



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 2

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REFLECTIONS

Guruji Krishnananda

We have entered the New Year. We have entered 2012. The year 2011 was the year of beginnings. The year 2012 will be the year of happenings.

In 2011, we received new energies. We witnessed awakenings. We witnessed surfacing of realities. We witnessed uprisings. There were shifts in Consciousness. We experienced new beginnings. All these occurred at the individual to the global levels. There were no dramatic changes. They were not expected. Pralaya, the Change is a gradual process, not a one time event. It is not an explosion, but a gradual change over.

In 2012, we will witness the continuance of the processes initiated. There will be more and higher awakenings. There will be more surfacing of realities. There will be more uprisings. There will be more shifts in Consciousness. There will be more beginnings at all levels. Pralaya, the Change, continues.

With the awakening and an expanded awareness, we comprehend the realities of the New Age that has already dawned and is taking us into its bosom slowly with a caring and loving hand. We see the opportunities offered by the Universe to live in Peace and Perfection by transforming ourselves spiritually. And we will, with the awakened wisdom, choose Transformation and the life in the New Age.

Many events are expected to occur at the end of 2012. A lot of fear is in the air about possible heavy destruction. Some events do occur. But let us not fear the destruction part. If we transform and choose the New Age, we sail through difficulties. Spiritualisation is the train to the future. If we meditate, we understand more. Knowledge brings us wisdom and courage.

Meditation is an opportunity to know, empower ourselves and create our destinies. We create destinies for ourselves and for the globe. When we look around, we witness that many are taking up Meditation. Many are already working, though unconsciously, to create destinies.

There are many Light Workers channeling and spreading Light. The Light, not the physical but the subtlest from which this whole Creation came, carries Love, Peace and great Intelligence. It carries great wisdom. This Light when spread reaches everyone and everything on this earth. People, nature and everything receive this, realize that we are in transition to a great New Age and prepare themselves.

In 2012, people become more aware of the Light, experience and transform. We began the Light Channels World Movement in 2008. Many are channeling Light daily. We began working with the schools and more than 18 lakh children have channelled Light and lakhs are channeling daily. We have been witnessing miraculous changes in the lives and surroundings after channeling of the Light.

Light is our Hope. Our strength. Our future. ■



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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NEWSLETTER

Gift a Subscription to a friend. Send us the name and address, along with the Subscription amount.



November 2011 - Our stall at Bangalore Book Festival

NEWS AND NOTES

- ◆ The residents of Taponagara gathered in the Meditation Hall and channelled special energies of eclipse to the entire world during the period of Lunar eclipse on 10-12-2011.
- ◆ Group Meditation was conducted on 25-12-2011 from 6AM to 6PM at Taponagara. Hundreds of Meditators participated in it.
- ◆ The new batch of Shambala Group starts on 8-1-2012 at Taponagara.
- ◆ The students who have been meditating for three hours for the past three months can join the Ra special group which starts on 15-1-2012.
- ◆ People willing to participate in Amara Jayanti celebration at Taponagara on 5-2-2012 may please register their names before 31-1-2012 in Manasa office.

Desk Calendars of 2012 are available. Sketches of Manasa and Antar-Manasa by a great artist are included here.

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

MEDITATION ON SPECIAL DAYS

01	Sun	Shukla Astami
03	Tue	Shukla Dashami
08	Mon	Full Moon Day
15	Sun	Uttarayana Begins Makara Sankranti
16	Mon	Krishna Ashtami
21	Sat	Masa Shivaratri
23	Mon	New Moon Day
30	Mon	Ratha Saptami
31	Tue	Shukla Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM-12 Noon Special Meditation and Light Channelling: 12Noon-1PM
8th Sun	Shambala group meeting at 2PM
15th Sun	Ra group meeting at 2PM

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

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

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

UPDATE ON LIGHT CHANNELLING WORK

- ◆ More than 18 lakh children have channelled Light at least once so far and more than 3 lakh children in more than 600 schools channel Light daily!
- ◆ The Light channelled by these pure souls is making its impact. This is noticeably experienced at the individual level and even at the level of a group or a school. It may be difficult to clearly understand its impact at the global level but as Light touches more and more individuals, the global impact is natural.
- ◆ On February 1st, Maharshi Amara's birthday, please mind link with Taponagara and channel Light at 6 PM for 7 minutes. ■

LIGHT CHANNELLING EXPERIENCES

My friend and I had a fight. She stopped talking with me. I channelled Light to her. She started talking with me.

