



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 11

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REFLECTIONS

Guruji Krishnananda

A person asked me “there are only three months for December 2012. Is it enough for me to prepare for the Changes?” Once a person asked my Guru, how much time would it take to surrender ? My Guru replied that it takes less than a minute ! He explained, you have to genuinely and wholly intend. For that it does not take more than a minute.

Preparing for the Changes of December 2012 is a Spiritual process. We have to spiritualise to enter into the New Age. Spiritualising is becoming good, honest and peaceful. To choose to become Spiritual, does not take more than a minute. Choose and hold on to it. This is what I have been telling everyone. People are listening and attempting. Some have chosen. Some are attempting. Some choose and go back to the old life. Many are not aware of this.

For those who are not aware of the December events and the importance of choosing, our Astral Light Workers are meeting them at the Astral level and are helping to prepare. They may not be aware of these happenings at this level of Awareness. But, I say, it is not important. At any given time, we will not be aware of the happenings at the Astral level. But we will be following the teachings at the Astral level and also at this level unconsciously.

The Rishis are holding classes at thousands of places at the Astral level and are preparing people for the huge Changes expected at the end of the year. Many are awakened to the new realities. It is the leaders that do not accept the probable Changes. Leaders and people in power of all systems are the last to accept. Systems like political, religious, educational, medicinal, social etc. If they change fast they can facilitate to bring about the Changes. But they are not ready. It is always the few in positions of power that waged wars or worked for the welfare of the mankind.

I expect all the systems that are corrupt to collapse. They have reached such points that they cannot be repaired. That is why destruction cannot be avoided. Destruction of the systems and people who hold on to them.

The Rishis who are monitoring and working for the Life after 2012 are aware of all these. They have plans for the Life after 2012. They may reveal them to us or may not do so. But, this is certain that those who have chosen are taken care of. ■

**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.

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/
PRAKASHMARG(Marathi)**
Newsletter Annual Subscription Rs. 300/-
DD should be sent in favour of
'Manasa Light Age Foundation'
Money Orders are not accepted

NEWSLETTER

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

NEWS AND NOTES

- ◆ During Amara Maha Samadhi Program at Taponagara five books were released – Pyramid Revelations, Guruji Speaks Vol-6, Channelled Knowledge from the Rishis Vol-3, iGuruji Vol-7, and Kannada translation of Light Body and Other Realities.
- ◆ More than 350 and 70 people participated in the Amara Maha Samadhi program held at Taponagara and Anekal on 26-8-2012 and 25-8-2012 respectively and took blessings from Guruji.
- ◆ Webcast of Guruji's Sunday classes are meant for students who meditate regularly and send their practice reports regularly. If the practice reports are not received at specified time the webcast facility will be withdrawn.
- ◆ Regular students should renew their subscription for newsletter soon after they receive intimation.
- ◆ A team of 20 volunteers is working very efficiently to spread the Revolution by Light on the Internet.
- ◆ With their sincere efforts, we are able to reach more than a million people through Facebook, Twitter, Youtube and some blogs where we post regularly. The blogs and the URLs are as follows:
<http://lightchannelsworldmovement.wordpress.com>
<http://lightchannelsworldmovement.blogspot.in>
<http://www.speakingtree.in/swami.krishnananda>
<http://www.tumblr.com/blog/lightchannels>
- ◆ On facebook we have Guruji's facebook page and there are other pages as follows:
<http://www.facebook.com/ExperiencesofLightChannels> (Fans Page)
<http://www.facebook.com/QuotesfromtheRishis> (Fans Page)
<http://www.facebook.com/groups/lightchannelsworldmovement> (Facebook Group)
- ◆ Important points from Guruji's Sunday lectures are posted on our blogs, twice every week.
- ◆ Short clips covering important points from Guruji's Sunday lectures are published on Youtube. More than 40000 people from across the world have watched these videos. The videos are available on
Youtube – Video channel name – ManasaFoundation
Disclose TV – Video channel name – ManasaFoundation
- ◆ We are posting messages frequently on Twitter. Our Twitter handle is @light_channel.
- ◆ Apart from these we are spreading the awareness about Revolution By Light through LinkedIn, Google+, Orkut and flicker.

