



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 7 Issue 3

FEBRUARY 2012

Rs. 25

REFLECTIONS

Guruji Krishnananda

My Guru, Maharshi Amara, explained to us that we have been gifted with Free Will. We are free to choose. Choose anything, even the wrong. He said, we grow in freedom. We may, sometimes, choose the wrong, commit mistakes and fail. But we learn and change. This is a very important truth that we have to understand.

I believe in freedom. All awakened people believe in this. Freedom is a sign of civilization; of Spirituality. We must allow others to express freely, live in their own ways and explore new ways of thinking and growing. Civilised people exercise their freedom without coming in the way of others' freedom. They do not hurt others, do not offend others' sentiments and beliefs.

When we exercise our freedom responsibly, we realize that we are, in fact, bound by certain unwritten laws and conditions. We realize that we cannot be free recklessly. We realize that we are not absolutely free. We have to respect the freedom and sentiments of others. We have to respect the laws of the Universe. I believe that freedom also entails responsibility. Responsible freedom indicates the height of civilization.

I feel sad whenever a book is banned, a film is censored and people violently protest against an idea or an expression, particularly, in a democracy. If a book, a film or an expression is offensive, the people will reject it. The governments need not act here. When governments act, there is generally a political agenda behind it. The governments should not forget that people have intelligence and reject what is not good for the society. But, we see, this principle is violated always.

For me, there is no difference between civilization and Spirituality. Tolerance, peaceful disagreements and protests and respecting others' freedom are signs of mature democracy. They are Spiritual. As we advance in Time towards the New Age, a new Civilisation develops. There are awakenings already. I see this from a high point. My hope is not based on pious wishes. It is based on visions of the future.

We are in the times of turmoil and stirrings in conscience. We are in the processes of great Changes. I am aware that the processes are painful. Confusion and despair are natural during these times. But we should not lose hope. We should not expect the people in power to bring in the changes. They lack vision and have their own agendas. But, instead of crying about them, we have to focus on our individual growth. We have to develop higher civilization. We have to become more Spiritual. We have to build up the energies for Change by our Meditations and pure Intent. We are the creators. We are the future.

Maharshi Amara was, amongst other Spiritual accomplishments, a great Time traveller. He had told us that the Kali Yuga was over and we are in the processes of Transition into the New Age. It is not far off. ■



MANASA FOUNDATION (R)

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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)

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

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along with the Subscription
amount.



31st December 2011, midnight - Residents of Taponagara
welcoming the New Year along with Guruji

NEWS AND NOTES

- ◆ The residents of Taponagara along with Guruji had gathered at midnight of 31-12-2011 to welcome the New Year 2012.
- ◆ Four books will be released on the occasion of Amara Jayanti celebrations at Tapongara on 5-2-2012 - "Master-Pupil Talks" by Guruji in English and Kannada, "iGuruji (Vol. 6)" by Seema Almel and "Light Body and Other Realities" by Study Centre.
- ◆ The new batch of Shambala group started on 8-1-2012. The other batches too had gathered for special instructions from Guruji and initiation from the Master from Shambala.
- ◆ Ra group meeting was held on 15-1-2012 to receive special instructions from Guruji.

**AMARA JAYANTI
PROGRAM AT TAPONAGARA
Sunday 5-2-2012**

11AM Welcome
Speeches
Guruji Addresses
Release of Books
Special Meditation
Blessings by Guruji
12.30PM Prasada

MEDITATION ON SPECIAL DAYS

01	Wed	Amara's Birthday
02	Thu	Shukla Dashami
05	Sun	Amara Jayanti Celebration
07	Tue	Full Moon Day
15	Wed	Krishna Ashtami
20	Mon	Maha Shivaratri
21	Tue	New Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Special Meditation and Light Channelling: 12 Noon - 1PM
5 th Sun	Amara Jayanti Celebration
20 th Mon	Maha Shivaratri Special Meditation: 12 Noon - 1PM

PROGRAM AT ANEKAL

Amara Jayanti Program at our
Saptarshi Dhyana Kendra
on 1-2-2012 at 6 PM.