- P. L. Visalakshi, NSS Camp, Chennai

Yesterday morning I was feeling uneasy, as there was no phone call from home. I channelled Light and in a short while my mother called!

- M. Rohini, NSS Camp, Chennai

At night around 10 PM, a 7 year old girl suddenly had stomach pain. Matron gave her a tablet, but there was no relief. I told her to channel Light. Other children also joined and everyone channelled Light very sincerely. After 10 minutes she slept peacefully without any pain. It was a happy moment for me to see the children adopt Light channelling and getting help.

- Ms. Suguna, Resident, Cheshire Home for Disabled, Bangalore

TAPONAGARA DIARY

Seema Almel Somayaji

Taponagara is a project of the Rishis to give opportunities for us to live in their Presence. It is not just about living here physically; it is about tuning to the higher frequencies of the Rishis. This project is about creating a living space for people who want to live in a Spiritual commune; right here in the middle of a troubled world.

Residents here are like participants in this project. They try to be in tune with Energies and manifest goodness; success and setbacks are part of the journey. Manasi Field helps their resolve to leave the human limitations and fear based emotions behind. Yet it is challenging to keep pace with the fast dawning Light Age. The efforts continue.

To be a Taponagarite is also to closely scrutinize our attempts to Spiritualize. It is to realize and actualize the value of the group welfare without losing sight of the individual freewill, striking the right balance. Here each is the One in the Oneness.

The shackles of Kali Yuga are still operating in humans, yet a handful are trying to establish the Light Age in themselves and in Taponagara. To accommodate and not judge, to love and not resent, to surrender differences for the Divine Energies to resolve are now becoming the norm.

Being a Taponagarite is not just about living in Taponagara, it is about living Taponagara, anywhere. We are all trying to live Taponagara, even those settled here. An eclipse at the end of November gave us an energy boost to our determination to make the project of Taponagara a real success. ■

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)

06-11-2011

I initiated some people today. Sometimes our teachers also initiate people in other centers. During initiation the Rishi passes the energies through us. These energies will be with the initiated for 24 hours; working and initiating processes. After 24 hours they remain in a kind of dormant stage. We don't experience these energies at the physical level as they are at a different level.

It is not for the first time or by accident, but by design, that all of us have gathered around the Rishis. Let us be aware and happy of the fact that they release new energies through us.

Spiritual journey is like a journey in a balloon. If the balloon has to rise we can't be having a lot of baggage. We have to throw out the unnecessary baggage - attachments to things, people, places, passions and pursuits. We have to first identify the baggage and detach from it. We have to even give up our passions and pursuits if they disturb us. It is not a great sacrifice.

Strong emotions come in the way of higher experiences. We must make conscious efforts, first to sublimate them and positivise them. I suggest experience Light; listen to music.

We cannot do anything about corruption, violence, many injustices happening at different levels. We can send Light, we can heal ourselves and the world. Let us become aware of our potential at a different level, start exercising it to make our life, also the life on this earth happier and more peaceful.

The last Shift in Consciousness as predicted by the Mayans was on 28th October. A Shift is not a single event. It is a series of events spread over a period of time. Shift is also an opportunity. It is up to us to make use

of it. You are capable of taking a decision independently. Now there are more openings for new energies to come which strengthen the processes of transition. There is going to be a big Shift.

In spite of regular Meditations and having protective shields, sometimes people say that they feel weak, drained of energies. When help is not asked for and you take an initiative unnecessarily, then you will be interfering with others' Karmas. Naturally, you have to partake a bit of their Karmas and expend your energies. We have to be very judicious. Whenever you want to help a person, if you have any doubt, check up with me.

The simplest technique to contact the Rishis is: Think of a Rishi as a globe of bright Light in your system. Try to speak to him, you will have the contact.

We have to become simple. That is why we meditate. Most of the times, we complicate our lives.

13-11-2011

Do not think we are a small number. The lakhs of people from the 1,44,000 centres are part of the network. We never meet at the physical level. We work in an entirely different way. It is very heartening to know that we are a part of a huge and silent revolution. We are not required to do the work at the Astral level as there are Masters already working at that level. We are required to channel Light. Some energies are reserved by the Rishis which are to be channelled through us. We are being trained to channel them. Let us be aware of this great and crucial role of ours.

