covering dozens of schools to pass on the Light received from the Light Masters. Working with undiminished zeal to introduce Light Channelling, even when an opportunity is turned down by some, she covers more than a hundred Kilometre in her car on some days. The work keeps her busy until late in the evening. The Love she carries for the Light Masters has given a higher meaning to her life as she works silently without trying to claim credit for any work she has done.
- ♦ With efforts from such Volunteers, Light Channelling is introduced to more than 25000 new children in more than 70 schools in the month of June. They covered more than 300 Light Channelling sessions in which more than a lakh children participated. ■

## LIGHT CHANNELLING EXPERIENCES

The Light channelling sessions in different schools have created a lot of goodwill and joy. In my daily routine of teaching the S.S.C. students we start each day with this practice. The students have started enjoying the process and find greater sense of confidence and rejuvenated energy. Some of them have noteworthy experiences.

A young girl who has to get married was suddenly identified with kidney failure. Around 80 students sincerely channelled Light every day and it is still on. We came to know that 25% of her kidney has started functioning now.

Recently a student's father met with a nasty accident. We started channelling Light. He is out of danger and has shown quick improvement.

A 4-year old girl was gruesomely hit by an auto rickshaw. All chances were bleak but we channelled Light with full faith. She is now out of danger.

I thank you for giving the world such a precious gift unconditionally.

- Jayanti Natarajan

When I channelled Light for the first time I did not understand anything. But I continued to practise every day in the evening at 6.30 PM. While playing, I realised that my stamina had improved. I have not fallen sick. My memory has increased.

- Rohit Londhe, Student, Balwikas Corporation School,  
Lokmanya Nagar, Pune

## TAPONAGARA DIARY

Seema Almel Somayaji

June marked the passage of half of the most anticipated year of human destiny. Its arrival pushed us into introspection. It started with the four hour Eclipse. Many gathered in Taponagara for Light Channelling. In the evening at the end of the session as Meditators went to the dining hall for a refreshing cup of tea, the depth of their intense Meditations was visible for those who could see.

The Manasa Administrative Office now arranges birthday get-together for its staff members. This presents another opportunity to spend time in conversations with Guruji. Shri. Sudhakar's birthday was celebrated in June.

The number of residents is increasing in Taponagara, though we are just about thirty right now. In the last Mahayuga cycle there were about three hundred residents in this place. Shri. Vikas Karanth invited Guruji and all Taponagarites for the house warming ceremony of his house. We channelled Light and energized his beautiful house. On the following Sunday he welcomed other Meditators as well to bless his house.

While many houses are under construction in Taponagara, a good strength of Residents is visible in the monthly Residents' Meet. This community was envisioned by Maharshi Amara and is being actualized by Guruji. For Taponagarites to fulfil their responsibility of making this place a second Shambala, all the amenities have already been made available. ■

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

03-06-2012

People who live far away from me, feel close to me. There is no distance. But, ironically some people living in Taponagara may not experience the closeness.

This is the time of great opportunities to grow; with a little effort you achieve the highest. At such times we have to distance ourselves from the world, from people; but don't ever cut off. Avoid too much of talking and gossip, as it will give us energy, time and opportunity to focus on growth.

In the Material Cosmos the dark space between the galaxies is the Unmanifested God. There is one more very interesting point. Around the Anandamaya Kosha, there is a kind of space, a sky, the Unmanifested part of God. From this we can draw a lot. Be aware of it. The Rishis described this space as Chidakasha. Try to experience the fist-sized sky. It helps us to be poised always, to see things objectively, rise above all types of dualities and non-love. It helps us to distance ourselves very sensibly from the world and establish very balanced relations. Practise it for 3 minutes everyday. If you practice it more, you will lose interest in living. Be careful about this.

Once you choose tracks of living and in Sadhana, there will be always tests, temptations and diversions. You must stick to your track. Having chosen, if you change the track you may change to a better track, but you will be wasting a lot of time and energy. Be very cautious.

