



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 6

MAY 2012

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## REFLECTIONS

Guruji Krishnananda

The Revolution by Light is happening. Now, we take it to the next level. Expand it. The Revolution begins with an awakening. We awaken to the realities. Realities of Life, Death, Creation, The New Age, The Great Changes at the end of 2012..... There are many. We also awaken to the realities that are perpetuating corruption, exploitation, violence etc. We awaken to the reality that we are not helpless. We have the Light to help us.

After the first awakenings, we reject corruption, exploitation and violence mentally. When many of us reject these, waves of strong vibrations build up and work at a subtler level. When we channel Light, the corrupt systems begin to collapse and new systems begin to evolve. I see the beginnings of the Revolution by Light when corrupt acts surface, when people no longer tolerate rapist teachers and beat them up and when people reject terrorism.

The Revolution by Light is a silent one. Non-violent. Non-political. Non-religious. Non-physical. It is not confined to a nation. It is global. We are not alone in this great Revolution. Many Astral Beings are with us. They guide, support and lead us from the Astral level. Not many of us can know their workings. But, it does not matter. We need not know all. We can never know all.

To an Invitation to join Mass Channeling of Light on May 7<sup>th</sup>, from 7.45 PM to 8 PM (local time), ushering the next phase of the Revolution by Light, posted on our Website, we are receiving great responses. People find this new, may not completely understand how it works, but they say : we join this Revolution by channeling Light from our own places. I say : thank you. Please spread this to others. Every soul responds because this is a Movement at the level of the soul. Light touches the soul, touches the conscience. The soul grasps and responds to the call of the times : A New Age, A New World.

I appeal to every soul on this earth, channel Light on May 7<sup>th</sup> and do not stop with this. Channel Light every day.

Light brings Peace, Love and Perfection to the Individual first and in the outer world later. Light brings miraculous changes in us, helps us in every way and transforms us into Universal beings.

Let us take this seriously. Let us not waste time. Let us build up this Revolution by Light. ■



### MANASA FOUNDATION (R)

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e-mail : [info@lightagemasters.com](mailto:info@lightagemasters.com) website : [www.lightagemasters.com](http://www.lightagemasters.com)

**MEDITATION CLASSES****Held in Taponagara**

on Sundays (10 AM - 11 AM)

**Held in Bangalore city on**

**Sundays** (7 AM - 8 AM)

at Anjaneya Temple  
Mahalakshmi Layout

**Mondays** (7 PM - 8 PM)

at Anjaneya Temple  
Mahalakshmi Layout

**Tuesdays** (7 PM - 8 PM)

at Sri Aurobindo Complex  
1st Phase, J P Nagar

**Wednesdays** (7 PM - 8 PM)

at Arya Samaj  
C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

**Thursdays** (7 PM - 8 PM)

at Devagiri Venkateshwara  
Temple, BSK 2nd Stage

**Fridays** (7 PM - 8 PM)

at Indian Heritage Academy  
6th Block, Koramangala

**Saturdays** (7 PM - 8 PM)

at Hymamshu  
4th main, Malleshwaram

**Held in Anekal**

on Mondays (6 PM - 7 PM)

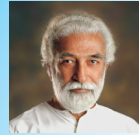
on Tuesdays (6 AM - 7 AM)

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

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along with the Subscription  
amount.



Guruji  
Krishnananda

**CHANNEL LIGHT DAILY**  
REMOVE CORRUPTION, VIOLENCE



**JOIN**  
**LIGHT CHANNELS MEET**  
**ON 7<sup>th</sup> MAY 2012, MONDAY**

from your own place

Channel Light for 15 minutes  
from 7:45 pm local time

or at

Chowdiah Memorial Hall from 7pm

**TO REGISTER CALL 099000 75280**

Live webcast of the event begins at 7pm IST

[www.lightchannels.com/RevolutionByLight](http://www.lightchannels.com/RevolutionByLight)

**NEWS AND NOTES**

- ◆ Guruji's Birthday will be celebrated at Taponagara on 20-5-2012. The last date of registration for participating in the program is 15-5-2012.
- ◆ Two books - Guruji Speaks (Vol. 5) and Marathi translation of the book "Master-Pupil Talks" by Smt. Prerana Kale will be released during Guruji's Birthday program on 20-5-2012 at Taponagara.
- ◆ The fourth Anniversary of our Saptarshi Dhyana Kendra at Anekal was celebrated on 2-4-2012.
- ◆ More than 250 students participated in the Orientation Class held on 4-4-2012 at Taponagara and through webcast.