MEDITATION ON SPECIAL DAYS

08	Mon	Krishna Ashtami
14	Sun	Masa Shivaratri
15	Mon	Mahalaya Amavasya
16	Tue	Navaratri Begins
20	Sat	Worship of Saraswati Devi
22	Mon	Durgashtami
23	Tue	Maha Navami Ayudha Pooja
24	Wed	Vijaya Dashami
29	Mon	Full Moon Day

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

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM - 12 Noon
Special Meditation and
Light Channelling:
12Noon - 1PM

**Informal Group Meeting with
Guruji on Second Saturday,
13-10-2012 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.**

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

UPDATE ON LIGHT CHANNELLING WORK

(Compiled by Jayant Deshpande)

- ♦ The Principal of a school was very reluctant to introduce Light Channelling in his school, but somehow gave permission to conduct a session. After the session, he requested our Volunteers to conduct the session three more times in the same week! In another school, students of a particular class were known to be very mischievous and difficult but when our Volunteers visited and told them about Light Channelling, they listened patiently and also channelled Light silently!
- ♦ The Light carried by our Volunteers touches the individuals somehow and opens them to Light.
- ♦ In the month of August our Volunteers were very busy covering hundreds of schools. They conducted 500 sessions where 1.75 lakh children channelled Light. This was in addition to more than 4 lakh children channelling Light almost daily during their daily school prayers. ■

LIGHT CHANNELLING EXPERIENCES

I feel a lot of positivity being filled and blooming in me. Whenever I do Light Channelling I experience the bright Light in my head. The problems I face are the same but I feel that they are very very small and I am not affected by the negativity or criticism towards me. I am in bliss.

- Srikala, BBM Student, Seshadripuram College, Yelahanka

We were given a lot of assignments in the class. People around me were very competitive. It was a project on financial system and we had to do a presentation on it. I don't know much about graphics and other things. I told Light about my problem and prepared the slides. I gathered information from various places, gave examples, and got huge confidence. When I was on the stage, I remembered the Light for about a minute and It made my day! My presentation was extremely good! I got good comments from my teachers and friends. It was a miracle! I love Light. It has given me huge energy and support and is an inevitable part of my life.

- Kavyashree R., B.Com Student

TAPONAGARA DIARY

Seema Almel Somayaji

Lord Krishna's Presence descended into Taponagara, as well as the world, on Janmashtami Day. Special Meditation was organized; later in the night, Taponagarites, both resident and non-resident, were taken astrally to Vrindavana to receive Lord Krishna's blessings.

On 25th August, Maharshi Amara was welcomed back to his Taponagara. Though this day marks his departure from this earth in 1982, it has come to become a day of his visitation to his permanent abode. He lives on an earth in Andromeda Galaxy but he also lives here in the hearts of Taponagarites. Each house here has his photo in great reverence. On 26th August, which was a Sunday, Amara Mahasamadhi was commemorated. All the preparations were timely, five books were launched and more than three hundred and fifty Meditators received personal blessings from Guruji.

Monsoon is yet to shower over Taponagara and quench its thirst. Yet, water scarcity is not a problem, each household gets just about as much as it needs.

Taponagarites had dinner together after the Residents' Meet as usual, the next day they enjoyed lunch together at Mr. Chandran's house warming ceremony, and a day later at Mr. Bhagwat Kumar's beautiful new house. In all these memorable get-to-gathers, conversations with Guruji led to new insights into our role as a part of the project of the Rishis. Taponagara lives in the Light of Guruji, and through him, in Amara's Light as well. ■

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

05-8-2012

A very beautiful observation was made by a person. He told me that people who live in Taponagara may appear ordinary. But these seemingly very ordinary people suddenly behave in a very magnificent way, like angels. And we have to admire such persons. This is happening in Taponagara and also all over the world. People ask me 'how do I know that I have chosen Light?' When people behave though rarely, in a very magnificent way it means that they have chosen Light.

