



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

was 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 8 Issue 3

FEBRUARY 2013

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from previous Newsletters)

My life is full of Amara. I started living only after I met him in 1977. I gave up many things and many people but not Amara. Or I should say that Amara did not give me up, even after his death which is only throwing away a body. Whenever I was in difficulty or in a dilemma Amara guided me. He taught me things that are not in books. He gave a direction to my life and a purpose. He took me to higher realms that I could not have reached even after a struggle of a thousand years. If I dedicate this life and the next lives to the Work that he left behind, that would not express my Love and gratitude fully.

Once, Amara was asked to sit on a stool for a day by the Rishis. He sat. People around him laughed and joked. Amara smiled and sat for a day. He used to sport a moustache and wear jubba and dhoti. Rishis said, 'change'. He shaved off his moustache and began wearing the modern attire. He never asked why, never questioned. He just obeyed the Rishis. I remember him explaining that we have to be tools in the hands of our Masters – "If we cannot do this how can we surrender before God?"

As I recollect these I am amused when the Sadhaks around me try to convince me about the commonsense approach to a situation that forces us to take a different way, other than that which is pointed out to us by the Rishis. People try to quote from the books particularly those written by foreigners, even after hearing me explain, that the knowledge passed on to us is updated by the Rishis themselves and that the time has come to rewrite the textbooks of Yoga.

Maybe, I have to wait for some more time allowing the Knowledge to spread and sink. I may have to make a big name and noise publishing books or touring foreign lands. Or should I bother about these things? Amara did not bother! He used to say "Do not think that you are very important and essential to the Work. This is an opportunity given to you. If you do not come forward there will be others. You are the loser, not the Rishis." ■



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



The Pyramid shaped Prayer Hall built in Tapovana where Guruji was cremated

NEWS AND NOTES

- ◆ People willing to participate in Amara Jayanti celebration at Taponagara on 3-2-2013 may please register their names before 30-1-2013 in Manasa office.
- ◆ The book "Quotes from the Rishis - Vol. 2", and a DVD containing video recording of couple of informal sessions with Guruji will be released on the occasion of Amara Jayanti celebrations at Taponagara on 3-2-2013.
- ◆ Desk calendars of 2013 are available. For details, please contact Manasa office.
- ◆ The Pyramid shaped Structure built in the place where Guruji was cremated in Tapovana, was energised on 25th December. More than 700 people had gathered in the parking area of Tapovana and participated in the energising of the Structure by channelling Light for 12 minutes.
- ◆ A DVD containing some important talks of Guruji and a short photo biography was released on this occasion. Please write to us if you wish to have a copy of this DVD.

PROGRAM AT ANEKAL

Amara Jayanti Program at our Saptarshi
Dhyana Kendra on 1-2-2013 at 12 Noon.

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

MEDITATION ON SPECIAL DAYS

01	Fri	Amara's Birthday
03	Sun	Amara Jayanti Celebration Krishna Ashtami
08	Fri	Masa Shivaratri
10	Sun	New Moon Day
17	Sun	Ratha Saptami
18	Mon	Shukla Ashtami
20	Wed	Shukla Dashami
25	Mon	Full Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Special Meditation and Light Channelling: 12Noon - 1PM
1st Sun	Amara Jayanti Celebration

**AMARA JAYANTI
PROGRAM AT TAPONAGARA
Sunday 3-2-2013**

11AM	Welcome Speeches Release of Book and DVD Special Meditation
12.30PM	Prasada

We are discontinuing posting of DVDs to our student-Meditators. Now we are listening to some of Guruji's earlier talks during Sunday classes in Taponagara. The students, who wish to continue to have the DVDs, although there may be a repetition of some of the talks, may please write to us by January 30, 2013. If we have a good number of Meditators interested in continuing the DVD subscription, we will continue to post the DVDs.



Guruji lived in a smaller hut here and founded Manasa Foundation on 01.02.1988, Amara Jayanti

25TH ANNIVERSARY OF MANASA FOUNDATION

1st February, 2013 marks the 25th Anniversary of Manasa Foundation, The Saptarishis Path. After meditating on the same day in 1988 in a small hut where Guruji used to live, he launched Manasa Foundation, as per the guidance of the Great Light Masters.

