



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 11

OCTOBER 2013

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

The time is flying fast. This is not just an expression but a reality. It appears irrational but it is true. I do not know how to explain it. I only know. And I know several truths that defy reason and logic. Maybe, some day, I will be able to explain them.

It is again Amara's death anniversary! A year has flown past so quickly! And eighteen years have passed already! It frightens, sometimes, to think I am still planning and piecing together our dreams and visions of the city of Light here. Where is the time? Where are the people?

I do not miss Amara. He is with me; behind this work; full of Taponagara. He is with the students, guiding and helping astrally. He gave very clear instructions about the book we are releasing on 27-08-2000, including the designs for the cover pages. It is inspiring and assuring to know that he is with us.

He is with us. But are we with him?

People talk; they don't listen!

Is it not amusing? I have witnessed many doing this. They go on talking endlessly about the insipid details of their life – quarrels, disagreements, personal glories, smart moves... everything about themselves! And they don't allow the other person to open his mouth.

Where is the dialogue? The interaction? How do they learn? How do they grow?

Listening to the other person, respecting other's views and respecting others as souls and Divine sparks is a Spiritual law. It is unspiritual to bore others by our monologue.

There are so many young faces in the classes these days! There are so many genuine questions! There is so much young urge and quest! Amara would have loved to pour out the nectar of knowledge by himself directly.

Times are changing truly. The change is taking place. The light is shining. Our hopes are soaring and Life is moving on, as the Time is flying. ■



MANASA FOUNDATION (R)

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

Phone : (080) 2846 5280, 99000 75280 (10 AM to 4 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

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



Visitors offer respects to Maharshi Amara's Holy Ashes
on the occasion of his Mahasamadhi day.

NEWS AND NOTES

- ◆ A DVD containing video recording of the iGuruji sessions of August and September 2012 was released during Maharshi Amara's Maha Samadhi program at Taponagara on 25-8-2013. Students interested in obtaining a copy of it may contact Manasa office for details.

There is a proposal to make DVDs of Sunday lectures available for students. Those interested in subscribing for them may register their names with Manasa office.

Special Meditation technique for Navaratri (5th to 14th Oct): Think of a huge globe of blue Light. Enter the globe. Experience this globe of Light, experience the energies of Adi Shakti. This technique can be practised for ten days in place of daily stage Meditations.

On 19th October there is Lunar Eclipse from 3.20 AM - 7.19 AM. Please channel Light to the whole world during the entire eclipse period.

MEDITATION ON SPECIAL DAYS

03	Thu	Masa Shivaratri
04	Fri	Mahalaya Amavasya
05	Sat	Navaratri Begins
10	Thu	Worship of Saraswati Devi
12	Sat	Durgashtami
13	Sun	Mahanavami Ayudha Pooja
14	Mon	Vijaya Dashami
18	Fri	Full Moon Day
19	Sat	Lunar Eclipse: 3.20AM – 7.19AM
27	Sun	Krishna Ashtami

PROGRAM AT TAPONAGARA

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

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 had a severe breathing problem. After I started practising the Light Channelling technique my breathing has become normal and my problem has reduced. I am very thankful to the teacher who has taught me this technique.

– Monica B., Std. VII, Maria Sadan English School, Bangalore

I experienced something that I had never experienced before. A feeling of peace, contentment and enthusiasm passed over me.

– Shobitha K., Std. X, Govt. High School, Sunkenahalli

I channel Light daily in the morning and night for five minutes. It has made me very active, given peace in daily life and has made me a happier person. It has increased my will power. My behavior has changed. I feel sorry if I have hurt others and get strength to avoid fighting with classmates. It has given me a feeling that everyone around me is good and they love me, so I have no ill-feeling towards anyone.

– Prema S., Std. VIII, Thayammal Middle School, Kulasekaran Pattinam

We have been practising Light Channelling regularly in our school since it was taught to us in October 2011. In the past two years there have been lots of improvements in our school. Gradual progress has been happening and we feel that Light is helping and guiding us. Now we have a clean environment not only inside the campus, but also in the surroundings. We are extremely happy and thankful for teaching this technique to our children.

