



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 6

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old newsletters)

A Sadhak asked me innocently, "If I commit a mistake, will you forgive me?" That prompted me to be very clear about my role. I am a Spiritual guide. Only a guide. I do not judge others and will very carefully avoid forming opinions on sadhaks. I have no hesitation in confessing that I am also a sadhak; a senior one at the most. We are all being guided by the Spiritual Masters, the Rishis. In this land of gurus and swamis, it is natural that anyone will see me as guru or a swami, which somehow brands one with a religion. I am not a religious worker. I am a Spiritual Guide.

I wonder how many sadhaks really appreciate our Path and our efforts. Generally, the sadhaks will have personal guidance not only at the beginning but throughout their sadhana only when they join Gurukulas or Ashramas. For that they have to leave their homes, occupations and other things. Here, not only Meditation is taught, but also Theory and Practice thoroughly; a close watch on the sadhak is kept and he is guided personally and continuously. And the sadhak's normal life is not disturbed. In fact, the quality of his life is not disturbed. In fact, the quality of his life will improve when the confusion and tension are eased out. Such follow-up is not available in other groups. I wonder if our sadhaks have ever noticed this. Perhaps we should not get things easily!

There are other specialities. That running away from the normal life for Spiritual achievements is not necessary, is emphasized repeatedly. The pitfalls of running after Siddhis are often explained and the importance of the pursuit of Yoga without any such distractions is made understood. The sadhak is allowed to take up any other sadhana as complementary and no restrictions are placed to keep him bound to this system alone.

My heart pains when these things do not impress the sadhaks and they take goodness for granted. The casual attitude hurts.

I was pondering about my reluctance to meet people. I have, no doubt, heavy work and do not have much time to spare. Socialising was not my game at any time of my life. Above all, I find the visitors eager to pick up a new technique or a thrilling revelation from the life of my Guru. They seldom talk about the Work or our Spiritual projects that are waiting from the time of my Guru to be executed. It is not often that they seek guidance in their Sadhana.

My life and all its time is meant only to guide, to work and for Sadhana.

But..... ■



### MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

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## 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 Jayanth 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.

## A LETTER TO HEAVEN

Dear Guruji,

*"It's not the Goodbyes that hurt, it's the flashbacks that follow..."*

There came a time in my life as it does in everybody's life when I felt alone, life suddenly started to seem meaningless, and I started to question everything. There seemed no escape from life's 'cruelties' and that's when you walked into my life like a whiff of fresh air, and as if by magic, suddenly all my problems vanished, there was a spring in my step and a smile on my face. I could suddenly hear the birds chirping again, I could suddenly enjoy the beauty of the sunset again. I am sure a million other people feel similarly about you. It is unbelievable but at the same time 100% true that you have managed to touch millions of lives. I always felt at ease with you because you never judged me, you never eyed me differently even after I shared with you some of my deepest darkest moments. I felt as if I was pouring my heart out to a friend whenever I had a chance to speak with you. You were the best confidant ever.

It's true that we start to value a person more after he is no more a part of our lives. Every action you performed was like a life-lesson. You managed to smile and make others laugh in the direst of situations. You never complained and you enjoyed the little joys of life right up to the end. From admiring flowers in a simple vase that most people tend to ignore, to truly appreciating and understanding ragas, to talking about politics, to greeting each and every one of the hospital staff with a humble "Namaste" and your endearing smile.

Somehow, every time I pass by your house, I still feel as if you are in there. There are moments when we miss you terribly but you have given us all so much strength to deal with this calamity in our lives. Your presence is still very much felt here and I know it will never go away....

Yours respectfully,  
Apoorva

## THE ETERNAL GUIDE

Vaishali Joshi

Having Guruji's hand on the head and getting an opportunity to associate with him at the physical level, even if for a short period, were the best things that could happen in this lifetime. It brought love, respect and happiness in life. The longing to come to his Divine abode has always been stronger than the longing for anything else.

He had such a powerful and magnetic personality that just being in his presence was enough to forget everything and everyone else. Every word spoken by him was like nectar, his smile a source of boundless joy.

When he was available at the physical level he always gave a practical solution to any problem, and also showered energies and love to help sail through the ups and downs of life. Even after his passing over he continues to guide us from the Astral level and holds us aloft even as we continue our struggle to go beyond the horizontal level and live life at a higher level. ■

**GURUJI, WHERE ART THOU?**

Jaya B

Guruji, Where Art Thou? We know yet we ask as the bleeding heart still yearns for your physical presence. We know, you are in every breath of not only your children of the Manasa Family but all creation on earth and beyond, for your Love is such that you cannot but embrace all. That was why you could embrace the vast sky as easily as the little sip of water you drank with so much care lest it felt strained if gulped like an endless stream.