Over the years Guruji nurtured this Holy Path with the sacrosanct values of absolute Truth and Divine Love. His Purity weathered many difficult storms; his persistence kept the Path Sacred, free of commercialization and profit-orientation. His surrender to the Rishis was always total and the Missionary grew as per the Principles and Directives of the Rishis. Through his unwavering dedication to the Eternal Rishis, he strengthened this Path with rare Spiritual Energies and Knowledge from the Highest Realms, and through Manasa Foundation made the Spiritual teachings and Meditational Techniques available to any and every seeker anywhere in the world.

One of the fundamental Principles of Manasa is that the Path grows as much as each of its Meditators; its strength lies in the Spiritual growth of seekers, and not in their numbers. The Path has been and will always provide personal Guidance to every seeker.

The first twenty-five glorious years of this unique Spiritual Path have been foundational. Guruji has established this Path to last for thousands of years. A lot of unmanifested Spiritual Energies and Knowledge have been stored in our Meditational Halls to guide humanity until it reaches its highest potential.

Guruji and the Great Rishis continue to guide the seekers through Manasa Foundation. ■

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.

THUS SPOKE GURUJI

(Excerpts from Guruji's Sunday Lectures)

Compiled by Shobha K Rao

05-01-2003

Let us begin the first class of the New Year with determination, to very seriously make attempts to live this life fully, which is the purpose of Spirituality. It is for this reason we have come from God and taken birth on this earth. Life here provides many opportunities to live very peacefully, to awaken to higher realities.

Normally we do not think about awakening to higher realities. We think the world around is the only world. But there are other worlds; it is the Consciousness at different higher levels, the highest reality being God Himself. We have to awaken to this. If we are not aware of this, we will be living like any other animal or a tree. We have the potential to manifest and experience so much.

If we do not make use of the opportunities, we do not grow and live fully, we suffer because we will not be making the right choices; we will be pursuing the wrong things, only the material things and we will therefore develop all types of bondages. In bondage, there will be no peace. We have to strive for absolute freedom and it comes from Awareness.

Living a life like this, which is fully awakened, very happy and peaceful is always possible and it has nothing to do with richness or poverty. Peace is a state of the mind. Peace is also a state of our being. In this New Year, let us make sincere attempts to attain such a state.

We have to improve the quality of our Meditations, spread vibrations throughout the world. We are not able to do it because we are unable to cope up with the conflicts that go on within us. We are not focused. If we can join together totally, we can change the destiny of this entire country.

Many individuals are working for the New Age. The tragedy is that each one wants to work in his individual way. I always quote Amara, he is in my blood. He said, "Only when the ego is put down, any work can be done." Let us try to unify and let us work for unification. If we can build this network, then humanity will move forward.

Someone has to light the candle; it is not a waste simply because that is the human spirit. Then, the next generation will not see conflicts of any type and there will be no poverty. If people had not done it, this civilization would not have grown. We need not have to think about certificates. Let us light the candles, it is the hope.

12-01-2003

Surrendering is to be in link with God; to do every act guided by him through intuition and more importantly, accept every result as a gift from God. That is complete surrendering. We will then never question, grumble or complain. Sometimes, the results will not be very pleasing; even then we accept them. This is at one level. There is another level. We came down from a very high plane and on the way we collected the intellect and the mind. If we have to go back and reach our home or reach God, we have to give them up. We have to finally surrender the Spiritual body also in which we live as souls. This is complete surrendering.

When we meditate, the mind and intellect become silent and we shift our Awareness from these levels - this is in a way surrendering. In surrender there is total expansion to God and we become Him. Total surrendering is Yoga which occurs because of the merger of Him and me. The merger

of the individual soul and that great soul is Yoga.

Manifesting Love is very important for our individual Spiritual journey and for this earth to enter into the new Consciousness. With violence in us, with non-love around us, we cannot enter into new Consciousness. We have to gear up our entire system to remove negative emotions and thoughts from us.

Pulasthya Maharshi has given us the Shambala principle of uniting body, mind and intellect to drive out the negativities in us. This unification occurs in Meditation. So let us meditate more. When we meditate we automatically become channels, allowing the energies to descend in us and flow through us.

