



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 8

JULY 2013

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

When we started the Meditation classes we called this Path as the 'Sapta Rishi Marga'. Some people did not feel at ease with the name. They thought that it would remind another Marga, skull, dance, etc. My Guru was in contact with the Sapta Rishis and he brought down a lot of Spiritual knowledge from the Rishis that would update the theory and practice of Higher Meditations. We thought again that Shambala is the city of the Rishis and the Shambalites are living what we intend to put into practice and why not use this name? Again, we realised in these few years that despite our pointing out that 'Shambala' is mentioned in the Puranas and Rishis live there, many did not discard the impression that this is a Tibetan Meditation! I described our Path as 'Dhyana Yoga' recently and everyone accepted it as something that is not alien!

From Raja Yoga, a specialised branch, Hatha Yoga sprang up, and from Hatha Yoga another branch was developed as Kundalini Yoga. Although Meditation is taught in Yoga schools after Yogasanas and Pranayama exercises and although some schools teach only Meditations, a separate branch that would take the Sadhaks to the ultimate when followed independently and which is complete with all the knowledge of theory and practice of Meditation is not developed yet. My Guru has filled up this void by making available all the knowledge about Meditation and many techniques that are required to be used at different stages of sadhana starting from the initial stage to the ultimate stage of Samadhi and Higher Samadhi. This knowledge is not available anywhere. I remember my Guru mentioning that we have come a long way after Patanjali Maharshi. With this background, we can call our Path as an independent branch from Raja Yoga, continue research in this direction and add more knowledge to it.

People are not readily attracted to Meditations as they are attracted to Yogasanas and Health camps. This is not demonstrable. How can one demonstrate his Samadhi?! And there are no quick results here like Asthma-cure in 21 days! There are no miracles. After a year of Meditation one cannot materialise even a tiny object! Then how to bring people to Meditation?

Meditations bring peace, perfection and vast knowledge that we cannot get in books and through intellect. Meditations take us nearer the Truth. The purpose of this life and its culmination are clearly understood. What is greater than achieving inner peace and knowing the Truth? If these points are elucidated and the primacy of Meditation is publicised people take up sadhana. But how to publicise? I wish someone educates me. ■



MANASA FOUNDATION (R)

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

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



MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar
at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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

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NEWSLETTER

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



The children of Taponagara enacted Guruji's life events during the monthly Residents' Meet in May to commemorate his birthday.

NEWS AND NOTES

- ◆ More than 100 people participated in Guruji's 74th Birth Anniversary celebration at Anekal on 18-5-2013.
- ◆ More than 350 people participated in Guruji's 74th Birth Anniversary celebration at Taponagara on 19-5-2013.
- ◆ A DVD containing video recording of the iGuruji sessions of June and July 2012 was released on 19-5-2013 during Guruji's Birth Anniversary celebration at Taponagara. Students who wish to have a copy of it may please contact Manasa office for details.
- ◆ The audio-CD 'Arpana' containing seven devotional songs, two of which were composed and whose music was directed by Maharshi Amara and the rest by Guruji can now be downloaded from our website.
- ◆ An android version of the book 'Light', which can be downloaded on the mobile phone, is now available on our website.
- ◆ A DVD containing video recording of Guruji's 74th Birth Anniversary celebration held at Taponagara on 19-5-2013 is available. Students interested in having a copy of it may contact Manasa office for details.

MEDITATION ON SPECIAL DAYS

05	Fri	Masa Shivaratri
08	Mon	New Moon Day
09	Tue	Ashadha Masa begins
16	Tue	Dakshinayana begins Shukla Ashtami
18	Thu	Shukla Dashami
22	Mon	Guru Poornima
30	Tue	Krishna Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM-12Noon Light Channelling: 12Noon - 1PM
14-7-2013	Shambala Group meeting at 2PM
21-7-2013	Ra Group meeting at 2PM
22-7-2013	Guru Poornima Special Meditation: 12Noon to 1PM

During Ashadha Masa we get wonderful and great energies directly from Parabrahma Loka, which peak on Guru Poornima, the Full Moon day, which falls on 22-7-2013. On that day we have to meditate more, as much as possible.

Please visit www.speakingtree.in to read Guruji's blog and watch his videos.

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

LIGHT CHANNELLING EXPERIENCES

I feel refreshed every time I open my eyes after channelling Light. I am able to concentrate on my studies. Doing the technique in the school every day morning makes the whole day peaceful and pleasant. I am able to connect with the Divine Light and feel the energy spreading through every cell of my body.

