



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 3

FEBRUARY 2015

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**REFLECTIONS**
**Guruji Krishnananda**

(Excerpts from old newsletters)

Love is the highest expression in Life. Where there is Love, there is Peace, Happiness, Contentment and Light. Lovelessness breeds greed, selfishness, hatred and violence. The world is suffering from Lovelessness. That is the Truth.

People working for Peace should realise that without Love, peace cannot come. The Negativity has to be wiped out if we want real peace on this earth. We have to bring out Love from within and pour it out in every act of us. One need not be a Meditator for this! Every one of us can do this.

People on the top, wielding power are not many. They have to stop working for themselves and start thinking of others. If they really make up their minds they can do wonders. They can stop wars, stop violence, stop exploiting the helpless individual and they can bring peace to many. But first, they have to wipe out the Negativity in them – the greed, selfishness etc. They have to first experience the Love in them. Love divinises. It transforms.

This Transformation in the people who sit in the seats of power is what is expected now, immediately. The others follow easily. The Change has to begin and envelope all. There is no choice. It has to take place. If the people resist the Change, then the Change will be forced upon them. One cannot complain of suffering and pain then. Nature provides us opportunities to evolve. If we do not, we perish. And along with us this civilisation and all that has been achieved so far. History repeats.

This is not the doomsday prophesying. This is the Truth. This is not to frighten but to enlighten. To speak unequivocally that Love alone brings Light. It brings Life.

But we need not wait for the Change in others! We can transform ourselves with the magic of Love. The Light from Love will definitely spread around us in our families and circles. There will be Peace. Let the New Age begin with us.

If we really start living like this, then we will see the problems that so far rattled us will vanish, we will have no enemies and even the Nature will respond with Love.

In Love and in peace, we will realise that there is much more to this life. We will realise that we did not take birth here to struggle in Lovelessness or even shine in Love. There is a Higher purpose. There is a Goal – Individual Goal. We will regret the time lost and wasted. But it does not help!

We have to begin our Journey. ■


**MANASA FOUNDATION (R)**

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 e-mail : [info@lightagemasters.com](mailto:info@lightagemasters.com) website : [www.lightagemasters.com](http://www.lightagemasters.com)

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

on Sundays (10 AM - 11 AM)

**Held in Bangalore city on**

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

at Anjaneya Temple

Mahalakshmi Layout

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

at Anjaneya Temple

Mahalakshmi Layout

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

at Sri Aurobindo Complex

1st Phase, J P Nagar

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

at Arya Samaj

C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

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

at Devagiri Venkateshwara

Temple, BSK 2nd Stage

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

at Indian Heritage Academy

6th Block, Koramangala

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

at Hymamshu

4th main, Malleshwaram

**Held in Anekal**

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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

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

**NEWSLETTER**

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



The Light Channels volunteers met on January 11th to discuss the work related to World Channels Day. Around 180 volunteers will conduct Light Channelling sessions in more than 2000 schools on that day.

**NEWS AND NOTES**

- ♦ Friday, January 30 will be observed as the The World Channels Day. Close to a million children from thousands of schools are expected to channel Light on this day. Please join from your own places by channelling Light for 7 minutes at any convenient time on this day.
- ♦ Amara Jayanti will be celebrated in Taponagara on 1st February 2015. You are welcome to join us on this special occasion. You may please register by 30-1-2015 in Manasa office.
- ♦ Close to two hundred Shambala Group members met in Taponagara and more than a hundred joined from their own places on 11th January 2015 and were initiated by the Shambala Masters.
- ♦ The first meeting of the RA group in the year 2015 was held in Taponagara on 18th January 2015.

**MAHASHIVARATRI TECHNIQUE**

Imagine a huge Shivalinga made of Blue Light in front of you. Imagine yourself entering this Shivalinga as a speck of Light. Experience the Blue Light. Practise this for 10 days from Mahashivaratri in place of your stage Meditation.

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

**MEDITATION ON SPECIAL DAYS**

01	Sun	Amara Jayanti
03	Tue	Full Moon Day
12	Thu	Krishna Ashtami
17	Tue	Mahashivaratri
18	Wed	New Moon Day
26	Thu	Shukla Ashtami
28	Sat	Shukla Dashami

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
01-2-2015	Amara Jayanti Program
17-2-2015	Mahashivaratri Special Meditation: 12 Noon - 1PM

**AMARA JAYANTI PROGRAM****Sunday, 01-02-2015**

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

**PROGRAM AT ANEKAL**

Amara Jayanti Program at our Saptarshi Dhyana Kendra on 02-02-2015 at 6PM.