We must experience the link with the Astral beings, higher worlds because they are a part of our life. The events would have occurred 72 hours earlier at the Astral level. We can change our wrong choices and choose right things wisely if we know about them 72 hours earlier. If we journey into the Astral worlds, we can know things not merely 72 hours earlier, but perhaps 72 years! People have journeyed into time. If we can enter into the Astral worlds, we can live this life much more peacefully. That is why knowing the Astral world is important; establishing contact with Rishis is so important. They are the wisest and most powerful people. They guide our life.

26-01-2003

There is a lot of Spiritual knowledge available on this earth. This is gathered over thousands of years. This knowledge was brought by the great Rishis and it was gathered directly as energies

THUS SPOKE GURUJI

(Excerpts from Guruji's Sunday Lectures)

Compiled by Shobha K Rao

from the higher layers of Consciousness - God. They converted these energies into thoughts and passed on to people. We were able to experience God, experience the highest Truth because we had the capacity. Over a period of time this knowledge was passed on to the next generation. Somehow, it got distorted naturally. During Kali Yuga, Amara said, people are dwarfed - bodily, mentally and intellectually. We have lost many of our higher faculties. We could not grasp the knowledge, could not receive the knowledge and lot of knowledge was lost. As people could not hold on to the higher truth, they added their own ideas and things and passed it on to us. This gave place to a kind of ritual.

The Spiritual journey that we had taken through other things like rituals, practices and many new convictions, led us to confusion and that is how we lost so much. A lot of unrelated knowledge was added to it. If anyone wanted to make a Spiritual journey, he had to pass through a lot of unrelated knowledge and the essence was lost. The time has come to clear the confusion, to guide the people who are getting ready. People all over the world are getting awakened. We are entering a New Age; this earth is being flooded with wonderful, new energies. These energies awaken us. They clear certain Karmas; open up new brain cells. Suddenly, we realize that this is the right thing and we ourselves will be able to make out with our intuition. People are getting ready to know this knowledge. They are opening up, to grow and establish contact with the higher world.

It is at this time the work of the Rishis becomes very important and valuable because we are moving into Satya Yuga. We can wake up to Satya Yuga by practising various techniques, and experience God.

Let me add here that in this Path, nothing is imposed. I place before you what I hear from my Guru as truth. I always say, "Go by your intuition." If you choose, if you accept, you will experience higher truths. It is then each one of us becomes a channel. Each one will become Light and we will be able to spread Light to others. We do not have to open Meditation centres, or do anything. We just have to live in our own way, just live a pure life; we will be vibrating Satya Yuga, and this is enough. We will become channels for these energies, which contain lot of knowledge. This is how every Meditator will unconsciously become a worker, a Light worker.

02-02-2003

I thank everyone here, because it makes me very happy to share things with you on my Guru's Birthday. We are going to share the energies and the grace of the Masters. Anything that we speak of Amara may appear a kind of exaggeration, but you have to take my word; in fact we are understating things.

We are here at a very challenging period of Pralaya. It is not easy to understand Amara and his work; we may have caught the hints but not its magnitude and vastness. His dream was to build here a city of Love. We can know this Love, only when we experience Light in deep Meditations. Every one of us who is a part of this great project has to experience it. It is only then we can think of working for Amara and participate in his project to further his dream.

He gave us a lot of knowledge, some of which is very rare. He also taught us Meditations, which are like a key to innumerable doorways. He told us that this life

here is not the only life, but we also exist at the Astral plane, a still higher plane - Causal plane; and that we exist simultaneously in all these planes. The greatest and most important contribution of Amara is that he introduced us to the Rishis. He affirmed very clearly that the Rishis do exist in a different plane. They are always monitoring our life on this earth. We never knew these things. We never knew that they are waiting to guide us spiritually; that anyone can contact the Rishis with great effort and Love. Rishis have become a part of our life now.

In a compact way, he gave us the knowledge of Creation, the descent and ascent of soul, which we have published in our book 'Descent of Soul.' We understand many things when we go through this book.

Amara told us that men and women have equal opportunities and equal rights to Spiritual practices. He clarified saying 'we are all equal.'

He was the one who told us that Meditation is the highest form of worship. I always add, 'less expensive too!' Worship is an expression of our Love and respect. He taught us a higher way of worship - to gather energies and offer them to God. He said that pooja is important but offering energies is the best way.

