



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 12

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old newsletters)

There is a small hillock and a lone tree on it near my village. When I was a boy I used to go there along with my friends to watch the sunset. Many times I tried to paint the sunset there and felt disappointed as I could not capture the glory of colours that would change almost every second. But I always enjoyed watching, in silence, the yellow-red disc sliding down in the horizon throwing colours and bringing a cool quietude in nature. I would experience something great and mystical that I could not understand and never found words to even remotely hint at. This was nearly fifty years ago.

Recently, I went to the same place which was not touched by the changing times. It was evening and the same friends who were thrown away by the compulsions of life into different parts of the country had gathered for nostalgic experiences. We wanted to experience the sunset again, there. It was a great moment for me to journey back fifty years to my boyhood, to recapture and experience the mystical sunset. I waited holding my breath, expecting the others to join me in silence. But I found my friends discussing a point seriously. I did not disturb them. The same yellow-red disc glided down and disappeared in the distant horizon throwing up colours full of beauty and life. My friends were busy in discussion as the evening glory slowly faded unnoticed. I realised sadly that something that was missing was the child in us; the innocence.

Going back to our innocence is a Spiritual journey. Putting aside, even temporarily, all the corruptions and diversions of the cold and cruel world of competition and success, one has to go back to innocence to experience the beauty and truth of Creation. We meditate to go back to Innocence; to experience Samadhi. Christ said – “You have to become a child to enter the Kingdom of God”. He was a Master and was fully aware of what he was talking about.

Yesterday, I met an aged person who was afflicted by a serious disease. He knew that his days were numbered but he was not worried. He was ready for death and was not attached to anyone or anything here. I was moved beyond words. He was a rare person and truly Spiritual. It was a rare experience for me to talk to him and know him and it was a refreshing change, as people who desperately seek to talk to me are, usually, tensed with their emotional or ego problems and are desperate to clinch immediate material benefits without spiritualising their approaches. For the whole day, he was in my mind and thoughts. I wish I can reach his state of absolute Vairagya.

The rare April showers have brought cool and life to nature in Taponagara. A small tree that we planted two years ago is smiling with the first bunch of red flowers. The joy and excitement that it brings are beyond words. I do not know if anyone has noticed and experienced. I wish everyone experiences. ■



### MANASA FOUNDATION (R)

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**MEDITATION CLASSES****Held in Taponagara**

on Sundays (10 AM - 11 AM)

**Held in Bangalore city on**

**Sundays** (7 AM - 8 AM)

at Anjaneya Temple  
Mahalakshmi Layout

**Mondays** (7 PM - 8 PM)

at Anjaneya Temple  
Mahalakshmi Layout

**Tuesdays** (7 PM - 8 PM)

at Sri Aurobindo Complex  
1st Phase, J P Nagar

**Wednesdays** (7 PM - 8 PM)

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

at Maruti Mandira  
Vijayanagara

**Thursdays** (7 PM - 8 PM)

at Devagiri Venkateshwara  
Temple, BSK 2nd Stage

**Fridays** (7 PM - 8 PM)

at Indian Heritage Academy  
6th Block, Koramangala

**Saturdays** (7 PM - 8 PM)

at Hymamshu  
4th main, Malleshwaram

**Held in Anekal**

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/  
PRAKASHMARG(Marathi)**  
Newsletter Annual Subscription Rs. 300/-  
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'Manasa Light Age Foundation'  
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**NEWSLETTER**

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



On the occasion of Ayudha Puja, the residents of Taponagara energising their vehicles by filling them with Divine Light.

