



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 11

OCTOBER 2014

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

Nowadays, more and more people are exclaiming about the years rolling by faster. 2006 has almost come to the end! And it began only yesterday!

It is not possible to explain in rational terms that the time is *moving* faster. It will move faster in the next few years, till the Pralaya processes are completed. Who cause this unbelievable phenomenon to occur? It is the Rishis who work under the Divine, directly. It is to quickly take this earth through the Pralaya processes which involve death, destruction and suffering.

There was a question: "Which is the single most important factor that keeps you healthy?" I did not have to even think for a second to know the answer: "It is the contact with the Rishis." The contact, whether we are aware of it consciously or not, will be feeding and showering us with Divine energies which keep us healthy at the levels of the body, mind and intellect. I wish everyone becomes aware of this factor. Contact with the Rishis, in turn, establishes contact with the Divine. The contact brings not merely good health, but *everything* else.

When I was contemplating on how to establish and retain the contact always, I realized intuitively that we have to enter into the contact through thoughts. Thoughts lead and if we persist they gently push us beyond their level to enter into the realm of experience. *Deep contemplation leads to Samadhi.*

The general understanding is that it is the mind which is powerful in this system. But it is not so. It is the intellect which is more powerful. Thoughts lead our Awareness. Thoughts make us choose. Positive thoughts keep us healthy. In reality, *thoughts rule our lives.*

Whenever a Meditator in this Path has an emotional problem that he cannot deal with or is in a Spiritual dilemma, I want to help and guide him. I want to intensify this Guidance from this year. The intention is to relieve the burden so that the Meditator focuses on Sadhana. Once the Spiritual problems are taken care of, the material problems vanish by themselves. And once the problems vanish, the Meditators have to devote more attention towards Sadhana. Sadhana is my utmost concern. ■



MANASA FOUNDATION (R)

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

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

e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple

Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple

Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex

1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj

C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara

Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy

6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu

4th main, Malleshwaram

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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

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NEWSLETTER

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



The Light Channels Volunteers had their quarterly meeting on 14th September and shared their experiences.

NEWS AND NOTES

- ♦ Amara's Maha Samadhi Day was observed at our Saptarshi Dhyana Kendra in Anekal on 25th August 2014 and in Taponagara on 31st August 2014. More than 50 people had gathered in Anekal and about 275 people had gathered in the Meditation hall at Taponagara to offer their respect and Love to Amara.
- ♦ An ebook format of the Gujarati translation of the book "Light" was released during the program in Taponagara on 31st August 2014. This ebook translated by our Meditator friends Shri. Ashish Desai and Smt. Pallavi Desai, is available now on our website www.lightagemasters.com for free download.

On 8th October there is Lunar Eclipse from 1.45PM – 7.03PM, and on 24th October there is Solar eclipse from 1.07AM – 5.21AM. Please channel Light to the whole world during the entire eclipse period.

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

MEDITATION ON SPECIAL DAYS

01	Wed	Worship of Saraswati Devi
02	Thu	Durgashtami
03	Fri	Mahanavami / Ayudha pooja
04	Sat	Vijaya Dashami
08	Wed	Full Moon Day / Lunar Eclipse: 1.45PM - 7.03PM
16	Thu	Krishna Ashtami
22	Wed	Naraka Chaturdashi Masa Shivaratri
23	Thu	New Moon Day / Worship of Mahalakshmi
24	Fri	Deepavali / Solar Eclipse: 1.07AM - 5.21AM
31	Fri	Shukla Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM – 12Noon Light Channelling: 12 Noon – 1PM
08-10-2014	Lunar Eclipse Special Meditation: 1.45PM – 7.03PM

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

(Compiled by Vaishali Joshi)

It is nice to have something like this, which refreshes and quietens us. We have got a gift of contentment and silence.

- Ms. Kalpana Pote, Teacher, PMC School, Pune

I had developed giddiness and some discomfort. The doctor prescribed tablets and advised a salt free diet. I started taking tablets but did not follow the salt free prescription. Instead, along with my regular fitness exercises I started practising the Light Channelling technique. When I went for my routine check up, the doctor was surprised to see that I was normal. He enquired if I had followed his instructions and reduced salt. I said 'no.' But I know Light Channelling has helped me get over this problem. I have found lot of relief.

