



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 2

JANUARY 2015

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old newsletters)

Nine years ago, on 29th May 1988, I started the Meditation classes with a compelling desire to keep alive the rare knowledge and techniques of Meditation, left behind by my Guru. Now, looking back, I feel happy that some of my students are carrying the torch. I am confident that they will pass on the light to others. A part of my work is over and it is time to move away from the centre-stage to the side-wing. That is what exactly I have done today when I handed over responsibilities to a group of Meditators.

I will work in other areas, in other levels before the curtain falls.

This work will go on endlessly. After me someone; then some other; if not me or him, then someone else; someone better! No one is important. It is the work; the opportunity. A guru represents the principle, the Light. He reflects the Light.

This is the truth. If this is understood and accepted, the ego stays put in its place. Otherwise the ego destroys the individual and the work goes on!

There are several instances recently of the religious leaders protesting in streets, like politicians, against books and authors singing in slightly differing tunes. It is in such intolerant stifling acts that religion gets alienated from Spirituality. It is here that the religious leaders betray their founders and plunge religion into profound darkness.

Any group or individuals that work against the principles of Love and Freedom, work against the Spirit and Spirituality. Love and Freedom are the basic tenets of Spirituality.

It is not easy to thoroughly understand and sensibly practise these. It is less easier to build up a group activity based on these. That is the difficulty I am experiencing in Taponagara. I find people stumbling and struggling. But failures do not change the principles. It is we who have to change and grow!

The fear of 1999 and Armageddon is beginning to push people into cults and confusion. First, we have to remove the fear. Then we have to understand the Great Change, Pralaya, and accept it. We have to accept Life and live. And smile! ■


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.

DOORWAYS(Eng.)/ TAPOVANI(Kan.)/ PRAKASHMARG(Marathi)
Newsletter Annual Subscription Rs. 300/-
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'Manasa Light Age Foundation'
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NEWSLETTER

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



Residents and volunteers channelling Light in our Cooke Town Light Channelling Centre, on the occasion of the Centre's 2nd Anniversary Celebration.

NEWS AND NOTES

- ♦ New batch of Shambala Group begins from January 2015. Those who wish to join may register their names with Manasa office before 31-12-2014. External Guidance students can also join. The existing batches of students are also requested to register their names before 31-12-2014 for renewal of their membership.
- ♦ Many of our books will be available in the e-book format gradually. These will be available for purchase from our website www.lightagemasters.com
- ♦ Some more copies of Manasa Desk Calendar for the year 2015 are available. Please contact Manasa Office for purchase.
- ♦ Friday, January 30 will be observed as the The World Channels Day. We need as many people as possible to approach schools and conduct Light Channelling sessions. People who can volunteer to work on this day may please give their names to Shri. Manoj Chopra.
- ♦ 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 your names by 30-1-2015 in Manasa office.
- ♦ On 25-12-2014, Meditators gathered in the Meditation Hall at Taponagara to offer their love and respect to Christ and channelled Light to the whole world.

MEDITATION ON SPECIAL DAYS

05	Mon	Full Moon Day
13	Tue	Krishna Ashtami
15	Thu	Uttarayana begins Makara Sankranti
19	Mon	Masa Shivaratri
20	Tue	New Moon Day
26	Mon	Ratha Saptami
27	Tue	Shukla Ashtami
29	Thu	Shukla Dashami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
11-1-2015	Shambala Group meeting at 2 PM Light Channel Volunteers meeting at 2.30PM
18-1-2015	Ra Group meeting at 2PM

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

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

PROGRAM AT ANEKAL

Amara Jayanti will be celebrated at our Saptarshi Dhyana Kendra on 02-02-2015 at 6 PM.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

During a Light Channelling session at Mariam Nilaya School in OMBR Layout, Banaswadi, I got connected to Master V. I could sense his presence among the children as he was helping them to participate in the channelling session. I could see that around 12 students channelled Light really well and they have a very great Spiritual potential.

– Pratap M Gobalakrishnan, Volunteer

Today (7-11-2014), when we were going to conduct Light Channelling session at Excellent School, we found that the road was cut for repairs. I could not manoeuvre the car properly and the front left tyre got stuck in the trench, which was nearly 2 feet deep. I remembered Guruji and the Light and requested for help. One scooterist who was following us stopped and started helping me. Suddenly, 8 to 10 people came out of nowhere, lifted the car from the front, asked me to reverse it and I was on the track. Before I could thank them for their help they had left. We reached the school in time and conducted the session!

– Ramesh V Bhosekar, Volunteer

I am able to feel the Light entering and passing through my body and my limbs. This is a very different experience. I was a bit tensed today morning, but after channelling Light I became very calm and all the tension vanished. Sometimes I see some colours of Light with my closed eyes.

– Smt. Lalitha, Academic Coordinator, Sri Rama Vidyalaya, Jakkur, Bangalore

When I channel Light I can really feel the energies passing through my body. Light makes me calm and peaceful. It also helps me to realize that God supports me and helps me in my Spiritual progress.

