



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 12

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old newsletters)

Gorbachev is not just a statesman. He is a visionary. Recently he wrote proposing the formation of a "council of the wise" under the aegis of the United Nations, made up of scientists and cultural figures to contribute to solving the problems of the world. We have to include here persons of great Spiritual heights also. Not the religious leaders who can think of only groups and cults, but those who can think in terms of the Universe and of Creation. Those who can link up with the Higher Intelligence and gather both Knowledge and Power. They alone can steer the world into Light because the problems of the world are not what they appear to be. They are the problems of the individuals to begin with. They are greed and hatred. And all that follow them.

The council of the really wise alone can guide the world and not the petty minded politicians.

A person had serious problems with Meditation. She not only could not meditate but also started disliking Meditations. When approached, the Rishis revealed a strange reason. Her Spiritual Guide in the previous life was a great Spiritual Master. She had somehow hurt and insulted him. And that was coming in the way of progress now!

The Rishis found out that he was doing Tapas in a far off earth. On that night they took the Meditator to the Master who, coming out of Samadhi, expressed his surprise. He never knew that he was insulted! He apologised and passed on a part of his Tapas-Shakti wishing her success in Sadhana. And then her problems with Meditation vanished.

To what extent the Rishis go to help a Sadhak? To any extent!

I am consciously working against building up a cult; a tradition that imposes Do-s and Don't-s on the followers. I believe in absolute freedom and it is only in freedom that the individuals can shine. I confine myself to introducing the principles and the techniques and leave everything else to the individual students. They have to build up and follow the discipline which, of course, is essential. The individual is free to choose, to decide and to grow!

Someone asked me – "Have you fulfilled your mission?" I thought about it deeply and recalled my Guru's words: The work of Rishis goes on as long as there is this Creation. We can only think of how much we are able to contribute.

I do not have the feeling of fulfillment. But I am happy about whatever I could do. I am happy about what the work taught me. No bitterness, no ill-feeling, no desires, no regrets, no complaints. I am filled with enormous Love. ■



**MANASA FOUNDATION (R)**

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

on Sundays (10 AM - 11 AM)

**Held in Bangalore city on**

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

at Anjaneya Temple  
Mahalakshmi Layout

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

at Anjaneya Temple  
Mahalakshmi Layout

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

at Sri Aurobindo Complex  
1st Phase, J P Nagar

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

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

at Maruti Mandira  
Vijayanagara

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

at Devagiri Venkateshwara  
Temple, BSK 2nd Stage

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

at Indian Heritage Academy  
6th Block, Koramangala

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

at Hymamshu  
4th main, Malleshwaram

**Held in Anekal**

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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

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



The residents of Taponagara observed Ayudha Puja on  
3rd October by energising their vehicles.

**NEWS AND NOTES**

- ♦ Guruji's Maha Samadhi Day will be observed at Taponagara on 23-11-2014. To participate please register with Manasa office before 20-11-2014.
- ♦ An e-book, the electronic version of our book "Doorways to Light", will be released during Guruji's Maha Samadhi program at Taponagara on 23-11-2014. This e-book will be available for purchase from our website [www.lightagemasters.com](http://www.lightagemasters.com).
- ♦ The new building, housing the office for our Light Channels work and the Information Centre will be inaugurated during the program on 23-11-2014.
- ♦ Desk Calendar for the year 2015 will be released during the program on 23-11-2014. Students may register their request with Manasa office before 15-11-2014.
- ♦ New batch of Shambala Group begins from January 2015. Those who wish to join may register their names with Manasa office before 31-12-2014. External Guidance students can also join. The existing batches of students are also requested to register their names before 31-12-2014 for renewal of their membership.