- Mr. Ramakrishna, Headmaster, Y. A. S. National High School, Bangalore

Light Channelling has been introduced in our school for the past two years. I have got many benefits by practising it every day. I practise when I wake up, which helps me to be active the whole day. Even in school our day starts with Meditation, which helps in concentrating on the explanation. My memory power has also increased to a great extent.

- Ayush, Std. IX, Cordial School, Bangalore

I am practising the Light Channelling technique every day for the past two years. Since then my concentration level has improved. I am studying well and scoring good marks.

- Kedar Hegde, Std. IX, Cordial School, Bangalore

Whenever I practise the Light Channelling technique no negative thought enters my mind and I experience great peace.

- Student, Vinod English school, Bangalore

TAPONAGARA DIARY

Seema Almel

Life is a journey. The varying amplitude of highs and lows on the path, our own strengths and weaknesses, capabilities and limitations make the journey easy or difficult. When the destination is common and shared with a community, traversing the path needs Spiritual maturity. More so, when the goal is to maintain and evolve a Spiritual community – an extraordinary attempt made by ordinary human beings.

Taponagarites understand that accommodation, patience and non-judgement are aspects of applied Oneness. Giving everyone the time and space they need to outgrow their flaws is in keeping with the Laws of Love and Freedom in Taponagara. In Guruji's Taponagara, every shoulder has to be strong enough for another to lean on, every heart has to be large enough to confide in and every smile has to be genuinely deep enough for a troubled soul to find courage to bear its crosses. When collective Perfection is aimed at in a group, a member's strength makes up for the weakness of another; thus holding the overall Spiritual Energies high.

Guruji taught, "Grow from wherever you find yourself." Sadhana is to grow in Perfection, for which knowing one's areas of improvement is extremely important. The ethos of Taponagara gives everyone the space and time to know their imperfections and correct themselves. ■

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)

September 2004

People leave this Path, leave without notice. In all these years, only one person told me, 'I am unable to meditate, please allow me to leave this Path and bless me!' Such a sincere thing should be appreciated. But somehow people leave, come after three or four years and join back and say that they would like to continue from the same stage of Meditation. We tell them, 'three or four years of break in Sadhana makes a lot of difference and you have to begin from a lower stage.' They get angry. It is a common experience.

During check-ups, when we do not shift students to the next stage of Meditation, they get angry. Sometimes they come and tell me that the teacher did not make the change! People do not realize that he or she, who is sitting there, is guided by the same Rishi who guides me and I cannot make any change! Getting attached emotionally comes in the way of Spiritual progress. I consciously discourage it and keep a distance. This helps the individual to grow independently and not depend entirely on us / on me. When people become aware of this distance, they get angry. Anyway, getting angry is not Spiritual.

I was reading a very popular book, millions of copies of which have been sold. I came across a line, 'between one thought and the other, there is silence. It is during such silence, we experience Samadhi.' Yes there is space, there is silence between one and the other thought. This silence can be extended. It is a very beautiful observation. But the Rishis say, we experience Samadhi not between thoughts but beyond thoughts / beyond the level of thoughts. He said, the most

important part in the mind is the thinking part, but we know that the mind does not think and it is the intellect which thinks. It is a very simple truth. Here we have more knowledge from the Rishis and we have to make use of it. We should not miss this opportunity of coming nearer the Rishis. In fact, incidentally let us know that this is not the first time we are sitting before the Rishis and learning. We have done it earlier many times.

During Meditation, a person had a wonderful experience of floating in space. When he was explaining this experience he told me that it was calmer and purer there. Somehow, this word attracted me a lot. When I was contemplating on this, it was revealed that, where there is life, there is struggle. There is life on this earth, not in space. We have politics here, not there. So where there is life, there is imperfection and of course there is joy, pain, birth, death, failure and success. Failures, success, etc. are natural phases in life. We have to accept and understand and make efforts to rise above them.

People have experiences; some have more experiences. Sometimes, these experiences become few and sometimes they may even stop. It is then people get worried and I start getting emails asking why the experiences have stopped. When the experiences of the soul, which are Ananda, vastness, etc. begin, the experiences of the mind, the psychic experiences like visions may stop. In fact when such a thing happens, we have to be happy; we can say that there is progress. But this is understood intellectually; they do not accept it. People want the experiences of the mind only. They cry and crave to have them again.