If not the faith, the vastness of thy limitless love, what else could it be that made a little pen express her sadness when you thought of using her less frequently! How could your car that had to be disposed off, express her sadness and in turn receive your love manifold to be comforted. Even a rickety taxi whose efficiency you doubted in taking you on a journey, could express her sadness by developing a mechanical problem and then telling you to stop a particular passing vehicle to get herself repaired.

Guruji! We might have erred, unable to see you in your fullest glory, blinded by our limiting ignorance but we truly love you and are comforted as you make your presence felt through the breeze rustling the leaves, every chirp of the birds, every sunrise and sunset and every word that echoes in our ears as it comes alive like a dormant volcano when we re-read your books to recall and earnestly put into practice all that you have taught us.

We feel truly blessed and exhilarated as you continue to speak to us, teach us and make us laugh, make us ponder through the video recordings of your Sunday classes.

We shall ask no more ‘Where Art Thou?’ for we live on only through your eternal presence with us. ■

**GURUJI - END OF AN ERA....**

Ramachandra K

Is it a dream or a reality?..... Guruji has left his physical body and is no more available to us, is a reality. His non-availability physically is the end of an era and surprisingly, the beginning of a new era as he is available to all of us at a different level. This makes us realize that we have to be more alert, more responsible and start living all that he taught us in these years.

He lived the life of a complete human being and explored the unknown worlds. He brought us such Spiritual knowledge and energies that it may take life-times to assimilate and understand. Till I met him, I had no clear knowledge of Meditation, Rishis, God, Astral worlds, re-birth, energies, Spiritual knowledge, Karmas and many other Spiritual things. During the years of association with him, through the knowledge that he poured in, there is so much of awareness. It really took many years to understand what life is all about. We could see him living in all levels of life, enjoying its beauty, appreciating nature, and ultimately making us aware that everything is here because of the love of God. He made us understand that our original nature is Love. This made us understand that we should not waste our life in unwanted things and focus our attention on spiritualizing our life and live this life peacefully. While we are still struggling with life, he has inculcated a strange courage and strength which has helped us to cope up with the waves of life and smile in spite of struggles. With him, the life became smooth and we could accommodate anything and everything.

What can we give him in return for bringing such transformation in us? Only Love and a strong Determination to fulfill his dreams for a better earth. I pray, let us and this earth be blessed with such a Guru, again and again. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	75/-
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iGuruji Vol 1,3,4 & 7	each 150/-
iGuruji - Vol 2	120/-
iGuruji - Vol 5	100/-
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### THUS SPOKE GURUJI

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

04-05-2003

We get energies from the food we take, from air, by the activation of Chakras and from the higher Planes. The energy from the food is mainly for the physical body; a part of it gets sublimated and is used by the mind; a part of this energy gets sublimated further and is used by the intellect. We receive the Prana, a vital food from the Sun. It is used for vitalizing the body, mind and intellect. When we meditate, we receive energies from the higher planes which alone burn the Karmas, cleanse our entire system and sharpen our intuition. They also help in opening up of the 3rd eye, which occurs gradually.

The lights seen or the winds sometimes heard during Meditation, belong to the Astral plane which is beyond the physical plane. Beyond the Astral plane, is the Causal plane, where there is no mind and the communication occurs by thought-transference. There are lights of great brilliance here. Beyond the Causal plane is the Divine plane, where there are no thoughts and sounds. Here, communication occurs directly, from one soul to another soul; and there is one Light of unimaginable brilliance, which we do not see. Seeing, hearing, such experiences belong to the lower planes. In the Divine plane, we experience the Light. We experience such lights when we enter a stage called Turiya.

Through the lights, we receive knowledge, wisdom and special energies. When we experience the Light, in the Divine plane - in the highest plane, we will literally become Divine. We will have all the faculties, knowledge and powers that God has. People in this state do not demonstrate these things as they have great wisdom.

Our mind has three layers - the conscious layer or Jagrata avastha, the sub-conscious layer or Swapna avastha and the Unconscious layer or Sushupti. We receive most or all the experiences of this plane through the mind only. We experience the physical world through the conscious layer and we experience dreams and fantasies in the subconscious layer. In the unconscious layer, we come out astrally and we experience the Astral travel.