**GURUJI'S BIRTHDAY CELEBRATION  
PROGRAM**

**20-5-2012, Sunday**

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

**Guruji's Birthday will be  
celebrated at our Saptarshi  
Dhyana Kendra, Anekal on  
19-5-2012, Saturday at 11.30AM.**

**MEDITATION ON SPECIAL DAYS**

01	Tue	Shukla Dashami
06	Sun	Buddha Poornima
13	Sun	Krishna Ashtami
18	Fri	Guruji's Birthday Light Channels World Movement – 4th Anniversary
19	Sat	Masa Shivaratri
20	Sun	Guruji's Birthday Celebration New Moon Day
21	Mon	Solar Eclipse: 2.26AM – 8.19AM
24	Thu	Lord Kalki's Birthday
29	Tue	Shukla Ashtami
31	Thu	Shukla Dashami

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM to 12 Noon Special Meditation and Light Channelling: 12 Noon to 1PM
13th Sun	Shambala Group meeting at 2PM

**There will be no class on 7-5-2012,  
Monday at Anekal and  
Mahalakshmi Layout Centres in  
view of the Light Channels Meet  
held at Chowdiah Kalakshetra.**

**Informal Group Meeting with  
Guruji on Second Saturday,  
12-5-2012 from 11AM to 1PM.  
Those interested may register  
their names with the office.**

## UPDATE ON LIGHT CHANNELLING WORK

- ♦ When a Light channelling session begins in a school, a crowd present there, becomes silent. Children and teachers experience peace. The grasping power of children improves. These are actual experiences of the children and teachers who have taken up channelling of Light with faith and sincerity.
- ♦ The whole nature and living beings are ready and waiting. Waiting for the human beings to get ready!
- ♦ Channelling in schools continues regularly in more than 900 schools, as our volunteers introduce channelling to more than 20000 additional children in 74 new schools in March 2012. ■

## LIGHT CHANNELLING EXPERIENCES

In a school, when I started giving the details of channelling, a crow flew in through the window and sat on the fan. It was making a lot of harsh and deafening noise. But when we started channelling, the crow became still. It looked as though it was also channelling Light. During the entire session it was in the same motionless posture and when the girls started talking after the session, it quietly flew out of the window.

–Rajalakshmi, Volunteer

When I was channelling Light, I found the desks and benches of my classroom radiating Light.

–A Student, Std. IV, Kendriya Vidyalaya, Sadashivanagar, Bangalore

When I sit for channelling Light, I hear the noise around me but still I am at peace.

–Atish Arun Gaekwad, Std. VII, Balwikas Corporation School, Pune

My class children are concentrating on their studies and have improved their memory. They have improved their moral, physical and mental behaviour. I can say Light channelling has helped in their all round development.

–Smt. Ranganayakamma K. S., Asst. Headmistress,  
Women's Peace League Hr. Primary School, Bangalore

## TAPONAGARA DIARY

Seema Almel Somayaji

Many years ago Lord Krishna instructed Guruji to build Taponagara in Chikkagubbi village. With a tiny piece of land, a near empty pocket, a heart full of dreams, and most importantly the Holy Ashes of Amaraji, Guruji built this abode of the Rishis. Guruji - a Master with a Divine mission was not limited by the man he was with meagre means. He started building Taponagara with Meditation Classes; with the power of his Meditation and the purity of his heart he anchored rare Energies like Kundalini, Cosmic and Ra Energy. He built Meditation Halls for each of the Energy. Guruji adorned Taponagara with Tapovana and at his behest the Saptarishis made their personal Energies available. He built the protective Manasi field.

Guruji's students became residents. He presides over the house warming ceremony of each resident. With an ever increasing number of Taponagarites Guruji has nurtured this place into a Community. Love and freewill are the foundational rules set by him. Each brick in Taponagara throbs with Guruji's energies.