—◆—

A person wrote to me a long mail asking about what should be done when collapses occur. He wanted to know a lot about post-2012. We have talked of the probables. Many things are yet to be decided, like the degree of destruction to be allowed, whether there should be destruction or no destruction. We have been given a lot of knowledge, techniques, energies and very simple and clear instructions to prepare for the 2012 end events. Spiritualise and cultivate goodness, that's enough. We sail through or we will be taken care of. I visualise a situation where every human being will be contacted individually. Rishis have several plans. We don't know which plan they will follow. It depends on how many of us choose and change. I wrote to him to be patient and spiritualise. There is one more part not related to the 2012 events. Many things happen in the Astral world every day, every minute; we will not come to know maybe about 98% of it. And we need not feel sorry about it, as we are not expected to know. The body is a limitation. We cannot grasp higher truths. You will know only when you meet people who have left their bodies. They say "Oh God there is so much to understand. I am very happy I left the body. The body crippled and blinded us." That's why we have to come out astrally. At the

Astral level we understand so much and when we come back to the body we may not remember all those things. It is not required. But, it is important to note that what we know and experience there somehow impacts our life here.

19-8-2012

Every word and sentence spoken here is meant to be practised. I have been saying this for a long time that before the Rishis say something they always practise, experiment for quite some time, sometimes for thousands of years and as far as possible they simplify it. Only then they pass it on to us. Whatever we speak here is practiceable. This Path is the greatest opportunity ever given to mankind. I am doing my job, whether you make use of it or not, does not bother me. Sometimes people ask questions for which they know the answers. I sometimes wonder whether these questions are being asked just to test my patience.

—◆—

Light is the first manifestation from the Unmanifested God. Darkness came out later. Darkness is not the absence of Light. This is very important to understand. Darkness is a special entity. Like Light there is darkness. This darkness is a field of energy. Go after Light, experience Light. The darkness will play its role- it will create doubts, bring in lot of confusion, particularly when you read books. It prevents us, deflects us from moving towards Light.

—◆—

You are seeing so many strange things happening all around you. This is turbulence. It may not directly hit us but somehow everyone will be touched. We have to gear up by meditating, understanding and expanding more. It is only then that you can accept and face any situation. We should take it as a test. If you are strong ethically, you will take the right decisions and pursue them. If

you are not aware, you yield and you go through pain or pleasure. This is the time to be more alert, aware and expanded. Live in the Light of Love. Only when you have love, wisdom, you are honest, right, you can be very courageous and live a proper life.

26-8-2012

When 5 or even more people speak here somehow they don't repeat the points, though they wouldn't be discussing, what to say or not to say. That's amazing. It indicates that there is a higher intelligence which works through all of us.

Thirty years ago Amara left us. From that day, he always gave a hint or unusual knowledge whenever I contacted him. All these years I have not missed my Guru because he is always in link with me. His energies are always with me. He gives me perfect instructions, guidance. He is available to everyone. Cultivate this habit of sitting alone and trying to talk to him. It is possible.

—◆—

We say knowledge is power. Knowledge is not wisdom. One new point which was revealed to me was that, Love makes knowledge become wisdom. If you have strong intense Love, you will convert even negative outputs into wisdom. That's how you transform. That's why Love can be your Guru. Experiment and begin living from today, every moment, carrying great Love. Love brings prosperity, Love solves all our problems.

—◆—

There are many Spiritual groups on this earth, naturally. Some groups are small; after the guru dies, sometimes it is sad to note that the group disintegrates. People join other paths. And the guru is forgotten. But there are gurus who have a good number of followers. Most of the times, after the guru passes away, his

GURUJI SPEAKS

(Excerpts from Guruji's Sunday Lectures)
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followers carry and spread his teachings. He lives through them. The guru leaves behind his energies, which carry his teachings; sometimes they will be there for hundreds of years. Although the guru is living perhaps in some other galaxy or earth, you can invoke a form from these energies, which will appear and guide you.