– Ms. Sujatha S., Headmistress, Chennai Middle School, MGR Nagar, Chennai

TAPONAGARA DIARY

Seema Almel Somayaji

Taponagara received Maharshi Amara's blessings in August. A new book 'The Book of Reflections – Volume 3' was launched and a DVD of iGuruji sessions was distributed for free. All the preparations for the program went on well. As always, Guruji continued to work through the Volunteers and Meditators. Goddess Mahalakshmi and Lord Krishna's Divine energies were received in silent Meditations.

In and around Taponagara rains continue to be good. With the increase in the underground water table, there is a sigh of relief. Tapovana is increasingly blooming with flowers and verdant shades of green.

There is another reason why Taponagara looked more vibrant this month; a fresh coat of paint was applied to the Mahakundalini Meditation Hall. This small but serene eight pointed structure, gleaming with pristine energies, is one-of-a-kind reservoir of Kundalini energies outside of the human subtle body system. The main Meditation Hall and the Administrative Office were painted just three months back. In the twenty-fifth year of Manasa Foundation, things are being silently readied for many Spiritual decades to come.

Taponagara continues to silently hold and spread vibrations of Peace in a chaotic world. Taponagara waits for Spiritual seekers to receive more from its treasure of Divine energies. ■

LIGHT CHANNELS WORLD MOVEMENT

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

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

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

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

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

Spread this Message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

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

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

THUS SPOKE GURUJI

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

02-11-2003

This Path has certain unique features:

Freedom is a special aspect of this Path. Nothing is imposed on any one. I believe in Rishis. For me the Rishis are as real as you are. If you believe and if you can experience them, it is good. If you don't believe in Rishis, even then, you can meditate and grow. Nothing is imposed. Personally I believe it is only in freedom we grow. God does not impose things. He says, 'this is the right thing and this is the wrong thing.' We have to choose.

Once we teach Meditation, pass on a technique, we keep a watch, we meet every month and try to understand the difficulties of the student, try to guide him. This individual guidance is very important. When we begin our Sadhana at a stage, we will have doubts, questions of that stage and when we move on to the next stage, there will be another set of doubts and another set of questions. Constantly we have to address the questions and doubts of each stage. When the individual reaches a very high stage, all questions and doubts vanish. He will have the direct contact with the Divine. Till that time, for any question that arises, we have to find answers.

We are not talking of powers or siddhis. Once we reach certain stages, we gain some powers. But the Rishis keep them separately. None of us have any powers to demonstrate. But we have this power of love. Manifest love. If we can manifest love, that is the highest thing. It is the measure of our Spiritual growth and we insist on this. If there is love in our life there will be no problem.

We prepare people here to channel God, to channel Satya

Yuga. We prepare people to carry the light of knowledge, the light of energies and the light of love. A person need not start preaching and start conducting classes. Let us remember that a Meditator is a vibrating field of love and energy. It is enough if he meditates, lives and manifests the Divine. Then Satya Yuga comes automatically, because this field influences and conveys things that words cannot convey. By lectures, we cannot bring changes quickly, but by directly influencing through the vibrations, we can bring many changes. Maybe when we start vibrating Divine love, it touches the people and the level of awareness rises. We are specializing in this area.

Many things come to my mind. A great yogi conducted an experiment. He gathered lot of people, thousands, and made them meditate in a place and observed that the crime rate came down.

I have a friend from Australia who conducts such experiments. He took only 28 people to a village, where the crime rate was high. He did not give lectures or preach. They meditated. In two months' time he could bring down the crime rate.

Rishis say, 'follow all our instructions, you will have no problems. Be humble, honest and faithful. We always protect you.'

07-12-2003

Let us always remember that this earth plane is a plane of fluctuations. There are fluctuations in nature and within us. There are different seasons - winter, summer, rainy. The energies that flow into us are not constant and same energies. We know, normally we

receive more energies in one of the nadis from sunrise. For the first 24 minutes we receive energies in the Ida nadi, next 24 minutes it is the Pingala or Chandra nadi and then the Sushumna nadi. So there will be fluctuations in the flow of energies and also in our moods. The moods change. We emote differently at different times. Even our thinking fluctuates, we think differently at different times. Ordinary people are moody, but not the Meditators. A Meditator will be like a 'sthitaprajna'. He will be above these fluctuations and will not allow them to affect his living. He will be the same person always.