**NEWS AND NOTES**

- ♦ Guruji's Maha Samadhi Day will be observed at Taponagara on 24-11-2013. Those interested in participating in this program may register their names with the Manasa office before 21-11-2013.
- ♦ A book "Experiences of Light Channels - Vol. 2" and a DVD containing the video recording of the iGuruji session of October 2012 will be released during Guruji's Maha Samadhi program at Taponagara on 24-11-2013.
- ♦ DVDs of Sunday lectures will be made available for students from October 2013. Those interested in subscribing for them may contact Manasa office for details.
- ♦ New batch of Shambala Group begins from January 2014. Those who want to join may register their names with Manasa office before 30-12-2013. External Guidance students can also join. The existing batches of students may register their names for renewal of their membership.
- ♦ Desk Calendars of 2014 will be available by end of December. Those interested may please register with Manasa office before 15-12-2013.

**MEDITATION ON SPECIAL DAYS**

02	Sat	Naraka Chaturdashi
03	Sun	Worship of Mahalakshmi Deepavali New Moon Day Solar Eclipse: 3.34 PM - 8.58 PM
10	Sun	Shukla Ashtami
12	Tue	Shukla Dashami
17	Sun	Full Moon Day
18	Mon	Vishnu Deepa
23	Sat	Guruji's Maha Samadhi Day
24	Sun	Guruji's Maha Samadhi Program
26	Tue	Krishna Ashtami

**GURUJI'S MAHA SAMADHI PROGRAM**

**24-11-2013, Sunday**

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

**PROGRAM AT ANEKAL**

Guruji's Maha Samadhi day will be observed at our Saptarshi Dhyana Kendra on 23-11-2013 at 11 AM.

## TO YOU

I was sitting in a corner of the packed Meditation Hall. As your fragile physical frame entered the hall slowly, your Power and Love overwhelmed me. And I burst into silent tears....

Sea and sky gave away a little secret to me once  
To grab the one who would resemble their best  
My butterfly heart fluttered not for years  
Till your words started dancing in my cells

Shadows faded at once I draped your Light  
Rainbows shone brightly to my left and right  
My lazy legs started running to see your smile  
Also I yearned to be with you for a while

In the presence of hundreds I forgot to blink  
As you opened my chest of eternity's glimpse  
From inside the soiled cloth of my life  
Flashed the wanderer's trysts with strife

I saw gods and angels discussing in great wonder  
How sea and sky secretly deem your Love be their measure  
My doubt is cleared why I struggled with tears  
Oh! My vessel is too small yet you paint it with glitter!!

– Padmaja Balaji

## TAPONAGARA DIARY

Seema Almel Somayaji

It has been a year since Guruji became Taponagara, as he transcended from the physical realm. The fact that he is with each one of us has been echoed in the voices of most meditators. Guruji's value system can be seen in the decisions by the Spiritual Council and the group of Trustees. His meticulous approach towards the operations of Manasa Foundation continues in the Administration Office. His discipline is discernible in the Volunteers teaching Meditations, conducting initiations and the monthly Spiritual check-ups.

Guruji's vision of the Light Age dawns through the assiduous Light Channels Volunteers, as the Revolution by Light launched by him progresses in a structured manner, just as he would have preferred. Guruji's belief in the Study Centre project reflects in the persistent efforts of its members. His helping hand for the local villagers still extends through the Jyoti project and the computer classes for children.

The rare Energies Guruji anchored continue to help meditators. The Meditation halls hold ever more Knowledge for the future. Guruji's joy can be experienced in the celebration that each Residents' Meet has become. His success in setting up a Spiritual Community shows in the ever increasing number of Taponagarites, both resident and non-resident.

A Spiritual Master like Guruji incarnates for generations to come. The first twenty-five years of Manasa Foundation show that Guruji's Work has just begun. His vision will manifest through all those who love Guruji, forever. ■

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.

### THUS SPOKE GURUJI

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

February 2004

Taponagara is a dream. God dreamt of the whole Creation and the Rishis dreamt of Taponagara. The Rishis dreamt of the Cosmic Tower, Tapovana. We are a part of this wonderful dream. Let us be aware and proud of it.