Turiya, the Superconscious state is in an area beyond the mind.

Awareness is the faculty of the Soul which operates differently in the different layers of the mind. At the conscious layer our awareness is limited to the physical plane and at the subconscious layer it is limited to the subconscious layer only. At the unconscious layer our awareness is limited to the Astral plane. In all these layers or levels, we will be aware of the creation and the diversity in the entire creation. But, when the awareness enters the Turiya state, we see only the power behind all creation; we do not see the walls, trees, buildings, as our awareness goes beyond Maya. We see only the Light, 'Jyothi Swaroopa' and experience God. Beyond the mind and this layer, there is an ocean of Consciousness. When our awareness reaches this area, it keeps expanding to infinity. It not only expands, it also experiences the infinity - God.

The memories of all our past lives and recordings of all our Karmas are stored in the unconscious layer of the mind. It is very difficult to know our past and the future is deliberately shut off, so that they don't interfere with the flow of life. But, sometimes for our Spiritual progress whenever necessary, the Rishis will reveal

certain incidences from our past life.

11-05-2003

Realisation, Enlightenment and Mukti are the stages in the Spiritual journey. When we seriously begin to think about God beyond the idols, try to understand and begin to know who we are, from where this creation has come; we can say that we are awakened. Spiritual journey begins with awakening, for which we would have spent thousands of lifetimes. Once we are awakened, we gather knowledge from books etc., realise many such things like, we are the souls, particles of Light. We should go beyond the knowledge at the intellectual level with the help of a guide or a guru, the right one. It is then we know by direct experience that we are particles of Light and God is the ocean of Consciousness. This is the state of Enlightenment wherein all our Karmas get cleared and we actually go back to God, merge with Him and attain Mukti. But, after Enlightenment, we cannot leave the body as we have to wait till the span of life is over. A person who has attained enlightenment and is waiting for death, to go back to God, is called a 'Jeevanmukta'.

Lord Kalki was born in 1924 in Shambala. Lord Parashurama lives in Shambala and he educated Lord Kalki. Lord Kalki is supervising the Pralaya processes which began in 1987 and will last for 49 years.

Our work is to teach Meditation and pass on the undistorted knowledge from the Rishis. This helps individuals to prepare themselves to enter the New Age. Meditation brings us wisdom. It helps us to know how to cope up with this life of many complexities and it strengthens us.

## THUS SPOKE GURUJI

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

After some time we actually experience and understand the higher truth, and we are able to pass on this awareness to others, which is the main work. We work to clarify all doubts and provide answers to all questions. Our work is to demonstrate by living the manifestation of Love, Peace and Divinity. Everything else is details. When Shambala is established within, building up Shambala in this place becomes easy.

25-05-2003

At times of crisis people say that they hear my voice, some have seen my form when they ask for help. The messages reach me at the unconscious level; from that level, I transmit energies unconsciously which reaches the person. These energies have intelligence and decide whether to reach him through a voice or a form. People will then have this experience and they get solutions to their problems. Though I am not aware of these things at this level, I can always go down to that level and understand.

Whenever you meet me, I always pass on energy even if you do not ask for it. These energies will be with you for a long time, till you stop meditating or leave this path. Every time you may not hear a voice or see a form, but the energies act themselves and many times without your asking, they guide and help you. That is why linking up with people, with Meditations is so wonderful.

I leave my energies in Taponagara when I leave my body. These will be here for generations; people can always receive them, receive the benefits, guidance, the help and the protection. My Guru is not here but we have his energies in the Samadhi room. Whenever you go there and seek help, they will

guide you. People have told me that they have heard the voice of my Guru and seen his form and definitely get his help.

In all the temples, in all the holy places, it is the energies that operate. Lord Shiva lived in Mount Kailas thousands of years ago for quite a long time, and left behind his energies. Those who go there, experience Lord Shiva.



From 1988 I have come across many instances where people experience blocks in their system, when they are haunted by dark forces, dark people or ghosts. It is difficult to generalize these things but we found that some cases were very genuine. In many cases, all these were the mental projections of the individual as the mind is a very powerful instrument. It helps us sometimes, but sometimes by a kind of negative projection, it does not help us.

The ego is the collective intelligence of the body, mind and the intellect. The soul can always overpower not only the mind but the whole ego. We have to allow the soul to do it. It looks very simple but it may be difficult to put it into practice. By practising Meditation, the Shambala principles of spreading love, and manifesting love, we will be allowing the soul to take over the system and help us lead this life peacefully.