One of the most important projects Guruji works on is his students. He continues to build Taponagarites - both resident and non-resident. His sacrifices and ceaseless efforts to build the Light Age in individuals and in the world at large have only gathered pace. History bears testimony that he will not stop until his mission is accomplished. Our birthday gift to him can only be living his vision of Taponagara, which is synonymous with our Guruji. ■

## LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

**Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.**

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit [www.lightchannels.com](http://www.lightchannels.com)

## SHAMBALA PRINCIPLES

These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. They live in Peace and Perfection without ageing.

- 1 Experience the Light in your Core and spread it around.
- 2 Experience and spread Love.
- 3 Experience the Oneness of Life in everyone and everything.
- 4 Carry on the daily activities first in mind, then verbalise it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising talks about it.
- 6 Gear up the body, mind and intellect to fight out the negativities.
- 7 Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.

## GURUJI SPEAKS

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

04-03-2012

The practice of experiencing the Ocean of Light is enough to take us to the highest state. But, we have to practice longer and more importantly allow its influence to work on us.

Each one has a higher self. A part of the higher self now wants to come down, operate, help the individual and this beautiful earth. This is a very beautiful revelation. When we change there will be changes on the earth. Somehow we are not allowing this to happen because we have a lot of our baggage, negativity to begin with. Don't blame or condemn yourself for this situation. We have spent 5000 years in Kali Yuga. There are so many negativities. We have to first identify the negativity then throw it out. It is not easy. Let us begin making the effort.

We, the people under the Rishis have to build up a Revolution by Light by channelling Light. This Revolution is important because it supports all other revolutions. Those that were initiated, movements like the anti-corruption movement and what began in Egypt, are yet to give the results. The Revolution begins now, by first channelling Light to your house, your people, your locality and then to the whole world. We can channel Light to leaders and to places where there is great turbulence.

A student reports that whenever he sits for Meditation, the owner of the house switches on the pump-set, which makes horrible noise. One day he must have prayed before Meditation. Suddenly someone switched off the machine and the disturbing noise stopped. He thanked God. We have to become alert to notice that the Universe helps us in such small details.

Amara said, "Whenever we see people suffering around us, and we

cannot do anything for them, send Love; that is enough. Don't feel guilty that you haven't done more. Perhaps you have your own reasons and limitations." This is a very important point to note. To feel compassionate is a wonderful act.

While practising Light channelling, a person is able to see the Light filling up room by room, the whole house. It is good. He is also trying to establish contact with angels. Never attempt these things. He could be contacting the roaming spirits and not angels! They will create problems and one can't get rid of them. We must contact Rishis, who guide us.

11-03-2012

A person wrote to me saying that whenever he meditates he links with Amara. I personally suggest that he should not do it. Send your Love to him but don't disturb him.

In an experience a Meditator saw the proceedings and lot of details of the Light Channels Meet of May 7th. There were several messages for me. But why did the Rishis choose an experience to send me messages? That is their way, they are mischievous!

A bright Light is seen in a photograph taken by a person, of one of the Chakra Mantapas in Tapovana. This is also to remind you that you can also make use of the Mantapas and absorb the energies stored below them. We neglect things that come to us easily.

Each one of us has experienced small and big acts of Grace. We don't notice most of the time. And when people notice it they feel thrilled, they feel ecstatic. A person went into the Cosmic Tower. When she came out, she saw bees flying near the door. She closed the door because long ago she

had a very bad experience of being attacked by bees. She sat down and prayed. After 5 minutes when she came out all the bees were sitting in the hive! She felt thrilled with this act of Grace.

Whenever you get something, that is good and valuable, you will also have something which is testing; it's a package. If you meditate and if you are careful, you will avoid the negative impact. But sometimes we also get gifts from God, which will be purely the act of Grace. You must begin to observe all these things. All gifts are from God only.

Sometimes when we become aware of our past and future, we get inspiration from the past, feel excited about the future. We have to grow and make this present also as magnificent as the past or the future. Let us try this honestly.

You don't have to specialise in Astral travel, telepathy and living on Prana. You don't have to make efforts to make this body, Light body. It is very important to choose Love. Check yourself whether you have chosen Love from the level of the Soul. Then all these things, everything comes to you automatically. Make your effort. If you have difficulties come to me.