**MEDITATION ON SPECIAL DAYS**

02	Sun	Shukla Dashami
06	Thu	Full Moon Day
15	Sat	Krishna Ashtami
20	Thu	Masa Shivaratri
22	Sat	New Moon Day
23	Sun	Guruji's Maha Samadhi Day
29	Sat	Shukla Ashtami

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
09-11-2014	Shambala Group meeting at 2PM
16-11-2014	Ra Group meeting at 2PM
23-11-2014	Guruji's Maha Samadhi Program
30-11-2014	Akhanda Dhyana: 11AM - 1PM

**GURUJI'S MAHA SAMADHI  
PROGRAM**

**23-11-2014, Sunday**

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

**PROGRAM AT ANEKAL**

Guruji's Maha Samadhi Day will be  
observed at our Saptarshi Dhyana  
Kendra on 24-11-2014 at 6 PM.

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

A person came to me with the complaint that he gets up in the night with fright. He had this complaint from his childhood. I introduced Light Channelling to him. After he began channelling his fear has vanished. Now he is part of the Manasa family and free from all his complaints.

- Mridula Malpani, EG Student

My mind is very peaceful right now after doing Light Channelling. I was fully devoted to this and did not hear any kind of noise from anywhere. It was a very good experience. Thank you for teaching us this technique.

- Shruthi C., Std. X, Christ School, Kaggalipura, Bangalore

During the practice, I was in pure silence untouched by the surroundings. This practice will remove caste discrimination.

- Priya, Std. VII, Padur Middle School, Chennai

Light Channelling is as good as any other subject in our school. We give equal importance to it. We observe a lot of changes in our students. Their concentration has improved. They are much disciplined now. Light Channelling is very useful to us. We are very happy practising it.

- Ms. Sunitha, Headmistress, Vatsalya Primary School, Bangalore

I was suffering very badly from stomach pain in last two weeks of July due to intestinal infection. On 2nd August I conducted a Light Channelling session in a school. The session was very peaceful with lot of energy. I came home wondering how everything went on without my knowledge. Suddenly, my body started getting red rashes, itching and for five hours I suffered from allergy. Surprisingly, by evening I was all right, felt very relaxed, and my body was feeling very light and peaceful. I slept calmly that night after two weeks, without pain. I realized that after returning from channelling all my negatives and pain came out from my body.

- Anitha K. A., Volunteer

## TAPONAGARA DIARY

Seema Almel

Nature struck the huge old tree over the children's park in Taponagara. The tall aged tree had dried up from the inside. Fortunately, heavy rains and winds made it crash onto the park in the night when no one was around. The adjacent bus stop's roof caved and walls fell in pieces. This strange sight of debris made Taponagara a bit sad; after all the children's park had brought so much happiness to Guruji when he saw the village kids play joyously.

After a few weeks, harmoniously, in sufficient accordance with the villagers, the debris was removed, the play sets were re-installed and the bus stop was rebuilt. The persona of Taponagara is that of our Guruji – resilient within, patient in state with acceptance, dignified and harmonious in interaction, loving rebuilding for others' benefit and smiling in the face of challenges melting away conflicts.

Taponagara continues to manifest Guruji and the Rishis continue to work through his Meditators. The rare Divine energies of Ra and Shambala continue to be passed on in the periodically held Meditation Classes. The Revolution by Light radiates increasingly. Taponagara, the abode of the Rishis, continues to manifest all that Guruji stood for, proving the eternal nature of its Spiritual roots.

The new Light Channels Office building will be inaugurated on Guruji's second Maha Samadhi Day. It symbolises the dedication, love and commitment of all Taponagarites, both resident and non-resident, to our beloved Spiritual Master – Guruji Krishnananda. ■

## 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)

September 2004

Great things occur silently. Like, the pole is shifting, the earth is tilting, which is happening very slowly and we observe that the ice cap is melting slowly. Seasons are changing, Pralaya is intensifying, there is polarization of good forces, dark forces / bad forces. If you observe you will notice. Miracles are happening; they happen very silently. Miracles are also happening in our individual lives. There is a Spiritual awareness; we can see this within us. Although we may not be great Meditators, although we may not be following all that the Rishis tell us, there is an awareness in us. It was not there earlier. We can find this awareness in others, although everyone may not be changing, growing or meditating, but this awareness is there. It is a very great thing. This takes us further. I spoke all these as a background.