01-06-2003

I am trying to reorganize the work here and form groups. The purpose is to help people get familiar with the work, not the physical work but the many works at the Astral level. This is the future work. To take up this "work" we have to prepare ourselves quite a lot - any amount of love, any amount of accommodating others and

manifesting love is not enough, because this work is such. We have to think of the entire world, this entire Universe.

When we take up "work", we get stuck with the details. It takes time; people have to sit with me, think with me and be with me. It is not easy to pass on the wisdom that I have. They have to think and act as I do. To take up the work, we have to organize. Let us start doing it.



A journalist asked me, "Which is the single tragedy of this century?" I was in link with Amara; he told, "the tragedy is that we are disconnected from the Rishis." We have to firmly establish the contact with the Rishis. It is not difficult. For this we have to become child-like and innocent. We follow only one or two instructions of the Rishis. Somehow we have to take the initiative. If we can establish contact with the Rishis, we get the advantage of receiving all the Spiritual knowledge - the knowledge that is lost and the new knowledge. New knowledge is waiting to be brought down, to be given to us. We as human beings are not yet ready; with little knowledge or half knowledge that we have, we try to find solutions for all the problems of this world. When we grow and become mature, we will be fit enough to receive this knowledge.



Finding solutions to individual problems is not important. We are not here to find individual salvation. We are here not only to help others, but to serve others, which is the first priority. Whenever we take up the work of the Rishis, we have to keep in mind that service is important. We have to work together. ■

**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 2 for details.

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/  
PRAKASHMARG(Marathi)**  
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**NEWSLETTER**

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



On 15th April, Guruji's Holy Ashes were installed  
at the Anekal Centre in a newly built structure

**NEWS AND NOTES**

- ◆ Guruji's birthday will be celebrated at Taponagara on 19-5-2013. The last date of registration to participate in the program is 16-5-2013.
- ◆ The books "Guruji Speaks (Vol-7)" and "Channelled Knowledge from the Rishis (Vol-4)" will be released on 19-5-2013.
- ◆ The fifth anniversary of our Saptarshi Dhyana Kendra at Anekal was celebrated on 15-4-2013.
- ◆ About 80 people participated in the program and energized Guruji's Holy Ashes which were placed in the newly constructed structure.

**PROGRAM AT TAPONAGARA**

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

12-5-2013 Shambala Group meeting  
at 2PM

Orientation Class for students will  
be arranged at Taponagara on  
8-5-2013, Wednesday, at 11AM.  
External Guidance students can  
also participate through webcast.  
Interested students may register  
before 5-5-2013. Please contact  
office for details.

**GURUJI'S BIRTHDAY CELEBRATION  
PROGRAM**

19-5-2013, Sunday  
11AM Welcome  
Speeches  
Release of Books  
Special Meditation  
12.30PM Prasada

**MEDITATION ON SPECIAL DAYS**

03	Fri	Krishna Ashtami
08	Wed	Masa Shivaratri
09	Thu	New Moon Day
11	Sat	Solar Eclipse: 2.55AM - 8.55 AM
13	Mon	Akshaya Tritiya
18	Sat	Guruji's Birthday Light Channels World Movement - 5th Anniversary
19	Sun	Guruji's Birthday Celebration
25	Sat	Buddha Poornima Lunar Eclipse: 9.23AM - 9.56 AM

**PROGRAM AT ANEKAL**

Guruji's Birthday will be  
celebrated at our Saptarshi  
Dhyana Kendra on 18-5-2013,  
Saturday at 11AM.

Those who participate in  
Shambala or Ra classes from their  
own places are requested to  
convey about their attendance to  
Manasa Office over phone or  
through email without fail.

## LIGHT CHANNELLING EXPERIENCES

From the time the Light Channelling technique was taught I have felt a drastic change in me. I have experienced happiness, peace, positivity and much more. Before, my feelings and thoughts were very negative. I was not able to concentrate on my studies and was losing my confidence. But after practising this technique there was a change in my character. My thinking became positive and I started gaining self-confidence again. At the time of Unit examinations, I was doing this technique for 7 minutes every day before studying and I got very good results.

- Nagarjuna Rambabu Vatti, Std. VIII,  
Vishwakarma Vidyalaya English Secondary School, Pune

Earlier, I used to get scolding from my mother for silly things. Now I send her Light and she does not scold me. Light Channelling has improved my concentration power and I get more positive thoughts. Previously, I could not understand when I read for the first time but now I am able to understand.

