



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 10

SEPTEMBER 2012

Rs. 25

REFLECTIONS

Guruji Krishnananda

If someone carries Love, without consciously spreading, I say, without hesitation, that he is carrying on the Revolution by Light. Love, Peace, compassion...they are all a part of Light. Without their knowledge, people will be vibrating these and the vibrations reach everyone. Behind this seemingly simple technique, there are thousands of years of experimentation. The Rishis taught humanity how to meditate. After that this technique of Light channelling is the most valuable and important technique they have gifted to us.

It is a part of my job to monitor the effects of the Revolution by Light. It is working. It may not be overtly visible. But it has touched the conscience of many people. People have begun to choose and change. Revolutions of the other type may die down or get completely distorted. But not the Spiritual Revolutions. They will be alive for centuries even with some distortions. We can find them in all the religions of the world.

A Spiritual Revolution never dies. That is why, I have been speaking about not mixing a Revolution with politics. Even as I am explaining, I see some Movements failing. Lacking a clear goal, being personal with the people in power and most importantly providing an alternative failed the Movement.

I believe that all those who want to bring changes in the world must know the great changes that probably occur in December 2012. They must know that these changes depend on the raising at the Spiritual level. It is the Spiritual factor that works in the background. These factors cannot be ignored by the commoners and leaders.

We are entering a new Time frame where goodness, honesty and peace rule. People who do not follow these cannot continue to live in the New Age. Everyone should realize this. We should increase the pace of this Revolution.

We Meditators are mainly mystics. We try to enter the mystical realms and try to get the Knowledge. Mystics usually believe that they need not read or contemplate. I think it is entirely wrong. We have to gather knowledge at the intellectual level and then pursue our understanding at the next level which is the mystical level. To gather knowledge sticking on to just the intellectual level or the mystical level does not help. It is important to realize that mystical level is the next level for the pursuit of knowledge and truth. ■



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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PRAKASHMARG(Marathi)**
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NEWSLETTER

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



Taponagara residents interacting informally with
Guruji during the Taponagara Residents Meet on July 31st 2012

NEWS AND NOTES

- ◆ Amara Maha Samadhi Day was observed at Anekal in our Saptarshi Dhyana Kendra on 25-8-2012. Kannada translation of the book "Light Body & Other Realities" was released on the occasion.
- ◆ Amara Maha Samadhi Day was observed at Taponagara on 26-8-2012 and the books "Pyramid Revelations", "Guruji Speaks (Vol - 6)", "Channelled Knowledge from the Rishis (Vol - 3)", "iGuruji (Vol - 7)" and Kannada translation of the book "Light Body & Other Realities" were released on the occasion.
- ◆ More than 100 people participated in the Sri Krishna Janmashtami special Meditation at Taponagara on 9-8-2012.

PROGRAM AT TAPONAGARA

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

09th Sun Shambala Group meeting
at 2PM

16th Sun Ra Group meeting at 2PM

30th Sun Group Meditation:
11AM - 1PM

MEDITATION ON SPECIAL DAYS

08	Sat	Krishna Ashtami
14	Fri	Masa Shivaratri
16	Sun	New Moon Day
18	Tue	Worship of Gowri Devi
19	Wed	Worship of Lord Ganesha
23	Sun	Shukla Ashtami
25	Tue	Shukla Dashami
28	Fri	Worship of Ananta Padmanabha
30	Sun	Full Moon Day

**Informal Group Meeting with
Guruji on Second Saturday,
8-9-2012 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.**

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

UPDATE ON LIGHT CHANNELLING WORK

(Compiled by Jayant Deshpande)

- ♦ The pure intention of spreading Light to bring positive changes in the world is being noticed and appreciated by the School Authorities. This positive response and their participation encourages us to work more to introduce Light Channelling to more and more schools in different areas.
- ♦ Month of July was a month of a lot of activity with more than 550 sessions of Light Channelling in schools. More than 1.5 lakh children participated in these sessions. Light Channelling was introduced to 48000 more children in 150 more schools. ■

COMMENTS ABOUT OUR LIGHT CHANNELLING WORK

We as a Trust do conduct some camps and provide healthcare and educate the underprivileged to become independent individuals in our own small way. But Manasa Foundation is building a society. Channelling Light will help individuals to become better and create a better society. It is a wonderful programme. People may wonder what benefit you get from this voluntary work. I think you earn a lot of satisfaction. I wish that you continue this good work and many more join you.

