



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 10 Issue 5

APRIL 2015

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

As religious fundamentalism pops up its violent and other ugly faces periodically, a silent Revolution is also brewing up in the deep quarters of individual minds.

Many individuals and groups are engaged in channelling new energies that open up new brain cells that can absorb higher knowledge and that can build up new energy fields and vibrations that positivise our thinking and emoting. All these effect a shift in consciousness first in those awakened individuals ready for change; then the collectivisation. That is why the emphasis is on the individual transformation first; on more individuals taking up Meditations now; on individuals experiencing higher realms and realising that the present world is yet to experience real Love, Peace and Light. Experiencing vastness and infinity makes us realise that the barriers of Religion restrict our experiencing and growing. We, as individuals, will realise that religions now are degenerated institutions of blind rituals and superstitions, though once they were the light-houses of reform and wisdom.

Man has to outgrow Religion and not add one more to the confusion. The essence of religion is non-religion; Spirituality. It is Love. It is expansion in consciousness. It is experiencing the ultimate Love and spreading it around. It is living this life here sensibly, properly and positively. That is why we have to meditate more. To experience, expand and live here more. That is why we have to build more Meditation halls to experience God and not seek only benefits and miracles.

I am aware that people around me do not understand clearly whenever I say "Let us shift our levels of contact." I do not blame them. We are not used to such things! We are used to the surface level existence and love it. Any talk of shift irritates. If I can be happy with a passive contentment in my students, I will have no problems. But my problem is that I want a meaningful relation at a higher level, where all the mundane details of life appear less important, the important point being a dynamic Spiritual activity. If people do not meet me to draw out the Spiritual content in my life, to explain their difficulties in Meditation and Spiritual life or to receive the channelled knowledge, I do not wish to meet anyone just to exchange pleasantries or listen to their domestic disturbances or personal discords. My life is not hundred more years to spare on these. Perhaps, it is only after that people will regret about how much they could have gained from me, spiritually! ■



MANASA FOUNDATION (R)

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Phone : (080) 2846 5280, 99000 75280 (10 AM to 5 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
at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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

DOORWAYS(Eng.)/ TAPOVANI(Kan.)/ PRAKASHMARG(Marathi)
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NEWSLETTER

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



Children channelling Light in the Sai Mandir Yoga Centre in Bangalore.

NEWS AND NOTES

- Orientation class will be held in Taponagara on Wednesday, 6th May 2015 from 11AM to 1PM. External Guidance students who have access to the webcast can also join through live webcast. Those who wish to participate may please contact Manasa office and register before 30th April 2015.
- About 175 Shambala Group members gathered in Taponagara and about the same number of members joined from their own places on 8th March 2015 for special initiation from the Shambala Masters.
- The RA group members met on 15th March 2015 to receive special energies of RA.
- Meditators gathered in the Meditation hall of Taponagara and channelled Light to the whole world during the Solar eclipse on 20th March 2015.
- Students are requested to renew their registration for External Guidance on time to avoid cancellation of the registration.

Please visit www.speakingtree.in to read Guruji's blog and watch his videos.

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

MEDITATION ON SPECIAL DAYS

03	Fri	Good Friday
04	Sat	Full Moon Day Lunar Eclipse: 2.31PM – 8.28PM
12	Sun	Krishna Ashtami
14	Tue	Souramana Ugadi
17	Fri	Masa Shivaratri
18	Sat	New Moon Day
21	Tue	Akshaya Tritiya
26	Sun	Shukla Ashtami
28	Tue	Shukla Dashami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
04-4-2015	Lunar Eclipse Special Meditation: 2.31PM – 8.28PM
12-4-2015	Light Channel Volunteers meeting at 2PM

PROGRAM AT ANEKAL

On 13th April 2015, evening 6 PM to 7 PM, we celebrate the 7th Anniversary of our Saptarshi Dhyana Kendra at Anekal.

On 4th April there is Lunar Eclipse from 2.31PM – 8.28PM. Please channel Light to the whole world during the entire eclipse period.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Come what may, I channel Light everyday and it has changed everything for me. I have nothing to worry for. All is taken care of. Once a student got lost and his parents and we got very worried. I just channelled Light for a few minutes and we found him. Anything I want, Light gives.