- Ramya G., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

After practising Light Channelling, I feel that some thought inside me instructs me to apologise whenever I commit a mistake. Earlier, I used to take revenge on the people who did even a small negative thing to me. But now a thought inside tells me to stand in their position and think. And I have stopped taking revenge on others. I used to take even the small things seriously, but now I am able to experience peace in hard times. I am able to control my feelings, emotions and also my harsh words.

This technique has helped me a lot in solving my day-to-day problems.

- Neha V. K., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

My thoughts would wander. Light has helped me to control it slowly day-by-day. When I was preparing for the class test in Physics I could remember each and every line in the book.

I used to fight with my brother for small things but gradually, I changed myself. I helped my brother in compiling his project. Then he also showed the same behaviour towards me. Then I understood the proverb "What you sow, so shall you reap." The Divine energy helped me to solve my problems. I taught Light Channelling technique to my brother.

- Lavanya T., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

TAPONAGARA DIARY

Seema Almel Somayaji

There are two kinds of Taponagarites - resident and non-resident. Gururji had categorically stated that Taponagara is a state of being and a Spiritual Value System. Physical presence within the Manasi Field, in this abode of the Rishis, alone does not make one a Taponagarite. Staying in tune with the Rishis and the Energies here and doing our best to live by the Divine Principles qualifies us to be the citizens of the City of Light. We can be Taponagarites no matter where we live on earth. Hence, Taponagara can accommodate each of the seven billion plus members of the human race.

Up until the world awakens to this reality, Taponagara continues to welcome new residents. Within a kilometre of the Cosmic Tower; new residential buildings are being built at a fast pace. Houses of all sizes to fit every income category are sprouting around; from big villas to apartments and small humble houses.

Within a five kilometre range of Taponagara, massive multi-storey high rises are coming up. All modern lifestyle facilities like super markets, multi-speciality hospitals, sports clubs, etc have been available for quite some time already. Internet and cell phone connectivity is high. The roads have been widened and the Bangalore International Airport is less than an hour's drive away.

While Taponagara will always maintain its sanctity, serenity and Value System, it welcomes the world and it looks forward to its new residents. ■

Doorways, July 2013

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 Gururji 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 talks
(Compiled by Shobha K. Rao)

27-07-2003

Pain imposed by others can be overcome by meditating and tuning up to God. It is not easy to do this and it takes time. But we have to overcome pain to grow spiritually. We have to forgive others. As we grow, we understand that all these pains are for us to grow.

'Akshaya Treetiya' is the day that comes in Vaishakha Masa. On this day we have the perfect combination of energies that make our Spiritual and material wishes come true.

The energies of Lord Shiva and Lord Mahavishnu present on the earth are available at temples, but they are in a dormant state. They get activated on 'Shivadeepa' and 'Vishnudeepa.' When we draw these energies, they burn certain types of Karmas. For that we have to meditate.

When people reach a point in Spiritual Sadhana, they do not go beyond that point because they do not make the required efforts. We have to make more efforts when we go to the higher stages by positivising the entire life, otherwise we get stuck at a point.

03-08-2003

When I was meditating in the night on 'Gurupoornima', Amara gave me an instruction to bring out a book on his Astral works. I had compiled all these works and kept them very neatly in notebooks. But I had lost them when they sent me out from Manovathi. I felt very sad; it was like losing all the treasures I had. Amara told me, "what you have to get you will always get." In ten days I completed the book and I am very happy about it!

Sometime back a person asked, 'who are the lords of the 7 Lokas?'

The lords of the seven Lokas are: Satya Loka: Lord Shani, Tapo Loka: Shukra, Jana Loka: Guru, Maha Loka: Budha, Suva Loka: Mangala, Bhuva Loka: Chandra and Bhoo Loka: Suryanarayana.

On the full moon and new moon nights, the moon exerts a kind of magnetic pull on the earth. This pull also pulls up our Kundalini and when the Kundalini rises there will be a fallout which brings us enormous peace, enormous contentment and sahaja-vairagya. All these help us to surrender and move on in our Spiritual journey. Rising of Kundalini also brings us a lot of powers; sometimes very subtle energies are activated. Heavy Karmas get cleared by Meditations done on the night of either Poornima or Amavasya.