–Aslam, Administrator, We-Care Primary School, Kanakanagar, Bangalore

Lots of progress can be seen in our children's behaviour. We expect the same support in future also. Thank you for making time for us in your busy schedule.

–Ms. Anusha N.R. Ramesh, Founder & Managing Trustee, Belakku School for Children with Special Needs, Yelahanka New Town, Bangalore

We were all searching for something that would create a world full of Peace and Love. Light channelling is a perfect technique. It is something close to my heart. The volunteers of Manasa Foundation are like Vasco-Da-Gama, searching for schools and making their way into people's hearts.

–Ms. Siraj Unnisa, Head Mistress, Bibi Fathima Public School, Ilyas Nagar, Bangalore

TAPONAGARA DIARY

Seema Almel Somayaji

Blessed is the land where a disciple can meet his Guru, and more so if he can receive his Grace on Guru Poornima. Taponagara is such a sacred place as it hosts a physical manifestation of the Guru Principle. The emotionally charged atmosphere was palpable when students took personal blessings from Guruji after the Guru Poornima special Meditation.

The end of Ashadha Masa augured the beginning of auspicious periods of time when Divine Personalities visit the earth for ten days each. As though to prepare Taponagara to receive the Divinities, residents gathered one fine Saturday morning and cleaned the place of littered plastic and other garbage. As is the trademark of Taponagarites, this gathering like all the rest, was more fun than work. Soaked in laughter and gaiety they did not seem to notice the sweat on their brows. Those passing by could not co-relate the smiling faces with gloved hands picking rags!

Goddess Mahalakshmi's energies were received in the fourth week of July.

A short supply of labour force for menial jobs has hit this suburban area. However, all the clean-up jobs of sweeping and mopping after Residents' Meet dinner are no longer dependent on the tentative availability of workers. Under the meticulous planning of Shri. Swaminathan, Taponagarites have decided to do the job themselves. The enthusiasm of Residents makes even this manual labour feel like an after-party. ■

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)

01-7-2012

When we channel energies we also receive and absorb the energies. We have to be aware and experience these energies. To complete the process you have to manifest these energies, by manifesting Love, Peace. Certain Karmas get cleared; major Karmas get cleared particularly on Guru Poornima day.

The period between the two eclipses in May and the two in November, is an important period - a period of turbulence, at the individual level and also at all levels, with sudden and very deeply stirring situations. Nobody can escape it because it's a part of the process of Pralaya. We have to prepare ourselves to face this by spiritualizing. It could be a seemingly small upset that could lead to very complex situations. We have to be alert always, about any negative developments, any negativity assaulting us, even creeping into us. We must be aware of God's grace in the form of special energies and so much of knowledge that we have received. These energies help us to tide over any situation. We have to contemplate 'why am I in this situation?' and understand many things. Choose the right thing, act properly. We have to be aware of the higher realities. These are not problems, but opportunities, to understand, realize certain realities which we have to face - 2012 end events. When you find it difficult to meditate, become alert. Do not skip Meditation. Take the help of Rishis. They always help.

Read the book 'Descent of Soul' again and again. You will know the purpose of Creation, the process, the purpose of our birth. Amara said that it is like Bhagawad Gita; whenever you have a problem read

this book once. It contains great energies which help and guide you.

After death when we leave the body, suddenly we have access to knowledge and we can see the future. When such an entity or spirit occupies a body of a person it may say that it is a particular god, and normally starts advising people, who go there. We should never mistake them for gods. They can guide us in the material life, only up to some extent. But they can never guide us spiritually. The Rishis and Gods can guide. We can guide ourselves. We begin meditating then we access higher knowledge and energies. Till we become confident we go to a human guru. We are our gurus.

If you want to relate to me, meditate, practise Shambala principles, manifest Love, become good, we shall meet in the Ocean of Consciousness, and keep this relation forever. The closest Spiritual relation is with Guru and God.

08-7-2012

What I speak in the classes is from the Rishis. Understand us, follow as much as possible. Manifesting the Divine is important, not the techniques. You and the people around you will be smiling when contacts with everyone are established from the level of the soul. Each one of us being happy and peaceful is so important, as it impacts the society, the global peace.

Revolution or change is happening. Everyone may not be channelling Light but something is happening unknown to them and unknown to us. Sometimes the changes are fast and complete and sometimes not. But even when the

changes are slow and partial, it is a revolution.

