



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 8

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REFLECTIONS

Guruji Krishnananda

This is the month, Ashadha Masa, when great energies from the Highest Source come to the earth directly. The ancient Rishis were aware of this and they advised others to spend more time in spiritualization than in the material activities. That is why people postponed marriage, rituals and all other major material activities and spent more time in Meditations. But, as time passed, people forgot the principle behind the postponements and thought that the whole month is an inauspicious period. People forgot that every moment in this month is divine. But, now, as we are entering the New Age, the Rishis are reminding us about the forgotten principle and are advising to spend more time in absorbing the energies from the Source by Meditations.

Amara told us that the Guru is God Himself and the human gurus are His representatives and that they are Spiritual Guides. As I was ruminating about Amara's revelations, I remembered his definition of the role of a human guru. It is, mainly, to connect the students to the real Guru, God. It is to make the student realize and lead him to the real Guru. To help the student experience the Divine. His job is to provide the Knowledge, energies and techniques leading to the Divine. And, this is a very important point, once the student is connected to the real Guru, his job is over because from that state the real Guru will directly guide the student and take him to the Ultimate Freedom and Surrender, the Mukti !

I remembered Amara's words: It is not the job of a guru to control and instruct the student in every detail of life. It is to make the student think and act independently. It is to make him strong and pure. If a student is controlled, he depends on the words of the guru and will never fly. He never takes the risks of taking decisions. He may not fail but he will never succeed in achieving the Freedom which is the ultimate goal in Spiritual journey. A person who is not free cannot surrender, cannot attain Mukti. Freedom and proper exercise of Free Will is very important even in daily life. A cripple can never walk.

I feel, the time has come for the gurus to understand their roles and help their students to walk and fly. ■

**MANASA FOUNDATION (R)**

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

Phone : (080) 2846 5280, 99000 75280 (10 AM to 1 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu
4th Main, Malleshwaram
at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

on Mondays (6 PM - 7 PM)
on Tuesdays (6 AM - 7 AM)

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

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NEWSLETTER

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



17th May, midnight - Residents of Taponagara
gathered to wish Guruji on his birthday.

NEWS AND NOTES

- ◆ Guru Poornima Special Meditation will be arranged at Taponagara on 3-7-2012 at 12 Noon. Those willing to participate in the program may please register their names before 30-6-2012.
- ◆ Around 100 people participated in the Lunar Eclipse Special Meditation arranged at Taponagara on 4-6-2012.
- ◆ More than 450 people had gathered on 20-5-2012 at Taponagara and more than 150 people had gathered on 19-5-2012 at Anekal for Guruji's Birthday celebrations.
- ◆ Newsletter subscription is mandatory for all our students. Please renew the subscription within the specified time.
- ◆ External Guidance registrations should be renewed soon after the reminder is received so that there is no gap in Sadhana.

**Informal Group Meeting with
Guruji on Second Saturday,
14-7-2012 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.**

MEDITATION ON SPECIAL DAYS

03	Tue	Guru Poornima
11	Wed	Krishna Ashtami
16	Mon	Dakshinayana Begins
17	Tue	Masa Shivaratri
19	Thu	New Moon Day
26	Thu	Shukla Ashtami
27	Fri	Worship of Mahalakshmi
28	Sat	Shukla Dashami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Special Meditation and Light Channelling: 12 Noon - 1PM
03rd Tue	Guru Poornima Special Meditation: 12 Noon - 1PM
08th Sun	Shambala group meeting at 2PM
15th Sun	Ra group meeting at 2PM
29th Sun	Group Meditation: 11AM-1PM

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

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

UPDATE ON LIGHT CHANNELLING WORK

- ◆ Many schools where students have been channelling Light regularly are reporting overall improvement in the school results. Many students and teachers are reporting incidences of help from Light in small, big and even miraculous ways sometimes. People are opening up to Light and are receiving Its Grace.
- ◆ With opening of schools after the summer holidays, the Light Channelling activity has gathered pace as our volunteers are introducing Light Channelling to thousands of new children every week. ■

LIGHT CHANNELLING EXPERIENCES

I had been suffering from back pain since June 2011. After taking up Light Channelling regularly, the pain has vanished.

- Avinash Kumar, IV year student, Agricultural College, Madurai

I had accompanied the students on an excursion to Kanyakumari on 22nd November, 2011. We reached there by 11.30 AM. To our disappointment the ferry to visit the Vivekananda Rock shrine was closed due to rough sea. We gathered in a park and had lunch. In the afternoon some primary class children eagerly channelled Light, requesting Light to help them visit the shrine.