**Informal Group Meeting with
Guruji on Second Saturday,
11-2-2012 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.**

UPDATE ON LIGHT CHANNELLING WORK

- ◆ It is overwhelming to understand that the School Teachers, Students and the Authorities have taken up channelling so sincerely. A boy wants his father to give up drinking and he approaches Light with total faith. Light reciprocates. Application of Light in difficult situations like this is bringing miraculous results. The school children inspire us to explore and become aware of our most beautiful relationship with Light.
- ◆ The number of schools participating in channelling is increasing gradually. Children in more than 700 schools channel Light daily now. ■

LIGHT CHANNELLING EXPERIENCES

My father used to drink. I started practising Light Channelling. Now he has stopped drinking.

- Vineeth, Std. VI, Devarayammal Tamil Primary School, Bangalore

My father had loans. After praying to Light, the loans are cleared now.

- Prashanth, Std. VII, Devarayammal Tamil Primary School, Bangalore

Channelling of Light definitely has a calming effect. It helps me come out of my distress, forget my problems and do my school work more effectively. On several occasions I have felt that Light has a healing effect and has reduced my knee pain to a commendable extent.

The process of channelling the Divine Light into our bodies and spreading it all around to the entire world in a span of 7-10 minutes has yielded tremendous amount of positivity; mentally, physically and environmentally. It has definitely made the world a better place to live in.

- Mrs. Tara Manjunath, Teacher, Achala Vidya Mandira High School, Bangalore

TAPONAGARA DIARY

Seema Almel Somayaji

December 2011 was intense in many ways. The second of the twin eclipses was a five hour long Light Channelling session. Since Taponagara is nestled in a village on the outskirts of the city, winter tends to be colder; fortunately on this night the weather was not so severe. On the days that followed winter made its strength known.

25th December, Christmas Day, was also the last Sunday of the year, which is annually marked with Akhanda Dhyana - intense full day Meditations from 6AM to 6PM. It was like a relay; residents were present in large numbers from the very start at pre-dawn; three hours later, around breakfast time, students from the city started joining in. As the day progressed into Noon the regular Sunday students channelled Light giving the much needed break to those who started really early. At 12 Noon the blessings of Christ were received. By closure time many Meditators had made the day a success.

The Residents' Meet was very intense this month. Guruji reiterated the importance of Oneness amongst those present.

New Year's get-together was simply beautiful. For a change most members spoke, and they even managed to summarize their 2011 in just a sentence or two. A spectacular rangoli was made by a zealous team of Uma, Rakhee, Sheela and others. A lamp was formally lit by Guruji. 2011 was bid farewell with gratitude and 2012 was welcomed in silence with hope and reverence. ■

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

04-12-2011

These classes are not just ordinary gatherings. Many Astral beings come here to have the Darshan of the Rishis who will be here. Every class is presided over by a Master, sometimes by Divine personalities.

The practice of experiencing the Light helps us to live in this world peacefully. It helps in many ways.

There is competition, back biting and all types of dirty play in the material world. Spirituality is living practically. Live in the Spiritual way as far as possible and then go along with the world and its ways. You have to take decisions after studying situations. Carry Light always. The Light will help you to live in the Spiritual way. Someday, we will have a clean society; our workplace will be a very happy place. We have to wait patiently for the complete Satya Yuga to come, at least till we cross 2012, when we expect these systems to collapse.

During Meditation a Meditator experienced expansion and also a kind of contraction. Many would have experienced this but not noticed it. I understood and realized that many processes occurring in the Universe will be occurring in us also, like expansions and contractions; these were experienced by the lady. It is a great experience and a revelation.

While walking a young lady had an insight. She realized that all the people and herself are One. She felt expanded. This wisdom was in the unconscious part of her mind, carried over from the past lives. The mind picked up this point and made it known to her as a kind of gift, expressing its happiness. It is a very beautiful process to understand.

The body, mind and intellect have their independent intelligences, opinions and feelings. Whenever they are happy with us they express their happiness. Suddenly, for no reason, a person had a very joyous feeling. I understood that the body was being taken care of very well, and hence it was expressing its joy. We have to love everything including the body.

The healing energies heal and bring peace. The person first feels relaxed. They also positivise, bring a bit of transformation in the person. Healing energies remove bad habits. They even guide us to the right doctor and work through the doctor. Healing energies work in several ways.

Revelation: When we begin experiencing the Light, we experience the New Age energies, which activate Chakras, raise Kundalini, remove Karmas and help transformation. When we meditate we allow these energies to work through us and they do everything else.