The recent Shift in Consciousness on 28th October'11 is working. The Rishis allow this Shift to occur slowly, as it is difficult

for humanity to withstand the impact. We have to just stand back a bit, observe very dispassionately and objectively the Shift working in every area. Shift helps surfacing of the truths at all levels - ugly, very pleasant, good and bad. It also helps us to deal with these things, makes things very clear to us and helps us to move on. But the individuals and people in power have to choose. The energies from the Shift affirm the way we have chosen. In these times, Spiritual way is the way that saves us. Shift is also the time to clear and settle accounts. But we have to be very sincere, genuinely sorry and not repeat mistakes. This great change is not an ordinary change. The great transition has begun - a change from the Dark Age to the Light Age. With this Shift, the pace of change has increased.

We have to accept the change. It is not easy. There are so many factors, so many details. If we accept, we are in the next Age. We do not know what happens after we choose and accept.

Please call the Manasa office only between 10AM and 4PM; register your names well in advance in the office, before you attend a class or a function in Taponagara.

Whenever you require healing, please contact Manoj Chopra. Do not take healing very lightly. It is not just drawing energies and sending. We can only pass healing energies but we can't decide certain things like postponing the Karmas completely. Refer it to Goddess Santoshi Devi and receive energies from Her. She will also attend to the part of dealing with Karmas, reducing, postponing etc.

20-11-2011

If you practise 'experiencing the Ocean of Light' daily, for longer time, you will always be healthy, peaceful and aligned to the Light;

GURUJI SPEAKS

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

some of the Karmas also get cleared. Request the Light to be with you always and get busy with work. The Light will be with you all the time.

The Universe has a plan, a kind of program. We are a part of it. Understanding the basic truths of Creation, reincarnation and about laws of Karmas, helps us to prioritize and easily tune to the Universe and understand the Universe. There is so much joy in being with the Universe. Our individual plans have to be in accordance with the plans of the Universe. To understand this read our books again as they carry the basic truths from the Rishis.

Problems have to be solved by us because we have created them. We have to make use of our wisdom, common sense, strength and also the intuition. Meditations bring us more strength. When we are unable to solve the problems, we have to realize that we have to deal with them from a Spiritual angle, by taking help from the Rishis and the Universe. We have to meditate and clear the Karmas.

Meditations stabilize our life. They bring sanity, sense, and a direction. Let us meditate and live happily.

Revelations: We have to go through Karmas which bring us happiness, sometimes pain and problems. The Karmas have intelligence and somehow do not trouble us when we work for the Rishis. If we have to receive a punch, they soften the punch. It is unbelievable!

The body, mind and the intellect are independent entities having their own identity and intelligence. They have feelings, appreciation and opinions. If we take care of these gifts to us, they manifest their

appreciation by giving us a very pleasant experience.

If you know that there is a personality behind the Light that is getting channelled, you develop a relation. There is Love. Nothing happens without Love and a relation, even if you channel Light for years.

Do not worry about the level in which you are meditating. It is not easy to experience Light. When you experience Light, only then you will be making a great stride.

Those who have meditated for 3 hours for more than 3 months can send their applications to join the Ra group. We are taking new people in the Ra group from January 2012.

27-11-2011

We have to take the experiencing of Light seriously. I believe, if we have one experience, it will change our lives, bringing in calmness, making us live properly in a sensible and responsible way. We have to change; change our frequencies to be in tune with the frequencies of the earth, which are becoming finer and finer. Light is God Himself. We must experience Him emotionally, intellectually and of course spiritually.

We have to understand and accept that all the Knowledge that is channelled by the Light workers, which is on the Internet is not accurate. The Light workers have their own sources in other planes. Their books contain very valuable information. But, the Rishis know the truth, as they work from the highest plane. Don't accept everything completely, or reject. Check up with your intuition, refer to me, verify it, but don't stop reading.

Let us understand that these Light

workers don't have contact with our Rishis. They may not be aware of the Rishis at all. Their source is different. Rishis don't have control on these things.

The Rishis never go against the Will of God, but sometimes they use their own discretion and they do a lot.

This is the Path of the Rishis so don't bring in your 'designations' here.

The moment we are initiated we are linked to the network of Rishis. The Rishis always monitor us, not to judge but to remove obstacles in Sadhana.

When you miss a check-up it indicates that you have not meditated properly. At such times, you have to accept humbly that you are responsible for it. Approach the teachers who do the check-ups with such an attitude. It helps you. The teachers are just tools of the Rishis. They represent them.

The future times will be more intense, confusing and testing. The dark forces try to do everything possible to divert us from the path of Spirituality. You have to be aware of these things. Always be alert and in tune with the Rishis. Carry Light always. Cross check with me if you think you have received any message. Write to me your experiences. It helps you not to get confused. When you receive instructions at the Astral level, do not follow them as you don't know their source. Messages from Rishis always come through me.