Around 4 PM we were ready to leave but the students requested the guide and master to try again. Though it was a long walk, they agreed and soon they sent word that the ferry service had started again. We rushed, only to find a big crowd and the gates closed, but the guide came out with the tickets with special permission from the presiding officer of that office! We were on the last ferry. We meditated in the hall and watched the sunset in a clear sky. We left as the rock was lit up with brilliant lighting to leave a lasting impression of the wonderful energy we experienced.

- Smt. Uma Krishnamurthy, Headmistress, Jnana Bodhini School, Sheshadripuram, Bangalore

TAPONAGARA DIARY

Seema Almel Somayaji

Buddha Poornima, Light Channelling Event, Guruji's birthday celebration and a Solar eclipse - May was full of new energies and blessings. The preparatory activities for the Event reached fever-pitch; immediately after this, the work on books which were to be launched on Guruji's birthday gathered pace.

Guruji's birthday was attended by more than four hundred Meditators. Everything went off beautifully as planned. Taponagara glowed with a celebratory mood. The Residents gathered on the night of 17th May and at the stroke of mid-night we wished Guruji a happy birthday. Each Resident expressed their love and gratitude to Guruji, even those who did not speak voiced their affection for him in their silence; it was palpable. A two-tier cake was cut by Guruji and all those lucky ones who had their birthdays in the month of May. The Residents presented gifts and bouquets.

The Solar eclipse brought Taponagarites together and for six hours Light was channelled to the world like a focussed beam. Time seemed to fly as we approached the last week of the month and we found ourselves attending the Residents' Meet.

A few drizzles brought the temperature down but Tapovana still has many dried plants. Its serene beauty, however, has not diminished, not even by an iota. There is a strong message here - inner Spiritual beauty is unaffected by external looks. ■

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)

06-05-2012

Corruption is everywhere, at every level; think of any system, it is corrupt and we are part of these systems. We have to have a revolution, which will be total, which will cleanse all systems of corruption and all types of imperfections. The revolution is going to take place whether we participate in it or not. It will be a total revolution and the last revolution. If the systems will not change, if people do not change, there will be collapses.

◆

There are many awakenings. One great awakening, which I noticed was in Aung San Suu Kyi in Burma; she sacrificed her own ideals. Maybe, for a larger welfare she chose to take the oath. If she had not taken the oath, sanctions would not be lifted. This is a very noble act. There are such people whom we have to appreciate. We have to begin living like them. We Meditators who want to revolutionise, have to understand these things. The revolution has to begin from us. If not, it will not happen. Perhaps we collapse.

◆

Let the 'guru sangamam' and such groupings which are happening come out with proper agendas, come out with common programs. The Spiritual leaders of the world have to unite and bring out a common value system, to be followed by everyone, which in course of time will replace all religions. I am a person working with the Rishis. We have our goals. We have our dreams. We want many people to join us. I want all of you to observe these things.

◆

I don't hesitate to use the word God because for me God is a reality. Under the garb of Spirituality many things are being done. There is a lot of commerce. So I use the word 'New Age Spirituality'. We are here to pass

on the knowledge from the Rishis. And we are here to help the entire humanity to sail through 2012. The Rishis are Masters. They are not Light workers. There is a great difference between Rishis and Light workers.

13-05-2012

On the night of 6th May, Buddha Poornima, new energies were brought down to this earth by Lord Buddha and were channelled by thousands of people on May 7th when we had the Meet. This energy is being channelled again slowly. These energies help us in many ways. They hasten up the Pralaya processes in individuals and help them to prepare, to transform. They help us first at the individual level to begin with, as Revolution by Light begins with individuals. When individuals change, systems also change, as systems are individuals. These energies help more awakenings in the individual, as we have to awaken more to a higher level. They bring us faster results of our own Karmas, good or bad. These energies are carried by the Rishis and are being given to the leaders of the world as they change the destinies of the world. These energies carry more healing powers. You can consciously think of this energy, pray to it to heal you or your friend. These energies help us in choosing the Spiritual. Spirituality is being good, honest, simple and peaceful. A person can be good without meditating. Meditations are not necessary for him. When you choose to become Spiritual you choose the New Age, and will not hurt others. Check up your own behaviour. Choosing is not just a one-time process. You must choose and hold on to it. These energies help us to choose and also to hold on.