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

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

When I do Light Channelling, I feel new energy flowing into my body. I feel fresh, bright and good. I find that my love for everyone increases every time I do Light Channelling.

– Swetha G., Std. VII, Chennai Middle School, Trustpuram, Chennai

I am practising Light Channelling every day from past few months. Earlier, I used to get angry frequently. Now, my anger has reduced. My mother asks me ‘how is it you have become so cool and calm?!’

– Sriram, Student, Narayana E-Techno School, Bangalore

It was so good. When the channelling was going on I felt so much of peace and joy. I felt so much change. I am very happy. Thank you very much.

– Kadeejath Sarfeena A., Std. VII, The Silicon Valley High School, Bangalore

I never felt so relaxed in life. It was so beautiful and interesting to do. I will practice every day. Thank you.

– Likith C.G., Std. VII, The Silicon Valley High School, Bangalore

I am feeling confident that I can achieve something. My mind is free and I feel peace. I used to feel very tired and I have come out of it. It is very useful.

– Reshma, Std. IX, Christ School, Kaggalipura, Bangalore

I do Light Channelling 2 or 3 times a week. Sometimes I do channelling before starting my studies at home. Whenever I study after channelling Light, it is always a better experience. I am able to learn more and remember it very well.

– Reshmi, Std. IX, St. Mary’s High School, Geddalahalli, Bangalore

## TAPONAGARA DIARY

Seema Almel

When the goal is great the only things greater are the challenges en route. Since the goal of Taponagarites is nothing short of establishing the Light Age, starting from within, difficulties are natural. With each victory, Taponagarites discover a newer level of inner resilience and capacity for peaceful accommodation.

As per Guruji’s Teachings, Divine Love does not allow exploitation; it knows when to politely yet firmly draw the lines of accommodation. Without holding any judgement, respectful distances can be maintained. The proof of Divine Love for Guruji should show in the ability to manifest Love towards those around. Following the System established by Guruji is akin to following him. Tough choices are sometimes necessary as well. It is such clear guidelines from Guruji which help keep Taponagarites on track towards their goal.

The current generation of Taponagarites takes very seriously the responsibility of maintaining the Path and the place for the future generations to come. Under the watchful protection and guidance from the Rishis, Taponagara continues its journey forward.

Meditators continue to dedicate the success of World Channels Day every year to Maharshi Amara on his Birth Anniversary. Yet another proof that victory goes to the simple, good and honest. The meek shall indeed inherit the earth. ■

## 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)

October 2004

Two eclipses occurring consecutively are very important. They bring drastic changes at the global level and even at the individual level. Changes at the Global level can be viewed on the television and read in papers. Changes at the individual level are very important. If we meditate, the problems that we may face either vanish or get minimized. We should make use of the opportunity of meditating during these eclipses. It is not enough to meditate only on those two days of eclipses; we have to meditate on every other day also.

A Causal body is the Anandamaya Kosha with the soul in it. We have 5 bodies and two major units. One unit is the physical body and the other is the Astral body. The physical and the Astral bodies are separable. Astral body separates from the physical body and this separation is temporary. Within the Astral body, there are sub units. One is the Causal body, which is Anandamaya Kosha with the soul inside. The Causal body cannot separate from the Astral body like the Astral body separates from the physical body. At the time when we go back to our source, we have to give up these bodies one by one. When death occurs, we give up the physical body first and then the vital body i.e. the Pranamaya Kosha, which goes to the sun. Then at a point, we give up the mind or the mental body and even the intellectual body. It is then the Causal body will be separate. The physical body is also called 'Pinda Shareera'. Similarly the Astral body is called 'Linga Shareera' and the Causal body, 'Karana Shareera'.

I had very rare opportunities of talking to people who had left their

bodies – the departed souls as someone described. It is very interesting. I observed the following, which I share with you.

Whenever people die and come out, the first thing they express is great relief. They say, 'I am so happy, I am out of the body.' Maybe, because they are old and most of the times suffering, they feel relieved of the pain and the discomfort.

Suddenly, they become capable of knowing more and seeing more. If they are new to that plane, they see the Astral beings, the Rishis and the guide who comes to take them to the other world.

Suddenly, there will be so much of awareness that it takes some time for them to get adjusted. Nobody regrets leaving the body.

Suddenly, they know almost everything about themselves, about people in the physical world, and for some time it is confusing because they realize and say 'Oh God, I wasted one lifetime!' Some people recover quickly but many take time.

They become aware of all the mistakes, all the things that they should not have done and all the pursuits that did not help them.

Suddenly, they feel alienated from life. This is natural. They cannot claim anything material, not even the house they had owned. They cannot even touch anything material.