It's easy to establish contact with angels; they don't know you, you won't know unless they come near you. But, it is more important to first establish contact with the human beings around you.

We are trying to contact the other Light workers for the May 7th event. It will be more an Astral event than the physical event. But we will try to involve the maximum number of people to channel Light on that day. I will let you know the details.

## GURUJI SPEAKS

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

18-03-2012

As you understand the Spiritual realities better and better, become aware of the happenings now and of the future, a conscientious person naturally feels that he is a misfit in this world, where there is so much of injustice, corruption and all such things. We cannot do anything other than channeling Light. The challenge here is that you have to live in this world. Not that you have to put up. You can't fight always. You have to compromise. You have no choice. Have enormous love, patience. There will be lot of things happening inside you, because of the various energies that are available here; a kind of dejection, hopelessness may enter you, which may push you to a kind of detaching from the material life. Never do it. There is hope because very shortly all this is going to change. So till that time carry Light, spread Light. You have to organise your material life very carefully so that your Spiritual life is not affected.

To reduce sleep we have to meditate more and practise more of Shambala principle One. And wait for some time.

In future, we may not be meditating all the time, but we will be experiencing God in different ways. It is very difficult to speculate that life from this point of time. We reach such times. We have to wait for it.

If you receive a genuine instruction from a Rishi, at the Astral level, do not follow it. Please crosscheck with me. Sometimes I have seen the dark entities posing as Rishis and giving instructions.

Shambala principles are wonderful. But you can't speak about them on every occasion, everywhere. Do not speak about them when people are not inclined to listen.

Humility has to come from within. You don't want to be humble and you

ask me to make you humble. Somehow we play this kind of drama within ourselves, fooling ourselves. Be honest and accept your shortcomings.

Sometimes when you feel frustrated, instead of grumbling, complaining, face the situation at the physical level. You have to design the way. It is possible. Never lose hope. We are with you.

If you fail to intimate us about your inability to attend the Shambala class, you will be removed from the group.

25-03-2012

When our own Karmas come in the way of healing, we should persist. We should also request the Karmas to oblige. Tell them 'please help me to take the Light to the affected part and get over the pain, the sickness.' The Karmas cooperate, they oblige. Talk to the system. Approach the system with Love; every entity in the system cooperates.

I remember Amara telling us that when we begin Meditations the body, mind and the intellect will not cooperate, for the simple reason they are not used to a discipline. Meditation is a discipline. He said that we should not fight with the system. Request it, cajole it, tell it 'please help' and firmly persist. Approach the system with love; body, mind, intellect. They will oblige.

It is amazing to hear that when a lady channelled Light for the first time, she could see the Light. Add Love to any practice, any effort, any relation, you see wonderful results. Such instances make all of us feel so happy.

A lady wrote in a mail that she began sending Light to a person who was unwell. Her elders who don't believe in these things, silently joined

her! Where there is Love everything happens. A person who has taken up Meditations recently can have such wonderful experiences. It depends on the intensity of the application or the effort.

We have the Light Channels Meet on May 7th. We will give you lot of details. We are working on that. We want to involve millions of people from all over the world to participate in this event, to channel Light on that day from 7.45 PM to 8 PM (local time), from wherever they are. We had the first such program in Koramangala Indoor stadium. It is a continuation, and we want to take the Revolution by Light to the next level. I want every one of you to not only participate, but also do your best to spread this message. It will be a Total Revolution and the Last Revolution. After this Revolution we have the New Age, nothing less than that.

We have gathered under the Rishis to work, to build up this Revolution by Light, to bring in the New Age; to take the whole earth, all life and every human being on this earth to the New Age. That is our work. That is why we have to take this up in a very passionate way.

Energies were released on 1st of January 2012 and again on 23rd, Ugadi. Each one wants peace for himself and for the whole earth. This kind of craving for Peace and Love comes from the soul. These energies work and they awaken. They awaken us from the level of the soul. All these energies support each other. There will be more awakenings at the level of the soul, as awakening is a continuous process. There will be more awareness, more Love. There will be more and greater opportunities to change, and to change quickly. We have to notice and grab them and make the onward movement. ■

## 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.

## GURUJI – THE GUIDING LIGHT

Shyamala Devi

Guruji came with a mission the mission of setting up the centre for the Hierarchy on this earth and guiding humanity to New Age. The Hierarchy work through him. He also has many responsibilities like bringing down the Knowledge from higher planes without distorting it and bringing down Energies that are required for the time, giving the right interpretation to the distorted knowledge over passage of time, educating people to sail through intense Pralaya period and 2012, etc.