- E. Meenakshi, Std. XII, SBS Mootha Girls Senior Secondary School,  
West Mambalam, Chennai

My attention span has increased and I am able to focus on a single subject for a longer time without getting bored or distracted. I am able to control my anger to some extent and my problem solving capability has improved.

- R. Jeya, Std. XII, SBS Mootha Girls Senior Secondary School,  
West Mambalam, Chennai

I had a misunderstanding with my father. He just shouted at me and went to his room. I felt very disturbed so I practised this technique. After 15 minutes he came out and I apologised. He too felt bad for scolding me.

- S. Nithyasree, Std. XII, SBS Mootha Girls Senior Secondary School,  
West Mambalam, Chennai

## TAPONAGARA DIARY

Seema Almel Somayaji

Guruji's Taponagara embodies him as a strong Divine Presence in  
Taponagara

In the majestic tall stance of the Cosmic Tower and the depths of the  
Kundalini Meditation Hall

In the serenity of Tapovana, with the Council of the Sapta Rishis

In the innermost chambers of Antar-Manasa, as the life-force in its  
Swastika

In the Oneness of Taponagarites, in their commitment to accommodate and  
manifest Love

As joy behind their smiles, as longing in their tears, as faith in their prayers  
for the Light Age

In the laughter and fun children have at the playground, in the knowledge  
they receive in the classes

Guruji's dream that was Taponagara birthed through him and unfolds  
through him

Guruji pervades in all that is and will manifest as Taponagara.

Guruji is the life-force of Taponagara.

## LIGHT CHANNELS WORLD MOVEMENT

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

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

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

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

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

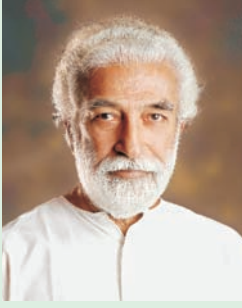
Spread this Message to all.

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

## SHAMBALA PRINCIPLES

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

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



**GURUJI 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.

## **EXCERPTS FROM TALKS BY JAYANT DESHPANDE**

(Compiled by Shobha K Rao)

March 2013

People are expressing their anger against the unjust things that are happening. Guruji used to say whenever there is birthing there is always pain. This painful phase will lead us to a beautiful phase - the New Age.

Wonderful things are also happening. Peace is being restored in Somalia; a cure for HIV has been discovered. There is a kind of Spiritual awakening. There is almost an explosion of self-help books, in which the essence is positivity and affirmations. A person in Russia speaks of re-generation of organs with the help of Light.

I came across a very beautiful point while reading a book. It says - It is not life events but one's reaction to them that activates the symptom of stress; meaning that the life events do not cause stress but we cause stress by inferring that the events are good or bad.

Sometimes, when a problem appears complex, the best thing we can do is to send Light, pray to Light, carry a strong intention to help the person. Light will definitely help.

At times when we may not be in a position to understand the Spiritual lesson behind a problem, the Rishis help.

Hurts cannot be avoided. At such times we have to align with the higher goal that we have defined. Then, we shift to a higher level; maybe, the hurts remain at a lower level and won't affect us. The experience of expanded Awareness during Meditation helps us to deal with the hurts. Every problem can be solved with Meditations and positivism.

Can we experience Light or keep Light in our system in spite of having

negativities in us? was a question asked in the residents' meet. We have heard Guruji saying clearly that by carrying negativity we cannot experience Light. The other part of the question was: If we have an intense urge to experience Light can we experience Light in spite of the negativities? If the intensity is really huge, if our love is very intense maybe we experience Light instantaneously and we give up all the negativity. But we have to reach there. Till then we should meditate, positivise and manifest love; keep growing and ultimately reach a stage where we are ready to surrender completely.

We understand many things about Sadhana intellectually but, we are unable to bring into practice many things; maybe we do not realize at the level of the soul. If we are serious about our Spiritual growth we will definitely take steps in that direction. We have to define our goal and commit ourselves to it.

Any response of this system originates from the soul; and is therefore a kind of measure of our Spiritual condition. In Meditations we are connected to God; we receive Light and energies from Him, which raise the Spiritual condition of the soul to a higher level. Meditations not only clear Karmas but they also prepare us so that we do not acquire new Karmas. Meditations and positivisations have immense strength.

In Sadhana sticking to one Path always helps. When you try to follow two paths it indicates that you do not trust either of the paths. The Path does not fail us but we will be failing both the paths and both the Gurus. Anyway it's an individual's choice. ■

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