



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 9 Issue 8

JULY 2014

Rs. 25

**REFLECTIONS**
**Guruji Krishnananda**

(Excerpts from old newsletters)

It is a fashion now to eulogise "Secularism", whatever it may mean, and condemn the "Religious" dubbing it as "Communal". It is an intellectual preoccupation. It is also a fashion to talk and write on "Religious Harmony". All this is generally confined to platforms and has political ends. When it comes to practice, few are serious. This is a common knowledge. In this background how far the Conferences, Melas, Exhibitions etc., are helpful in building up the Harmony in society can be easily imagined.

Only a very serious and honest attempt can bring positive results. And for that a clear understanding of the problem is essential. There is no problem with Religion; any Religion. All Religions speak of the same Truth. The essence is same. We have to begin from there to build up the base, ignoring all the narrow interpretations of the Truth that have been brought up by the zealous followers building up walls and blocks which the Master-Founders would never have dreamt of. Only such an approach can bring Harmony as a natural outcome of appreciating the common Truth and accepting the different ways to it as valid and to be respected.

Spirituality, the essence of all Religions, is to be understood and followed. The Spiritual is different from the Religious, as it is understood now. That is why we always emphasise and repeat that Meditation is not a religious activity. It is purely a Spiritual activity. There is no Hindu Meditation or Hindu Bliss or Hindu Samadhi. We have to rise above Religion to become truly secular. We have to become Spiritual. Spiritualisation of the Individual is the first step in bringing up Religious Harmony.

All Revolutions begin from the Individuals. Religious Harmony also has to begin from the individuals. Even if a small group is built up like this it is better than a dozen conferences and hours of preaching.

Most of the Times, we live in the past (brooding, analysing, justifying or philosophising) or in the future (dreaming, scheming, hoping or wishing). We seldom live the present. Spirituality is living the Present properly, peacefully and fully. It is to live Life and not escape it. ■


**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.

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/  
PRAKASHMARG(Marathi)**  
Newsletter Annual Subscription Rs. 300/-  
DD should be sent in favour of  
'Manasa Light Age Foundation'  
Money Orders are not accepted

### NEWSLETTER

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



The quarterly meeting of the Light Channels Volunteers was held on the 15th of June.

### NEWS AND NOTES

- Construction work of the office building in Taponagara for the Light Channels work gathers pace.
- Our Light Channelling Volunteers have taught Light Channelling to more than 26 lakh children in about 4600 schools. We can reach many more schools and teach Light Channelling to many more children, if we have more Volunteers. If our Meditators can spare 4 hours in a week from their busy schedule for this work, they can participate in this noble work. Interested Meditators may please contact Manasa Office.

**During Ashadha Masa, which begins on 28th June, we get wonderful and great energies directly from Parabrahma Loka. They peak on Guru Poornima, the Full Moon day, which falls on 12-7-2014. On that day we can meditate more, as much as possible. On that day in the night, before going to bed, imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.**

### MEDITATION ON SPECIAL DAYS

05	Sat	Shukla Ashtami
07	Mon	Shukla Dashami
12	Sat	Guru Poornima
17	Thu	Dakshinayana begins
19	Sat	Krishna Ashtami
25	Fri	Masa Shivaratri
26	Sat	New Moon Day

### PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM-12 Noon Light Channelling : 12 Noon - 1PM
12-7-2014	Guru Poornima Special Meditation: 12 Noon to 1PM
13-7-2014	Shambala Group meeting at 2PM
20-7-2014	Ra Group meeting at 2PM

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

**DVDs of Sunday Lectures during classes are available for members. Please contact Manasa office for details.**

**Please visit [www.speakingtree.in](http://www.speakingtree.in) to read Guruji's blog and watch his videos.**

## LIGHT CHANNELLING EXPERIENCES

Everyday I am doing Light Channelling. After some days I improved automatically in my studies. In my class test my total marks were 248. Now I have improved by 14 marks and total marks are 262. Previously while playing cricket I could not catch the ball or bat well. Now I am batting well and got some catch outs. I could not solve the Sudoku puzzle fast. After doing Light Channelling I am doing it in 3-4 minutes. I want to improve more. Thank you.