We know we have three main nadis. In the center of the back we have Sushuma Nadi, Chandra Nadi on the left side of it and Surya Nadi on the right side. At a time, one of the nadis will be always active, not all the three. The nadis being active means a lot of energies will flow through them. From sunrise, for 24 minutes the Chandra Nadi is active, then for 24 minutes the Surya Nadi is active and thereafter the Sushuma is active. This cycle repeats throughout the day. When we go to sleep, none of the nadis will be active. The period when the Chandra Nadi is active is very favourable for material activity. When Surya Nadi is active, the period is favourable for Spiritual activity. When Sushuma Nadi is active it helps us to experience Samadhi.

We get initiated when a particular nadi is active. When a person's Sushumna Nadi is active, he/she will get initiated straightaway to the Samadhi stage.

24-08-2003

After Meditations the karmic chart changes. This chart is made according to the planetary positions at the time of birth. This remains constant. When we meditate, we enter into another track of Karmas, which naturally will not be seen in the horoscope made at the time of birth. It is very difficult to know this new chart; maybe the Rishis know. Perhaps, those who have extraordinary intuition will know about it.

Sadhana is completely surrendering our selves. It is manifesting love, peace and vairagya; we have to understand that it is not just meditating.

Whenever or wherever a kind of churning takes place something good or something higher always emerges, like it happened during 'Samudra Manthana.' 'Amruta' came out with many other things. Similarly whenever there is a churning within us, our emotions and thoughts get stirred and something higher comes out - higher emotions, higher thoughts and a higher intent. Whenever we become aware that a kind of churning is going on within us, we have to watch out for these things.

When we meditate and continue meditating consistently, we definitely reach a higher level of thoughts and emotions. At this point we have to be extra careful to develop humility and patience because you may come across people, who may not be at this level or may be at a different level. We somehow develop the attitude of looking down upon others. It is a natural tendency which we have to resist. We should not get angry. We should remember that when we

THUS SPOKE GURUJI

Excerpts from Guruji's talks
(Compiled by Shobha K. Rao)

began our Sadhana, we too were like that. The truth is that all of us are sadhaks. We are imperfect, the degree may vary.

I have often seen that strong negative emotions will have a great impact on the Astral body. The Astral body gets damaged. It gets sick. So, we have to remember to be positive, avoid negative emotions and meditate. After the Astral body gets sick, the sickness gets manifested in the physical body after 72 hours. When these emotions damage the body, the physical medicines do not help much. During such times we have to bring out love. Only love heals.

When we enter into a kind of meditational routine, somehow a kind of complacency sets in. Occasionally the Rishis give us shocks; they pull us up suddenly so that we become aware of where we are and in which direction we have to move.

Most of us have experiences and visions; they are very good. But not all of them are genuine. Some or most of them are our own mental projections. This is a reality and we have to accept it. Let us remember that whenever we have a genuine experience there will not be any kind of agitation. After the experience for days together we will have a contented mood. It is as if a fulfilment has already taken place. When we have visions every day, we have to easily conclude that they are not genuine visions.

Being Spiritual is going beyond the right and wrong. We have to avoid wrong and do only the right things. In Mahabharata it is observed that Lord Krishna's behaviour was questioned several times. My Guru said, 'Lord Krishna followed a

higher law and not the law of only right and wrong.'

31-08-2003

My Guru tells me that these days there is much curiosity outside this earth about this centre. People know that the Rishis are doing a lot of work. So they visit Taponagara, bless this place, bless us and have the darshan of the great Rishis.

God is described in many ways. You have to read Sanskrit literature - 'Purusha Suktha'. I would like to speak about three descriptions of God. God is described as Jnanam, Satyam and Anantam.

Satyam: God is described as 'Satyam.' Satya is truth. We have to understand truth as the unchanging aspect of God. At the highest level God is bliss, perfection and Love, which never change. At that level these are the truths.

Jnanam: Jnana is knowledge. In God, all knowledge is available - knowledge of the material science and the Spiritual science; knowledge of physics, music, and knowledge of all the past and the future inventions.

At no time, and on no earth, all the knowledge can be gathered, because it is so vast. However great a person may be, he will not be able to contain the knowledge. A tiny portion of this knowledge trickles down to this earth through the Rishis. We know them as the scientists, musicians, saints and of course the Rishis. One more meaning of jnana is Awareness. God has the total Awareness of everything in all His creation simultaneously.

God is described as 'Anantam.' Ananta is infinity. We know, God is space, God is Consciousness. Rishis say that this Material Cosmos is 18 billion light years in its diameter and there are billions and billions of such

cosmoses! Therefore God is infinite. There are many other dimensions which we are not aware of apart from space and time. Therefore, God is described as 'Anantam' or the infinite. When we meditate and when we reach the higher stages of Meditation, we will have a glimpse of the infinity and it is then we experience a kind of expansion.

