



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 7

JUNE 2014

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

Sri M.P. Pandit passed away on 14-03-1993 when he was nearing his 75th year. The media ignored him. He was a great man. (Our media is obsessed with politicians and Film Stars.) After Aurobindo and Mother, he was the brightest lamp in Pondicherry. The soul of Aurobindo Ashram expressed most through Sri Pandit – Philosopher, writer, yogi and more than all a fine human being. I had not met him at all and yet, after a long time, tears rolled down when I read about his death.

I had invited Sri Pandit to a conference in 1989. That was my first contact. He did not attend. But he wrote a short and very warm letter, as if we were very old friends. His simplicity bowled me over. We exchanged hardly a few letters but we expressed ourselves in our Newsletters and without expressing in words shared the common Vision and Hope for a glorious Tomorrow. He was not orthodox in approach to life and was able to go beyond the frames of Religion and Scriptures. That is why perhaps I was drawn to him. That is why perhaps he could appreciate my work and books which even the people around me have not understood clearly.

Great men do not die. They live in their Thoughts, Deeds and Visions of a better life for all. Sri Pandit lives for a very long time.

Many people were killed by bomb blasts in Bombay recently. People are killed by people every day in some place or the other. We are now so used to Death that we are no more shocked. There are no more tears.

If we study and observe keenly we will realise that behind every killing there is a human weakness... hatred, greed, intolerance, disrespect for Life, corruption etc. and there is a myopic target of the immediate gain: of immediate pleasure. Pure selfishness of an individual or a group unleashes the beast in Man. And people are killed. There is no feeling for the other; no thinking in terms of other's welfare; welfare of mankind. People think small, act small and live as sub-humans. Where is the hope for Tomorrow? None as can be seen. But ...

Every time Man drives himself to the point of no future and no hope, the forces of Life light the candles of Love and Hope and Life asserts itself gradually wiping out the forces of destruction. I recognised this force when common people thronged the hospitals of Bombay after the killings and waited for hours to donate blood, taking leave from their offices. It is in these that the Future of Mankind lies. It is in the Love of these ordinary people that the New Age has its dawn.

And there are many other individuals around the Globe who constantly think and work for the Peace for all and who shed tears at every killing; and every inhuman act on this Earth. They are silently working for the universal welfare. Shahan Jon, Peace Pilgrim (both Americans) and Roger Brown (Australian) are the names that first come to my mind and there are many others. The Future lies in these noble Souls who are carrying the Life force in them. ■



MANASA FOUNDATION (R)

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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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amount.



The structures in Taponagara decorated with flowers
on the occasion of Guruji's 75th Birth Anniversary

NEWS AND NOTES

- ◆ Guruji's 75th Birth Anniversary was celebrated at Taponagara on 18-05-2014 and at our Saptarshi Dhyana Kendra in Anekal on 19-05-2014.
- ◆ "Meditational Experiences - Volume 2", a book containing the compilation of experiences of Meditators was released during Guruji's Birth Anniversary celebrations at Taponagara.
- ◆ About 170 Meditators attended the Orientation class held on 7th May 2014 at Taponagara. Close to a hundred more joined from their own places through webcast.
- ◆ About 160 people attended the Shambala class held on 11th May 2014 at Taponagara. Close to another 50 more joined from their own places through webcast or by mind linking.
- ◆ The RA group members met at Taponagara on 18th May 2014, to receive special energies from RA.
- ◆ Ashadha Masa begins from 28th June. During this month we get wonderful and great energies directly from Parabrahma Loka. Students can meditate more during this month and absorb these energies.

MEDITATION ON SPECIAL DAYS

06	Fri	Shukla Ashtami
08	Sun	Shukla Dashami
13	Fri	Full Moon Day
20	Fri	Krishna Ashtami
25	Wed	Masa Shivaratri
27	Fri	New Moon Day
28	Sat	Ashadha Masa begins

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM- 12Noon Light Channelling: 12Noon- 1PM
29-6-2014	Akhanda Dhyana (Light Channelling) : 11AM- 1PM

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 to read Guruji's blog and watch his videos.

LIGHT CHANNELLING EXPERIENCES

I am a channel of Light. I experience Light by channelling It daily for 10 minutes. In 6th and 7th class I was suffering a lot from Asthma, Sinusitis and dust allergy. Then in 8th class I tried Light Channelling. My health has improved and now I am well. Thank you for coming to our school and motivating us.

- Aakash K., Std. VIII, Jawahar Navodaya Vidyalaya, Hyderabad

This is so wonderful. In a span of short time we received so much of peace and positivity. It was as if I had to pull myself out of something. Opening my eyelids was such a task.