- Ms. Veena Bhardwaj, Principal, Cantonment Board School, Sadar Bazaar

I used to be very depressed and always disturbed. I had a very negative feeling about myself and was sad all the time. I had no close friends to share it with. Nor was I happy to express my feelings to others. One day Ashwini Ma'am introduced Light Channelling to me. I have been practising this technique for the past two months. When I close my eyes I can really feel the Light entering my body. After those three minutes I feel very peaceful, stress-free, calm, cheerful and ready to face the day. I have been sharing my thoughts with Light and I feel my dreams are coming true. I feel Light has the power to make impossible things possible. It has brought a great change in me. I love myself more. There is a new hope in me each day. Now I am very happy and have a positive attitude. I smile everyday and have no worries. I feel so relaxed, fresh and energetic. It is a wonderful experience. I love to channel Light and can't miss it even for a single day.

- Farnaaz Banu, A Light Channel

I could feel heavy energies between the eyes each time I conducted a Light Channelling session on World Channels Day. I saw yellow specks of Light in all the schools that I went for channelling sessions. On this day conducting the sessions had become automated and I felt as if Master V had taken over and he was the one who was conducting them. I was just a medium. As I look back, it is amazing to feel Light's help at every step.

- Jaspreet Kaur, Volunteer

TAPONAGARA DIARY

Seema Almel

In the third week of February, nearly eighty of the Volunteers who made the 5th World Channels Day a huge success came together for a celebration. An hour after the main Sunday Class everyone gathered in the Meditation Hall and shared their experiences. Each Volunteer spoke wholeheartedly about the many miracles they felt blessed with while they conducted Light Channelling sessions on the World Channels Day. Amidst laughter every speaker expressed gratitude to Guruji and the Masters for helping them tide over all the challenges they faced.

The month before, Volunteers had met with Area Co-ordinators and had detailed discussions about the sessions planned for them. Planning was perfected by discussing solutions for hitches. The newly built Light Channels Office was abuzz with activity, the weeks before the big day. Light Channelling Posters, permission letters for schools, banners, etc. were allocated efficiently by Mr. Manoj and Ms. Rakhee, and shipped promptly by Mr. Kavindra.

Time flew as the scheduled two hours of gathering was stretched by an hour. Beaming with joy, the Light Masters' ground crew had a group photo with Guruji and Amaraji's photos on the dais. The celebration ended as Volunteers were treated to scrumptious snacks and tea. The architects of an enlightened future, the Light Channels Volunteers, felt enriched with beautiful memories as they created history. ■

Doorways, April 2015

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)

October 2004

Zen is a sect of Buddhism developed in China and Japan from the 6th century. Bodhidharma a monk from India went to China and explained the teachings of Buddha in a new way, in a very special way. There the foundations of Buddhism were laid. His descendent spoke more clearly about Zen, perhaps he defined it more clearly. He said, 'Zen is a way of looking into our own nature.' He also said that we are all enlightened. But we are not aware of it. The moment we become aware of it, we become Buddhas! There are two branches or sects in Zen/Buddhism. One is a way of contemplation. They contemplate on 'Koans.' There are about 1700 'Koans.' They are literally paradoxes. One 'Koan' says, 'what is the sound that comes out of clapping with a single hand?' People usually contemplate on these things and somehow they intuitively realize certain things. The intuitive understanding of truths in this way could differ from individual to individual. The other way is the way of Meditation. Zen is a way of Meditation. If you replace the word Zen by Dhyana, we understand the whole thing. What they speak of is what we are speaking of here. It is amazing and thrilling sometimes. The emphasis is on attaining enlightenment by shifting our Awareness into higher states of Consciousness. Zen masters say that Spiritual experiences influence every moment of our life. They use a word, which is equivalent to Samadhi. When we reach this state of Samadhi, it will manifest in every act of our life. That is what we speak of. We say we experience God, infinity or Consciousness and that experience manifests itself in our emotions, thoughts and actions. This is the essence. And we also speak of not only meditating, but

also making efforts to positivise.

Zen masters have 10 precepts. They say, apart from Meditations we have to practice these 10 principles. It is not different from what the Yogashastra says. They speak of Yama-Niyamas. Perhaps they are a part of form of Yama-Niyamas.

We have printed the booklet 'Living in Light.' We have to understand that the techniques given in it are for the people who have not taken up very serious Sadhana like ourselves!! They are for everyone. But we have taken the same techniques in a different way. We should not get confused. For example: Astral travel - We have given you several techniques. Whatever you have received individually, you have to practise that technique and not the one mentioned in this booklet.