Some people try to assess their own Spiritual progress in terms of Meditations. 'Today my Meditation was very good, today my Meditation was not good or, somehow I am unable to meditate and I am not making any progress.' Such judgments are very harmful. Do not judge your own progress. Leave it to the Rishis. There is a difference – we judge, we condemn, but the Rishis assess and guide. One may meditate for hours and yet remain unspiritual. It is the love that we manifest that indicates our Spiritual progress.

A person saw different lights coming out from me – blue, yellow, even red. She was wondering about what these lights indicate. The Rishis explained that I am like a channel, like a transmitter who receives the energies from them and transmits them.

A person asked, 'What is the difference between the ordinary love and Divine love? Ordinary love makes demands. In Divine love, there are no demands and there are no conditions. Ordinary

THUS SPOKE GURUJI

Excerpts from Guruji's talks
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love may involve a person or a few persons; maybe at the most a family. Divine love envelops the entire creation. It is then we understand 'Lokah Samastah Sukkhino Bhavantu' – let there be peace in all the worlds. It was our logo. This Divine love encompasses all the Lokas.

If you have faith in your guru, your Meditations become smooth, because your guru channels God's grace. If you cannot meditate, think of your guru, your Meditations will become alright. Try it. This is one way, which I have learnt. My Sadhana was not very smooth. It should not be smooth. When I could not meditate, I went to my guru. My guru was like God; he just smiled. But believe me, from that day, my Meditations were wonderful. His smile carried grace.

28-12-2003

This is the age of Spiritual knowledge. A lot of new knowledge is available to us. Knowledge is coming down to this plane. And when more people are ready to receive this knowledge, more knowledge comes down. This knowledge has to be gathered, stored, and at the proper time, it has to be deciphered and spread. This is the work we are trying to do here. It is necessary to understand the higher truths. We are entering into a New Age. We have to grow more, expand more and for that more knowledge is necessary.

There was a question – 'Is networking the Spiritual centres, networking this knowledge necessary?' I think it is urgent. When it is networked, more knowledge or all the knowledge available on this earth will be accessible to everyone.

Knowledge brings us closer, makes us wiser and makes all the boundaries vanish. But, it is very difficult to network because every Spiritual leader or Spiritual centre would like his or its identity to be retained. Each one wants to shine in his or her light. To amalgamate, to share knowledge, to shine in the same light, it takes a long time, as we have to deal with the egos and ignorance. But as we advance into Satya Yuga, every person will be capable of drawing the knowledge directly.

It is very interesting to observe again that knowledge acquired by the intellect will be lost with the death of the person. It will not be carried over into the next life. But the knowledge acquired by the soul will remain with us for a long time. It will be carried over to the next life also. Please contemplate.

We get pleasure or happiness with the experiences that we receive through the five senses and also from the experiences of the mind and the intellect. But we have to remember that experiences that we get from these are temporary. The bliss experienced by the soul is the one that lasts long. Let us contemplate on this point.

Satvic, rajasic and tamasic are the trigunas / attributes. They indicate the Spiritual status of the individuals. A satvic person will always have positive thoughts and emotions. He manifests love, is more tuned to the Divine. A rajasic person is very emotional and has very strong likes and dislikes. He is less tuned to the Divine. A tamasic person emotes always negatively, has many dislikes and manifests non-love. A Spiritual person is

above all these. He is above all likes and dislikes and he manifests the Divine.

22-02-2004

The message from Amara on Amara Jayanti was: "Rise and expand your awareness."

We know that satsang is being closer to God or being with God. People usually think that satsangs are either bhajan sessions or lectures. But here, it is trying to be silent. In silence we try to go near God.

29-02-2004

If we are really serious about Sadhana, we should not give any excuses that we have no time for meditating. This is a common refrain that we don't find time; no mood, etc. Anyway if there is no mood, we have to create the mood. And we usually say that there are disturbances. There will always be disturbances. We have to meditate in spite of the disturbances. If there are noises around, ignore them. Let us remember that Sadhana is always overcoming the obstacles. If you want to climb a mountain, it can never be smooth. So also, Sadhana is never smooth.