Within the body the soul travels slowly every day, from the Anandamaya Kosha to Sahasrara. At 12 Noon, it will be in Sahasrara and it will give special attention to the good working of the system - body, mind and intellect. Our energies, our efficiency is at peak at 12 Noon. At 12 midnight the soul will be in the Anandamaya Kosha and takes care of our Spiritual part - the many processes occurring in our system, which we are yet to understand. It also supervises them.

When you miss a class for genuine reasons, you just have to be aware that you are receiving the energies of the class and also the knowledge at a deeper level; at the appropriate time it will surface.

The Rishis allow the Freewill to operate; even to commit mistakes. Whenever you choose a Spiritual goal you have to be careful about other goals, and see whether they help in achieving the Spiritual goal. It takes lifetimes to realize and take up the path of Spirituality. Once we come to Rishis, we know that the goal is perfection in everything - in Spiritual and material life.

We have people of all shades. We have to live and cope up with the imperfect world.

Everyone has difficulty in Meditation. We have to make more efforts and understand. The Rishis, other Light beings are monitoring our lives; whenever we have problems, they come to our aid.

11-12-2011

The Light Channelling program in schools is going on very well. Sometimes the school children write their experiences to us. Even the school authorities write to us letters of appreciation.

We have to experience stillness. In stillness we come in contact with the Divine; we are then peaceful, loving and universal. In stillness our Awareness goes beyond body, mind and intellect; we experience truths known and unknown; there will neither be negativity, bitterness nor pain. It is all Bliss, Peace and Love. After experiencing Bliss, we have to manifest it; only then the action is complete. In our daily life we have to practise silence which helps us to experience stillness during Meditation. They support each other.

We have to consciously practice positivity. Negative emotions and thoughts affect our Meditations. Positivity and Meditations complement each other.

GURUJI SPEAKS

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

A person says his partner abuses his mother persistently though she has died long ago. You have to protest. You need not put up with any unjust act. Keeping quiet is unspiritual.

Energies from Ra and Photon Belt are very powerful. As of now, we haven't given instructions how to use them. Do not use these energies indiscriminately because you will have problems. Follow the Ra group instructions.

I always encourage contacting the Rishis. It is not easy. Whenever there were contacts and people brought down knowledge and instructions, the accuracy levels were very low. Whenever you think you have received knowledge and instructions crosscheck with me. Be careful about the mind feeding you with many things.

If anyone wants my assistance in the practice of the contact session, I have to have this person around me, I must know him.

The Rishis protect us but, we have to be very careful. I have known instances where the dark people posed as Rishis, passed on instructions and information. They even pass on the dark energies by deliberately incorporating them in the diagrams on the websites.

Many times people forget that I can see through. I monitor everything. I will be knowing everything.

If you love a person or an animal or even a thing, you think of the person it's enough. You don't have to transmit Light. The Love reaches. Love is Light. Love heals.

18-12-2011

You must begin to experience Light by experiencing the Love and Peace that the Light carries. You

can't see Light. It is not the physical light. Someday you will have a flash and at a different level you will see the Light.

You can check up your own progress by standing before the mirror of conscience. From here we move on without regrets.

Initiation is also the acceptance of the individual as a student. We may also reject people if we find them difficult or not serious about Sadhana. This information is from the new Rishis, the Masters who are monitoring us during the Shoonya Masa.

Affirmations are truths that we would like to actualize, the finest example being "Aham Brahmasmi." In Sanskrit it means, "I am God." Affirmation is not Japa; it is much more than that. It is a pure intent, seldom actualized, so we first build up an energy field, then we strengthen it by repeating the affirmation consistently, affirming ourselves to actualize it.

Sometimes affirmations lead us to a kind of Bhava Samadhi. It is enough if we think that we are Light. We will enter into that mode of Light. It is a kind of Bhava Samadhi.

Visualization is very important. When we visualize we create with mind-matter. Then it becomes actual. Visualization is a part of the process of Creation.

2011 was the year of beginnings. It was a year of surfacing of the realities - scams, our own shortcomings. Accepting our own shortcomings is very important. We have to struggle, endeavor and get over them. There were many Shifts in Consciousness. Many distortions in the Knowledge received by us were removed by the Rishis. We received very clear guidelines about 2012. This year witnessed expansion

of the Light Channels Movement. There will be great revolutions. Every one of us has to make humble efforts in our own way to spread this Movement.