The Rishis will give these experiences back and we come down and go back, start enjoying these experiences. Thus we get stuck in many ways. Amara said, 'experiences are good but no experience is better.' He also said many things - he said, 'do not get attached to me emotionally or intellectually.' He said, like only a Master can say, 'go beyond me.' I repeat this often; in spite of such repetitions people tend to develop attachments. It is not that I enjoy my photo being kept and worshipped! I know it does not help. Here we are very serious about Sadhana.

Mukti is liberation. It is freedom from all bondages. What we have to realize and is very important is, that each and every emotion and thought of ours takes us towards Mukti or takes us away from Mukti. It is not a stage which we reach when we meditate and come out of it. Mukti is gained or lost daily every moment in our emotions and thought. Therefore living is important - living emotionally and intellectually. We must also realize that if we do not utilize all the knowledge and facilities given to us for transforming ourselves to move towards Mukthi, then Pralaya hits us; suddenly we will have problems, frustration, pains, etc. And if we do not recover, we lose the opportunity of this life. But if we follow the instructions from the Rishis even to a small extent we will not fail. The Rishis do not want us to fail. We have to remember always that dark forces will be waiting to enter and assault us. They will work through our negative emotions and thoughts. I feel sad when people fall prey to these negative emotions, negative thoughts, and I feel sorry when they suffer. I feel sad because they miss the opportunities. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

22-06-2014

One of the students asked a question, 'Are the events of this life pre-destined?'

Our Karmas of the past lives decide our karmic track or destiny. But this karmic track can be changed with our efforts, with Meditations. Meditations burn the Karmas and when the Karmas are burnt, the karmic track also changes. Meditations also help us to transform; and when transformation occurs then we stop acquiring new Karmas.

Let us understand our karmic track as a set of experiences, opportunities and challenges that we are going to have in our life. Irrespective of the Karmas, we will always have opportunities; they never cease. I feel challenges and opportunities always go together. How we deal with the challenges and how we respond to the opportunities is really up to us. Our Karmas do not decide, our destiny does not decide how we respond to the opportunities. And how we respond to the challenges and opportunities shapes our destiny. So we can say that there is nothing like a definite destiny. We make use of the opportunities with our wisdom, with our capacities, with will power and with faith. Even a non-Meditator creates his destiny depending on how he faces the challenges, how he responds to the opportunities. It is not the Karmas that decide.

A person in very great difficulties can still hold on to the values. And another person in great comforts may not be able to follow all the values. It is possible. So we need not really worry about the destiny. But if we are able to hold on to the principles, somehow the destiny will take care of itself. We will move in the right direction. I am not trying to belittle the problems people face. People do go through very serious

issues, very serious difficulties. It is a fact. And at such times we need help. We need support. And the Rishis are always there. They always make sure that we do not collapse. When a situation like that comes they always somehow go out of the way to help us. It is a fact.

Another example that I can think of to understand this point more clearly is like this: Let us say the destiny that we were talking of, brings us in contact with a guru who teaches Meditations. We come in contact with him but whether we take up Meditations or not is a choice we make. Our destiny doesn't make that choice. We make that choice. If we take up Meditations, our destiny will again change because Meditations will bring changes in us. Even after taking up Meditations, how seriously we practise it, how seriously we follow the principles learnt is again a choice we make. In this Path we have seen that thousands have learnt Meditations from Guruji but how many are there now? Maybe there are a few hundred people. People come, learn and then they quit. That's not their destiny. They need not quit. They can continue. All the thousands of people could have continued actually. It is a choice they have made. That's all.

Let us think of another example of a set of people who are not destined to meet a guru. But if these people somehow wish to grow and decide to take up Spiritual practices, then the Universe will make such arrangements that a guru will come in contact with them. This is a fact. So we are never deprived of opportunities if we want to grow. It is really amazing to understand the working of the Universe.

03-08-2014

Let us re-visit 'Spirituality'. What is the meaning of being Spiritual?

Being Spiritual as defined by Guruji is just being good, honest and peaceful. It is not about going to temples or going on pilgrimages. Also, only meditating regularly does not necessarily make us Spiritual. Joining a Spiritual path also does not necessarily make us Spiritual. Being Spiritual is living according to our true nature, the true nature of our spirit, our soul. Our true nature is Godlike. Love is our true nature.