I am expecting changes in everyone including me. There are changes but they are not enough. We have to make more efforts. When individuals change the systems change. There will be chaos if the systems crash suddenly. Spiritual revolutions are always non-violent and silent; without confrontation or aggression. There is just Love and Hope. And I find things are happening. The finest example is Light channelling, where commerce is not involved, only pure Love.

When we realize that there are better ways, the higher rituals, we begin to follow them. Many people are consciously aware that Meditation is the higher worship. To avoid displeasing their family members they also do pujas. This is a way of no confrontation. Carry Light, experience Light. Revolution will be happening in you. This period is the most important period of great turbulence, churning and many challenges. Focus more on your Spiritual goal.

Revolution occurs when we go beyond not merely rituals but also beyond our own understandings and our own principles. You must move on consistently, as this is a never ceasing revolution. So 'going beyond' is the Mantra, the key. Meditation itself is a part of the revolution. We go beyond, pick up the practices that directly connect us to the Divine, that will change our lives and make us very peaceful and lovable. It is only then that the revolution becomes a success. Let us be like the candle. It does not declare but just gives light.

Life has larger dimensions. But we Meditators, directly under the

GURUJI SPEAKS

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

Sapta Rishis, have to grow. Go beyond Meditations, beyond Samadhi and even beyond enlightenment, for Sadhana is never ending.

The Rishis have chosen some people who are being trained at the Astral level. These people are not aware of it. Grow and prepare yourself, so that you too will be picked up by the Rishis for this special training.

15-7-2012

Always remember that every check up is like an Initiation. Even when you are unable to meditate regularly, please attend it and do not decide by yourself to skip the check up. You will be missing a lot. People who are taking external guidance should send their reports in time. If a report is not received in time though they may be enjoying the webcast, they will be no longer considered as students. When you find it difficult to meditate persist. Request your system of body, mind and intellect to help you. Request the Karmas, the Universe, of course Rishis to help you to meditate. Do not give up or stop meditating.

A person asked 20 questions. It's very nice to know that you want to know things. But I am more anxious and watchful to see how much of it is implemented. I want to know how much of anger is reduced by understanding all the answers. When I observe I find that there will be no difference at all. People ask questions for the sake of curiosity or just to know. If you just listen to the answer and keep quiet it doesn't help you. I am not discouraging you from asking questions. Do ask questions. It in fact helps me.

Sometimes people ask 'can I send Light to a person?' You can send Light as a beam to individuals in trouble, with any problem, or in confusion. You can send Light to places with floods, drought or where there is distress due to any calamity. This should be practised for a minimum of 7 minutes. You can make use of Light for any good purpose.

Shameful and gory acts are happening around us. If you think about them you feel very much disturbed. We should feel disturbed. With this and everything else in the mind, even with all this knowledge, we have to have hope because the future times are glorious times. If the people in power do not punish such people there are higher intelligences to take care of these people. From our part we shall channel more Light.

22-7-2012

People are aware that the Rishis have chosen some people for advanced or special training. Naturally people ask me 'am I there?' I can't tell you. This is not revealed as you will start gloating. Floating high is too dangerous. Somehow we come down quickly. They have chosen people from all over the world even from Manasa group. For those who think that they are not chosen, this is the assurance that no one will be left behind unless you leave us. It is a matter of time. Prepare yourself. Spiritualise. Amara said that if you practise any one of the Shambala principles you will be practising all other things automatically, unconsciously, like being honest, peaceful and good. When you are ready you will be taken.

Some choose the purpose of their life before they take birth.

Some choose it later. During the period till December 2012, do not try to change tracks, particularly of the material life. You will be wasting a lot of time. Those of you who can afford you are free to change tracks. At this point of time the purpose is just to prepare, to spiritualise. Make that the focal point, wherever you are. If you want to take up the work of the Rishis you will get the work. But now don't make major changes in your life, or take up major projects. Just continue with the normal life.

Everything is a gift from God. To list out it's impossible. To help you to understand I will just give you some hints. Once Amara told me when I had a difficult time, 'this body is a gift given to you.' So also, health is a gift. Nature is gift. Sky is a gift. Look at the sky, you just expand. A good relation is a gift. Only after you lose the relation you know the value of it. We don't get it back. We usually mess up with this. Knowledge, energies are gifts. A Guru is a gift, a genuine Guru like my Guru. All the gifts of science and technology are gifts from God. All these gifts, modern things that we are enjoying are gifts from God. And more than all these things, opportunities to grow are gifts. Even problems are gifts. Somehow the outcome of a problem will be a kind of wisdom. We learn and improve the quality of life.