- Ms. Kavita Jagtap, Teacher, Hire High school, Pune

Our students have been practising this technique for three years. Now they are seasoned Light Channels. We have seen a lot of changes in them. They respond very well. Inspired by these children we teachers get together and practise Light Channelling every Saturday.

- Ms. Deepa, Teacher, Gokul Vidya Kendra, Bangalore

Earlier, it was all about myself - me, me, me! Now, I know that there is a higher source outside of me. I am able to let go and allow things to happen. There is a feeling of relief and freedom.

- Mr. Angappan, RLCC, Munchkins, Bangalore

I have noticed that I usually face the brunt of the negative energies flowing from the people around me. I would be disturbed because of the negative thoughts despite my efforts. With two weeks of regular practice of Light Channelling, I have observed that the negative energies around me do not impact me much. The Light Channelling energies are very powerful!

- Mr. Sridhar, RLCC, Munchkins, Bangalore

TAPONAGARA DIARY

Seema Almél

The usually hot and searing summer swept Taponagara but the resulting sweat could not wash off the Life-force that pervades Taponagarites. In March the spring festival of Holi was celebrated by the kids. Mrs. Kavita Kanade held a special Holi get-together for children and their mothers. Their fun-filled spirit was brighter than the colours of the festival. While the budding blossoms of Taponagara enjoyed their days of innocence, their mothers relived their childhood days and had a great time with food and music. The giggles and happiness strengthened the Life-force in this abode of the Rishis.

Kamadahana and the energies of Ugadi in March purified Meditators and prepared them more to receive the benefits of the twin eclipses of April. Many participated in the group Eclipse Meditations. The month also brought the blessings of Ram Navami and Good Friday.

A small butchery near the bus-stop is a difficult sight to bear. Taponagara respects others' freedom, accommodates and waits for things to change. Patience always gets tested.

While the commotion around the General Elections rocked the country, Taponagara - the hub of the Revolution By Light, patiently held its head above all the noise. Energies spread from here were the hope for a better tomorrow. Election day was a peaceful affair and Taponagarites, both resident and non-resident, have the unalterable faith that the Light Age will dawn irrespective of the Election results. Patience always pays. ■

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)

July 2004

We must always remember that we are doing a part of the work and one need not do all the work. Every work is important - volunteer-work, teaching, cooking, accounting, are all important. Somehow, we get attached to our work. One has to always do the work efficiently to one's satisfaction, allow others to learn and then go to the background. We pass the test when we go to the background.

Saptarshi Pranayama cleanses the system thoroughly at deeper levels. It energises and also heals. If you have an ailment, try Saptarshi Pranayama. It burns some of the Karmas; also helps Astral travel. It sharpens our intuition. It helps opening the third-eye. This practice itself may not be enough, but it helps. This can be practised as a part of Sadhana, before Meditation. It can also be practised separately whenever we have time; but it is always advisable to practise any Pranayama during the 'sandhi kala'. During this time wonderful energies are available which we can take in when we practise this or any Pranayama.

Once I was carrying a big book. Amara touched it and later he mentioned about a detail in the book. Great Masters do not read every word or sentence in a book; they touch the book and know all about the content of the book. I asked him how he was able to do that. He explained that he was able to convert all those words and thoughts into energy. He took inside that entire energy and he was able to bring out whatever he wanted, a sentence, a chapter and if necessary the whole book. That was amazing! He explained further that in ancient times when modern communication

systems were not available, the Rishis, the Masters used to contact each other or pass on their views and ideas in this way. They would absorb the whole thing, let us say, a book and would reduce it to energy and send the energy. The other person would be equally great and efficient and would receive it.

We can always get connected to God at the level of the soul. We are not aware of it and we never make use of this connection. We try to connect to God at the physical, mental or intellectual level, through emotions, prayers or by thinking. We may go near Him, or may understand Him in some way, maybe we touch Him, but we do not know Him at all. The connection at the level of the soul is the real connection, or a kind of total connection. We do this by taking our Awareness to the level of the soul and connecting to God. We begin with Meditations. That is why Meditation is so important. It silences the body, mind and intellect and when there is silence, it is easy to connect or link up to God. When we are in link with God, we receive His love, energies and wisdom which helps us to lead a very proper, peaceful and sensible life. So, for daily living getting connected to God is important.