Sometimes it takes only a matter of 10 to 15 minutes. During that time the guides help and if the Rishis are there they get more help.

They suddenly realize so many things. They become philosophical. They realize and accept the distance between this world and the other world.

Most of the times, they will have 10 days time to stay in the family. This 10-day period is the time for

education of the souls. They get educated in many ways. They will be explained about the life in the higher planes. They will simply witness and realize the temporariness of things. And they suddenly come face to face with the love of the Rishis.

A person's life changes if he is fortunate enough to meet a Rishi. Normally Rishis do not come, their assistants come. But sometimes when a Rishi comes, they try to follow the Rishi. The Rishis tell them that they cannot come with them and they have to go to a particular world for certain reasons.

The Rishis bring down knowledge required for that time. They also explain, place it in simple language so that everyone can understand. All knowledge is meant for everyone. When people cannot understand certain things, the Masters or the Rishis take birth and simplify the knowledge, simplify the ways and techniques. The finest example is Ramana Maharshi. He gave us perhaps the simplest way. He spoke of self-enquiry. He said-contemplate on 'Who am I?' and pursue this enquiry beyond the intellect, in the mystical areas by Meditations; things get revealed to us directly. Somehow people ignored the point that this enquiry should not be confined to the intellectual realms and should be pursued in Meditations. Amara gave us the essence of all the Upanishads, which is published in the book 'Descent of Soul'. I value this book as a very important book. You must meditate and read the book. So many truths are revealed there. Amara gave us the simplest of the techniques and of course the most effective. In about 30 to 40 years, this knowledge, these techniques become inadequate. Then more knowledge comes down to this earth somehow, through someone. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

31-08-2014

I remember when Guruji spoke in Nagpur about Maharshi Amara, he mentioned about many revelations he had when he had visited Paithan earlier. When he went near the river Godavari in Paithan, Guruji had a very clear vision of a smiling face of Sant Eknath. We all know that Maharshi Amara had earlier taken birth as Sant Eknath. Guruji saw Sant Eknath walking into the river. That was the time when he took Jala Samadhi. That is how he ended that incarnation. He was very calm while entering the river. And the river Godavari welcomed him with open arms.

When Guruji went to the house of Sant Eknath in Paithan and saw the idol of Panduranga – which was worshipped by Sant Eknath – he saw a lot of Light and that is when it was revealed that Sant Eknath was an amsha of Lord Krishna. Guruji explained at that time that the amshas of Divine Personalities come down as Avatars. We know about Mahavishnu's Dashavatars. But they also come down unannounced as some other people, like Maharshi Amara. Through their works we recognise them as great souls.

Sant Eknath was once asked by his Guru, Janardan Swamy to gather energies for some work. And he was asked to do this work on a hill called Shulibhanjan near Paithan. When Guruji visited Shulibhanjan, he experienced a lot of energies there. Then he realised that Sant Eknath had gathered a huge amount of energies. The entire hill is full of energies. And Guruji realised at that time that with these energies new continents can be created. Janardan Swamy and Sant Eknath will come again and make use of these energies.

Like Maharshi Amara even Sant Eknath was humility personified. Even at that time he was in touch with the Sapta Rishis. Even at that time he would meet them astrally and take instructions from them. Even at that time he did great works astrally. He never spoke about his works. But these works were very important and like the Astral works of Maharshi Amara even Sant Eknath's works will be mentioned in the future Puranas.

Guruji mentioned some more revelations at that time. There was a boy who came to Sant Eknath's house. Nobody knew where he came from. He wanted to just work in his house and he was accepted. With his very sweet nature he became very close to everybody in Sant Eknath's family. His name was Shrikhandya. This name was given by Sant Eknath. This boy must have worked for 12 years. Then a very strange thing happened. A person came from Dwarka looking for Sant Eknath's house. When he reached there, he enquired about the boy Shrikhandya. This person was told in a vision in Dwarka that Lord Krishna is physically staying in Sant Eknath's house in Paithan.

When this person saw the boy, he immediately recognised him and the boy also recognised this person. Then this boy took the form of Lord Krishna, gave his darshan and disappeared! And he never came back! Shrikhandya never came back. And at that time even Guruji was present with Sant Eknath. In every life of Maharshi Amara, Guruji will be there with him always. Guruji too had become very close to Shrikhandya. He felt very sad when Shrikhandya disappeared and could not touch food for ten days. That is the relationship Guruji and Maharshi Amara have with each

other and with Lord Krishna.

When Maharshi Amara passed away, Lord Krishna had come to receive him to take him for his onward journey. It is amazing really that we are so blessed to learn from such great Masters.