A few days ago great energies were brought down. Amara, Sapta Rishis were there and Lord Krishna gave these special energies, saying 'these are the energies of Satya Yuga.' And they were installed under the ground here. Nobody knows about it, as it was not given publicity. But as I said, great things always happen silently. You will find your Meditations become smoother and deeper. It will become easy for us to get over our own negativities easily.

On every 'Krishna Janmashtami'- the birthday of Lord Krishna, it is a custom to take some people / cases to Lord Krishna. Lord Krishna will listen to every case, advocated by my Guru. It is always my Guru who leads this batch. This year also we took many cases. He promised to help all the cases. When God promises, He always keeps up His promises. He asked people

frequently this question, "Yes, I will help you, but why did you not listen to the Rishis? I cannot bypass the Rishis." That way God is powerless! Rishis are more powerful. He said, "you have to listen to the Rishis." This is the refrain that I heard in many cases. In some cases, He said, "I will postpone this problem and give you relief provided you promise me that you will change. You have to transform, then I will clear this problem."

—◆—

Here, we worship Nirakara Parabrahma, the formless God who is pure Consciousness. We worship in a very special way. We do not do it with flowers, fruits, mantras and rituals. We do it with Meditations. Meditation is the highest form of worship. Worship is an expression of our love and respect. We worship by putting down our Ego. Surrender is also a way of worship. We worship by surrendering totally. We worship by living in his awareness, if not always, whenever it is possible!

We worship God by manifesting Him - by manifesting love, peace, all that. Our worship is not confined to temples. This worship is not even confined to Meditation hours. God is everywhere; so wherever we are we worship. Someone asked my Guru, "where is your ashrama?" and he said, "the whole world is our ashrama, this earth is my ashrama."

Our worship is done silently and internally and our worship does not interfere with others' worship. He is everywhere, He is within, and we must always have this awareness. We must know Him not as God, somewhere in a temple. If we contemplate a little, we understand that He is our only eternal companion.

—◆—

What is Karma Yoga? Karma Yoga is selfless action which benefits many people. Behind this there is great love. This love is towards God who is in everyone. If we can serve more, many, we will be serving God. This love is not confined to myself, my family, and my surroundings. When we do Karma Yoga like this, the very quality of work changes; we will be practicing Bhakti Yoga. Without love, there is no Yoga.

—◆—

We must realize that we change. Let us observe ourselves; the changes may not be very dramatic, very visible even to us. But there will be changes. What brings about such changes? It is the energy released by the Rishis that helps individuals to move into the next Yuga and transform. This change, even unknown to us sometimes may take time to completely manifest at this physical level. It may take 10 years or 20 years, or maybe 400 years. It does not matter. This change occurs, this total transformation from mere human beings to the Divine beings occurs.

Whenever we talk about this, a question arises. If we transform or progress spiritually without making any effort, then why are Meditations required now? The truth is, we can skip these things; we can remain as we are, but man is not born just to remain like that. There is something special in this wonderful human being with all his imperfections. If many people remain like that, some people will always be ready to change fast. They say 'why wait for 400 years, 40 years or 20 years? Let us change now, let us start living in Satya Yuga now itself.' ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

27-07-2014

I feel that problems help us transform. When we go through a lot of problems somehow we become humble, our arrogance - if we carry - is removed. The problems make us wiser and a kind of transformation takes place in us. How quickly this transformation occurs depends on us. Most of the times problems give a message; they come to tell us something. Also many times problems are our own creation. If that is so, then the transformation will depend on how quickly we realise that we are the cause of the problems. When we realise this then the transformation begins. And along with the process of transformation the problems also begins to vanish. But when we are going through problems, it is not easy to realise this fact. It takes a long time. Generally we go on complaining, grumbling and we also go on blaming God and everybody around us, except ourselves.