We have to expand and go beyond many things. We have to go beyond the idol to come across the field of energy. We should not get stuck at the level of the idol. These stages are not limitations, but initial stages. We have to go through all of them. But going beyond these stages is perhaps the first step in attaining freedom – we will be free of all limiting activities. That is the reason why I said 'expand and go beyond.' ■

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.

EXCERPTS FROM TALK BY SHRI. RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K. Rao)

Some time back a person asked me a question, "How can I control my thoughts?" This implies that something else that is not in our control is responsible for creating the thoughts. As I understand, there are three stages in thinking; the first one is as I call it 'unconscious thinking'. This happens when people are busy in their routine of life and will not be aware that they are thinking. In Psychology this is called the autopilot mode. We can call it 'unconscious living.' It can be a problem if the unconscious thinking persists even when we take a break from the routine.

In the second stage of thinking we become aware that we are thinking. I call this the 'conscious thinking' state. When we begin meditating we quickly enter into this stage and become aware of our thoughts; we complain that we are flooded with thoughts and ask how to control them. Reaching this stage is an achievement in itself and a positive step in becoming aware of ourselves. It also indicates that the individual has disentangled himself from the thoughts to some extent. Many find it difficult to ignore the thoughts. When a person tries to control his thoughts he is trying to deal with the symptom of the problem. It is like taking a pill to get over a headache without trying to understand the underlying cause of the pain. If a flood of thoughts is the symptom then the underlying problem is our concerns and worries. The worry or concern of the soul manifests as thoughts in the intellect. So, we cannot blame the intellect for our thoughts. It is only a tool at the disposal of the soul.

Similarly the mind is also a tool at the mercy of the soul. So, we must decide not to be concerned about our concerns at least during

Meditation. If we have a certain amount of Vairagya, the thoughts will reduce, but that is not easy. We have to surrender all our concerns and worries to our Guru, the Rishis or God at least during Meditation. We can do that only if we have enough faith in them. So we can say, every Meditation is a test of our faith.

Guruji had once explained that whenever we have a problem or a difficulty, we must first do everything in our power to get over the problem and then pray to God for help. He said that this is a law. Once we surrender our problems to the Divine, we should be willing to accept the outcome regardless of whether it is to our liking or not. Acceptance is easy when we have faith; it is a part of surrender. We can experience stillness and peace only when we truly surrender all our concerns. This occurs when we reach the third stage of thinking where we use the intellect only when required.

Guruji had said that when we sit for Meditation the most important part is that we surrender and offer ourselves to the Divine. We begin by surrendering our concerns, problems, our principles and everything that defines our limited personality. This is what we mean when we say 'Namaha', which is there in almost every Mantra. It means 'I don't exist'. When we dissolve the boundary of the self, our Awareness gets released from the self and begins to expand endlessly. We become one with God, completely in alignment with Him. We experience enlightenment and realize that we ourselves are indeed none other than God Himself. This is the 'Aham Brahmasmi' state. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Whenever you say something unique I experience it immediately. Is it because of the power of your words or because the experiences are given by you?

A: All the words carry energies, not merely the words that come from me. Energies from the Rishis also come with the words. Sometimes the Rishis give you the experiences. Moreover, this person is very receptive. He experiences because he receives my words completely, with love.

Q: Why do we not remember the instructions received at the Astral level?

A: There are several reasons. One is, sometimes the information is meant only for us. And if I become aware of it at this level I begin talking about it, passing on to others, which is not required. That's why it is kept at the unconscious level. Sometimes the information or knowledge is so much that it cannot be immediately remembered here. So it will be with us at the unconscious level. At the appropriate time it surfaces, we understand and follow.

Q: Is fasting in protest wrong spiritually?

A: We believe spiritually it is not right. But there are causes and there are exceptions. Fasting more and vigorously, punishing the body is not right.

Q: Will it be difficult for people in depression and low in self-confidence to grow spiritually?

A: No. Such people in depression are low in their self-esteem. They don't make efforts to grow spiritually. If they make the attempts like anybody else they will also grow spiritually. The remedy begins with Meditations.

Q: Astrological predictions are going wrong. Is it because of the fast pace of time?