Sometimes we have very interesting things - people who are practising in different paths meet me. Sometimes they ask questions about the techniques practised by them; some special instructions given by their gurus. And I feel as a principle, I should not make any comment. Somehow people persist on that. I can explain only about what I have understood here.

November 2004

A Mantra is mainly a sound or combination of sounds Ex: Om. It is a single sound. If we say Rama, or Om Namah Shivaya, it is a combination of sounds. Rishis create or coin the Mantras. When the Rishis create new Mantras, they also create new fields of energies. This combination of sounds will be like a code word, which connects us to an

energy field. If we say Om Namah Shivaya, we get connected to the field of energy of Lord Shiva.

The days of the week are named after the planets because the energies from the respective planets flood this earth on those days. Ex. if it is 'Somavara' - Soma is Moon, hence the energies from the moon will be flooding this earth. It is so with all other days of the week. The first 4 hours after sunrise are filled by the maximum energies from a planet. During the next 4 hours the energies get reduced by half; 4 hours later, the energies further get reduced to one quarter of the energies that we had after sunrise. After sunset the energies from that planet will not be there. This is unusual information.

We have advanced into Satya Yuga at least by 30 years, it may not be much, but it is significant. The techniques that we have been practising from a few hundred years become obsolete, ineffective. The Rishis devise new techniques. Here, we get them immediately and the others get them gradually. They have to accept it. One simple and new technique the Rishis have given is the 'Saptarshi Pranayama'. It is a very powerful technique, but simple. These techniques are made deliberately simple because a time will come when we have to drop all techniques. Only if they are simple, they easily get dropped out. The best way of meditating is going beyond technique, forget the technique. I think even now it is happening to most of us. This is very important. Please remember, it is only when we go beyond the technique, our Awareness can expand. Unless there is rise in Awareness and expansion in Awareness we cannot experience Samadhi. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

01-02-2015

Every time we meet to celebrate Maharshi Amara's birth anniversary, we speak and try to express our understanding of him and the knowledge and principles passed on by him. Although we may speak of the same things, every time it is a different experience, a new experience.

It is his presence that makes this day very special. What we receive directly from him makes this day a very special day.

Guruji used to tell us that on every such occasion, Amara would bring gifts for each one of us. Just by being here, we will receive these gifts. Meditation is only an excuse at such times for receiving the energies. Although these gifts could be different for different people, these will benefit everybody to make faster Spiritual progress.

We haven't heard of any other Master with such a multi-dimensional personality. He was a Master even in Music. He could sing, play Harmonium, Tabla and Piano. Unfortunately we do not have any of his music recorded anywhere.

I remember having read somewhere that there was a composition of a Bhajan. It was composed by Amara and also sung by him. It was recorded in an audio cassette. After he passed away, people looked for the cassette and when they found it and played it, they found that it was blank. The composition was erased!

He always wanted to be in the background.

Any publicity would have drawn many people to him and most of them would just be curious. But, it would affect the work. That is why probably he consciously kept publicity away. Even without

publicity, genuine seekers were somehow drawn to him and he guided thousands to Mukti.

He was an ocean of knowledge. He could grasp with his direct perception. He could touch a book and capture the knowledge in the book. He could even guide scientists in their research work. He had met all the Chiranjeevis, physically.

And in spite of all this, through his living, he taught us the most important lesson in Spirituality – that of Humility.

Even at such a young age of 9, Amara had the Spiritual maturity to deal with the unusual capacities he had. After all he was an Amsha of Lord Krishna.

Here, we are not trying to acquire Powers. Powers will not be given to us in this Path of the Rishis. He told us: 'Let the Power be with God and let God be with us.'

He loved life. Guruji used to mention that he loved watching cricket. He would be engrossed in it. Once they were watching a match and there was a call for food. He told, 'wait, a wicket will fall.' And in the next ball it happened!

If somebody told him that he did not believe in God, he would say, 'pursue that.' He would say, 'Pursue any Path. Do not leave it.'

Even when people approached Guruji and told him that they were pursuing Sadhana under a Guru but their Guru was no more in the physical form; and that they were missing the guidance at the physical level Guruji would tell them: 'continue with the practice of the same technique your Guru has given you. The Guru will somehow guide you.' I personally feel these guidelines are helpful to us. We can guide ourselves and also others very clearly.

After Guruji's passing over we are trying to run this system as established by Guruji. I sincerely believe that we are the caretakers of this system. We have to run this system until that day when Amara comes back and takes over and takes us to the next level. This system provides people access to Guruji, Amara and the Rishis. It provides people access to their knowledge and energies. This system is not built around persons. This system is built around principles. Amara and Guruji represent the principles.