◆

A person made a proposal that a

group should meet in Taponagara and discuss the subtle points mentioned in the book "Descent of Soul" so as to understand them better. It is a very good idea. But I say that we don't do it. It helps but only to some extent. Meditate, read 'Descent of Soul' contemplate in a lone, quiet corner. You will have many more insights.

20-05-2012

Yesterday at Anekal they had arranged the birthday program like today's, very beautifully and with great Love. Instead of saying just thank you, for this Love you have shown to me, I will dedicate my life in helping you in every way.

I am grateful to the Rishis for having extended my life from 1998. It is a great honour for me, as they have given me the opportunity to work during this interesting, exciting period when we are rushing towards the end of 2012.

I am aware that after taking up this work I have touched many hearts, and they are in link with me, though some would have given up Meditations or gone to even other paths.

I am happy that I could pass on lot of knowledge that I received from Amara and later on from the Rishis. I thank Rishis for helping me whenever I write; we have very comprehensive knowledge. All our books are simple. The idea is to understand the Truth.

I am happy that I could introduce the Rishis to every one of you here, those watching the webcast and those who are not with us now.

If you commit any mistake, say sorry genuinely and don't repeat it. It is forgiven. This attitude and understanding is from the Rishis. I am happy to see that in many cases when people lost confidence in themselves, I could work as a mirror and revive the confidence in them. During this kind of interaction and teaching, I

GURUJI SPEAKS

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

began growing. My knowledge is being enriched and my personality is being refined, thanks to you. In a way you are my gurus!

I am very happy that I have built a system which continues this work of the Rishis. I did this consciously. I feel at this moment very satisfied and happy that I could do something. But again this is not the end. There is so much of work and that we have to do. Now I am very confident and hopeful that suddenly if I am not here on any day this Light is carried on.

From now on a new phase begins in the work of the Rishis. A new phase also begins in my life. I have to take up more work at the Astral level. But I will never neglect the work that I am doing now. For this I have to make some sacrifices. I love music; I don't know when I heard music. I love reading some books, some authors. I know in this lifetime I can't read them again. I know there is a beautiful sky outside, beautiful sunsets and beautiful birds here. I hardly come out but I don't regret because I will be doing work. I don't say these are sacrifices but we have to give up certain things to achieve higher goals. When I enter this phase of work some of you who are close to me you too have to make some sacrifices. The sacrifices that you have to make, varies from individual to individual and I know you do it happily because it's for the love of the work, for the love of the Rishis.

We have gathered here not to just learn Meditations and gain knowledge, but there is a greater purpose - it is to work for the Rishis, to help others. Right now our role is to spread the Revolution by Light silently, without imposing it. We are like candles. The job of the candle is only to burn and give light, nothing more. The most important thing is to understand that we are going to have lot of changes at the end of 2012. The destruction associated with these

changes can be avoided, at least minimized by Spiritual means. From today onwards let us take responsibility for our actions. Confide it to your conscience. Accept and change. It is very important that we stop complaining. We have greater help, greater push to choose and change. The only way and the best way is by channelling Light. We are entering a new time frame. For that, Spiritual preparation is required.

On May 7th, Rishis gave a message to the entire humanity through me. I have great Love and respect for the Light workers. But if they can come in contact with the Rishis they will have more knowledge, they can guide their flocks more clearly and confidently.

Light Channels World Movement started on 18th May 2008. 20 lakh children, pure souls, have channelled Light. Let us continue this work. Never neglect your families and do this work.

Ra energies were brought down in 2009 on this day, 18th May. People from Ra Loka and our own Rishis are doing a lot of work. On the night of 18th May the Rishis released doses of these energies to certain areas.

I delegate responsibilities to the people around me; as an individual to Jayant. The Spiritual council formed 3 years ago is alive. This consists of Shyamala Devi, Jayant and Somayaji. And we have the Trust, with wonderful people, who will take care of all administrative matters.

27-05-2012

A family member of a person objected to his participation in the Light Channelling work. He was very sad. At such times my advice would be 'don't do it.' Rishis are the wisest beings in this Creation. We have to speak the Truth always but sometimes we cannot. That is wisdom. This is not the time to

confront the world, but to gather all energies and focus on individual growth. You can't waste energies, arguing, creating ripples unnecessarily in the family. You don't have to compromise and change your life. As far as possible just go along. This is a clear instruction from the Rishis.