Sant Eknath was a social reformer. He removed many misconceptions about Spirituality prevalent at that time in the society. Even Maharshi Amara did that. We can say that he literally brought Light to the Spiritual world. He told us that Spirituality has nothing to do with rituals. At that time we did not understand it. Now we understand very clearly. We also thought that Spirituality was beyond the reach of ordinary people like us. That is what we thought but such a great ignorance was removed by him. We used to think that Kali Yuga runs for lakhs of years. Even now many people believe it. But he clarified that Kali Yuga is over and we are now in the transition period and will soon enter the New Age.

I did not know the importance of humility, not only in Sadhana, but also in life. I used to think that knowledge is most important. I used to think practice is important, experiences are very important but somehow did not know about the importance of humility. In this path so much of emphasis is given to humility. It is very clear now. There is no confusion. Now we know that knowledge is definitely important, practices are definitely important, experiencing the Truth is very important, but without humility we cannot even make an inch of progress in Sadhana.

If we understand all this, it is only because of the Light passed on to us by Maharshi Amara. ■

## 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.

## AMARA OUR BELOVED MASTER

Shobha K Rao

Guruji brought Maharshi Amara into our lives and he is the greatest gift that we have received. Amara has blessed us with a Spiritual treasure-Meditation, energies and everything related to Spiritual Science. The practise of Meditation has made a great impact on us; helping us to realize important issues of life, like why we are here, about Creation, birth and death and many other realities. Amara gave us knowledge about all these and much more in the little book 'Descent of Soul' written by Guruji Krishnananda.

Amara gave great importance to Meditation. He would say, "Meditate even when you have fever." The great Master said, "Meditation and positivisation should be practised together as they are like two parallel lines of a railway track, neglecting either will not help one to progress in Sadhana." It is so true, 'Meditation is a panacea for all ills.' It brings in peace and happiness and takes one to the ultimate goal of Enlightenment.

Maharshi Amara taught us to love and respect all life as God resides everywhere and in 'everything'. He said, "Make God your first priority." These words make us realize how important it is to take Sadhana seriously and put in more efforts to move towards God.

Amara loved life and all the beautiful aspects that life offers us, like music, art, literature and so on. He also appreciated greatly ghazals and Urdu poetry or 'Shayari'. He was a very good singer and was adept in playing several musical instruments.

Maharshi Amara has come into our lives, to reside in our hearts, to help and guide us to realize our Divine nature and abide in it. ■

## MAHARSHI AMARA

Vaishali Joshi

Maharshi Amara said, "Accept what your guru says, but again analyze to understand. Make your own journeys." To understand the truth we have to analyse without prejudice, and with respect and discrimination. In constructive questioning we question in order to know what is true. It gives us the clarity of mind necessary to perceive the truth correctly and helps us to move towards the truth quickly. It builds the foundation for beliefs on which faith rests. Constructive thinking makes us receptive to the beneficent workings of the higher forces and to the ever ready to help grace of God, and helps us progress.

He also said, "You have to first go to the right Guru, then follow him blindly." The blind cannot lead the blind. Only the one who has realised God himself can guide others to reach the Ultimate. Until we are able to realise the truths ourselves by our own experience we have to believe and follow the Guru. In time we will be able to realise the truths ourselves.

Following the Guru unconditionally is one sure way to succeed on the Spiritual path. When we are steadfast in the principles of Guru-disciple relationship the path becomes easy. The Guru equips us with lot of knowledge, lot of energy, and also lot of strength. When delusions try to pull us away this helps us to stand firm and move on. We will be strong when we know things definitely.

Amara has revealed deep Spiritual truths to us through our Guruji. The knowledge given by him gives us the strength and wisdom to look at things with clarity and in the right perspective. If we let him hold our hand and guide us in our Spiritual journey we will always be on the right path. ■

**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: How do we deal with difficult people?**

A: It depends on the intensity of the person who carries these difficulties. I suggest we deal normally with love. There is no other way. We don't have choices. We need not even put up with whatever they carry. We have to have enormous patience. We have to treat these difficult people like kids. Either they transform, or they don't change. It is you who is growing. The responsibility is on you. If relations somehow just fade away or break away, one need not regret because we always have our permanent relatives. They are the Rishis and God.

**Q: I do not feel like interacting with the world where there is so much of corruption and violence. Please advise.**

A: You may distance yourself, but you should not condemn the world. This is our world. The world is imperfect and we are imperfect also. If you did not deserve this world you would not be here. We are human beings. We have to live with the humanity.