They guide the students of this Path from another level. They are the reason why all of us have gathered here. In one of the classes, Guruji mentioned that people wanted to know about their role in the organization when Amara came in link and said: 'The work is bigger than the organization. There are always opportunities in work.' That is such vast thinking! Only Masters can think like this.

We are a very small group of people working here. But, many of us are working as Light Channel Volunteers. They are doing such great work.

And there are others, who will be working when they manifest Love, when they manifest the principles of this Path. They will be passing on energies and knowledge to others, not through their talks but through their living. We will continue our work of teaching Meditations; of Spreading Light, of Spreading the Light Channels World Movement and spreading the Knowledge passed on to us by the Masters. We will continue to do this through our Meditation classes, our Newsletter, our books, through the Internet and most importantly through our living this knowledge; by understanding more and manifesting this knowledge more. ■

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)

A soul is a microcosm of God and is an individually aware being. Freewill is fundamental to its nature. God created the Cosmoses and He put many Divine laws into force which were necessary for the sustenance of the Creation and also to facilitate the multitude of souls to come here and experience life. There are Divine laws at each level of existence. There are some very important differences between the Creator, who is God Himself and His Creation. Understanding these helps us to understand many aspects of our reality.

The Creator, Parabrahma and the souls that are part of the Creator live in a realm of absolutes, whereas the created Universe is in the realm of the relative. The meaning of 'absolute' is unconditional, unlimited, complete, supreme, pure, ultimate and perfect. God's Creation is finite and temporary. The realm of God is timeless and changeless, while the created world is constantly changing and evolving and it is subjected to the effects of time. It has a beginning and an end. So the main feature here is temporariness. The relative world is also known as the world of duality; there are highs and lows, good and bad, hot and cold, and countless other opposite states. In the absolute world these variations are absent. The absolute world and its residents are in a permanent state of bliss, love, oneness and eternal peace.

Since we are souls, particles of God, at the deepest level we experience the absolute reality and at the surface level we experience the relative reality. At any given time we may experience either one of these realities depending on where our Awareness is. In the state of enlightenment we can be aware at both levels simultaneously.

One of the attributes of God is Freewill. God is free and therefore every soul is free and has Freewill. This Freewill is absolute at the soul level but when it manifests in the relative world it is apparently limited as everything in the relative world is limited. The outer freedom is relative and temporary, whereas the inner freedom is absolute and permanent if we can experience it. The best examples of this are the crucifixion of Jesus Christ and the imprisonment of Nelson Mandela. When Jesus was on the cross, he could not even move but, from within, he was free. When Nelson Mandela was released from prison after 27 years, he said, "I was always free." He was not bitter since he had experienced inner freedom.

So, even in this relative world, as soon as we surrender our need for external freedom we experience inner freedom. It sounds like a paradox. The moment we accept the absence of freedom we become free.

Freewill is sacred. We can experience true freedom only when we give freedom to others. We always experience what we give to others. God will not fulfil a wish if it involves the violation of someone's Freewill or the violation of any Divine law. This should be the basis for all our prayers.

Once we set the goal after checking with our intuition, we can pray to God and say 'Help me achieve this if it is the best for me' and then make sincere efforts towards achieving it. Let God decide, and let us accept what comes and be content. If we achieve the goal we thank God and move on. If the goal cannot be achieved, even then we thank God for all the lessons learnt and pray for further guidance. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: What is our work here?

A: We teach Meditation and train people in meditational techniques. We guide people in Spiritual matters, to live in this world properly, to keep up their hope, in spite of what we see around. Everyone is guided and protected. We share the knowledge and energies from the Rishis. Most importantly, we try to help people to realise the distortions and superstitions that have been passed on to us from generations. We help people to come out of ignorance. We teach to heal ourselves and also to heal others. We are also doing some Study Work, about Spiritual Realities, known and even unknown. We anchor Healing energies and several other energies. We have anchored Ra energies and energies from even other Lokas. We are trying to establish Universalism, based on a value system which should replace any religion. Light Channelling is the most selfless and also self-rewarding work that we are doing. A lot of work is also being done at the Astral level.

Q: What is ignorance?

A: Ignorance is mainly about ourselves; we do not know who we are. We are souls, not the body, mind or intellect. We are not what we think we are. We are particles of Light. Many of the people are not aware of this.