Negativity is there only to correct us and test us. It is there to prick our conscience but we should not go fully along with that. We shouldn't fall prey to it. Contemplate on it. Perhaps that's the purpose of God creating dualities. We should be aware of our negativity

and stick to our chosen tracks.

Completely devoting to work, to Sadhana is good, but at this point of time I suggest that you don't do it. The world is our testing field. Don't isolate yourselves. It is in the struggles that you face in your workplaces and it is when you interact with difficult people, that you know the Spiritual realities; you know your strength and will grow in strength.

It is easy to feel frustrated and defeated when one fails. Perhaps it is good to fail. There is always a door of better opportunity and there are many doors which we haven't opened yet.

Spirituality and Sadhana begin from the small details like, the way you arrange your table, organize your thoughts and priorities. One of the Shambala principles says that you must love life. Keep everything in order. So, give importance to every detail. Add love to it.

Eclipses bring great changes. Now onwards you have to take responsibility for your actions. Every action will be the right action when you do it with love. If you commit a mistake, say sorry, it's over. Let us decide to choose love, manifest love, then, none of us will have any problems.

10-06-2012

We can say 'Descent of Soul' is another Upanishad. If you read it you will have answers to many questions. Many questions also arise. I don't think you will have any doubts.

We must realize that the 2012 end events, the turmoil that we are going through at the individual and global levels, collapses of systems and the many good things that are happening are part of a single, huge process. It takes us to the next Yuga. The collapses occur within our system. We have to understand this very

clearly. We must allow certain collapses to occur. All that is preventing us from moving towards the New Age should collapse. Our egos, our wrong perceptions, our arrogance, lot of things or baggage that we carry have to be thrown out. Collapse occurs even when we become aware of the wrong, heavy baggage. The works of all the Light workers is one work and part of this huge process. The Light workers may not be in touch with the Rishis. It does not matter. All knowledge comes from the Rishis only.

Choosing from the level of the soul is important. Choosing is a kind of continuous process. When we surrender completely we can rest assured that we have chosen.

Surrendering and acceptance are very important factors at this juncture and also difficult. From this pair of eclipses to the next pair of eclipses that we will have in November, we can achieve great results with little effort, as special energies known and unknown to us are working to help us. Hereafter, we will have many problems, tests and turmoil at the personal level. I can assure you that if you follow us blindly you will achieve great Spiritual heights.

The time has come for us to rise from whatever the level we are in and reach the highest. When the time is providing us wonderful opportunities, energies, advice, knowledge, why miss the experience of Godhood? We have to make attempts.

We always achieve Mukti but we have come down here for a particular purpose - to experience and manifest the Life-force as it contains God's Love; spreading it around is such a glorious and satisfying work.

I was reading a very good article on speedwriting. When you begin to

## GURUJI SPEAKS

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

practise speedwriting there is the risk of a spirit writing through you, claiming to be Mahatma Gandhi! Great Rishis, Masters don't use anyone's body for such purposes, even for good purposes.

The Hierarchy, the Sapta Rishis work only next to God. That's why the knowledge that comes from them is so complete and authentic. We are fortunate to be directly under the guidance of Sapta Rishis. Whatever knowledge we receive we pass it on to others; they may or may not accept it.

Five thousand years ago, when Kali Yuga began, many people left this earth and went to stay on other earths. They will come back to this earth after 2012.

17-06-2012

A person says, 'I feel I am like a prisoner. I want freedom.' I wondered 'who is not a prisoner?' We build up our own towers, prisons of course! We take up Spiritual Sadhana to come out of these prisons. The aim of Sadhana is to achieve freedom at every level.

When communication systems fail and our telepathic and other faculties are not developed, then you can start communicating with me at the level of the Soul; you can do it from now itself. You will not succeed the first time, maybe even the thousandth time, but you should not give up. Sadhana is effort, endless effort, patient effort. You can imagine yourself as a point of Light and me as another point of Light. You can imagine a beam of Light connecting these two points. Then begin communicating. Speak and listen. There will be communication. The communication is pure, straight, undistorted.