Every student of ours and even others can practise the healing technique given in the booklet 'Living in Light'. We do the healing. You can also send the healing energies every day. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The annual fee for English is Rs 1,000, for Kannada, Marathi and Hindi, it is Rs. 700.

Textbooks and one year's Newsletter subscription, in any language, are included in the annual Fee.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Gururji 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.

SURRENDER

Pragti Raaj

A state of surrender is perhaps the state of wet clay where we allow the Rishis to mould us. In surrender we are no one in particular, also we are one with everything in the Creation. It is like a drop slipping and joining the ocean thus becoming the entire ocean itself. Why remain just a drop when one can be an ocean, in surrender? Such is the power of surrender and humility.

As we enter Taponagara, we see the temple in which the mighty Hanuman stands in all his humility as a sign of surrender of all his powers!

And then a quiet Rishi, his Love for us can be seen sparkling in his eyes. In all his surrender and humility he calls himself as just a 'guide' though we all know that he is much more than that.

The all knowing, powerful, compassionate Rishis whose capacities can never be grasped by human understandings, stay in a constant state of surrender to God at all times. In Love, there is only surrender. ■

A STATE OF LIVING

Pragti Raaj

Though Taponagara is a place, in reality it is a state of living.

By inculcating the simple teachings of positivising and manifesting Love, each of us are creating a Taponagara, a state of Peace, Love, Harmony and Respect for one and all, no matter which part of the earth we live in.

The moment we understand that this entire Creation has emerged out of one great force called Love, and that we are all linked in spite of our differences and can dwell in Oneness, there begins a Taponagara. The physical distance with this abode of the Rishis dissolves the moment we begin carrying Taponagara in our hearts and also start manifesting it all around us in our day-to-day life. ■

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Shobha K Rao)

I am filled with gratitude for the wonderful opportunity provided to serve as a volunteer. I seek your blessings and guidance to live all that is expected of me. You are helping us to rediscover the joy of living and experiencing. I experience the grace extending not only to me and my dear ones, but also to the entire Creation. The harmony and peace is amazing. It is such a fulfilling and enriching experience!

- Usha Satishchandra

I come to Manasa almost every day to meditate and spend some time with the Rishis. This has amplified the positivity in me. I visualize the energy of Love and I am in total Bliss. I feel so good and proud to be a part of Manasa. I feel a strange feeling of possessiveness, when I speak about it to people, that it is "my Manasa" and I belong to it.

- Sudha Raman

I feel I have relationship now with Light. I experience more and more miracles, where I feel I am taken care of and I am given whatever I need.

- Sandip Banerjee

On 27th November'11, I connected to the Cosmic Tower, sent white Light and Love to a person. Later, allowed her to express herself, expressing myself too in a calm way. I owe this to the presence of Gururji's Light in my heart. While leaving, gave her a hug and said 'let us have Love and send Light to each other'. I could actually feel some energy flowing into me from the Cosmic Tower!

- Sowmya Ajay

Only I know how much I have benefited from this Path. I did feel embarrassed to ask your guidance in my personal matters, because you have been telling in the lectures that we have to take our own decisions based on our intuition. With limited intuition and confusion, people like me do need your advice. I thank you for your advice and help.

- Geethasaraswathi

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Are the confusions during these times created by the non-positive forces?

A: If we have confusions it is because we haven't chosen clearly. The non-positive energies take advantage of the confusion which is already in us. They may enhance this a bit but they themselves do not initiate the confusion.

Q: There is a talk of our earth moving into the fourth dimension. What is required of us the human beings in such a case?

A: Moving into the fourth or higher dimension means the frequencies there will be subtle. We also have to change our frequencies. It is required of us to have finer emotions, broader emotions and finer thinking. We have to increase the frequency of our own thoughts and living.

Q: During these times several energies are working. Are these energies personalities like Agni, Vayu, Indra? Can they be invoked?

A: They are personalities but not like gods or higher beings. Like any other energy, the several types of energies released by the Rishis working on this earth have intelligence. The field of intelligence will have a core that can be invoked as a personality. First we have to identify the energies then connect to the core and invoke.

Q: Do these energies work within us and cause transmutation of Karmas?

A: All energies do not clear Karmas. These energies will be working in us when we meditate. They sharpen our intuition; most importantly they remove the negativities. And the main job of these energies is to awaken us to the reality that we are no more in Kali Yuga, but already in the New Yuga.

Q: Are these energies active only during Pralaya? Are they present on earth throughout all the Yugas?