Amara said that the highest and the most important part of Sadhana is to manifest Love. We can take great leaps, we can change our entire lives, but we have to decide about these things. Energies, knowledge and techniques made available to us should make us better and different human beings. So let us change. Transforming ourselves is like expressing our gratitude to Amara. ■

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 Jayant Deshpande.
- ◆ Sri Jayant Deshpande answers letters written in Marathi.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

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

SPECIAL GUIDELINES BY GURUJI

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

EXCERPTS FROM TALKS BY JAYANT DESHPANDE

(Compiled by Shobha K Rao)

We all miss Guruji so much. For each one of us life without him is unthinkable. We are all sad naturally. But there are moments when we are able to smile, joke and laugh. He must have given us energies and somehow we are able to move on. I think with Guruji and Rishis anything is possible.

Rishis have been flooding the earth with wonderful energies to help us positivise, to help us grow and to help us choose the New Age so that we prepare ourselves, so that we are ready to receive the Photon Belt energies when they become active, and also the energies from the centre of the galaxy.

We have crossed 21st December, the most awaited day. There was fear, anxiety and also a lot of expectation from this day. There was also a lot of mocking by some sections of media and some cynical people. There are a lot of questions naturally in everybody's mind. If Guruji was here he would have told us the perspective of the Rishis who control all events. We do not know whether it is postponed or cancelled. But a shift in Consciousness has happened.

People have expressed that they feel a strange calmness in nature. There is more stillness within and also outside. Some people have told me that there were situations where normally they would have behaved in a different way, they would have confronted but somehow in these situations they behaved in a noble way. They did not confront. This is a very major change. Something has happened to us. We have to observe carefully. There is more anger against Adharma. This wave of anger cannot be ignored or suppressed anymore. As I

understand, these are indicators towards a shift in Consciousness.

Somayaji has clarified that the galactic plane is a thick band and we are in alignment with it since 1980 and will continue till 2016. Similarly, Photon Belt is also a thick belt of energy and a part of the solar system was in it for quite some time. When the earth was orbiting around the sun we would go into the Photon Belt and come out of it for some time. Guruji had explained that from May'12 onwards our earth is completely in the Photon Belt. And on 21st December the entire solar system was completely in the Photon Belt; but these energies are not completely active. We were expecting these energies to be active from 21st December. If these energies become active there will be a lot of destruction, as the Photon Belt energies cannot tolerate impurity. If these energies are released there will naturally be destruction. The Rishis know best when to release, what amount to release.

The shift in Consciousness is helping people. Those who have chosen begin to transform. It helps those who have not chosen to make a choice. Pralaya processes intensify and continue to help us further as they are required to cleanse the systems completely. We have to choose Light consistently and always hold on to Light. These processes will continue till 2016 or 2018. But I feel we need not worry at all, because Guruji and the Rishis are with us. Guruji continues to guide us astrally. So, we are moving towards a glorious period and very soon I believe our faculties will open. Some day we will definitely have a clearer contact with the Rishis. ■

THE GREAT MAHARSHI

Shobha K Rao

The great Maharshi Amara was brought to us by Guruji. Amara brought with him an ocean of knowledge, energy and love. He worked tirelessly for the Rishis from the age of nine till he breathed his last. Amara's simplicity, humility, his devotion to the Rishis and surrender to them is exemplary.

Amara gave immense importance to life and living. He believed that wealth, whether material or in the form of Knowledge or energies, is meant for sharing and spreading. People have the tendency to assess and judge a needy person and then decide to extend help to him. But, Amara said that our dharma is to give; our nature is Love and Love extends help to one and all alike. He always lived in the expanded way. He was a Master, perfect in every detail.

Meditations and the Rishis were introduced to us by Amara. We, the Meditators are linked to the Astral network of the Rishis, which makes us eligible to be monitored, guided and protected by them. This is indeed a great boon! Meditations have given a direction to our life, brought changes in us, making life peaceful and happy.