We have to make use of this present, to burn the Karmas and also to live this life fully. We should not miss the sunset, the sunrise, the poetry and the music; we should not miss experiencing God in a bird, in a child. If we miss, we miss God every moment. Even now, after meditating for such a long time, if we cannot manifest love, all the hours of Meditation are a waste and we have not understood what Sadhana is.

We have to be a little sentimental; we have to be a little emotional. We have to have a little of faith and also we have to have a little of skepticism. A little of anything is alright. But any extreme is wrong.

Let us ask ourselves periodically, that after these years of Meditation, what have we achieved? Let us be happy about our achievements. Let us also try to understand where we failed. If we know our faults, our wrongs, we can just reorganize our lives. Spiritual progress does not occur just like that. It occurs after struggles, failures, etc.

In the beginning of Sadhana, there is nothing wrong if we follow ten different paths. But after some time, it is better to follow one path, because we will have a lot of confusion as each path specializes in a different way. We must know everything about other paths, but it is better we follow a single way. ■

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 SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)
May 2013

Knowledge, information or even simple instructions passed on by Guruji were understood by different people in different ways because they were not perfectly in tune with Guruji. We have to have great love for the guru and complete faith in him to be in tune with him. There will be perfect tuning with the guru when we are in a state of surrender, like Guruji was with the Rishis.

When we do the Light channelling work let us stick only to Light Channelling. But somehow in the beginning some people began talking about Shambala principles and some other things. The instructions were not understood in its entirety. On that platform we talk only about Light Channelling. Now the team is working perfectly well. Sometimes the instructions are understood but they are not followed. Sometimes, people do understand the instructions, but they do not accept them.

To assimilate certain truths, certain principles, Spiritual realities and higher knowledge we have to grow spiritually. For example we know that we have to speak the truth always. But there will be circumstances when we should not speak the truth as it may hurt or upset the person.

We need not point out mistakes of others but wait for them to realize their mistakes themselves. Guruji never pointed out our mistakes but always showed us a higher way and when we tried to pursue higher things our shortcomings began to vanish automatically.

Guruji had told us that there will be New Age after 2012. 'What happened? Why do we still have so many problems?' was the question

asked by a person on our blog on the internet. We are yet to understand what exactly happened at the end of 2012. But as I understand, 2012 was a great opportunity for humanity to take a big leap further into the New Age. It was a great opportunity to choose Light, to choose the New Age and to give up the old ways of living. I feel sad that humanity could not make use of the opportunity. The Rishis wait patiently for us to get ready again and continue to provide new opportunities, new energies and new knowledge. They try to educate us at different levels, help us to raise our Awareness so that we can see, choose, transform and ultimately establish the New Age on this earth.

I think we will definitely have another great opportunity like the year 2012, but when exactly we do not know. We, the people associated with the Rishis' work can do our best by growing spiritually and by channelling Light. When we channel Light we not only help ourselves, we also help everybody on this earth.

Guruji is not here physically but his strong presence can be felt and experienced. Through the magnetism of his love we have all come together. Love unifies us. Love has such amazing powers. It accommodates, helps us to expand, connects us to God, purifies and does everything. Love is the very reason for our existence here.

In one of the previous births Guruji's Master would refer to him as the eternal companion of Lord Krishna. We have to be very proud and happy that we are learning under such great Masters.

All of us can live like the way Guruji lived. He said that every detail is 'worship.' Our Spiritual growth is his only concern. When we grow spiritually we can be truly free. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How to strengthen our Vairagya to make faster Spiritual progress?

A: Vairagya alone is not enough. Sometimes we understand this in the wrong way, as leaving the family and going to a cave. This is escapism not Vairagya. It is fooling ourselves. When we manifest love and peace, real Vairagya comes to us naturally and we make Spiritual progress fast. Real Vairagya is not physically distancing. It is prioritizing. Without hurting anyone, without neglecting any responsibility if you align with the Rishis that's enough.

Q: Are souls created as dark or Light?

A: Yes. Some souls are created as dark to occupy and live in certain planes. And when this plane gets destroyed I think the dark souls also get disintegrated. But the souls from the Parabrahma Loka are Light. Sometimes they commit mistakes, wrongs, horrible mistakes but that doesn't make them dark souls. Somehow they catch up and again come back to their original state or Spiritual condition.

Q: Can we heal the soul?