We know that in this plane, there are two opposing forces - good and evil. These forces enter the people, and work in them, pushing them in two opposing directions. Those who are positive in their emotions and thoughts, attract the good forces. These people add glory to the dream of the Rishis. Those who allow negative emotions to dominate, naturally attract the dark forces which always work against the creative forces in the Universe. We have to be careful in attracting the positive energies simply because they always keep us nearer God and we will always live in bliss. We will be able to rise above all problems and when the end comes, we go back to God.

The dark forces bring misery, problems, confuse us and we will not be able to enjoy this Creation at all. We have to wait for a long time before we go back to God. Let us always think and emote positively, not be egoistic. Dark forces obstruct all Spiritual work. We have to understand that no good work is smooth. Our Sadhana is not smooth; we will always have obstacles, distractions, discouraging factors. My experience of all my years with the Rishis and in the Spiritual life is that if we trust the Rishis, surrender to them, they take care of every bit of our life.

This Cosmic Tower is a very important structure. It contains all the positive energies and the Divine energies of this Universe. It contains points of entry into other

Lokas or other dimensions. Our Rishis will shortly build seven chambers to contain the energies from Sapta Lokas; four more chambers to contain the energies of the four Divine Lokas. They will build tunnels. This will be a wonderful structure, a unique place where we can meditate and enter into any dimension that we choose, reach the highest level of Consciousness. The Rishis energised this Tower this morning. This is a mini Material Cosmos. Only the lower portion is not there. There is everything else.

The Rishis also energised the statues of the Sapta Rishis in Tapovana. Each Rishi has kept his own Amsha or his energy in a particular statue. As we worship these statues consistently by offering energies, the field of the energy inside that statue will get strengthened. We can go there, sit and talk to the Rishis. Contacting the Rishis there will be very easy.

The Rishis also energised the Mantapas in Tapovana, representing the seven Chakras and installed energies under them. People in different stages, can go into the respective 'Mantapa' and meditate. They will get the respective energies and the benefits of the particular Chakra and their progress will be very fast. People practicing in the higher stages, can sit in any Mantapa and have the experiences of all these Chakras, without coming down in their level.

Behind all these works, there is the love and grace of my Guru, Amara. It was he who prompted, guided and helped in every way, actualizing the dream of the Rishis. These works are the gifts to us. Our fitting birthday gift to Amara would be our love, dedication and

determination to grow.

People did not understand Amara because he lived ahead of times. People did not value him when he was alive. Amara taught us that there are things beyond the rituals. He taught us that without lighting a lamp, without offering a flower, we can worship God. The best in us is the love. The best in the Creation are the energies from God. By offering energies, by offering our love, we will be worshipping Him in the most fitting and the best way. He told us that, to worship Lord Venkateshwara, we need not go to Tirupati. He gave us the pure, undistorted knowledge. He introduced us to the Astral worlds and to the Rishis. He gave us the Light, Light of wisdom and knowledge, but some of us cannot see this Light, simply because we have closed our eyes. The Light is always there. Many have opened and others will definitely open later. We have wasted a lot of time. We could have brought more Light into ourselves.

Today let us resolve to begin our Sadhana, if you have not begun already or, let us intensify our Sadhana. Let us begin to manifest love because love takes us to God, love brings us everything that is Spiritual; this love makes us a Rishi. Meditations do help, but we have to manifest love.

I want you to know that I am a student with the Rishis, but to others, I am a Guru. There is nothing wrong when people see a friend or a relative in me. But they miss the Guru part. There is a natural tendency to overlook or ignore, like it happened with Amara. I have heard many

### THUS SPOKE GURUJI

Excerpts from Guruji's talks  
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comments – not very charitable, about Amara. But he was the 'Paripoorna' Master. Even while reading the biographies of the Masters I have never come across such a person. I am too small to comment on my Master. But again, each Master has his own speciality. Amara was able to talk to Gods, go to other Lokas, but he behaved like an ordinary person. I wish that you had met him. You would have drawn so much from him.