But I think problems actually help us. Sometimes we choose the wrong ways to solve our problems like going to tantriks for example. If we follow them, we will only be multiplying our problems. If we realise that we are the problem and turn the focus on changing ourselves then we can quickly come out of the problems and we will come out transformed. This process of transformation is really very interesting. God has so many ways to help us transform. God's way is the best way and He knows what is best for us.

24-08-2014

Our book "Doorways to Light" is also translated into the Japanese language. A person who read it in Japan wrote a comment on a website. He says that he was moved by the fierce sincerity and purity of Gururji. We can say that this person met Gururji through this book. The

book contains Gururji's energies. He was touched by Gururji's persona. We have to also admire the translator who is our student from Japan. She has done a very sincere job. Through such wonderful people our work spreads, Gururji's Light spreads even in far off places like Japan.

A wonderful person from Mumbai told me that every move of Gururji, the entire personality of Gururji was such that we could know that he was Light. She is so right. Whatever we do, the way we behave, the way we make movements as this person says, the way we dress up, everything reflects our personality. And this happens automatically. And we know Meditations help us refine our personality. Meditations take us towards Divinity, towards Light. They help us become Light. When this happens then the Light shines through us.

Gururji said certain things just casually and those things became true. Masters like Gururji and Amaraji knew the future. That is one part. The second part is because they were in complete alignment with God, whatever they spoke became true. Of course they always think of the welfare of the entire humanity. Out of great love, Masters come down to live for others.

Amaraji and Gururji dreamt of the New Age and we are moving towards the New Age. Their dreams, their pure intentions begin vibrating and encourage others to join in their dreams. When more and more people join, such pure intentions gather strength. Then the New Age manifests gradually. There is no doubt that we will have a better world tomorrow.

14-09-2014

A person from Maharashtra who is not a Meditator, was travelling in a bus from Bangalore city to Taponagara. In the bus he was making enquiries about Taponagara.

A young boy of 11 or 12, told the person 'Taponagara; Light; I know the place.' He spoke with such excitement and reverence. People associate Taponagara with Light. And the school children know us as the Light people. I feel this is like a certificate for the great work being done by our Light Channel volunteers. Of course they are not working for certificates. Amaraji and Gururji dreamt of the New Age on this earth. We all join them in this dream for the Light Age. If all the people on this earth also want Light Age at this very moment, we know that it will begin now. But it doesn't happen this way. We have to wait. Till then we will go on channelling Light, go on teaching Light Channelling to the school children. Like this boy, they all do it with so much of sincerity.

Meditation connects us to God. When we take up Meditation we will be taking a step towards God. We will be taking a step towards positivity, towards Spiritual life. It takes time to become completely Spiritual. But we will be taking a step in that direction. That is important. When we do that, God will take thousands of steps towards us; Rishis go out of the way to help us. And our problems are solved.

Sometimes the problems do not get solved immediately. We can't understand the reasons, why this happens. Maybe it is a test. If our patience has to be tested then a solution cannot be given immediately. But this is my personal experience that all problems get solved eventually. But when we take up Meditations for finding a solution to a problem and when it gets solved, we should not stop at that. We must continue Meditations. They take us to the highest level. When anybody approaches us for any help, we have to suggest politely, without forcing them, to take up Meditations. ■

**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: Why is it that our future is not revealed to us?**

A: The future is not revealed because it is not important for our Spiritual growth. Whenever the Rishis think some information of our future helps our Spiritual growth, they reveal it to us somehow, in a dream, in a flash. When we are ready perhaps the future is revealed to us.

**Q: Is taking life as it comes better than creating destinies for us?**

A: Accept the reality as a gift from God, don't complain. God will give you all strength and wisdom to get over these things. That is why we meditate, to create new destinies.

**Q: I want to surrender completely. How can I do it?**

A: It is difficult to say specifically 'you do like this.' You have to make up your mind that's all. Meditate more, carry Light more, put down the ego, manifest love. All these help to surrender; but first decide, choose.

**Q: Are the Sapta Rishis known as the seven rays in the west?**

A: Yes it is true. Even in other parts of the world they are known by different names.