A: Healing is done to someone who is sick bodily, mentally even intellectually. I use the words once Amara used: 'Even God cannot change us. We ourselves have to change.' Presuming the soul is sick and we want to heal, we can only send Light, that's all. The Light will reach the person and ask 'may I help you?' The person may refuse. Then the Light cannot do anything. If the person agrees, then the Light may enter him and help him in changing. Light gives all

guidance, knowledge and help to the person. The whole Universe helps a person who has a genuine intent of transforming.

Q: Will our good Karmas help us in transforming?

A: Good Karmas will give us first, material benefits, comforts. These Karmas may lead us to a good Spiritual path, or to reading a book which opens new pages in our life. Good Karmas help us indirectly in this way. Unless we are willing, unless we choose, changes will not take place.

Q: Can we control our Karmas?

A: Control is not the right word. We gather Karmas. We can avoid gathering Karmas.

Q: Are the laws of Karma the same all over, on all earths?

A: No. These laws apply to all the earths belonging to one category, which is Bhoo Loka.

Q: How does the ageing process of an Astral body take place?

A: Like the physical body Astral body also ages. Whoever lives in time they age. It's a very important point.

Q: Can the ageing of the Astral body be reversed?

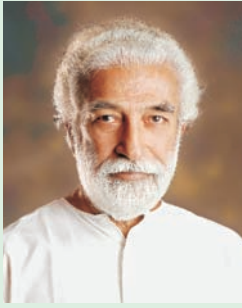
A: Yes it's possible.

Q: When we are expanded what should we feel?

A: Whatever you experience you make a note of it. When you are expanded never approach it with a pre-conceived idea. If you have such an idea, the mind will give you that experience. You will never expand. It is like entering an unknown territory. We expand, that's all. We don't know. Each individual may experience different things. ■

LIST OF OUR PUBLICATIONS

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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.

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)

During Guruji's Birth Anniversary celebrations on 19th May, when I mentally walked up to the dais to offer energies and love to Guruji, I saw him sitting there with his ever welcoming Divine smile. I also noticed the presence of other Masters on the dais, in the form of glowing Golden light. I offered the energies and respects to Guruji and poured my heart out. He conveyed to me through his eyes. But, I only remember what he said at the end of the conversation. He said, "Everything will be all right, do not worry." I was filled with gratitude. How do I describe Guruji's love for us?

– Gururaj Kanade

In the week starting from 21st December, I was experiencing a wonderful feeling. I could feel the peace within me all the time. Even in the hectic work schedules I could feel the state of peace. I was feeling as if I was working in this world at the surface level, and within me at a deeper level I was experiencing a beautiful state of stillness. I could feel the two feelings at the same time.

– Pushkar Patki

There is a lot of firmness and clarity of mind regarding what is right and I am able to live it and accept it fully. The joy of doing every work has multiplied and the results too are positive. I am now able to stand aside, out of my physical being and view things with a better perspective.

– Jayanti N

While meditating, I experience rays of golden / white Light spreading out from my body. I start hearing an inner humming sound which resembles 'OM' Mantra. I naturally prefer to hear the inner 'OM' sound, rather than chanting 'OM' mentally. This helps me to become more silent.

– Sanjay Manohar

When I meditate after Pranayama my breathing gradually slows down, chanting stops; I feel peaceful, relaxed and calm. Deep down chanting continues. Brightness is seen all around.

– Harilal Dudhia

I am changing every day and my Sadhana is a daily journey towards betterment of myself. I sense a change in energies after 21st December 2012. Since then, Meditations too are different. I am happy as today I am very much at peace, and try to practise Light channelling as much as possible and spread Love.

– Sasidevi Sundaresan

I feel a deep sense of gratitude for what Guruji and the Sapta Rishis have blessed me with. When people compliment me for anything, I have a hard time explaining it's not me but just their grace. After hearing for years about Light Channelling, a friend of mine has started channelling Light regularly and can sense Light's grace.

– Smitha Shetty

On my birthday, I had been to Tapovana and meditated in Guruji's Samadhi room. Within 24 hours my wish was fulfilled. It was unbelievable! It was a gift for me from Guruji. Guruji and the Rishis love all of us so much.

– Geetha K

I am able to surrender more to situations and have a strong confidence that I am always taken care of by Light.

– Sandip Banerjee

I am having God's vision in my Meditation and becoming one with the Universe. I see a tiny spot of blue Light sometimes in the middle of my forehead. I am totally lost and get a doubt whether I am in the body or out of it.

– Sita Gowri

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