Q: What is going inward?

A: Pratyahara, a Sanskrit word means turning inward or going inward. As a first step we begin meditating, become silent and then we enter the ocean of stillness. Then our Awareness rises, expands, experiences the

Light and experiences Samadhi and enlightenment. Going inward means not just withdrawing our senses from the external world. Going inward means attaining Mukti, going back to the source.

Q: Who is a Dwija?

A: This is a Sanskrit word. Literally it means twice born. First time we are born when there is physical birth and second time when we are born spiritually; when we are actually initiated into the Spiritual life. This has nothing to do with any caste.

Q: What is Spiritual science?

A: It is the science of the spirit, the soul. It is all knowledge related to the soul. Spiritual science is about the origin of the soul, about the journey of the soul, about birth, death, Creation, regression, walk-ins, imprinting, Astral travel, intuition, everything. Spiritual science is very old, has come from the Rishis and a lot is added recently by the Light Workers and the New Agers.

Q: Why is it so difficult to read the responses from the Rishis?

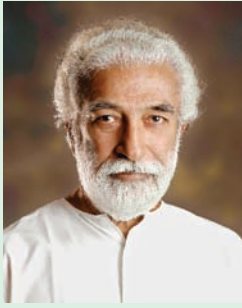
A: Mainly because we do not sit with an open mind. We carry our own opinions, convictions and answers. Again our negative thoughts and emotions block the channels of communication. It requires long practice and a lot of patience.

Q: Is there any time fixed to contact the Rishis?

A: There is no time fixed. We suggested not to contact them during 'Nisheeta kala' which is roughly from 1 AM to 4 AM. But I suggest we do it between 10 and 11 in the night. ■

LIST OF OUR PUBLICATIONS

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iGurujii - Vol 5	100/-
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ಊನಿಯಿನ್ ವಾಯಿಲೆಗಳು	200/-
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ஆத்ಮாவின் அவರோಹಣ	50/-
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ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಸಾಂತಿಕೆ ದ್ವಾರಮುಲು	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.

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 AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I have experienced silence and a feeling of expansion during Meditation and Light Channelling. The experience is deeper during Light Channelling. I find a sense of calmness in whatever I do. I am also finding it easier to accept situations and people that I earlier found difficult to accept.

– Ameeta Pradeep

Now, there is no fear, worry or stress, as I know Guruji is there to guide us always. I have never been in this happy state of mind - now I understand why people say that happiness is internal! Life feels beautiful and I am enjoying every moment. I wish everyone could do 'White Light Meditation' as it is the most beautiful experience that I have ever had.

– Payal Varma

This has been by far the 'Bestest' period of my life. A very long standing rift of 20 years between two of my closest relatives has finally been resolved easily and effortlessly; and now it is as if nothing has ever happened! This could only have been done by the Rishis, as I had resigned to the fact with full acceptance of the situation.

The Rishis have given me so much peace that at this stage of my life besides being grateful and thankful to them I have nothing to say. I feel that this is the gift of absolute surrender to Light, the Rishis, Amaraji and Guruji. Thank you all at Manasa.

– Nandita Patel

Meditation fills my heart with happiness and contentment. It also helps me to spend the day more efficiently. I must be very lucky to be able to feel the various impacts of

Meditation so vividly. Also, I feel Meditation helps me to live life fully. I know what I need to do and want to do in my life better than before; this helps me to organize my life better. I am grateful to you for the guidance and support.

– Lynne Karatani

On 1st February, Maharshi Amara's birth anniversary I could not come to Taponagara. I watched the live webcast at home and meditated. While meditating I got the same fragrance of flowers which I always sensed in his Samadhi room at Manasa! I felt as if he had come home to bless me. It was a great experience!

– Vidya Ravindran

After taking up Meditations I am able to know what is going to happen in the next two hours. I get to know the signs not the events. There will be no sign for good events but signs for some obstacles like, I will know that my bike tyre will get damaged and I will be scolded by my senior even before I start work!

– Chetan C

One day when I was in Meditation I had an experience of begging a Rishi in white attire, by holding his legs and pleading him to push me up in my Spiritual progress. But he was tight lipped and gently smiled at me and said nothing.

– Swaminathan C

Positive changes are occurring physically, mentally and spiritually like never before. The whole mindset has changed. So, the outlook on life has also changed completely. I feel as if I am living already in Satya Yuga!

– Dushal Gajjar

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