We know by experience that when we take up Meditations or Sadhana, we always have tests. And whenever we have a big test, and we succeed in passing through it, we feel happy naturally. We feel relaxed and we take rest. We do not realize that the tests will not stop till we reach the state of perfection or till we reach the state of Godhood. If we remain connected to God, we can pass any test.

There is nothing wrong in

looking at life from our perspective, but what we forget is that the others also have their own views. When we do not understand others' perspective, we enter into conflicts. So trying to understand the others' perspective is so important. We must listen even to a small child. But there is one more perspective, one more angle and that is the Divine angle which we will know by our intuition. When we know this Divine angle we have to give up or surrender our perspective, which we normally do not do. We must always remember that the Divine is always right as God is perfection.

As we progress in Sadhana, we move on in this journey; certain changes occur naturally in us without our effort. Most of the times, we do not notice. After noticing these things, we have to improve them; we must add. If you notice slight humility, we have to develop more humility, if you find a decrease in anger, we must try to totally remove the anger. We must make efforts in those directions. Meditations are not enough; these conscious efforts are absolutely necessary. If we fail to look at these things and try to move on, the Pralaya processes will create such conditions in our life that we will be forced to change. If we do not change, the Pralaya processes intensify and pursue us in the next life also! My Guru said that even after three lifetimes if we do not change at all, then we will be shifted to another earth where the Dark Age or Kali Yuga will be going on.

It is important to read and try to understand the truths of life but we should not stop here. We have to enter the mystical areas by Meditations. We must continue to read and meditate. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

09-03-2014

Sometimes, when we interact with people we have the tendency to judge them. When the ego is dominant in us and wants to feel superior, it searches for shortcomings in others so that it can feel happy. But sadly, it cannot be happy because the feeling of superiority also brings a kind of insecurity of losing this superior status. But, when we interact with people from the level of the soul we somehow notice the positive in them and accept their imperfections, if any. The imperfections are only at the surface level. At the core everybody is Divine. While interacting with Guruji we always felt very special, and I am sure everybody would have experienced this. In Guruji's presence the Divine essence that we carry, was encouraged to surface; it would take over our personality completely. Sadhana is allowing the Divine to take over our personality all the time. Meditations help us to experience the Divine. And when we experience the Divine then all bitterness, negativity, everything just dissolves.

23-02-2014

We watched a short video in the Residents' meet. A person meets with a very serious accident; she almost dies but, the human spirit in her keeps her going. She would be hospitalised for almost 6 months and many times she would be asking herself 'Why did this happen to me?' But as she goes through a process of inner transformation, she realises and asks herself 'why not me?' Somehow, her words touched me deeply. Generally people ask 'Why is this happening to me?' Very rarely they say 'why not me?' Whenever we are going through such a difficult phase we will not know the reason for it. There could be several reasons. It could be our past life Karmas or Karmas of this life. It

could be just the imperfections of this world or ours that we have to deal with. It could be a test, and a test is an opportunity also. It could be just an opportunity to grow.

Generally, at such times we cry, grumble and we go on denying or not accepting the situation. When we do not accept we will be closed. But if we are able to accept, somehow the suffering reduces and we will be open to finding solutions also. Therefore, accepting is so important. If we accept and for some reason not able to find solutions, we will be able to surrender our problems to God, to the Rishis. And Rishis have solutions for anything. Maybe we can meditate more at such times as Meditations give us strength and wisdom to deal with any problem. That is how we grow.

27-04-2014

We have so much of knowledge and we have so many different types of techniques, very advanced ones. And we have very great energies here which help us in so many different ways. I remember Guruji once said that by now all this should have helped us to grow into Rishis. If it has not happened it is important for us to understand the reason for it. Have we gone wrong somewhere? I tried understanding this for myself. I share my understanding as it may help others also. We try to correct ourselves if we understand that we are not going in the right direction. And we also try to recommit ourselves towards growing spiritually.

We know that there is so much here. We understand quite a lot intellectually or theoretically. All this knowledge has come from the experience of Guruji and other Masters, so it is actually not theoretical knowledge. But, for us it remains theoretical unless we bring this knowledge into our living, unless we experience the truth and take the understanding to a deeper

level, to the level of the soul. Until then, we can say this knowledge is bookish for us. All these things are true to a great extent if I try to introspect very honestly. I have understood some principles but there is so much I am yet to realise and practice completely. One may ask if experiencing and realising it deep down at the level of our core is so important, then is it really necessary to understand this knowledge intellectually? I feel it is not required but that is how it happens for very ordinary Sadhaks like us. For Masters it may be different. Maybe they experience directly. But for us this is the process. First, we understand intellectually, then we try to practise what we have understood; then the understanding deepens and some day there will be realisation.