2012 is a year of happenings. The Pralaya processes that began in the previous year will continue, as many haven't been concluded yet. We have to choose to be Spiritual - good and honest. We choose the New Age with this choice. Those who have already chosen will be guided further. Every one is protected. For those who have not chosen yet, there are opportunities, which will never close. 2012 will be the year of consolidation of all positive forces, at all levels. There will be new awakenings and more awakenings. We are going to experience higher experiences that we haven't read about, never heard of. In those who have aligned, there will be calmness, also patience and courage to pursue in what they believe in.

Before we invoke a Rishi let us be careful. We don't know, we can't understand that these Masters are busy with the working of the Creation.

You get angry because you practise Meditations, experiencing Light mechanically. If you practise the Shambala principle number One sincerely you will not lose your temper. You can also practise it when you are not well. Here we take help of God's purest energies which are within us.

Whenever you think you are ready, meaning meditating properly, practising all the Shambala principles and you are able to experience Light, you may approach me for further guidance.

I request you not to write very long mails. ■

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 was an extraordinary person. He worked with the Sapta Rishis. He could travel astrally to any part of the Universe.

He could see through a person into his past and future of all lives in just one look and would guide very perfectly. He did not exhibit his Spiritual powers at anytime. Silently he attended to every material requirement of all those who went to him and also to the Spiritual problems.

Amara would reply to all the questions that were posed to him. Once a person, amazed at this capacity, asked Amara, how he knew every area of knowledge. Amara said, 'I do not know the answers but I know the Rishis who know everything. I place the question before them and they answer in my voice.' Amara himself was a Rishi but he never claimed that. On an occasion, a famous sceptic was present when Amara was speaking about the Rishis. The sceptic said, "Because this person is saying, all that must be true." That was Amara!

Amara was the greatest Sanyasi without wearing saffron, and being a king. The most important of all his gifts to humanity was the Shambala Principles by practicing which human becomes Divine. And the other equally important gift is Light Channelling by which the Light spreads aiding the entire humanity in opening to Divinity.

He redefined Spirituality. He said, "Spirituality is being honest, being good, being aligned to God. Being human is being Spiritual. We have to live and experience this life fully." The person who brought down the knowledge of whole science of Meditation said, "Meditations are not enough to become Spiritual. Experiencing and manifesting all that is Divine, is the greatest Sadhana." ■

OUR HOLY FATHER

Shobha K Rao

Very few masters like Amara have come down to this earth to guide Mankind to Perfection, to Light. He was a Master who was with the Rishis from the tender age of nine and served them till he breathed his last. He is not known to many as he always maintained a low profile.

Amara's direct disciple our Guruji, receives rare knowledge and simple ways of living from him that are relevant to the present times. We are indeed most fortunate to get this treasure from him. Amara has given us the knowledge that we have already bid farewell to the Dark Age and are now in the New Age of Light. He has simplified life by introducing God to us as Light, the formless aspect of the Divine. He says, "Now we are in advanced times when the rituals can be easily replaced by just carrying Light in us. Light helps in every way. We have to learn to rely completely on Light."

But for Amara we would not have known that besides interacting at the physical level, there are beautiful ways of communicating with people, other beings and inanimate things too, by relating to them at the deeper levels, where communion is instantaneous and purely based on Love.

Amara's Astral ventures were so many as he worked for the Rishis at the Astral level. He narrated them very beautifully. People came to him to listen to his Astral experiences which sounded like fairy tales. They enjoyed them but were unable to capture the knowledge and the messages that he presented to them through his narrations. People could not understand the humble and simple Master.

Though he is in a far off galaxy, we don't feel that he is away from us. Amara our holy father is in our hearts always, very close to us, helping and guiding us in every way. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Why are we fascinated with people with Siddhis?

A: Because we are after miraculous solutions to our problems, short cuts. It is only a temporary solution.

Q: If we connect to our Higher self, will it be easier to know the purpose of our birth?

A: Yes. But to know the purpose of our birth we need not connect to the Higher self. We can make out by our 'self' here, with our intuition. The purpose of life is to achieve perfection.

Q: Is Freewill the character of the soul or the body?

A: It is the soul which has the Freewill.

Q: Can the soul, being pure, make wrong choices?