A: No. These energies are brought down for special purposes, specifically to help us enter the New Age. We can classify them as Pralaya energies. The energies work and get expended. They are not required after we enter the New Age completely. Different energies required in different Yugas will be brought down by the Rishis.

Q: As we clear our Karmas do we automatically detach ourselves from the world?

A: It appears so but it doesn't happen that way. As we grow we also have to make conscious efforts to detach and prioritize things in our life. It is a separate process

Q: As we progress spiritually do we receive more mind-matter?

A: When we progress spiritually the mind gets cleansed, becomes purer; so its efficiency becomes more. We will not be adding more mind-matter as it is not required.

Q: If we receive more mind-matter do new faculties open up?

A: No.

Q: If we follow your instructions do we reach a point from where you can take us higher?

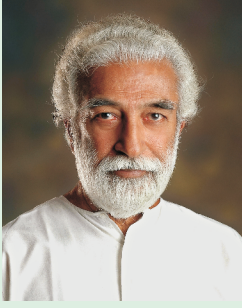
A: Yes. I am waiting for you to reach that point. We are with you all the time whether you reach or don't reach that point.

Q: Do we find our guru or does the guru find us?

A: When we are ready the Guru, who is God Himself comes to us. He reaches us through maybe a book, an experience, or even sickness. He will always find us but we have to make efforts to find Him. ■

LIST OF OUR PUBLICATIONS

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2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
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ಬೆಳಕು	10/-
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प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
தியானம் செய்வது எப்படி	50/-
ಊನಿಯಿನ್ ವಾಯಿಲಿಕ್ಕನ್	200/-
2012 முடிவா அல்லது தொடக்கமா	100/-
தியಾನ ಯೋಗ	50/-
ஆತ್ಮமாவின் அவரோಹಣம்	50/-
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ಧ್ಯಾನಂ ವಿಯುಗಡಂ ಎಲ್	50/-
ಕಾಂತಿಕೆ ದ್ವಾರಮುಲು	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)

I suddenly saw the entire Ocean filled with specks of Light, when I connected to 'The Ocean of Light' on 21st November'11. The Ocean stretched in all directions endlessly. We were all floating, with a sense of indescribable Divine Peace and 'beingness' I also began expanding, far more than the others, as far as my perception could go. In that moment I realized that each soul can expand and experience more. Each soul can be the same and yet...more!

- Vidya Virkar

On 7th November'11, while watching the television, I felt Christ's Presence and started receiving energies from Him. I expressed my strong wish to experience God. Immediately He turned to a globe of Light and I was pulled into it. Within a few seconds I saw myself near an Infinite Light. Shortly I turned into Light. I realized that I am 'Nothing' and in the Nothing there is 'Everything'; that there is no difference between me and Light.

- Rakhee

In the volunteers meet on 23-10-2011, Guruji said that we can always be expanded to the size of the whole Universe and be the whole Universe. My eyes were closed as Guruji was saying those words and I experienced the expansion to the whole Universe. It was like a blessing from him. After that day, most of the times my Awareness seems to be expanded very much. Whenever I decide, the Awareness soars, something which was very difficult earlier.

- Sunil Bisarahalli

There was a block in my mindset which prevented me from leading a natural and normal life. Indeed it was a

very big problem for me! I heard Guruji's words about life continuing naturally and moving to the next level, and "till then, why should you suffer?" After I heard these words, I changed my attitude towards the problem. Now, I am more confident and on my way, towards a heart-felt loving experience of cooking.

- Sowmya

In Meditation I sensed that my Awareness had shifted from the levels of body, mind and intellect and gone beyond. I could see myself in the form of Light. I became aware that I am blue Light. There was no feeling of good or bad. I experienced a state of Bliss. It was a state of 'being' I experienced happiness, freshness and many other things which are beyond words.

- Charusheela Birajdar

I started to interact more with my Soul. I have not heard its voice nor have I seen its form, but I experience it every day. It loves me so much; it has an unconditional Love for me and everyone. It responds instantly when I pay attention to my heart region. It pours so much of Love into me and then it moves up slowly, and sits on my third eye, vibrating with Love and patience. The Soul is doing its best to pull all my attention, to see deep within.

- Vidya Vishwamitra

Whenever I sit for the contact session with the Rishis, I can clearly feel the atmosphere around me becoming a little warm, and the tingling sensation of the energies in my palms and at times in my body. It leaves me with lot of happiness and feeling of Love. In these sessions whenever I have asked for help, I have received it within 24 hours.

- Pragti Raaj