We know God as the Supreme Intelligence, the Supreme Power behind this Creation, behind all Life.

By your own experience, by your own understanding realize the truths.

Recently a person wrote a mail saying that he is disappointed because he did not receive the guidance from me as he wanted. A Guru is a Spiritual guide. He guides you in your Spiritual journey, does everything - gives knowledge, techniques, energies, encouragement and also scolding. You have to employ the wisdom you gain in Sadhana in leading the life. I know what a Guru should do and more than that, what he should not do, because I learnt it from the greatest of the Gurus, my Guru Amara. Amara said the Rishis want everyone to become a Rishi, not a cripple. You have to take decisions, even wrong decisions, but become responsible for taking your own decisions. Rishis are working to enlighten everyone.

Every moment is auspicious in the Ashadha Masa which begins from 20th June, as we receive the highest, purest energies during this month, directly from Para Brahma Loka.

24-06-2012

A person wrote to me that she will not let me down. I could experience the intensity of that commitment. I was of course very deeply touched. I wrote back saying "you will never let me down." I am let down whenever you get angry, not with me with anybody else. I am a Guru. I would be happy when you grow. If your behaviour is not right, then I consider I am let down.

There are many healers on this earth. We have to realize certain truths. Healing is perhaps the noblest activity. By sending healing energies we cannot prevent death and neither can we be sure that we will be able to cure a person of a disease. It doesn't mean healing is not effective or we are inefficient. But there are other realities. Healing energies always

help. It may not prevent a death but it gives relief, it gives hope. Do not lose faith in healing; healing works. In healing there is a higher purpose. It is to elevate the person, make him realize that he has to spiritualise himself or herself. If the person refuses to choose, healing will not help. The person will suffer. Again Meditations are not compulsory or important. Spiritualizing is important.

God gives us gifts. We think we have earned them. You must always remember that unless God wills you will not get the gifts. You may have some disease or sickness. God prevents you from suffering because you are a Meditator. Many of us have many gifts which we don't even recognize, let alone expressing gratitude. Be aware that every peaceful moment is a gift from God. First we have to recognize then we should not mess up. Contentment is a line that we draw. So if we suffer in spite of taking up Meditations, if we have problems we have to blame ourselves. Even that doesn't help. We have to rectify, put down our ego and be happy.

If a person meditates regularly, black magic will not touch him. Do not feel scared. Believe in my words; believe in your own Meditations. Don't carry fear. Nothing touches you.

The goal in our lives is to spiritually grow, be helpful to the Rishis. Then we don't take up other causes. We don't confront with people. We don't complain. Now the focus is on spreading the Revolution by Light on the Internet. We are trying at our level. The idea is to make it available on even more channels on the Internet. Do it in your own way. Consult us always and take guidelines from us, when you start working. You can do it from your own places. ■

## 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.

## AMARA

Shyamala Devi

Amara had his first Astral travel to Surya Loka when he was just nine years. He did not have a guru at this level. The great Vishwamitra Maharshi taught and trained him in the entire science of Yoga and Spirituality. Amara mastered all that and became a Rishi-worker at the age of twelve. From that moment he worked for Sapta Rishis at different levels till his end.

When the sea goddess gave him a rod of powers in appreciation of one of his Astral works, he made it over to Markandeya Maharshi who was in charge of this earth. When the Maharshi asked him to keep it with himself as it was gifted to him, Amara said that it has to be with the Maharshi himself. Amara was a person of principles, dedication and total surrender.

When Guruji said to Amara, he must be a special person, Amara said, "Everyone is special. Otherwise we cannot work with the Rishis." He never called himself a Rishi though he was a great Maharshi. Amara was the personification of Humility all his life.