- Varun S., Std. VII, Jawahar Navodaya Vidyalaya, Hyderabad

When I start doing Light Channelling sometimes I feel the Light and see many great personalities like Swami Vivekananda. After I started practising this technique I am able to control my stress. I am able to talk to a group at a time at last! I thank Manasa Foundation.

- Sanjay G., Std. VIII, Jawahar Navodaya Vidyalaya, Hyderabad

We practise the Light Channelling technique regularly. In some classes the children practise it 3 to 4 times a day. We, the teachers have seen lot of changes in the children compared to the earlier days. They have become very calm. I practise it whenever I am under stress and I have always got relief.

- Ms. Saraswathi, Headmistress, Sree Saraswathi Vidya Mandira, Bangalore

After practising Light channelling, I feel happy and peaceful. Mental stress has reduced. I feel like interacting with the people around me with love. The anger in me has reduced; interest and concentration to do any job on hand has increased. After practising it once I feel like practising again.

- Jameeta, Std. X, Govt. High School, Sunkenahalli

## TAPONAGARA DIARY

Seema Almel

The highlight of May is always our Guruji's Birthday. The month began with a successful Orientation Class. Many felt the Presence of the Great Rishis during the session, and at the end everyone felt purified and enriched with special Energies. Just being in the proximity of Rishis makes one feel Divine but in the Orientation Class, the Rishis took the Meditators even higher. The middle of the month, during preparations for May 18th, Buddha Poornima brought blessings from the Avatar.

Along with launching a book – Meditational Experiences Volume 2 – to mark Guruji's Birthday, another rather overdue job was finished. While constructing the Utility Block a few years back, a large cement signpost to hold the Tapovana sitemap was also built. For various reasons, Guruji could not get the sitemap done and it got postponed. But Guruji's Vision is the Mission of his team of Volunteers. Making his Projects a reality is the very purpose of their existence. As always, Guruji manages to manifest his Projects through his Meditator students.

Guruji's 75th Birth Anniversary was also celebrated in the Residents' Meet. Many came together and made Rangoli with flowers and colours, Diyas were lit, children blew-up balloons and serial lights made the Hall look festive. Preparations were made by anyone who was available. Everyone felt like the host. Taponagarites gave Guruji a joyous Birthday party. ■

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

July 2004

We witness so much of pain and suffering around us. What can we do about this suffering? Perhaps, a little. We realize that this plane is a plane of suffering. Some suffering cannot be avoided. As individuals, we have to give relief to others as much as we can. At the physical level we have a lot of limitations. But, in the Spiritual areas we can gather energies and spread, do the work of channelling Light. This may not have an immediate effect but, our sympathies and efforts in these subtle areas will always bring results. If more people do these things collectively, there will be more results. The finest example is the prevention of the third world war. My Guru said that many people all over the world are meditating and very genuinely wanting peace, therefore the war is postponed and perhaps there would be no war.

We have to purify this system to experience Samadhi, to experience God. Only when we increase the levels of purity, we will be able to experience. How can we do it apart from Meditations? We know Meditations activate the processes of cleansing and purifying. Apart from this we can do certain things at the level of the body or physical level; we can keep the body pure, clean, healthy, not straining it more, toning it up by practising Pranayama, Asanas or by physical culture. At the level of the mind, we can purify and energise it by practising Saptarshi Pranayama. We can sublimate, purify our emotions by listening to good music - classical, religious or bhajans, by keeping the mind unagitated and by emoting with nature.

We can emote with a passing cloud, a butterfly, an animal or by spending more time with children etc. We have to experience peace,

love and spread it. At the intellectual level, we shall always keep positive or pure thoughts; we can have thoughts of beauty in nature around us, thoughts of love of God. We can simply sublimate, purify and energise by just thinking of the sky. We have not tried these things. We can try.