Amara gave us the rare knowledge about the transition period that we are going through, the new energies released during this period, which lead to the transformation of humanity to enter the New Age of Peace, Harmony and Love. Our hearts are filled with gratitude and Love for all that he has imparted to us and mankind at large. His deep, abiding Love continues to guide us, to follow and live all that he has taught us. ■

AMARA - THE MASTER GUIDE

Jaya B

Whenever one speaks of Lord Krishna, we refer to Him as 'Poorna Avatar.' Likewise, we can unhesitatingly say that Amara was a 'Poorna Purush.' Guruji never tired of highlighting his incomparable, exemplary qualities as a perfect Master and Spiritual guide. He is unparalleled, be it as a human being or as an enlightened Master. He set an example of the highest principles of both human and Spiritual values by living them to the letter.

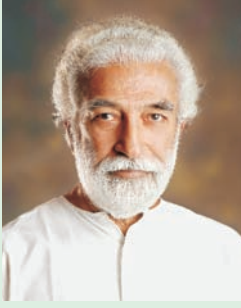
His life was a silent journey, intertwined with the Divine. He neither wore saffron nor went to the Himalayas in search of Truth. Like any other normal human being, he went through all the experiences of life and attended to all family responsibilities and also enjoyed simple pleasures of life like listening to music, watching a movie or a cricket match on TV.

Yet, what makes him different from us? It is his unflinching faith in and total surrender to God and the Rishis, unconditional Love for all humanity and Creation itself and acceptance of all that came his way, with equanimity. He was humility personified, had no personal agenda, being a perfect instrument of Divine Will. Undoubtedly, he was both a perfect Sanyasi and a householder, a Master of the tallest stature. We have not only known him through Guruji but also seen him through him, for Guruji lived all that Amara was. He had literally absorbed Amara into himself. Their breath and soul had become one.

We can express our sincere Love and gratitude to Guruji and Amara for all we have received from them only by living all their teachings and walking the path of Light. ■

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GURUJI KRISHNANANDA (1939 - 2012)

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)

Recently I had a tiff with a colleague who I felt was being dominating. Usually I would hold on to the hurt; but suddenly I felt compassionate and knew she too was facing many problems. Though both of us were at fault, I was able to apologize and also put forth my view point clearly. My goal now is to move onto the level from where I can be aware of myself before anger catches up with me.

-Geethanjali Balakrisnan

I feel the energies of Vishwamitra Maharshi, Amara Maharishi and Sapta Rishis stay very near to me all through my Meditation, as if I were always embraced by their warm personalities. The moment I try to open an invisible lid of my head, an abundant Light begins to flow into my system, so that I need not make any kind of artificial efforts at all. I need to just enjoy the abundance of Light itself.

-Yasuji Yamguchi

On a hot summer's day, I was watching the trees from my room and wondering why there was no breeze. Suddenly I got connected to those trees; the breeze started blowing! There was Light everywhere. Later, I realised that I had turned into a micro-particle and had become one with the particle of scorching heat. Instantly the scorching heat became very calm and cool. I started expanding and experienced enormous silence, which continued for a long time.

-Rakhi Chopra

Whenever I visualize the blue Light I see myself like an electron particle shining and circling in and out of this blue ball and gradually

getting totally absorbed into it.

The sense of abundance is very deeply sensed and challenging situations hold no fear, as I realize that it is just another test to be tackled wisely and sensibly.

-Jayanti Natarajan

Nowadays, most of the time I am in a state of stillness and I feel very calm. I experience complete silence within and also feel an inexpressible joy inside. I receive a smile from the level of the Soul from everyone I interact with.

-Sangeeta Pati

My son and I were channelling Light to Guruji every night at 10 PM. When I channelled Light to Guruji, the distance between me and him disappeared; and I felt closer to him than when I have met him physically. I could actually touch and feel the glow of God around him; I lost track of time. Even when he was ill Guruji was teaching me; he has made me realize that it is we who create the distance between him and us.

-Nandita Vijayan

Recently, after channelling Light I was lying down and fell asleep. I honestly feel that I might have travelled astrally to a place. I was flying from tree to tree and was feeling so incredibly happy. There were other beings, some with wings others without; I saw colour, Light and energy flowing from them as they flew and levitated everywhere. I was taken to a being who was short, perhaps was like the wise master of the area. He gave me some messages and told me where I was. I unfortunately do not recall anything.

-Nitin Manohar

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