**Q: Do the trees store information about the past and future in them?**

A: They store the past, they cannot store the future. They give us knowledge, love, everything. We must experience and explore the reality that God is in everything, everywhere.

**Q: If we send Light to a person does he sense it?**

A: He may not always sense it at this level. But at a different level he is aware of this. When you do this

wonderful act without expecting anything, the Universe sends love to you also.

**Q: Does the soul rest in the Ocean of Light between lifetimes?**

A: No. After we leave the body we are guided to another earth where we rest and we can spend time in any way we like usefully - we can meditate, enjoy and take rest. We will be waiting.

**Q: Does meditating inside a pyramid help?**

A: Yes it helps. You will have fewer thoughts, more energies. You become more capable of receiving, gathering more energies. Inside a pyramid it is easy to travel in time. You don't have to physically sit inside a pyramid. You can imagine you are sitting inside a pyramid.

**Q: Why has India been a place of Spiritual attraction always?**

A: There are several reasons. India is a kind of headquarters for the Rishis, for the Avatars, that's why they come down here. Great Rishis did Tapas here. Their energies are still here, all over the country. People are attracted to these energies. The souls who take birth here are very special.

**Q: You say we exist at various levels. I am aware I exist here; I must also become aware of me existing in all the other six levels. Is this possible?**

A: None of us know our existence at other levels. But when you reach the highest state of Samadhi, Paripoorna Samadhi, you can be aware of your existence at all the levels simultaneously. It is not easy to reach that state, but it is possible. ■

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प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
ತ್ರಿಪಾಣಮ್ ಶಿವಶಾಸ್ತ್ರ ಉಪನಿಷತ್	50/-
ಉಗ್ರಿಯಲ್ಲಿನ ವಾಯುಶಕ್ತಿಗಳು	200/-
ತ್ರಿಪಾಣ ಯೋಗ	50/-
ಆತ್ಮತಮಾವಲಿನ್ ಆವಿರ್ಭಾವಣೆ	50/-
ನವೀನ ಗಿಣಿ ಉಗ್ರವಾಗಿನ್ ಕ್ರೋಧ ಸಾಕುಶಕ್ತಿಗಳು	50/-
ಸಂಪಲಾ ನಿಯಮಗಳಲ್ಲಿನ್ ಅಪಿಪಿಯಾಶಕ್ತಿಗಳು	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಸಾಂತಿಕೆ ದ್ವಾರಮುಲ	100/-

## 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 Sri Jayant 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.

## GURUJI

Jayant Deshpande

These two years have passed so quickly. It is as if only yesterday we were talking with him about the unknown Spiritual realities in an expectant iGuruji session in the serene atmosphere of Taponagara. Explaining the higher Spiritual Truths - which he would have either perceived directly or would have learnt from the Rishis in the higher Astral Worlds, in a simplified way that ordinary human beings like us could understand - was his specialty. Even while on the hospital bed, he was explaining the Truths with the same zeal that he did for 25 years since he began teaching Meditations. His enthusiasm somehow gave us a strange hope that a miracle would remove his cancer and he would continue to guide us living in the same physical frame. We were unprepared to even think of the enormous reality that was waiting to unfold; or probably it was already staring at us but we did not have the courage to look at it.

Were we wrong in hoping that he would continue to live in the same physical frame? Hope is probably engrained in our souls by God Himself or it could also be based on the realization that has dawned upon us after having lived through several existential challenges in our millions of births here. Probably it is in our nature, to hope.

But finally when the hope was diminishing, he consoled us and encouraged us to continue the work of the Rishis and promised us that he would individually guide each one of us from the Astral level.

He was teaching us through his life till his last breath.

A world without Guruji was unthinkable. But he gave us the strength, from another level, to accept his absence in the physical frame but feel his presence at another level. He gave us the strength to continue our efforts of perfecting ourselves in living the Spiritual principles he taught us.