Sometimes people comment and complain about Meditations. Recently there was a case when a person said that after taking up Meditation, his anger levels have increased. It is the experience of thousands of years that Meditations give relief. They do not activate anything that is negative. It will remove anger and will not enhance it. Whenever such things are told to me, I usually say "in that case, please stop Meditations." Believe me, sometimes people do stop Meditations. I can only feel sad, I cannot do anything more.

Questions are asked viz. 'I am fine, I'm at peace, but what about my children, will they be fine after me?' People who have such doubts and worries, I feel sorry for them because they have not understood anything about Spirituality or about this Path; they have not understood the Rishis, my Guru and me. From 16 years I am speaking about security. Our security is the Rishis. I stuck to Rishis, they took care of me, and they never let me down. If we have this much of faith in the Rishis, in God, we always feel secure.

When we take up Sadhana, let us always be clear about why we want to meditate. There are many reasons. We can take up Meditations for anything, maybe just to relax. We can take up Meditations to get over our problems or stress, or to gain mental peace. We have to be clear about this. When we know what we

want, we know how much effort we have to make, and whatever be the reason, after taking up Sadhana, let us be very sincere about it. People sometimes, do not know in which stage they are meditating! It indicates that they are not meditating properly. People tell lies when I ask, 'how long do you sit for Meditation?' They say 'one hour'. The Rishi who will be there, will be telling me that he cannot sit for more than 10 minutes! I have such unusual experiences. It is not easy to come to the path of Spirituality. It takes lifetimes; you can see lacs of people in Bangalore busy with so many things, but how many of us are here? We are fortunate that we have taken up this Path. We are very fortunate because we are with the Rishis. Let us make use of this opportunity and not be very casual about it.

In this Path we use Light or energy directly in our techniques, in Meditations and also in Saptarshi Pranayama. The Rishis monitor our Meditations and they protect us. Using energy like this directly has its own special advantages. The process of purification will be fast; many of the Karmas get burnt quickly and faculties like opening up of the third eye, sharpening of the intuition occur early. When we use the energies directly, we experience Samadhi early.

Consciousness is a Divine matter behind all this Creation. Awareness is the faculty of the Soul to know. The mind has three layers - the conscious layer, the subconscious layer and the unconscious layer. We receive experiences in all these three layers. To experience God we have to go beyond these layers, to the superconscious layer which is not of the mind. It is a layer beyond the mind. We experience Samadhi in this layer or a state called 'Turiya'. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

06-5-2014

A person I was chatting with said that sometimes some situations in life make her feel very negative, unhappy and depressed. And at such times she is influenced to react in a particular way either by the situation or sometimes by the people involved in the situation. But then there are times when some people show her exactly the opposite or positive perspective, which somehow she would not have seen. She feels very positive then. She says, "I see a different perspective, a higher perspective of the same situation and I feel elevated and happy. But, when I am alone, I go back to the earlier ways. I fail to see the positive perspective and I get confused. What is really the truth? How do I deal with this?" To deal with such inner conflict we have to naturally grow spiritually, to be able to see the right perspective. We have to meditate, take up Spiritual practices and grow to that level where we are able to see the positive side of any situation. There is no other way. We have to take up Meditations. Meditations help us to transform, they help us to positivise.

Whenever we feel unhappy and negative we will naturally be upset and disturbed. I feel at such times we have to avoid reacting to the situation. Because if we do it in that disturbed state of mind our responses will not be correct; our anger clouds our judgement and we may end up damaging relationships, hurting people, creating a mess. Guruji never used to get angry. But, I remember Guruji once said, 'avoid talking when you are angry, I practise that.' We can avoid it easily.

So, it is a fact that people associated with us influence our thinking. We have to grow stronger spiritually so that we will be able to

protect ourselves from their negative influence. Then even if people try to influence us with their perspectives it won't touch us. We will know the truth, we will be able to react based on our own opinions, not based on what others say.