Taponagara is awakening. Let us note this and be happy about it. I am touched by the quality of questions put to me. We have more students, teachers and centres. It is not the number that I am talking about, but it is the quality. Many people have wonderful experiences; some express, many are shy and keep quiet. All these indicate that a centre of Light started by Amara is growing. But sometimes, I am not all that happy. You are growing; but in Spiritual life it is not enough; even perfection is not enough. So I expect so much from you. Remember me whenever you think, emote and act and wherever you live you have to do as the Rishis do. We have to be careful about the discipline and follow it.

We hold on to our own egos, our own ways. This gives rise to a kind of conflict. If we start doing things in the way that the Rishis would do, there will always be harmony. People understand me. But sometimes, they struggle. We are always here to help them. Whenever you have emotional and Spiritual problems, come to us, we shall sort it out. Develop humility. Surrender to the Rishis; then we are always safe and protected. Only when we allow our ego to operate,

that will definitely mislead us and that will definitely take us away from God; away from this Path. Let God lead our life; let the Rishis decide about our life.

We experience God as Light when we meditate. In Meditation, at some stage, at some time, we come across Light. We not only see the Light, but also experience the Light or God and we become the Light. We can experience God as peace – when there is no agitation, no ill feeling, no complaint, no grumbling. We can experience Him as vastness – think of the sky. We can experience this vastness at other levels also by expanding our emotions and thoughts. Wherever there is vastness, there is God and we experience Him in a kind of 'elevatedness.' In that elevated state, we can experience God as fulfilment. A kind of contentment comes only when we reach God, only when we touch Him; our journeys then end, the struggles end. If we are pure, we will experience God. We can experience God in many ways. We can experience God in the nature around us, in all life, in all movements of life around us. The sad part is that we miss all these things and we think God is only in an idol. We get stuck at that level only. Let us minimize talks. In silence we experience God within ourselves. We have to realize that we have to expand our Awareness; and that, only in expansion we experience God.

A young girl met me recently. She told me that nearly two years ago she had seen in her dream the park that is being developed here. It was amazing! It indicates that the park was destined to come up. Normally we think that we did this and we did that. But, we realize that

we are just excuses, nothing more than that. We have to be grateful that the Rishis have given us the opportunity to be here and participate in their work.

We know that a huge tree, like a banyan tree comes out of a very tiny seed. The seed contains the blueprint and the life of a tree. Similarly, an individual contains the tree of Divinity within himself. In case of a seed, only a tree comes out. But in case of an individual, either a positive part or a negative part can emerge. This is the tragedy, this is the challenge and this is also the beauty in our life. This happens because of our own samskaras, Karmas. This happens because of our own Spiritual evolution, our associations and of course our efforts. When we bring out Divinity and pursue Sadhana, we attain Spiritual freedom. But if we bring out the negative part like anger, jealousy, meanness, and untruth, we naturally go down spiritually; and whether we take birth here or anywhere, we have to spend a lot of time in Spiritual darkness.

We must realize and remember that all our emotions, thoughts and deeds are watched, monitored, also assessed and categorized by Divine mechanisms. After death, when we go to a place or an earth where we take rest before taking the next birth, we will be shown or informed about it. We don't have to be scared of such things. We have to be very careful about our emotions, thoughts and deeds. If we are little careful and refer to our intuition before we do something, then we will make the right choices. Practise Shambala principles. Meditations help, lead, but Shambala principles remove the negativities totally. ■

## 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.

## MY BUCKET LIST – COMPLETE

Apoorva Deshpande

I start to fidget and get restless if the lecturer overshoots his class time. I eagerly wait for the weekend as soon as the week begins. I thrive on holidays.

How easy do you think a job must be with no holidays? How easy do you think it must be to face exam style questions every Saturday and every residents meet when the portions of the 'exam' are not known? How easy must it be to prepare for a Sunday class since the past 25 years and constantly enlighten people with new information? How easy must it be to be able to function normally when people are constantly eyeing your every move? If somebody asked me to define Guruji in one word, I would say 'Selfless'.