He gave a purpose to our lives and he continues to be the purpose of our lives. ■

## GURUJI

Vaishali Joshi

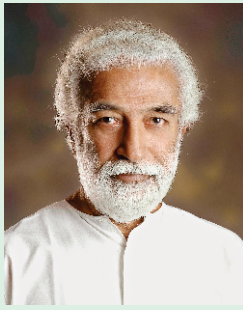
Guruji's life holds many lessons for us. One important lesson is his unshakeable faith in his Guru, the Rishis and God. Responding to the call given by Amara, Guruji joined the Work of the Rishis and made the fulfilment of their dreams the mission of his life.

He made us realize the power of faith through his living. Having chosen a path of no return, it was his faith that did not let him weaken when he had to go through humiliation, untold hardship and suffering. It was his faith that gave him the strength to be persistent and remain steadfast when he was struggling all alone.

Guruji used to say that 'faith cannot be created. We either have it or we don't.' When we perceive the Truth at the level of the soul we know it through our intuition. This knowing is faith and such faith is unshakeable. It always makes us feel secure and does not need any proof. Meditations sharpen our intuition, which helps us to comprehend the Truth.

Absolute surrender is the criterion of faith. Guruji surrendered to God and Rishis and made himself their Channel for the manifestation of the Divine Plan at the physical level. He made unceasing efforts and worked at all levels – physical, Astral and Causal, for establishing the Rishis' Centre on this earth. Through him Rishis have brought down a vast extent of knowledge, built the Manasi Spiritual field and the Twin Centres – Manasa and Antar-Manasa, and anchored powerful energies that will guide generations to come, and help the humanity to enter the Light Age.

We are very fortunate and blessed that we could walk a few steps with this great Light Master, and have him as our Eternal Guiding Light. ■



**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)

My colleague started practising Light Channelling. She is in the money-distribution department and would often lose money. At such times, she prayed to Sapta Rishis and Vishwamitra Maharshi. She would then get an indication about where she had lost the money; and within a few hours people would come and return the amount!

Recently, I fell down from the scooter and damaged my knee cap. There was a lot of pain. In one of the Sunday classes Jayant Sir had told that practising Pranayama removes pain. I started practising it daily for 15 to 20 minutes. Within three days the pain was gone! In a few days' time I could sit cross-legged for Meditations.

- Lakshmi O S

I sat for Meditation in Guruji's Samadhi mandir. The whole place was transformed into a cave and the floor was overflowing with waves of blissful energy. I requested Guruji to bless me with his Divine presence; soon from this ocean of energy emerged Guruji in his physical form and merged with the Light. Immediately a sage, 70 feet tall appeared. Within his body was seen all the happenings of the world.

- Singh D R

There was stillness in Meditations with a vibration in the mid-brow area spreading to the entire system. It was a combination of peace, stillness and deep joy. There was a feeling that everything will be alright.

- A sadhak

As I am associated with the Light now, I am more conscious of the mistakes I commit. Whenever I get angry or feel jealous I am reminded of Guruji, Shambala principles and I try

to overcome it. I feel very proud of myself and also happy when I put in effort to change. Thanks to Guruji and Manasa family.

- Kavyashree R

Students of Jyothi Project in Taponagara channel Light regularly. When they feel that a particular sum in Maths is difficult, they channel Light and are then able to solve it. Whenever they are unable to find the answer to a question, they channel Light and get the answer. They have great faith in Light Channelling and they know how to use Light. I offer my sincere thanks to Guruji, Amara Maharshi and the Rishis.

A student of the Jyothi Project was not fluent in her conversation. She did not know to write the alphabets properly. After channelling Light, she has improved a lot. Now she converses like other students and has improved in her studies and scores better marks.

- Sharadamma L

Nowadays, I am practising Meditation to feel the inner peace. Earlier, I used to feel like sharing my experiences; whereas now I experience the inner peace and don't feel like talking about it to anybody. Meditation is totally an incredible inner journey!

- Sridevi S V K

I am able to focus on my priorities and find time to do them. The external disturbances make less impact on my emotions. There is a need to improve the quality of my emotions and actions; help seems to come every time I make a little effort.

- Rajalakshmi

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