When we notice the mistakes in other persons should we make them realize it? Should we point out the mistake in the other person? Mostly I feel we cannot do it. If we want to point out the mistake because we want to make the other person feel small, humiliate him/her, then we should avoid it. But we can do it, if our intention is pure and really to help the other person because he or she is unable to realize it and is causing damage to himself or herself. This intention will somehow touch the person and there will be no ill-feeling. But if the intention is born from the ego then we only cause further damage.

When we forgive a person who might have acted in a hurtful manner with us we really move on, and then can we still carry the hurt in our hearts? Forgiving should be unconditional. We forgive; surrender our hurts to the Universe and Universe does deal with it in its own way. We move on. There will be no bitterness in us although the memory of the incidence will always be there. If we are carrying this burden of hurts, we will not be able to enjoy the gifts showered by the Universe. Why is it that we are unable to forgive sometimes? There could be very valid reasons. The hurt could be very deep and then it is not easy to forgive. At such times we have to align more with the higher purpose of life - to grow. We have to throw away all baggages including this hurt. We have to surrender to the Light. The Light takes care of

everything.

I feel whenever we are in a situation like this in our life we must try to see Guruji's life. How much of humiliation he had to undergo? But he was never bitter. If we look at his life then our hurts appear not very big really. We have chosen to be in this Path, to move on. Similarly, I feel the nations, the world also has to move on. When we move on individually, we will be contributing in our small but significant way to help this world also to move on. Everybody has to move on and let the glorious New Age descend, which is waiting to descend completely from a very long time.

11-5-2014

We had the Orientation class on 7th May. After the class many people told me that it was a very powerful session. We did not realise how the two hours passed and it was as if the session just got over in a few minutes. All of us could feel the special presence of the Rishis, though we may not have seen them. Their presence makes such a big difference. We would have practised the same techniques earlier, but on that day it was a very new experience. It was just great!

I received a letter from a person who is not a student of our Path but subscribes to our Newsletter. She mentioned that in a particular path they say that the New Age will start only after 25 to 30 years. She wanted to know about it from us. Amaraji had said that if majority of the people really wish for the New Age it will be given to us immediately. It really depends on us, the human beings. Probably majority of the people are not choosing the New Age and the Darkness still continues to stay on this earth. ■

## 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)

Questions on surrender have come up many times. So, my speech is about Living in Surrender.

Before we descended into this Universe, we lived in the Divine Plane as souls, as sparks of God. Each one of us had our own awareness, individuality and freewill. Since all the souls were in a state of Oneness with God, there was no need for communication or interaction; there was nothing to achieve. So, to give us an opportunity to experience and exercise our freewill and individuality, God created a playground, which is the Material Cosmos; in which He created the game of life. As with any game, this game also has certain rules to follow.

Before we came here, taking birth in a human body was a conscious choice made by us out of our own freewill. So, finally we had begun using our freewill.

The main purpose of our descent to this plane was to experience the diversity of this Creation. Before we came here, we were already in the highest Spiritual state which we seem to have lost after coming here. But in reality, our original state cannot be lost; it has only got buried under the layers upon layers of our experiences. As we experienced life at the physical, emotional and intellectual levels, our personalities began to take shape. All our experiences got stored in our minds. We became very strong and divergent individuals. In fact, Guruji used to say that every person is like a different world.

By exercising our collective freewill, we have brought the earth to the brink of destruction. Similarly, by exercising our freewill at the individual level, we have mostly created unhappiness and suffering in our lives. The whole world is in turmoil because of the sad state of

individuals. Even nature is losing its balance because of human beings. We must now realise and accept that living according to our own freewill is not working.

We must understand the Divine Plan and live in alignment with the Divine Will. We must accept the reality that is beyond our control. The time has come to surrender our freewill and follow the Divine Will. To live in surrender, we must also know what the Divine wants us to do in every situation.