The work of guiding people into New Age which begins in every cycle once in 51000 years always starts with his Guru, Amara, and he continues the work. The work is huge, beyond anyone's imagination, requiring lifetimes of preparation and training. With such solid background Guruji had to undergo lots of trials and tribulations in his life to build the Rishis' Centre. Guruji says, "Rishis allowed all that to test my steadfastness to the work and the Rishis." Also by choice Guruji chose the hard way.

Guruji was chosen for work at Astral levels. Working at other levels, guiding and training people in Meditation at this level, living this life to the fullest, he reached a very high level in Rishthood. His simplicity and unassuming nature belie us and we take him for granted as one among us. Masters are such, they never proclaim about themselves and mingle with all spreading Light silently.

The Light Master, Guruji, as a part of his mission on this earth launched the Light Channels World Movement in 2008 much before anyone talked of the necessity of filling the entire earth with Light which has the power to awaken and bring in a new Awareness in humanity. Only a true Master knows what and when to give, working tirelessly all round the clock. He is the hope of the world, the guiding Light of humanity. ■

## GURUJI

Jayant Deshpande

While I was reflecting on Guruji's life, his struggles, the humiliation he had to face, I wondered why did he go through all these. Knowing very well that taking birth in this world will cause him such pain, why did he take birth? Masters like Guruji, take birth for us, the souls stuck up here. It is difficult to fathom the depth of their love for God, His creation and for the souls who are entangled here. Somebody has to help these souls and Masters like him come down willingly, knowing fully well that their Love may not be understood completely, may not be reciprocated.

A great writer once said that he writes with the blood of his heart and when people are insensitive to his writings, it hurts. Guruji has built Manasa with the energies of his soul. He has poured out unconditional Love of his soul in building every aspect of Manasa. Manasa is not just a few structures. Manasa is people, energies and knowledge. Guruji's soul shines through every bit of Manasa. The knowledge has his personal touch. The personalities in charge of energies here, are here because of their love for Guruji. Even the people are here because of their love for him. Their existence gets a purpose because of him. Our destinies are influenced by him and if we can surrender completely, our destinies will be created by him. And what a beautiful destiny that will be.

It must be a great satisfaction to see people responding to his energies and growing and at the same time it must also be sad to see people not responding, struggling. But he remains ever hopeful, giving opportunities after opportunities. He has to always work on the imperfect souls. That way his work remains challenging forever. ■

**GURUJI**

Apoorva Deshpande

I see the cursor on my laptop blink continually as if gently coaxing me to start typing but I am lost for words. I feel almost burdened by the responsibility of describing a man who is nothing short of a miracle in all our lives. As I flip through the channels on TV, I come across a channel where a baba is giving a discourse. There is a gargantuan podium and barricades and police fiercely guard the baba. The seating of the followers begins a good 100 feet away from the baba. And the first thought that crosses my mind is, how inaccessible the baba is to his followers. Inaccessible at all levels, Spiritual and physical.

The scene in Manasa is so different. We don't have to crane our necks or sit under the boiling Sun to catch a glimpse of our beloved Gurujii. There are no starry airs about Gurujii. As a kid, I remember, Gurujii paying just as much attention to my childish questions in comparison to the attention paid to questions asked by an adult. He never belittled my questions. That speaks so greatly of him.

Gurujii often says that it is the small actions of the person that speak leaps about him. Gurujii is perfect in every small detail of life. Every action, every word uttered by him has so much finesse, so much love. Gurujii has nurtured us just as a mother would. He is tough with us at times but there is so much love and genuine concern behind this. There are many instances when we leave Gurujii utterly disappointed by our behavior but he has never given up on us. A person of Gurujii's stature chooses to walk along with us, supporting us in every step, picking us up when we fall because his intention is to see us grow and reach newer heights. ■

**GURUJI, AN EXTRAORDINARY PERSONALITY**

Sunita Deshpande

I have seen people changing the shades of their attitudes, behaviour and nature. I have seen seasons changing, objects getting obsolete, situations changing their stance. But I have seen a personality who is as cheerful, loving, patient and tolerant even today, as he was when I first saw him years ago. That is our Gurujii. Even today he works on us with the same Love and zeal that he had when we first met him.