Being Spiritual is being compassionate, being accommodative. It is being forgiving. Sometimes it is difficult to forgive. The experiences will be such we think that only settling scores will give us relief. We cannot move forward with such an attitude. At such times we have to make a choice. Do we want to continue our Spiritual journey or do we want to settle scores? God will not drag us if we do not want to make our journey. There is Freewill always.

Being Spiritual is being sober. It is not being aggressive. It is living a balanced life, giving equal importance to our Sadhana and to our responsibilities and our duties. It is experiencing this life fully. That is the very purpose for which we have come down.

Spirituality is not finding faults in others. When we live with people we naturally notice their shortcomings. But deliberately trying to find faults is not being Spiritual.

Being Spiritual is not being selfish. It is drawing lines of contentment.

Many times this question arises in us, are we really making Spiritual progress? At such times I feel we can sit down in a corner and check whether we are really following these things. We have to assess our behaviour, our choices and then we can see for ourselves where we stand. ■

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.

EXCERPTS FROM TALK BY SHRI RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

There are many questions from people like: "How to solve the problems of daily life?", "How can we take decisions and overcome dilemmas? How to ensure that our decisions are always correct?" And, "How can we avoid taking spiritually wrong decisions?" etc. Human beings have faced such dilemmas ever since the dawn of civilization. Every question is a Spiritual one for the one who is on the path of awakening, for the one to whom the only purpose of doing anything is to grow spiritually.

Historically, whenever people forgot about Spirituality and turned purely materialistic great Masters like Lord Krishna, Lord Buddha, Jesus Christ and many others took birth to awaken the masses by answering their questions. These Masters taught how to follow Dharma or righteousness.

Guruji had said Dharma is living in tune with our true nature, which is love. The teacher passes on the knowledge. It is the responsibility of the student to convert it into his personal wisdom; then the teaching is complete. Applying what we have learnt here in our daily life should be a continuous practice that will help us grow in Spiritual wisdom.

We should not be afraid of making mistakes while applying the knowledge if our intention is purely to grow spiritually.

Jesus says, "God has written the laws on your hearts. He has not carved them in stone." If we follow our hearts we will be following them properly. Guruji has taught us that Divine values are built into each soul. And our conscience is the voice of God Himself, which guides us when we drift away from the path.

In religion its followers must apply the scripture without thinking

and understanding, which actually makes it very easy to follow. In Spirituality each individual must understand the values and apply them, and apply their own wisdom. Because of this, expansion and Spiritual growth are possible only on a Spiritual path. Guruji used to say, "You can fly only with your own wings. You cannot borrow them and fly."

Understanding Spirituality and applying it means following Dharma, which has been a very important aspect of life in the earlier Yugas. Dharma is higher when we take into consideration the needs of others while applying it. With the help of our intuition and conscience and a pure intent to follow Dharma we can ensure that we always take the right decisions.

Through the channel of intuition the knowledge that we already have at the deepest level can be brought to the conscious level. Through intuition the soul can also know things directly. Intuition helps us know the facts or truths about something. The conscience helps us recognise right and wrong based on Divine values, which are absolute. It does not force us to follow its guidance. Everyone has intuition and conscience. We can recognize them only if we are calm always.

If we are willing to consider every situation in life as an opportunity to grow spiritually then it really does not matter what the outcome of our decision is. We either gain something or we learn something. Lord Krishna said, "Do your duty and leave the result to me." So, whenever we are faced with a big dilemma, let us not worry too much about the outcome of our decision. Let us do our part and pray. And happily accept the result regardless of whether it was what we expected. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How are the plants and animals accepting the New Age?

A: Whenever new energies, New Age energies are released, the plants and animals and the nature accept them easily without resisting; they slowly evolve or mutate into higher versions.

Q: Do the Rishis have powers to skip the Pralaya period?

A: They have. But Pralaya is for us to learn and change, hence they are allowing these Pralaya processes to happen.

Q: When we experience Light which part of our system experiences the Light?

A: The whole system. Every cell in our system - physical, mental, intellectual experiences Light.

Q: Does Sun gazing help us living on Prana?

A: Sometimes yes. It depends on your Spiritual condition. A very beautiful and very touching point is that, when you practice ordinary Pranayama the Sun God who knows your requirement will give you special Prana without your knowledge.

Q: What is the difference between Prana and the Cosmic energy?