Generally when a guru dies, the love and knowledge that his energies carry makes more followers come and their number increases. Only a guru knows the love he has towards his disciples. Whether a guru is in his body or he has left it, he will continue to monitor. But there are other types of gurus like my Guru Amara whose name is etched in Puranas. They continue to meet us, monitor our Spiritual growth, help us and lead us for lakhs of years. Amara is the right name. All the Rishis are Amaras.

I am happy to say that there are people with me who are much more talented than me. It's because of them we have all these structures here. We are able to webcast. Guru doesn't expect anything. But you have to grow, fast or slow it doesn't matter. That is 'Gurudakshina'. It is like entering a track and sitting in a vehicle. Guru is the vehicle as he takes you safely to the destination. Join him, it's enough. Love and Meditation are not different. You must love God and you must love your guru. You must love yourself. The quality of Meditations changes when you love yourself. Guru loves you in all the lives to come. Until you say 'I will go to somebody else,' he takes care of you.

You have to understand the guru, the persona also; understand his teachings and if possible without inconveniencing your life spread his teachings. Pass on the Light without any condition or expectation.

Normally people don't talk about

death particularly when they grow old. When there is a birth there is a death. Even after we die, the deep connections we have will not get disconnected. I have said many times earlier that we have met earlier and hopefully we meet again.

Once we leave the body our faculties expand. We see more from the Astral world. We come to know more, understand more, about any point, even death; some regret for having wasted their lifetime. They will be given opportunities again when they take birth, to live all that they wanted to live. The track of life is chosen according to our karmic records. Rishis say they are amending the laws of Karma. It's a revelation. A person is supposed to move in a particular track, but he wants to move in a higher one. He doesn't deserve it, because he has committed a mistake and has to go through the effects of bad Karma. But, God is kind. Once the person meditates more, understands more, he will immediately go to the Rishis and ask for work. Even choosing a track like this has lot of advantages.

An honest and truthful person, who is on a Spiritual path, may find it difficult to manage the Spiritual and material parts of life. Carry Light; the Light will tell you the formula for the day, tomorrow it could be different. There will be conflicts, struggles when you try to enter a higher plane and do Sadhana there. But you can manage because you have Spiritual intelligence. As you advance in your Meditations you will touch a still higher plane, Spiritual plane two. It is then you have new set of conflicts. When you have a conflict, come to me. Similarly, as you advance, rise to higher planes you have to deal with all the planes without affecting the family and live a happy life. In future there will be new challenges and turbulence. It is an opportunity. If

you carry Love, if you have goodness, honesty, peace in you, you can solve any problem. Let's live properly, peacefully; without committing a single mistake consciously. Once you realize your mistake, never repeat it. Carry Love always, the Love that Christ taught. In a few months we will be filtered spiritually.

I had given an action plan to face and sail through 2012 December. Today a new, most powerful technique will be given to you. Sit facing any direction, you can even lie down. Close your eyes and relax, imagine you are in the centre of the sun and from all sides a bright blue Light comes to you. Absorb it. Pray to the Sun for only one thing 'purify me in body, mind and intellect, make me pure like you.' That's enough. When you become pure you carry great Love. Body will be healthy, your mind will bring out pure emotions and the intellect will generate only great thoughts. Practise this for a minimum of 7 minutes, during any part of the day. You can practise more - half an hour to one hour. This is the first step in becoming the Light body. This is the gift from Amara. You can pass this on to anyone; use your discretion.

I am reorganizing my work. I have to clear a lot of work related to December. Hereafter, all emails will be answered by Jayant on my behalf. I will attend to them personally but through him.

We released 5 books. One book about Pyramids contains rare information. It contains new points that are amazing, like all the pyramids are interlinked. Understand and enjoy it. Abhilashitha was asked to go astrally to the Giza Pyramid, sit there and talk to the pyramid. She could do it! ■

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.

COMMENTS OF READERS ON REVOLUTION BY LIGHT BLOG

(Compiled by Jayant Deshpande)

ON OUR POST TITLED –
"WHAT ARE GOD'S GIFTS?"

Everything, everything,
everything...truly!