Guruji had described Eckhart Tolle as the greatest Master living at present. Eckhart Tolle says that whenever a difficult situation arises we can try to change the situation. If it is not possible to change the situation, we can try to get away from it. If that is also not possible, then we have to accept it completely and unconditionally. If we do not accept it, we will be in conflict with the reality and we generate a lot of pain and suffering.

A prerequisite for surrender is faith in God. Surrender is not a one-time process. We have to go on surrendering in every situation, every moment. "What is it that we surrender?" We surrender our ideas, opinions, preferences, desires and anything else that comes in the way of our Spiritual growth. God has given us the freewill and we are free to surrender it, or not. We surrender for our own sake, not for God's sake. The absence of the ego and the presence of humility indicate that we have surrendered.

Even after accomplishing total surrender, we will continue to have ideas and opinions that may not match with the Divine Will because we continue to be individuals. But in that state, we can easily discard our opinion and replace it with the Divine Will. ■



**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: Are good and bad alien implants possible in our bodies?**

A: Yes it is possible. It is not merely the ideas, sometimes even gadgets are implanted.

**Q: How do these get into our systems?**

A: At the Astral level the dark people contact us, particularly when we choose the wrong things. We get tempted by their many offers of material benefits and we give our consent. So with our knowledge and with our consent they do these implants, even the gadgets.

**Q: How do we know that we have made wrong choices at the Astral level?**

A: Normally we think we are very innocent, but we will be aware of everything. Even at this level we will be aware but we pretend as if we are not aware of it. This is the truth. Slight alertness, slight self-analysis will reveal on which side we are.

**Q: If there are implants how do we get rid of them?**

A: Change the side, choose the good; choose God, Light and Rishis. Make a choice. That is enough. We have to be honest. But unless you really choose, the help will not come. The Rishis will not interfere.

**Q: What is the difference between Meditation and Light Channelling?**

A: In Meditation we receive the Light and experience the Light. In channelling we receive the Light, experience the Light and spread the Light around.

**Q: How do we explain these points in a simpler way to a non-Meditator?**

A: It cannot be made simpler. Experience the Light, it is Meditation. Experience and

spread, it is channelling. You can explain this to a Meditator, non-Meditator, to anyone.

**Q: Does Light Channelling have a deity?**

A: There is no deity separately for the operation of channelling Light. But there is a Rishi. He is Master V. He is in charge of this activity.

**Q: Is experiencing Light alone enough to progress spiritually?**

A: Yes. We have to experience Light intensely for minimum 3 hours a day; carry it always whenever it is possible. With this practice alone, we can experience Samadhi and reach the highest state of Enlightenment and attain Mukti.

**Q: How long do we go on channelling Light?**

A: As long as there is Light we channel Light.

**Q: If Light can heal why should we send Healing energies separately?**

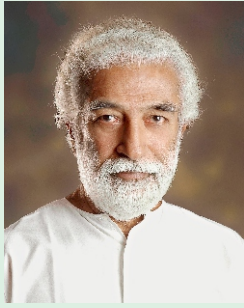
A: We have gathered and stored a variety of Healing energies. When we connect to Santoshi Devi, the deity in charge of the Healing energies, she chooses the right one for the particular person and sends those energies. So sending Healing energies separately is essential.