A: Even a pure soul can make a wrong choice because it has Freewill. Even a pure soul is influenced by the ego.

Q: Is it required to understand experiences?

A: No. You don't have to understand experiences, you have to enjoy them. It is not always possible to understand them. We understand some simple experiences, not the complex experiences.

Q: Will it be difficult for people in depression and low in self-confidence in themselves to grow spiritually?

A: No. People in depression are low in their self-esteem. They don't make efforts to grow spiritually. If they make the attempts like anybody else, they will also grow spiritually. The remedy begins with Meditations.

Q: If a person is stupid how do we deal with him? People laugh at

him. Do you laugh?

A: We treat them with great Love. We don't laugh at anyone. We respect all life.

Q: Why do we forget sometimes even important events and things?

A: Generally we forget because we don't think they are important; we don't respect and love the events or things.

Q: Do we have enough knowledge to face 2012?

A: We have more than enough knowledge as of now 'to sail through 2012'. And we are going to get more knowledge at the appropriate time.

Q: What are the major points for preparation?

A: Preparation is to align with the Rishis, with the Light; increase the levels of purity to the highest level. We have to positivise, strengthen the shields, experience and carry Light always; manifest Love and Peace. Practise Meditation and Shambala Principles. Live as universal beings.

Q: Is fasting in protest wrong spiritually?

A: We believe it is not right spiritually. But there are causes and there are exceptions. Fasting more and vigorously, punishing the body is not right.

Q: How do we the Meditators fight corruption?

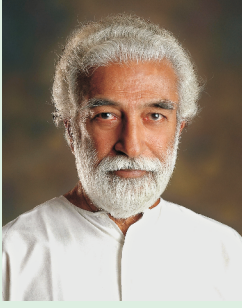
A: Channel Light.

Q: Is this not a passive way?

A: No. It is action at another level which is more effective. For every revolution and great change on this earth, the Rishis worked at the Astral level which we are not aware of. ■

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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)

On 30th November'11, I was feeling depressed as the work in my office was not being carried out as per the instructions given. Suddenly, I was surprised to see the picture of Christ on my mobile screen though I had not stored one. At the end of the day the work was completed and we were able to submit the required information to our senior officers. It made me realise that Christ is with me and this experience was a blessing from Him.

- Santosh Kore

My friend's cat in Canada had become very weak and would not even move as he had not eaten for days, in spite of getting treated by the vet. She sent his photograph requesting me to send healing energies to him. I immediately sent Light and Reiki. I was amazed to see that he actually started blinking his eyes and nodding his head in the photo! I knew that a connection had been made and he was well. The next day she called me to say that he was eating, was back to normal!

- Hilla Mazda

On the day of Christmas I tried to contact Lord Jesus. He said, "I mentioned that my energies will be available for 24 hours, but one can invoke them any time this year, from any form of mine. It is of utmost importance to manifest Love in life. One has to love him or herself. Once you love yourself and experience everything in you, you automatically love everyone and everything."

- Priyanka Mishra

My 3-year old daughter often sees me practising Light Channelling. She asked me about it and said that she too wanted to channel Light. I taught her and now she often channels Light, for

about 3 minutes. Whenever she gets hurt, she asks me to channel Light to her. Once I do that, she tells me that her pain has gone! It is so great to see my little daughter into Light channelling! Guruji's blessings have helped her to attune herself to Light.

- Priyamvada Godse

In Meditation on 30th November'11, a series of expansions as well as contractions took place in the mind and then in the whole body as an energy field. Later a single expansion emerged, which stretched for a long time, as if it would not have an end. Along with that, my facial smile started expanding too... then a series of energies poured out from the chest making their journey to the top of the head. This was fabulous and so refreshing!

- Vidya Vishwamitra

I was reading the poem "Samadhi" written by Paramahansa Yogananda. Suddenly, I could see a Light which began to increase in brightness. Slowly, the trees outside my window began to vanish; then one by one, my window, the curtains, the walls of my room and my sofa vanished. Even I began dissolving in the golden-white Light. I came out of the experience when the phone bell rang.

- Medha Kulkarni

Sometimes I hear whisperings going on in Ra temple and also in the structures in Taponagara. I see the Astral beings talking to each other there. Nowadays when I practise any technique I turn into Light. I won't be aware of my body. I also experience Light when I am doing my work in the office. Life has really become beautiful.

- Rakhee