The second important part is to consciously try to live or practise the principles in our living. For example, we know that everybody is part of the Divine. Everybody is Divine essentially but do we really accept it? When we interact with the people or with anything, do we really interact with them with this awareness that they are Divine? I don't think it is very difficult. But somehow we are unable to do it all the time because we are unable to accept this principle completely. When we experience that we are Divine and that everybody and everything else is Divine, then it will be natural for us to accept and interact with people with that awareness. It will be natural because the experience teaches us everything. But, until we actually experience we have to bring the knowledge into practice consciously. That is the effort. That is Sadhana. And this will also lead to the ultimate experience. As we try to live like this and also meditate, our Meditations will be better, deeper, and will help us move closer and closer to God. ■

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)

There are many tools of positivation that we can make use of. One of them is the practice of affirmations. It is usually done by repeating a positive statement several times in the mind. When we repeatedly do the same thing it becomes a habit whether it is physical or mental. So a person who has formed negative thinking patterns during the early formative years will have a tendency to be negative. Guruji used to say that unlearning is tougher than learning. Such repetitive negative thoughts act as negative affirmations. One must learn to avoid unconscious negative affirmations because affirmations will have an impact whether they are positive or negative.

Thinking itself is another important habit that we all have formed through hundreds of lifetimes. It has become so strong that we cannot be free of thoughts anymore. When we are busy in a job that is mundane and repetitive only a small part of our Awareness will be utilised for that activity. The rest of our Awareness will be engrossed in thinking about something else. On the other hand if suddenly there is a crisis all our Awareness will be utilised for dealing with that situation. Guruji had given us a technique to practice, which is to carry Light in our system always. It is a simple yet powerful technique but very difficult to practice because we need to be self-aware in order to practice it throughout the day. So the key here is our Awareness.

Guruji had said 'we are where our Awareness is.' So what is needed is to become aware that we are thinking. This is an Awareness that is above and beyond the Awareness that is

involved in the thinking process. During Meditation we must ignore our thoughts and at other times we must be alert and be a witness to them. When we are engaged at the surface level we must be aware and rooted at the deepest level in order to be a witness to our own thoughts, emotions and actions. In other words we have to become aware of our Awareness all the time.

Guruji used to say that we must choose Light always. In order to achieve this we must not allow our Awareness to be taken over by our thoughts.

The most important aspect of a soul is its Awareness. If we are unaware it is as if we don't exist. And if we don't exist nothing exists for us. During Meditation, we anchor our Awareness to the conscious layer of the mind through the practice of Trataka, preventing it from slipping into the unconscious layer. Becoming self-aware is the first step in our awakening. The level of our Awareness at all times is a measure of our Spiritual progress.

Long time ago Guruji had mentioned that Truth is the reality at all levels. So living in Truth is living in the Awareness of the reality at all levels. This in my opinion is Paripoorna Samadhi itself because a person in this state will be aware of the reality at all levels while living a normal life here.

We, the souls are a part of the Absolute Truth. And we are now living in a relative and temporary world. Before we can begin living in the Awareness of the reality at all levels we must begin with being self-aware all the time. Guruji had said choose Light always in every situation. We can truly choose Light only if we are aware at the deepest level. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Can we practice the Shambala principles one and two simultaneously?

A: You can. But I personally suggest practice one principle at a time. It has its own impact.

Q: May I know about the energy sessions conducted at Taponagara?

A: We are not conducting energy sessions. Whenever we meet in gatherings as big as this, even in gatherings as small as 2, 3 people somehow will shift into the mode of discussing Spiritual things, Spiritual realities; then we are in a kind of energy session. New energies come to us. Even through us new energies are channelled.

Q: In expansion which part of our system expands, mind or intellect?

A: In Meditation we enter into stillness; our Awareness expands, not the mind or the intellect. There is a new revelation. Wherever Awareness reaches it also carries a part of the mind.

Q: Please explain the differences in pleasure related to the body, happiness related to the mind and bliss related to the soul.

A: Pleasure is short-lived. Happiness lasts longer. Bliss again lasts much longer. Pleasure related to the body is a kind of lower experience. There is nothing wrong in that but it does not help in transformation. Happiness keeps the negativities away. This is very important. Bliss transforms us, helps us live in peace and happiness. Bliss connects us to the Divine.

Q: During Meditation while repeating a Mantra some other Mantra slips in. What shall I do?

A: Don't worry. When you become aware that you are repeating a

different Mantra, come back to your Mantra, that's all.