**Q: Even with the material pursuits the youth are turning to the Spiritual. Why?**

A: There is an awakening in people from April 1974. Since then we have advanced into the New Age. New energies are being released, which open up new brain cells and awaken the individuals. In spite of the busy life and pressures of the modern life the youth turn towards Spirituality naturally, as they are the advanced souls. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
iGurujī Vol 1, 3, 4 & 7	each 150/-
iGurujī - Vol 2	120/-
iGurujī - Vol 5	100/-
iGurujī - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Gurujī Speaks Part - I & II	each 200/-
Gurujī Speaks (Vol 3)	150/-
Gurujī Speaks (Vol 4)	250/-
Gurujī Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences - Vol 1 & 2	each 150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis - Vol 1 & 2	each 100/-
Pyramid Revelations	100/-
◆◆◆◆◆	
ಬೆಳಕಿಗೆ ಬಾಣುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರೂಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
ಪ್ರೌಢ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅಪರೋಹಣ	50/-
ಶಂಬಲ ನಿರೂಪಣೆ ಅಭ್ಯಾಸ	50/-
ಆಧುನಿಕ ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	50/-
ಗುರೂಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸ್ತೃತ ಗಣಪತಿ ಮಂತ್ರಗಳು	100/-
ಅನೇಕಶತಕ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ಬೆಳಕಿನ ಶರೀರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
◆◆◆◆◆	
प्रकाशवाट (Marathi)	150/-
आयुगुरुजी (Marathi)	100/-
ध्यान कसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्त्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
◆◆◆◆◆	
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
◆◆◆◆◆	
தியானம் செய்வது எப்படி	50/-
ஒளியின் வாயில்கள்	200/-
தியான யோகம்	50/-
ஆத்மாவின் அவரோகணம்	50/-
நவீன ரிஷி ஒருவரின் குஷ்ட சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-
◆◆◆◆◆	
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಕಾಂತಿಕಿ ದ್ವಾರಮುಲ	100/-



**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 OF MEDITATORS AND EXCERPTS FROM THEIR MAIL**

(Compiled by Shobha K Rao)

In sleep, I feel like I am getting trained in Astral classes. Many times, around 4 or 5AM, I wake up and feel as if I am coming from somewhere. If I try to recollect I feel totally blank about those hours of sleep. I am sure Guruji is working on me. He is making sure that I am growing. I can feel him a lot closer now.

My faculties like telepathy and intuition are opening up slowly. While working in office I understand whether I am going in the right direction or not. There is a kind of 'poke' from within if I am in the wrong direction. If I pay attention to that poke I save problems. If I ignore it I end up in problems and realize that I was wrong!

- Pushkar Patki

One noon when I was relaxing, a cloud of energy full of loving care descended and enveloped me. Feeling completely protected, I dwelt in that cocoon for a long time; my fears and insecurity vanished. Later, an opening appeared in the cloud and the energy flowed into the atmosphere, indicating that the same loving care and security is available in the Universe too. After this experience I am able to interact with the Creation more freely, easily and with love.

- Nirmala Bala

There are times when I sense energy levels going up around me generally at nights, or at times when I am into something sudden and important. I am made aware that I am accompanied by Divinity. Dimensions are changing, there is transformation, which starts from within and extends to the environment around.

- Geeta Joshi

I can feel lightness in myself, and the shield helps in preventing the negative vibrations from touching me. My plans are materializing just as I

would like them to. I am so grateful to all of you - Guruji, Rishis and guides.

- Nandita Patel

I am always happy and contented now as I have only positive thoughts. The desire to help others has increased. General feeling of well-being and serenity has enhanced; my temper is well under control. The element of fear for anything including death has disappeared.

- Mathur V P

I have observed that my life has changed positively in just a few months. Now I am able to feel the Light at all levels, all the time. I am able to experience peace in Meditation and even at other times. I am also able to accommodate people, respecting their decision, limitations and stand. I am not able to get angry with people whom I used to avoid or dislike. This is the biggest positive change I am experiencing.

- Abhay Joshi

I have become a better person now, perspectives are changing. I am kinder and have become more understanding. I have realized that God is everything and I just have to be silent and accept everything.

- Maithreyi Sasank

From the beginning of this year life had become very tough and unbearable, as if a big storm had come into my life. But, regular practise of Shambala Principle one and Meditation helped me to go through that phase peacefully. I realized the value of Meditations and the Shambala Principles. But for Rishis and Guruji I would have been shattered to pieces. They held me together. Now I feel I am a part of them. I have no words to thank them.

- Deepak Diwakar