**Q: Do the vehicles suffer from the Karmas of the owners?**

A: They suffer us not our Karmas! They suffer the mistakes that we commit. They suffer because we carry negativity and we are disturbed emotionally many times whenever we use the vehicle.

**Q: How do we know that the energies have intelligence?**

A: I suggest speak to them, contact them. You will get a response and know that energies have intelligence. Try to contact energies in inanimate objects. You will come to know that they have not only intelligence but also feelings and opinions.

**Q: How much time is required to experience Samadhi?**

A: In my opinion and assessment if we meditate fairly regularly, follow other instructions we should be able to experience Samadhi in one year. Most of us we do, but we don't recognize it as Samadhi.

**Q: How do we know that we have experienced Samadhi?**

A: You can make out by the peace you experience; And by the wisdom that you gain. We can also make out by a kind of contentment that comes to us. We don't go after certain things unnecessarily. We shift our focus to Spirituality. We go after truth. After we experience Samadhi even momentarily, we will be honest and there will be order in life, a rhythm in life naturally. Experiencing Samadhi is reflected even in the way we dress. And our very behaviour indicates that we have experienced Samadhi. We stand out like that in every way.

**Q: When you send energies I do not feel these energies. What shall I do?**

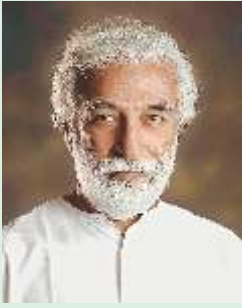
A: The energies are very subtle. We naturally do not experience them physically. You have to be patient, alert, have faith that you have received these energies. You will experience these energies at a different level, or in a different way. You will feel very joyous, very peaceful. This indicates that you have received these energies.

**Q: What is the best thing that Meditation brings to us?**

A: The best thing that happens when we begin to meditate is that we begin living better, peacefully and properly with this world. ■

**LIST OF OUR PUBLICATIONS**

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ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
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ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
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ध्यान कसे करावे (Marathi)	50/-
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आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
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सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
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उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
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தியானம் செய்வது எப்படி	50/-
ஒளியின் வாயில்கள்	200/-
தியான யோகம்	50/-
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ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಕಾಂತಿಕೆ 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 Saturday, 6th December, I was in a theatre watching a movie. After about 15 minutes, I felt very calm and still and then I felt expanded. My core was still and this expansion was across time, over thousands of years. I could not see, but I could feel the emotion, mainly sorrow, of all living things – people, plants and soil. Time was not moving. Past and present were not separate. I am functioning normally at this everyday level. I feel more love for people, but I am also in a larger Time that is standing still.

– Nandita Vijayan

As my head hit the pillow for the night, I saw myself leaving the Earth. I was being whisked away astrally even before I was fully asleep. I realized that I was being taken away! Next morning, after the healing and the education I had obviously received at night on another plane, I woke up utterly calm, blissful and joyful and not at all mindful of the horrendous shock I had experienced the night before! The Divine Rishis have helped me big-time!

– Vidya Virkar

While practising Shambala principle I, I am able to experience the energy coming out of the core and spreading. There was a lot of conflict at home, both emotionally and financially. Every bit was taken care of by the Rishis and beloved Guruji. The Light helped to experience love in every conflict. With their grace now everything is getting settled.

– Deepak Diwakar

We wanted to buy a plot of land, but wondered from where would we get the money. And suddenly the stock value of the stocks I was holding increased and I was able to sell them and get the money! For the

past 6 to 7 years the stock value had not increased at all. Within a few days the stock went down again!

– Chalapathy

Some of us from Pune wanted to attend Guruji's Samadhi day function at Taponagara. If we had not got the tickets, it would have been difficult. But somehow, we got them. Later, while boarding the train from Pune, one of the members got delayed and would have missed the train but the train was late by 45 minutes and all of us could come!

– Geeta Joshi

I feel more relaxed and feel it is easy to 'let go'. I can easily forgive others and feel assured that some great power is monitoring me and is taking care of me. The fear is dissolving away slowly. I feel I am able to totally surrender to the Divine. I understand many things around me in a much better way now. I feel life is giving me answers.

– Sugandh

There are some behavioural changes in me, like better control on anger, acceptance, willpower and a strong urge to experience God, which is slightly perceived. There is more clarity in my thinking. Now my thoughts are diverted from highly material to Spiritual.

– Nageshwara Rao Bojja

Recently, I visited Taponagara and sat for multiple rounds of Meditations. I felt as if the Rishis and Guruji did an extensive servicing of my energy flow. Now it is possible for me to sit and get into that 'zone' immediately. I am enjoying Meditations more, though it is still a challenge to consistently find time in a day for it.

– Sachin S