A person had purchased a kind of energized water through the Internet. The advertisement says so many things about the energized water, that it helps to improve health and also in many other ways. It also says that it will help in energizing or activating the Chakras. He asked, "Is it true?" You can't drink water and activate your Chakras! When people 'sell' they say so many things. Sadhana is effort, sincere effort. You have to meditate.

This period between the previous eclipse and next eclipse which will be on 4th June is a very important period. This is a period when you choose to change, make up your mind to achieve good and positive things and you will achieve them. Now, all these energies are working. Great changes are occurring. During this period there will be higher awakenings. We will understand things much more clearly when we allow these energies to work. We become very sober and automatically withdraw from the world which distracts. It doesn't mean we cut off. We will know the value of things so that we will make the right choices, choose the right relations; become more mature, silent, dignified. This is the period to become like children, become innocent; to become silent, receive more energies. If possible meditate more. Remove negativities and be aware of the Light around you, God around you. Just open up, the Universe enters you. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The annual fee for English is Rs 2,000, for Kannada, Marathi and Hindi, it is Rs. 1000.

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

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Guruji himself.
- ◆ Sri Jayant Deshpande answers letters written in Marathi.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Shobha K Rao)

My past few Meditations have brought back thoughts of my past mistakes constantly and things that I regret or feel guilty about. Then on 29th April, I think Light gave me the wisdom to understand that I need not condemn myself for things done in the past. I thank every past moment and for those events that have shaped my life and led me to you. I feel released of all my past bitter energies.

- Sandip Banerjee

There were good days and bad days. During the good days, I felt that there was no physical body but only Light. I felt at peace and happy. I still feel calm, happy and at peace. I try to control any moodiness and anger arising and I get over it very quickly. When I feel down, I try to connect more to Light during the day and seek its help and guidance.

- Anne Chapman

Since the time I have chosen to follow the ways set by the Rishis in this Path, I have noticed that there is a clear difference between the ways of Spiritual living and the ways of the world. Intent matters so much in the Spiritual life, probably to a large extent it decides the outcome. What we aspire to gain is unlimited in terms of Universal stock.

- Rakesh Mishra

I used to wonder whether I am eligible for enlightenment. After experiencing myself as a Light body I know that, that doubt comes from the ego. As I am a part of that great Light, that Light will take me home. I only have to be receptive to the Light.

- Geethanjali Balakrishnan

It was very difficult to meditate during a recent health crisis, but I continued as best as I could. I could feel the effects of Light. I felt calm

and felt like the right answers were coming to me naturally. The strong message I got was that this was due to the accumulated effect of long daily Meditations and continuously thinking of Light. I am so grateful to this Path for teaching these beautiful and simple Meditations that are so effective.

- Linda Sawyer

I don't have adequate words to speak about the Meditation in this Path. It is the greatest, subtle adventure of this lifetime. I had to live through these moments of Meditation to know peace, love, contentment and gratitude. The second principle of Shambala has a strange effect on me. It has set me free! Thank you and the kind Rishis.

- Nandita Vijayan

I could sense and experience Grace and Love of you, Rishis and God in my daily life. I feel from the bottom of my heart that if I express my gratitude for the day to day gifts from God, I would not be asking more... A few moments of gratitude in silence has given rise to a change within. I am happy. I thank you all for helping me.

- Ashish Desai

Now, I pause before I respond to any question during any communication. I am not able to react to unpleasant situations; some force stops me from reacting negatively. Earlier, I used to react badly and feel very guilty after that. I observe most of my interactions are happening with like-minded and positive people. My decision making ability has increased and the decisions are yielding positive results. This has increased my confidence levels.

- Praveen Nukala

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: What is the difference between knowledge and Awareness?

A: Knowledge is information, a bank of data. Awareness is the faculty to know it.

Q: Do the energies released during the earthquakes help us to check our Freewill?

A: The energies from the earthquakes purify, they help us to choose and transform. But they do not affect our Freewill. We are the masters of our Freewill. We have to exercise our Freewill judiciously.

Q: Why have you not spoken about 2012 earlier and started spreading the message?

A: We are spreading this message about The Revolution by Light. In 2008 we started the Light Channels World Movement. We have been talking about 2012 since a long time. Only you are not aware of it. We did not speak earlier about it, as people would not have listened to us at that time. The Rishis know when to speak and when to emphasize.

Q: Do you see any changes after channelling Light for these years?