A: No. A true astrologer can really predict very properly. Sometimes they go wrong. There is another factor during these times. The planetary chart indicates that we suffer or go through the effects of the Karma of the previous lives. But when we begin meditating, we will be changing to a different track, which the astrologers may not be able to see, as they calculate based on the birth chart, planetary chart. So it has nothing to do with the time.

Q: After we reach the state of contentment what next?

A: Reaching contentment at the material level is fine. But, Spiritual goals are ever expanding. Once you achieve a Spiritual goal there will be another goal to be achieved. So there should be no contentment in Spiritual areas.

Q: Does surrendering mean being passive?

A: Absolutely no. Being passive whether before surrendering or after surrendering is unspiritual. We have to be active. It's not just meditating, but we have to manifest the life force in any way and every way. We can't be passive at any time.

Q: Can there be a gap between the preliminaries and actual Meditation?

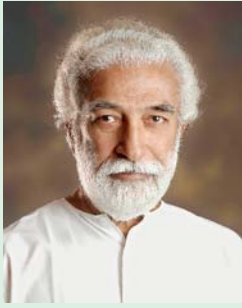
A: I don't visualize a situation where after practising preliminaries we require a gap. Yes, there could be a gap of few minutes, five to ten minutes.

Q: How can we develop a non-judgmental attitude towards people who commit dreadful crimes?

A: Do you condone a person cheating another person? We have to be judgmental about any criminal act. We have to reject. We have to pray to God 'please punish him'. One principle, one law cannot be applied everywhere. ■

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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.

COMMENTS ON OUR "REVOLUTION BY LIGHT" BLOG ON WORDPRESS.COM

(Compiled by Gururaj Kanade)

The Eternal Light of the Creator permeates all, every consciousness in all the Universes, dimensions and worlds, the seen and unseen, the known and unknown. The Creator is the Source. When we show mercy and kindness, we channel the Light of the Creator. When we work for Peace, we work for humanity.

– Jonathan Jacob Bergman, in response to our post – Will the Revolution by Light spread all over the world?

I love it when folks get together and share ideas. Great blog, continue the good work!

– A visitor to our blog in response to our post – Importance of Stillness

Just want to say your article is surprising. The clarity to your post is simply spectacular and I could suppose you are an expert on this subject. Thank you a million and please carry on the enjoyable work.

– A visitor to our blog, in response to our post – Eclipses & Meditation (Triple eclipses in April and May 2013)

It is a pity you don't have a "donate" button! I would without a doubt donate to this superb blog! I look forward to brand new updates.

– Helena, in response to our post – Experiencing Light

As far as I can tell, those who do not experience Light, are not willing to do the necessary work required in order to access the Light realms. Many on the net and around the world have been dumbed down and the interdimensional world is not one that is always a pretty sight, so they sell out for the sake of money, fame, love, work...etc. This road is tough. It requires study, knowledge and essence. Once you get to a certain point, after much hard work and tough experiences, you are tested, tested and tested again in order to see if you are willing to walk the walk of truth, no matter what. If not, you are deluding yourself.

– William Dacey, in response to our post – Experiencing Light

How very true! The wisdom which we gain makes us forget the pain!

– Geethasaraswathi, in response to our post – Universal Wisdom

Right here is the right website for anyone who wishes to find out about this topic. You realize so much, it is almost tough to argue with you. You certainly put a brand new spin on a topic which has been discussed for decades. Excellent stuff, just great!

– A visitor to our blog, in response to our post – Enlightenment...

As a healer I treat people who come to my clinic and also talk and teach them about channelling Light and request them to practise it daily. This is the easiest, powerful method to connect to the Divine.

– Ganapathy, in response to our post – A Message from the Light Masters

I have been doing the Light Meditations twice a day now for several weeks. I feel a difference in my outlook, my attitude, my tolerance levels, my acceptance and I have noticed that other people have also noticed this change. I feel more at peace now than I have been for a long time; however I feel that I still have so much more to do. Thank you so much for your guidance, words of wisdom and love. I feel blessed.

– Marion Connors, in response to our post – A message from the Light Masters

My heart was full of joy and love when I read the article. Thank you.

– A visitor to our blog, in response to our post – A message from the Light Masters

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