From the inception of Manasa Foundation, our Guruji has worked relentlessly in helping people like you and me. He built this beautiful organization with his own sweat and blood, quite literally, brick by brick. He has gently guided us to safety during every storm. Century long penances, yagnas, poojas are sometimes related to being Spiritual, and it seems so unattainable to the common man, but Guruji's concept of Spirituality is so simple – being good. Never have I read or heard of a simpler, complete and logical explanation ever before. I always had a bucket list, but never in my wildest imagination did I ever think I would get to meet God himself in his physical form. I feel all of us are very blessed to have been in the midst of a living God. I feel by the grace of Guruji, the blows of life are greatly cushioned. He has given us a reason to look forward to life; he has given us a purpose in life. Life doesn't seem like a bottomless pit anymore, there is hope, there is a sunrise. ■

## BEACON OF LIGHT

Abhinandan Kunjali Vasan

As I began to write this I thought how best can I describe Guruji - a Father, Mother, Uncle, Friend, Guide, Mentor, Teacher, Role Model? all this and more! Guruji was so many different people present at the confluence of space and time in the form of one human being. He was a role model in living a life balanced between the material and the Spiritual world, in being a teacher and a student, a parent and a friend.

In all the years we were opportune to spend with Guruji, never once did we feel the difference in our age in terms of years. It always felt like the difference was in minutes. Whether the questions we had related to the physical world or the metaphysical world he always had an answer for us.

Most of us would have read "Footprints in the sand" where God says that He carried the person during his trying times. We here have experienced it in our lives with Guruji carrying us during our times of trial. In our times of despair he has been a beacon of hope and light guiding us through the dark, stormy seas. He had the answers for us when we were lost. He had more faith in us than we did in ourselves.

Every time I think about him I feel a pain in my chest. I think about all the conversations we have had. I miss talking to him. I then remember that just as a lighthouse does not stop working because there are no ships out in the sea, so too, Guruji is still present to guide us. All we have to do is raise ourselves to his expectations. He is still answering our questions. To hear it clearly we just have to change ourselves. The best gurudakshina we can give is by reaching the expectations Guruji had of us and then by going beyond it. ■

**GURUJI**

Vaishali Joshi

Guruji's desire to learn Meditations took him to Amara. Traveling on the Path of the Rishis alongside Amara, Guruji responded to the call given by him for establishing the Rishis centre and joined the Work. He did not allow the untold suffering, hardship and humiliation that he went through to deter him from his goal. He burnt his boats, and went through fire and water without hesitation, emerging from it to shine like a Sun and spread Light on this earth.

He started from scratch and went about the Work systematically and meticulously. As a result of his efforts, stand tall the various structures of Manasa and Antar-Manasa, which are powerhouses of energies.

Guruji's receiving the new energies on behalf of the people of this earth and then anchoring them for spreading to the entire earth was just like Lord Shiva receiving River Ganga and letting her flow to purify this earth. His absorbing the negative impact that came with it was like Lord Shiva consuming the poison that emerged from samudra-manthan so that it did not affect humanity as a whole.

He was alone because we were absorbed in our egos. Our negativities hurt him because he had to absorb them and suffer. These facts made him sad. But he continued to shower his unconditional Divine love without judging us. He was ever ready to help us in every way so that we could overcome our human limitations and reach our Source. He was and continues to be a Doorway to Light. ■

**GURUJI, THE BOOK OF LIFE**

Jaya B

The year has flown in a wink perhaps to ease the pain of our missing Guruji's physical presence among us.

Guruji's life is a perfect guide for balanced living and this is what he repeatedly emphasized at every available opportunity. To him, rightful living is to balance both the material and the Spiritual aspects of life. One need not escape to the Himalayas in search of God for that too is not a fantasy and has its own pitfalls. How-so-ever we begin our Spiritual quest, obstacles and trials are a part of the journey.