God knows our weaknesses. God knows how we do not properly exercise our Freewill. So he sends his most trusted people, the Rishis. They come down, they take birth, they live with us, and guide us. They are gifts from God, the most precious gifts. In my life my Guru was the greatest gift. We have to use these gifts properly, enjoy them and not mess up. ■

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)

Being Light changes our problems into opportunities.

– Jamie Wake Up, on Facebook

The Light of Unconditional Love transmutes, clears up and removes anything that is not Love. It is the great problem solver.

– Sharilyn Wood Stalling, Arkansas, on Facebook

Our weapons are not of this world, but they are mighty.

– Noel Gonzalez, New York, US on Facebook

Actually, Light and Love can be other words to attempt to name or give expression to the term we refer to as GOD. So anyone who spreads Love spreads Light, if you ask me. I have heard that our true self is "Light" or a Higher Self, Pure Soul or Spirit.

– Michael Dennis on LinkedIn, Spiritual Teacher, Author of "Morning Coffee With God"

Some people don't know that God and Love and Light are all the same. They think of God as an external conception out there and say, "I don't believe in God", without being aware that they themselves are a manifestation of God, as God is Everything and we all vibrate in Love and Light to different degrees according to our package.

– Ghairo Daniels on LinkedIn

Wonderful discussion. Light and Energy can be channelled without a person believing in God. Energy flows throughout the cosmos and can be channelled with Love and true intent to others from our inner gift.

– William Bourassa on LinkedIn

You can't love people or the world if you don't love God first. Because God is Love. When you believe that God loves you, you start to love others and illuminate

them freely!

– Abdo Salem on LinkedIn

Absolutely! I agree with the blog entry and I have experienced that problems disappear from my life because I choose Light in all situations. Light does take over one's life when allowed. It is an amazing way to experience Life.

– Comment on "Inspiration for the Soul" group

Being Light may not solve all problems, but in that positive mindset one remains strong, and is at a level to move through or confront the problem.

– James Rogers, on Facebook

It is really fantastic and full of knowledge. All your posts are valuable. I always learn and get motivated by your posts.

– Rashi Bindal, Allahabad, on Facebook

Very awesome! Thank you for sharing. I too believe Light is the way to go. It has helped me many times as well.

– Comment on "Create What You Want" on Facebook

I have seen evidence of your message myself. Even in the most difficult of situations, when I wanted to set things right my own way, I chose the Light and every time it yielded results that exceeded my expectations.

– Cyndi Puente, Guatemala City, Guatemala, on Facebook

I don't think there is going to be any physical loss at the end of 2012, as in 'the end of the world'. I think there is for sure some energetic shifts going on and have been for some time. 'The Light' is about goodness and healing. It is about continuing on in a better, healthier way, promoting that goodness and healing till it permeates us all.

– April Marie Yslava

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Why is it that my life is in a mess? Is it because of Karmas?

A: We mess up our lives by making wrong choices, wrong priorities and wrong pursuits. It's not because of Karmas. From a Spiritual angle any small mistake like, telling a lie, cheating, misleading, may lead to a bigger mess. So, don't blame anybody. I suggest you introspect by yourself. Bad Karmas try to influence us to move away from Spirituality and to take wrong decisions. They may at the most confuse us. But if we genuinely intend to grow spiritually, even bad Karmas help us.

Q: How to combat restlessness?

A: A Meditator will not feel restless. Meditation brings calmness, peace. Any of the Shambala principles- 1, 2, 3, when practised, will bring us peace.

Q: Is there a way that I delink the state of my body and mind from my Spiritual efforts?

A: In no way you can do it. Our efforts to spiritualise involve the whole system, which means the body, mind and intellect. It is only when our body, mind and intellect are calm that we can move on, take the first step - silence in Meditations. So instead of trying to look at the body and mind as obstacles, let us look at them as friends. If you request these entities to co-operate during Meditation, they help us.

Q: How can I make up for the Meditations that I miss?

A: You have to meditate extra or more on some other days, particularly on a New Moon Day or a Full Moon Day.

Q: What is the meaning of the Mantra "Om Mani Padme Hum"?

A: 'Padma' means lotus, 'Mani' means a diamond. This body is like a lotus. And the soul is like a diamond in the centre of the lotus.