A: I have seen many changes. At the individual level I have seen awakenings. Where there were awakenings there are more awakenings. People are more receptive to knowledge, to changes. People appreciate and choose the higher things. I notice that people are different from what they were two years ago. Even at the global level there are changes. You can see that there is growing intolerance in people towards corruption, injustice, etc.

Q: If Light Channelling is so powerful there must be some results but we don't see any result. We see only corruption and destruction.

A: Light Channelling is a very powerful technique, a very powerful process. Of course there is corruption. But there is intolerance, a fight against corruption. There was destruction even earlier. Even now it continues. When you read the book 'Experiences of Light Channels' you will know the value of Light Channelling. Revolution by Light has begun already. Why not channel Light to yourself and try to see if there are any changes? Why not we attempt and experience?

Q: While channelling Light do we have visions?

A: No. Visions are from the mind. When we properly channel, the mind will be inactive, so the mind will not project visions.

Q: Does Light help in achieving my material ambitions?

A: Definitely yes. Light helps in every way. But you have to make efforts. You can actualize all ambitions, but they have to be reasonable.

Q: While receiving the Healing energies do we have visions?

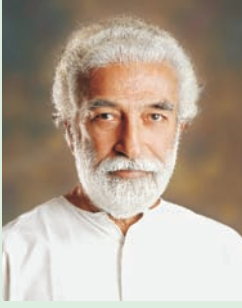
A: When you receive the Healing energies the mind will not be active so there will be no visions.

Q: Why is it my Meditations are dull?

A: The Meditations were dull because of lack of love. Spiritual processes always involve Love. You must love Meditations. We meditate to experience God. You must try to know who God is, have love and urge to experience Him. Then your Meditations will be great. Absence of love makes all Spiritual processes just mechanical and dull. ■

LIST OF OUR PUBLICATIONS

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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.

APEAL

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)

A few times during Meditation I felt that I was only Light, the physical body did not exist and yet I was fully aware. I do not know how long this lasted. During that time there were no thoughts, just emptiness.

-Anne Chapman

On 29th January'12, during Meditation, I could experience the Light and Love. The 108 feet ball of blue Light was seen, it just existed. I didn't do anything and thus was feeling the stillness deep within. I started experiencing it without analyzing. Deep within I knew that I was experiencing the Light. I let it be, and was carrying this feeling even after getting up after the 2-hour Meditation session.

-Vishwas Dixit

The journey to the Photon Belt during the Orientation class had a soothing effect on me. The personality of the Photon Belt spoke saying: 'People are afraid of me. I am not cruel. I love you all. You also have enormous love. Do not think only of yourself. You have to take people along with you.'

-Anjali Patil

I experience an upsurge of energy followed by an explosion of Light. Sometimes I feel great joy and the energy seems to burst at my heart followed by expansion of Light. I feel a connectedness with all life. I seem to worry less about my family and feel protected and nurtured by God. There is a knowing that my future is safe in the hands of my Source.

-Geethanjali Balakrishnan

My whole inner and outer world has calmed down largely. Now I am able to love more, unconditionally, but still not completely. I feel more and more love for beloved Mother Earth.

-Debasis Ratha

Light Channelling helps me to experience that state which is beyond pains. Generally, talking is a tiring effort when one is in pain. But when I talk about Light, there is a great upsurge of energies and I feel very happy. Once the session is over and I walk out of the room, I become vulnerable to pains.

-Padmaja Balaji

This system will be taken over by that 'power' someday. It knows how much and at what intervals the energies are to be pumped in. Now this energy takes over the entire head so beautifully, it takes me higher and higher. I merge into something great, and powerful. Then my body follows. The expansion happens. I am also plugged into this field of energy, through which I have a feeling that the communication will start happening. This entire process is really touching!

-Vidya Vishwamitra

Hate used to build up in me when I thought of a friend of mine whom I did not like. I felt ashamed of my negative thoughts. I wanted to put an end to them. So before sleeping I prayed. I forgave her with all my heart and sought forgiveness for my mistakes. In my dream I saw myself cleaning a very dirty bathroom. It was so real. I knew my bad thoughts had got cleared. I do not hate her any more.

-Vasuki Alwar

Before joining this Path, I was suffering from a nerve disorder. It was very painful at night and I was not able to sleep because of the pain. It was very difficult for the doctor to diagnose it and give the treatment. I started practising Shambala principles according to your instructions. Now I am recovering from this nerve disorder. I thank Guruji, Rishis and Light.

-Bharath S