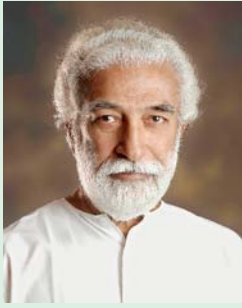
Guruji has time and again taken birth only as a Spiritual Master, yet it did not release him from the vicissitudes of this earthly life. But because of his total faith and surrender to his guru, Amara and the Rishis, he lived like a king in poverty and went through the pangs of deprivation, humiliation, betrayal, and even non-acceptance and false accusations, with courage and smiles.

As a New Age Master, chosen by the Rishis to guide humanity through this Pralaya period, his was not an easy task. To pull humanity up from the clutches of five thousand years of the dark was a herculean task but his commitment to the Divine plan helped him to achieve the impossible. The pace at which this centre has grown in silence and stillness is truly remarkable.

He was the greatest Master of these times, yet he moved as one among us in humility, simplicity and oneness with both man and nature. Anyone who tries to tune to him and this place cannot fail to experience his continued presence and guidance even now. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
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Light Body & Other Realities	75/-
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iGuruji - Vol 2	120/-
iGuruji - Vol 5	100/-
iGuruji - Vol 6	75/-
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Guruji Speaks (Vol - 3)	150/-
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The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
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ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
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ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
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ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
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ಕಾಂತಿಕೆ ದ್ಯಾರಮುಲು	150/-



**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 vision in which Guruji was addressing a meeting of the Light Channels. Guruji had a majestic look and a smiling face, full of energy. I was able to read only one word "Light" in the title of the book which was given to each one of us. After the experience I was very happy and unable to sleep for two hours because of deep emotions. The experience reassures us that Guruji is alive and with us!

– Moorthy K E

I experience Light as a blessing from the Source, Sapta Rishis, Masters; as innocent, pure love of a new born child. The moment Light touches my heart, it starts expanding bigger than the Universe and I see Masters blessing me. I am growing in Light and always experiencing Light.

– Neeta Sharma

I continue to feel totally at peace and happy. Difficult situations do not stress me anymore. I simply deal with the issue knowing that I am always guided by the Rishis. I am more accepting of others as they are.

– Anne Chapman

Meditation has made me more aware of my thought patterns. Anger has reduced a lot and patience has increased. I was able to quit smoking without any resistance. I feel more energetic and I am easily able to control my actions / thoughts which usually used to drain my energy. I am really thankful to all who made my basic stage of Meditation a comfortable journey.

– Pramod Kumar

I experience Light as inner contentment, joy, peace and Divine love which sometimes rolls down as tears. I experience expansion of Awareness during Meditation and feel as if I am aware of everything at the same time. I am able to keep down my heavy ego,

which earlier misguided me. I feel happy in the company of God. My confidence has increased. I offer my gratitude to Rishis and Guruji.

– Pundalik Dhakorkar

I am having the thrill of being with myself in Meditation. There is a sense of completeness. Guruji has often said that there is no time to waste; I have started realizing the depth of his words. Today my intuition helps me handle situations with better introspection, to take care of sudden situations with minimum trouble. I offer my gratitude to Guruji for being the Light in my life.

– Jayanti Natarajan

My Meditations are getting deeper. I turn to Light frequently during the day, and reiterate its presence in me. Whenever I find time, I keep still and enter the ocean of Light. I get messages during Meditation reminding me about things which I have forgotten. Vexing problems are solved easily. Help comes for averting unpleasant and damaging situations.

– Dhanoo Khusrokhani

I have started accepting the situations calmly as taught by Guruji. We are facing physical and mental stress very frequently. But with the blessings of our beloved Guruji, I am able to face any difficult situation calmly and come out of it. I experience a lot of unconditional love coming from within. I am able to easily forget bitter experiences.

– Charusheela Birajdar

Recently, as we sat down for breakfast, we noticed that time seemed to have slowed down! There was still a lot of time before we could leave for work. I thank Light and Rishis for giving us an opportunity to experience the expansion of time!

– Jyoti Gajjar

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