When we repeat this Mantra we will be affirming to ourselves that I am the soul in this body.

Q: Do we live in our Astral bodies after accidents or deaths?

A: Read the book 'Descent of Soul'. We always live in the Astral bodies. And sometimes we take up the physical bodies when we take birth here. After death, natural or accidental, we get disconnected from this physical body and we live in the Astral bodies.

Q: How can directions hold good, when earth is rotating on its own axis and revolving around the sun?

A: Directions always hold good even when the earth is rotating on its axis and revolving around the sun.

Q: Which direction should we choose when we build our puja rooms?

A: It's normally suggested either North or East. Tradition speaks of it. My understanding is that God is everywhere, in all directions. Therefore, any direction is fine.

Q: Have we made progress as a group?

A: Yes, but it's not enough. I don't say I am very happy but I am not unhappy also.

Q: As the New Age sets in, do we operate through the heart or through the mind and intellect?

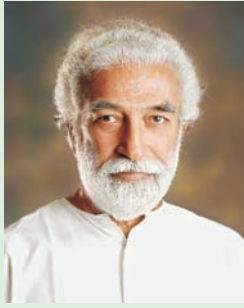
A: We can operate through Love, through Light. The whole system will be involved in the operations. Let us operate from the level of the soul. Let us get guided by the conscience, then you will be the happiest person on this earth.

Q: The New Agers say that in the New Age only three percent of the mind is used. Is it true?

A: As I understand it is not true. In fact we will be using 100% of the mind. ■

LIST OF OUR PUBLICATIONS

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Preparing for 2012	100/-
Light Body & Other Realities	75/-
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iGurujii - Vol 5	100/-
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Living in Light	10/-
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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)

I had a very testing time during the last one and half months. We had to work day and night on weekdays and weekends, but I never suffered. I was able to fulfil my commitments in time and also stick to my Sadhana. It was wonderful to observe how Meditations helped me to manage time effectively and prioritize things.

— Akash Mallik

During Meditation there is a spinning ball of white Light at each Chakra, all merged as a big egg-shaped ball of Light. In the middle of this white egg-shaped ball is a tube going to top, keeps going up and into the bottom of the earth. At the end of the Meditation there is no me or my body, but just white Light in which everything exists and all is just one. After Meditation the whole day goes wonderfully. Awareness of the present moment has expanded.

— Kirit Patel

As I pulled the clothes line down, it fell with a thud and the metal rod hit my forehead; very soon there was a swelling there. I sat down to channel Light to heal myself. Within 2 hours the swelling started subsiding and even the blue colour started fading. My daughter, also a Meditator, called to say that, at about the same time, during Meditation she was told that it was my Shield that had protected me from having a serious injury! I thank my shield and Light for protecting and healing me.

— Shanta Ambady

Since the day of the Eclipse on 4th June, after I practised Light Channelling, a new, unique energy is being experienced by me, perhaps there was a shift. I observe the new, vibrant energy, and want to go out; the world is all that I want it to be, feelings are settling in. It is amazing!

— Jaspreet Kaur

Recently when I was in a Departmental Stores, I felt a wave of Love emerging suddenly from within and sweeping the entire area. I experienced oneness with everyone. I was very happy and felt refreshed for the rest of the day! I thank Guruji and the Rishis for this wonderful experience.

— Rashmi Raghuvanshi

During Meditation there used to be a little discomfort while absorbing Ra energies. I started praying to Prakasha Brahma to accept me. Now a miracle has happened, the blissful state remains for the whole session of two and a half hours. I can clearly feel that there is some greater Presence. It is really so good that I cannot express it in words. Grace is descending due to the blessings of Guruji, Rishis and God. I am grateful to them, to the Grace that is being showered on me, because my efforts are nothing compared to the Grace.

— Shantha Kumari H S

Suddenly while working in the office, my thoughts were on Guruji. On reaching home I felt a sort of joy on seeing the Newsletter. After my special Meditation, just as I opened the Newsletter to read, I felt an energy flowing right through me, as if someone or something was near me. This was there for a short time. All I can say is: "Just on touching the Newsletter if I experience the energy, what will be the state when I really experience that Presence?"

— Shashikala Sainath

During Meditation I feel energy and Light, as soon as I close my eyes and get relaxed I feel it rising within me and exploding out. Sometimes I feel it flowing out of my head.

— Geethanjali Balakrishnan

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