- Beverly Pennell, Atlanta,
Georgia, US; on facebook

Every good thing comes from
God, especially we who are created
in His image.

- Linda Renninger, Erie,
Pennsylvania, US; on facebook

Guruji is a wonderful teacher!
What a sweet and compassionate
teacher! "Everything is a gift from
God!" Yes!! Thank you for sharing
this. A wonderful way to start the
day!

Our precious planet needs as
much Light as we can bring to it,
daily! I love this technique and I'm
using it daily for world healing!

- Rose Winstanley-Trefz;
on facebook

ON OUR POST TITLED –
"WHY DOES GOD ALLOW
EVIL?"

We are the ones who allow the
evil.

- By Chris Mazil; on facebook

He doesn't allow evil. It is the
process of free will that allows it to
happen. God is only Love. We can
defeat evil by raising ourselves and
others in Love.

- Terri Marie Caunt;
on facebook

To complete the duality, one
cannot exist without the other.
Transcending dualities then must
be our life's goal to move beyond
the present paradigm.

- Larry Dalton; on facebook

Exactly. Life is about
experience. We were given the
ability to choose between good and
bad, positive and negative to create
a playing field of experience.

- John Spktr Fraser;
on facebook

If there was no evil how could
you measure good?

- Ray Anderson;
on facebook

If we really look at the events of
our lives, things that are difficult,
dark, troublesome have made us
stronger and refined our character.

- Delphine S Pillar;
on facebook

We all are sparks of God. This
earth is a school and only by
existing in good and bad can we
learn lessons. If you had a difficult
life you become stronger. Pain and
sorrow are here to teach us lessons.

- Barbara Johns, Gold Coast,
Queensland, Australia;
on facebook

In my opinion everything is
God, God is the creator of
everything.

We are here to explore Love.
When we find Love, when we
connect to it within ourselves, we
also find God. God is reached
through Love and God speaks
through Love. When we are not in
contact with Love we can feel
disconnected to God.

- Raphael Mabo

ON OUR POST TITLED -
"WHAT IS THE REAL
MEANING OF SATSANG?"

This is so true. While being
involved with a Spiritual
community can be a wonderful
experience, it is not always
necessary for Spiritual
development. A relationship with
the Master and other devotees is
helpful to understand the unfolding
inner journey. However, sometimes
one's focus can become misplaced,
centering more on the social
aspects of the community than
their development and practice.
Spending time alone may allow one
to develop their inner focus.

- Cynthia Diane Carey;
on facebook

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Can Light Channelling on its own fully liberate us or do we need to have recourse to more advanced techniques?

A: Yes, provided you do it properly, by allowing the Light to pass through you and spread around to the whole world. You will also be experiencing the Light. This is the most important thing. It's Meditation cum Light Channelling. Light carries Peace, Love, everything. So when you are experiencing Light you are experiencing all these things. These are enough to help us clear Karmas and attain Mukti.

Q: Is it better to channel the Light before or after the physical exercises?

A: You can do it in any way convenient to you.

Q: Can I channel Light before a stressful event like writing for an exam?

A: You can do it. But you can also carry Light always. The Light helps.

Q: How can we erase the impressions that we get from the people around?

A: Don't allow it. When we meditate we gain inner strength. It will make us wise, and help us to differentiate between the right and the wrong. Then if someone is trying to impress on us, we will know. If it is not right, we just reject it.

Q: How do we deal with bad thoughts?

A: Don't think these negative or bad thoughts originate from within. They are not our thoughts. We have to reject them. And you have to always carry Light. Then nothing that is false or bad comes near you.

Q: When we become unconscious where does the mind go?

A: When we become unconscious the mind will not go anywhere; our Awareness goes either to the unconscious mind or it goes beyond all these, beyond the mind also.

Q: What is Satsang?

A: It is a Sanskrit word. 'Sat' means truth. 'Sang' means being in company of. Carry Light. If you are carrying Light within you, you are in the company of 'sat'. That is a Satsang. Aligning with the Divine whether you do it alone or in company of others, doesn't matter. That is Satsang. If you look at the sky and try to admire the vastness, try to experience the sky, that is Satsang. The highest way or level of Satsang is when you are alone and try to align with God by meditating or even contemplating. The other Satsangs like pravachans, bhajans are of a particular level.