The picture of strength and majesty that Amara was, was bedridden in April 1982, lying in bed without a shave. Seeing Amara in that condition, Guruji with a throbbing heart, asked a question for which Amara remained silent, and tears were rolling down. He was human too! Though on the surface, he too experienced human feelings.

Amara was not in his physical body. Once Guruji was exhausted after hard day's work, and slipped into sleep. Amara came astrally and removed Guruji's tiredness. That was the Love Amara carried for Guruji and everyone. He continues to be the incarnation of Love even without being in the midst of us. ■

## AMARA

Shobha Rao

Amara was declared a Rishi at the age of twelve, after being trained by a great Rishi for two and a half years. The Rishi passed on to him all knowledge related to Meditation and Spiritual Science.

Amara excelled in his work, which was mostly at the Astral level and for the welfare of humanity. Reading about his Astral ventures in "Astral Ventures of a Modern Rishi" is indeed a great experience. They speak volumes about him - his magnanimity, patience, utter humility, great devotion and commitment to the work of the Rishis.

Guruji has brought Amara into our lives; with him have come the Rishis. But for Amara we would not have known that Rishis are the kindest beings, who brought us down to this earth to experience life here; that they have always been with us through all the lifetimes, guiding and taking care of us with great Love. This is a great revelation to mankind, a most touching fact and a lesson in Unconditional Love.

Amara said that God has offered the best to us in life and we have to experience it. Amara has made us aware of the life-force and how important it is to manifest it in our living. He says that all details in life, however small, are important and have to be dealt with, with Love; Love should be manifested in life, at all levels.

Amara has brought Meditation to us. Meditations help us to revive our lost connection with the Divine and ultimately fulfill the purpose of life. We remember Amara with deep gratitude and Love, for he has given us a treasure that has changed the quality of our living. He continues to guide us through Guruji and always remains in our hearts. ■



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: Does the transit of Venus which is going to happen on June 6th have any impact?**

**A:** Yes. It releases new energies. The Venus transit will have great positive impacts. It indicates that in the near future there will be no war, there will be more peace at all levels. Whatever our tracks of life are, somehow we accept the realities, settle down and begin to think about the purpose of life. It helps us to reach zones of a kind of equanimity, a kind of completeness, which is a great Spiritual state. It helps the world leaders to introspect and try to work better for the welfare of the world. There will be more awakenings, higher awakenings which is also a part of the Revolution by light.

**Q: Are the last rites important?**

**A:** After the death of a person the soul lives in the family for 10 days. The purpose of the last rites is only to remind and educate the soul that it is no more in the body and has to prepare for the onward journey. The guides also will be guiding it. Only some sections of society perform them, not all. In such cases the guides educate the soul.

**Q: Do time and life stretch in Satya Yuga?**

**A:** No. In Satya Yuga, time moves in the normal course and the life period is not stretched; but generally people live for a very long time. In the beginning it could be a shorter period. Later on, people live for thousands of years. People live for the entire Satya Yuga of 20,000 years.

**Q: As we advance into the New Age do our faculties and sensibilities open up automatically or do we have to make efforts?**

**A:** As we advance some faculties open up automatically, not all. For

that we have to make efforts in the beginning of Satya Yuga. Once we have entered Satya Yuga we have all faculties and sensibilities open and operative.

**Q: Can we hereafter take cognizance of our finer perceptions or rely only on the gross perceptions as before?**

**A:** We haven't entered Satya Yuga completely. Our purity levels are not that high or perfect. It doesn't mean we don't perceive things in a finer way. Take cognizance of these things and check up with the gross perceptions, also check up with me. There is another aspect. Perverse things are being introduced by the dark people to confuse us. So you have to be careful.

**Q: What is our role now, before 2012 end and post 2012?**

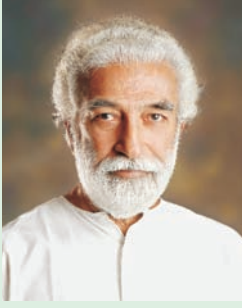
**A:** Right now our role is to grow. Equip yourself with more Love and Knowledge; channel Light. Our role is also to help others channel Light. Do not force or impose. Do it mildly, silently and gracefully. During post 2012 there is lot of work, what exactly it is we are yet to know.