A: Of course the source. Prana is from Sun. Cosmic energy is from the Universe. It's available everywhere. Prana is meant for our sustenance. Prana also heals. But Cosmic energy may help us to sustain ourselves, it may heal, it also has a lot of knowledge. This Cosmic energy is God Himself, and has everything that God has.

Q: Does a person living on Prana age?

A: Yes he does.

Q: When we meditate our track of Karmas changes. Then what

happens to the people connected to us? Will their tracks also change? What happens to their Karmas?

A: The soul mates are one. So if the track of one soul mate changes the other's also changes. It is as if they have one track. Except in the cases of soul mates the other people will continue in their tracks. It is a very clear answer from the Rishis.

Q: When I meditate do I clear the Karmas of the people, of the place also?

A: We do. Don't think when you meditate you just clear your Karmas or attain your individual Spiritual goal. We do much more. When you meditate you generate vibrations of love and peace. When we meditate we clear our Karmas, the Karmas of the place, the Karmas of our parents, soul mate, of the society. Sometimes we take upon the Karmas of others.

Q: Is there anything more to be sought if one offers oneself as a channel to the Light?

A: Once you offer yourself to the Light you don't have to ask for anything.

Q: Should a Light channel worry about Karmas and the Spiritual laws?

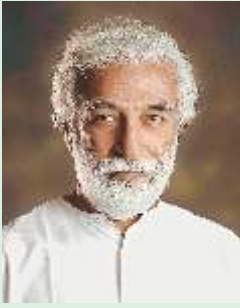
A: You don't have to worry. When we channel Light some of the Karmas are burnt, cleared. And a person who channels Light naturally and automatically will be following all the Spiritual laws.

Q: Does Light punish us?

A: No. We punish ourselves by our own deeds, emotions. A wrong act attracts Karmas; if I commit a very serious mistake I will be punished for it. There is a universal justice system which operates. ■

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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)

On my first visit to Taponagara, during Meditation in the Saptarshi cave I saw the entire floor of the cave teeming, bubbling and pulsating with Divine energy. Below the floor, many energy tunnels appeared. I tried entering one of them with a bright light at the end of it, but the tunnel was closed. I entered another tunnel which took me to the floor of the ocean. When I reached the surface of the ocean, suddenly Lord Mahavishnu resting on Adishesha appeared along with Goddess Mahalakshmi!

My brother was seriously ill and was admitted to a hospital in Hyderabad. I prayed for his speedy recovery in the Kundalini Tower. While praying, Maharshi Amara appeared in my vision. On the way back home, I got a phone call that my brother's health condition had miraculously improved and he was discharged!

- Singh D R

On Guru Poornima, during Meditation I had a vision of three of my academic gurus blessing me. Also, at the end of the vision I was blessed by our beloved Guruji. He touched my head and immediately I prostrated at his Lotus feet, felt blessed and received energies. It was a great experience!

- Swaminathan C

Few months back when I was meditating, I could see a part of my respiratory system infected and blocked with cold. I did catch the cold in the following week. But, I went through the spell as a witness and not as a victim, watching everything as if it was happening to someone else. I realised that by aligning with the Light we can not only alienate pain but also sail through the difficulties by

focusing just on the action plan to overcome the same.

- Nirmala Bala

I have undergone a very deep surgery at the Spiritual level during the last two days in Taponagara. The most tough and hard blocks in my body were knocked out. Those zones are now filled with Sanjeevani. I experience a very soothing feeling. I feel intoxicated with Bliss. Thanks to the Rishis and Masters for so much Divine Grace..!!

- Pradhan Nandakumar

It has been an extremely enlightening journey and an ongoing learning experience. It has taught me the simple yet powerful lesson to look within to find oneself and accept oneself with unconditional love, with all the failings and fears. It is only when one is able to love oneself that we can love all unconditionally. All this is possible only through Guruji's and Rishis' love and grace which one can easily see and feel through the Manasa family members' untiring selfless work, which has never let us feel any void after Guruji.

- Kavita Manjunath

It's a year and a half since I joined the Manasa family. I am inspired by the comradeship and the unconditional love and purity prevailing in the environment of Taponagara. The Divine Guides who are constantly attending to our needs further motivate the majority of seekers who visit this place; seeking for the positive vibrations emitting from the Cosmic and Kundalini Towers. I wish to continue to experience until physically prevented by nature.

- Chandrashekar P

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