He is slowly giving shape to our personality. A sculptor has to put his soul into his work, and work patiently, only then the sculpture takes a beautiful shape. Gurujii is working with the same zeal to make the beauty of our spirit shine through our personality. Because of our egos and stubborn attitude, there may be failures but he does not yield and works with a new vigour every time and finds new ways to motivate us. ■

**OUR SPIRITUAL FATHER**

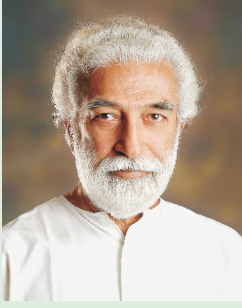
Vaishali Joshi

Gurujii, our Spiritual father has a relation and a special bond with each one of us where there is manifestation of Divine Love at all levels. His Love for us is unconditional, non-judgmental and forgiving, and does not change under any circumstances. At the same time it is not blind and does not compromise but educates when we err, to help us grow spiritually. He allows us to learn our lessons at our pace, giving us opportunities, guiding and helping at all times, waiting patiently for us to overcome the struggles of our lives and Sadhana, grow and become perfect.

Though he is a Rishi bestowing innumerable benefits on us he has a simple expectation that we meditate, transform ourselves and become Light Channels, and is ever guiding us towards attaining perfection and seeking the ultimate experience, God. ■

**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.

#### **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 the night of 2nd March 2012, I dreamt that the entire Manasa family and many people had gathered inside a big hall. In the centre of the stage Guruji was sitting and discussing something with some people. Our volunteers were busy making arrangements for the function. Before Guruji started the meeting I felt we were sitting inside a Church and praying to Jesus Christ. When I woke up, I experienced Peace and Love. Later, Guruji told that I had the Vision of the Light Channels' Meet to be held on May 7th 2012!

– **Kamal D**

In summer we can't escape from the attack of mosquitoes from the vacant site next-door. One morning when I sat for Meditation the mosquitoes started buzzing around my ears and biting me. After a few minutes, when I couldn't bear it, I requested them, 'Please allow me to meditate. After an hour, I am all yours.' They went away! And I could meditate well.

– **Rani Sawade**

On the 8th death anniversary of our dear son, I chose to spend the entire time in stillness. The moment I prayed to the Light, I entered a deep, meditative state of peace and calm. At the end of the ceremony, I saw myself walking up to the Divine Fire and bowing in reverence. I realized later that, I had never moved and continued to meditate much after all the others had left! I knew that the entire process had taken place at a different level and the whole experience had opened an entirely new dimension for me.

– **Feroza Pandey**

I am offering courses to the students of Agriculture faculty. In

July'11 and December'11 during the University exams, I asked the students to make a strong intent to pass with good marks and channel Light for 3 minutes before writing the examination. Both times it worked very well. All the students passed with very good marks!

– **Swaminathan**

I was standing near my car which was under repair. A leaf from a banyan tree fell inside the car. I looked at the leaf and then at the tree. There was a connection with the tree. It responded. I experienced Oneness with the tree. Instantaneously, I felt connected to the tree, God and everything. I was surrounded by God and full of God.

– **Sunil Bisarahalli**

My husband and I were out, and I was thinking of getting my mobile recharged. But seeing the situation, I just kept quiet. I was pleasantly surprised when I got a message on my mobile informing me that a recharge of Rs. 100/- was in my balance! I have no idea, who did it, as nobody even knew that I was planning to get it done. I thank all the Rishis for monitoring and helping me. It is absolutely unbelievable!

– **Nandita Patel**

Recently, we visited a family who has a baby. The baby was playing on the cot. And our conversations moved to the Yugas. I highlighted that we are stepping into the Golden Era again. And every time, I would mention something of this kind, the baby would stop playing and smile at me. First I thought it was an illusion but it happened every time I spoke about Satya Yuga!

– **Jaspreet Kaur**