**Q: Can one be busy in the world and yet attend the day time Astral classes and yet remain unaware of it?**

**A:** It is possible. We do not know about our own activities at the Astral level. We need not know. If you come to know there will be confusion. This life is different from that life. The Rishis who are monitoring every one of us, release some information from our own Astral activity, which they think we should know. Somehow, we will come to know about it, either in a vision or in a dream or it comes to us in a flash. ■

## LIST OF OUR PUBLICATIONS

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2012 - End or Beginning	100/-
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iGurujii - Vol 1, 3 & 4	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
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Light	10/-
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தீயான யோகம்	50/-
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ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಽಂತಿಕೆ ಧ್ಯಾನಮುಲು	150/-



**GURUJI KRISHNANANDA (1939)**

### **MANASA FOUNDATION (R)**

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

#### **MANASA**

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

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

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

#### **ANTAR MANASA**

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

#### **STUDY CENTRE**

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

#### **JYOTHI PROJECT**

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

#### **VISITORS**

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

#### **APPEAL**

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

## **SPIRITUAL EXPERIENCES**

(Compiled by Shobha K Rao)

During Meditation suddenly I started experiencing the blue Light that filled my body. It was as though I was experiencing the Love, Peace and Stillness of the Universe. It lasted for about 15-20 minutes. After that there was total calmness and a very powerful energy was experienced.

-Sunil Bharadvaja

During Shambala Meditation on 27th June'12, something beautiful moved upwards from my chest, slowly. It was soothing. The Awareness level went up. After Meditation, I rested for a few minutes and during that time I started going deeper, vibrating at different higher levels, until finally I got near my core! At this point, I had a choice to enter the core. I was not in fear. I remembered Guruji and the Rishis. I surrendered and instantly I was in the core. It is an intensified field which took over my entire being, for almost half an hour!

-Vidya Vishwamitra

When I meditate, my consciousness expands and I merge in the Light and I go to different dimensions. Now I am detached and I find myself witnessing all the incidents in my life.

-Shubhada Limaye

After offering respects, there is an immediate deep stillness felt which lasts throughout the Meditation. It has deepened more after the recent eclipse-Meditation. There are times when I am not meditating but feel connected to something deep within me; just as if I am at the side of a water body. I take a gentle plunge and experience great peace and calmness. I can approach this place and come back any time. It is very soothing.

-Geeta Joshi

My father struggled and typed his practice report very slowly and tried to

send it, but the computer malfunctioned. He could not save the mail nor send it. Distraught, he telephoned me. I tried to calm him down and immediately prayed hard to Guruji and the Rishis for help. Later, I saw my school going son giving my father strange instructions over the phone and within 2 minutes the computer got 'unstuck' and the mail was sent! We thank the Rishis and Guruji for their act of kindness.

-Nandita Vijayan

Deep calmness occurs whenever I am reading Guruji's books. I experience stillness whenever I meditate. I am amazed to say this but it comes even when I am at the gym doing the group spinning. I do feel very calm when I am driving also, sometimes I am so quiet that I feel I am on auto pilot and somebody else is driving! I thank Guruji and Rishis for it.

-Swapna Tembe

I was mentoring a group of interns for a challenging project. The time seemed less and complexity of the project seemed overwhelming. I prayed to the Light to help us all. Even two days before the completion day there were many flaws. But, suddenly on that day everything seemed to fall in place! I remembered my prayer to Light and reaffirmed to myself that Light never fails.

-Akash Malik

On 22nd June'12, I went into deep Meditation and observed that I had stopped repeating the Mantra. I had an experience of an old person in white dress, coming to me and blessing me on the forehead. I was able to feel the touch of his hand on my forehead. Immediately I became aware and stopped my Meditation.

-Swaminathan C