Q: I look at the watch 2-3 times during Meditation. Is it alright?

A: There is nothing wrong in that. When you sit for Meditation have patience, love Meditations. This single factor is enough. Meditation connects us to the Divine. So if you love Meditations you will not look at the watch 2, 3 or more times.

Q: How can we easily put down our ego?

A: This is possible only with love, by love. You manifest love. Love is like a universal panacea. In love ego vanishes. In love distances vanish. In love negativities vanish, anger vanishes. The ego goes to the background and it will become a friend, a guide. You have to experience this. When you manifest love, healing process occurs. In love there is expansion. We accommodate anyone, anything. We take the whole world along with us.

Q: Which is the best way of praying?

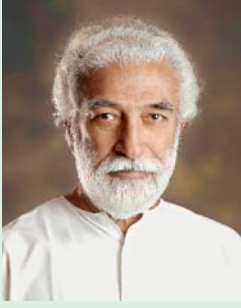
A: You don't have to ask for anything to God. I think that is the best way of prayer. Just think of God or Rishis. Send your love. Enjoy that relation of love. You will get whatever you want, whatever you deserve.

Q: What is abundance?

A: According to the Rishis abundance is getting connected to the source of all types of abundances - God Himself. Abundance is not merely the material things, money or riches. There is abundance of knowledge, energies, love and abundance of life. There is abundance of life-force in the source that we get connected to. Of course there is peace, contentment which is important. ■

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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

established in 1988 by Guruji Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city.

MANASA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Guruji lived from 1987 to 1992.

STUDY CENTRE

is a unique Centre for Studies on Spiritual Realities at Antar Manasa, guided by the Rishis.

JYOTHI PROJECT

is mainly for the village children. They are helped in their school studies and are taught Shlokas, Bhajans, hygiene, General Knowledge and Computers. They are also encouraged to express themselves creatively through story-telling, drawing and painting.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

SPIRITUAL EXPERIENCES OF MEDITATORS

(Compiled by Shobha K Rao)

While receiving Prana from the Sun directly, once I saw a globular golden Light enter me. For the next 24 hours I did not feel hungry. Even though I was driving around town through traffic, exerting myself more than usual and interacting with many, I was energetic and did not feel any need to eat food. As dinner time approached I still was not hungry.

- Seema Almel

I got a message that we should practise Saptarshi Pranayama before channelling Light. I did not share this with anyone as I felt it was something good that my mind was telling me to do. So, from that day I started practising Saptarshi Pranayama before channelling Light. I was so speechless, to hear Jayantji pass on the same message in the Sunday class!

- Nandita Vijayan

The World Channels Day was a wonderful experience. I decided to put myself in the guiding hands of Guruji, Rishis and Astral Masters. It was also an opportunity to try and overcome the fears and mental blocks. I realised that the comfort zone is a beautiful place but nothing really grows there!

- Kavitha Manjunath

I have taken on Guruji's words and my body is finally co-operating during Meditation; the mind is also helping out by quietening down. I have had a few Meditations where I have felt almost overwhelmed by the Light and it has put a smile on my face. I can't actually describe how I felt!

- Alastair Stubbs

The ultimate aim is to go home to the Almighty after taking the learning lessons and growing. Hence, instead of tagging people or events, just blissfully draw lessons, leave behind things then

and there and continue the journey with joy.

- Geeta Joshi

The last three months were quiet as I was away in Jakarta without my son. At another level, I could clearly see and understand that the notions I have about myself are foolish and that I am not important, I am not the doer! It is more evident to me than ever that God needs to become a far more central element in my life. Remaining with this understanding has made a big difference to my state of mind. My calmness, tolerance, needs and desires.... I see them all differently now.

- Nirmala J

On 16th March, Jayantji mentioned about the benefits of Saptarshi Pranayama, I recognised that Rishis were giving me a technique, as I was suffering from back pain since three weeks. Later, I sat in front of Amaraji's Samadhi and practised the technique for 30 minutes and next day I was pain-free. I am practising the technique regularly and it has healed me. I express my gratitude to Jayantji, Guruji, Amaraji and Master V.

- Manoj Deshpande

During Meditation, Light from the heart spread all over my body and filled up my house and continued to spread all over and appeared like a cloud of Light.

- Neeta Sharma

Once, during Meditation there was a bright streak of Light to my left that became brighter and suddenly released the handcuffs that were binding my hands; released me from my bondage. I felt greatly relieved after that session of Meditation. I feel this was an indication that in the near future I shall be freed from all the problems that I am facing now.

- Meena Ganesan

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