Q: What is abundance?

A: Usually we think having lot of material wealth is abundance. It is not wrong. Abundance is related more to the Spiritual part not the material part. You carry abundance if you have peace and great love towards everyone and the whole Creation; and if there is expansion in your thoughts and emotions. Abundance is also a kind of contentment which is a Spiritual reality. One can have lot of money, riches and still feel not contented. If you carry Light always then you are blessed with abundance. Abundance is being in tune with the Divine.

Q: What shall I do when I feel depressed?

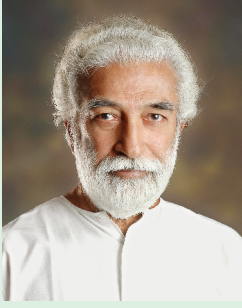
A: Some time or the other everyone goes through depression. The degree may vary. It's a natural phase and we have to go through it. You can deal with any problem, any issue and any person by carrying Light. This is the best way.

Q: Which Path shall I choose, yours or the one I am in for more than four years?

A: It is up to you. You are free to do it if you have a good reason. But otherwise there is no necessity of changing the path. ■

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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)

Since a few days, I feel an increased subtle vibration in my body for a couple of hours after Meditation. Thoughts have reduced to a great extent and they do not distract me. Some days, for a few seconds, while repeating the Mantra at the Sahashrara Chakra, I feel as if my body is expanding. While repeating the Mantra at the Anahata Chakra, twice or thrice I felt as if my heart is lifted up and is expanding.

-Debasis Ratha

In my dream I try to talk to a powerful and resplendent saffron-clad person who appears tall and well-built but he doesn't seem to hear me. I look at Guruji and he gives me a smile. Suddenly, he transforms into a whirlwind of energies and Light, goes up in the sky and vanishes. Later, he seems to come as a huge ball of energy, goes around me in whirring speed a couple of times and takes my Astral body up in the air. He then brings me back and shoots up in the sky. His residual energies in me make even the leaves give way with every step I take. I ask Guruji, "Is he a Rishi...?" He smiles again.

-Padmaja Balaji

I had been posted to Taluka Jath of Sangli district, which is very drought prone. They are facing acute water problem and fodder scarcity. On 8th June while travelling by bus to Jath, I started channelling Light to clouds and requested them to bring down showers. To my surprise, white clouds started turning black and after half an hour it started raining, which lasted for 30 minutes!

-Santosh Kore

Recently while meditating, an extraordinary huge white figure stood beside and spoke to me; but I could not understand as the voice was inaudible.

-Sujatha Nedu

However, when I opened my eyes, there was an unusual joy in my heart which I sensed and which had expanded.

While I sat one late evening to meditate, there was a beautiful pink Light that lit up the wall. I ran out to check whether it was the setting sun. But the sky was overcast with thick clouds; there was neither anyone there nor any reflecting light source. I ran in to enjoy this spectacular sight, and as tears welled up I said goodbye to this Divine Light that gradually faded away.

-Jayanti Natarajan

The eczema covering my fingers, which occurs repeatedly, is 70 percent better now. I am grateful for your help. I asked the Rishis, "What could be the cause, food, allergy?" Then I instantly heard "it is not food, it is the mind-set." I asked, "What can I do about it?" The answer was "meditate". Later, Guruji confirmed that the message was from the Rishis.

-Lynne Karatani

I experience Light in the form of Expansion, Vastness and Stillness. Many a times I can see the Light and merge with it to experience entirely different dimensions.

-Ruby Bilimoria

Before leaving the house some time in August'12, I had a premonition that something bad was going to happen to me. Immediately I prayed to the Rishis and repeated three times, the mantra given by Guruji. When I was crossing the road at the Zebra crossing, a car came suddenly towards me and missed me by fraction of a second! The vehicle stopped just half an inch away from me!! It was a miracle, I am thankful to the Rishis.