– Shalini Mary, Std. X, Emmanuel Sugnana Jyothi High School, Bangalore

TAPONAGARA DIARY

Seema Almel

A brand New Year brings a renewed spirit and joy in Taponagara. Especially when the year left behind proved to be yet another stepping stone for the Spiritual Community of Meditators. Guruji's Teachings and Guidance for leading a good balanced life continue to show in the lives of Taponagarites. For example reading inspiring books, listening to good music, watching fine movies were just some of the tips he gave. To enable this Guruji had provided a Library for Residents about four years back, which has grown by the year. Some of Guruji's personal collections of fine literature have been kept in the Library along with contemporary fiction, biographies, self-help, children's and Spiritual books. An entire rack of the Library has movies. Residents donate their books and DVDs as well.

As Time runs faster there is lesser spare time available for reading all the books Residents would want. The Principle of Oneness and sharing taught by Guruji inspired the start of a Book Club for Taponagarites. Those inclined towards reading, now come together, read and review parts of the books they find worth sharing.

Encouraged by the successful years gone by, Taponagarites are ready for the opportunities and challenges which 2015 will present. The history of Taponagara is a testimony to the intuitive knowing that, backed by Guruji's Teachings and Presence, 2015 will be a great year leading to the Light Age. ■

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

We have to realize that obstacles are natural. There have to be obstacles. There is no charm if things are very easy /smooth. There must be struggles always. Only when there is struggle, we grow. Actually, it is a challenge. There is a strange force in nature that tries to push us back, that tries to hold us back and does not allow us to progress spiritually. Sometimes, this force creates problems and discouragements. They are plenty and they appear both on the Spiritual and material level. These discouraging or obstructing factors may be different for different individuals depending upon their Karmas. The truth is, as they come, they also vanish. Many times, people will not be aware of these obstacles at all. When you just regularize your Meditations, all obstacles vanish. We have come down to this earth with the full awareness of the challenges here. We know that this earth has both the good and the dark energies. We have to fight against these dark energies. The duty of the dark energies and dark people is to pull us down, push us away from God, but it is our duty to defeat them and rise.

Sometimes, this system of body, mind and intellect works as a kind of obstacle. Body has its speciality – lethargy and laziness. Mind wanders; intellect will fill our system with crowding thoughts. These are the natural obstacles of this system. We should not find these as the valid reasons for not meditating. When Meditations become difficult, you must meditate more. Our own Karmas sometimes obstruct Meditations. When we are aware of these, we should persist. Whenever Meditations become difficult, the technique helps. Hold on to the technique. Follow all the details. Give emphasis to the

Mantra. That way we will be able to push these distracting factors away and after some time, the technique itself vanishes momentarily. It is only then we go beyond the body, mind and intellectual levels and beyond the level of the technique. If we had taken up the right practices in the past life or lives, meaning, the practices that lead us to Samadhi, they help Sadhana in this life. But sometimes people would have taken up practices that lead us to powers-tantrik methods. I have come across cases when people had difficulties in Meditations and lot of problems because they had taken up some dark practices.

I have literally seen the dark people of the past lives coming and tormenting the people here, not allowing them to continue Meditations. It is during such times the Rishis prevent these things. In spite of difficulties we have to continue Meditations. The definition of Sadhana is this - it is effort and persistent effort.

Some factors help Sadhana and sometimes the same factors become a kind of handicap. For example: Experiences – they definitely encourage us, inspire us for doing more Sadhana. It is good. Genuine experiences always bring us happiness. But when we try to speak more of them, we may develop a kind of ego or superiority complex. We have to be careful then. Sometimes, people invent experiences only to impress others! With Amara this happened. Once when Amara said, ‘these experiences are not important’ the person got angry and he began arguing with him. When people invent experiences to impress others, it is natural, someday they fall, they leave us. Even if they do not leave us, there will be

disturbances. Remember always, the distance is from the other person, never from me.

Our natural inclination is to be truthful, to be peaceful, simply because truth and peace are a part of our nature. We don't see these in everyone, but they are always dormant. These inclinations do not die. Awakening these dormant inclinations is the essence of Sadhana. There is another factor. Whenever we take up Meditations or Sadhana, we do not become Rishis overnight. We are very happy with the progress. It is the optimum progress. Every year a certain level of Spiritual progress is expected; if we find that progress, we are happy. As we advance into Satya Yuga, this level rises naturally. After twenty years, without effort our Spiritual conditions will be high. There is another angle / factor. We are not an ordinary group because we are meditating directly under the Sapta Rishis; we receive knowledge, energies directly from them. We can always break this level of optimum progress by becoming Rishis overnight. We are expected to become like that. At least we can try.

Sadhana continues in three stages. First, we hear about God, then we contemplate; after contemplation we experience. All these three things are very important. We must go on hearing, we must go on reading, we should not stop gathering knowledge. We must know everything.

A person asked me, ‘Is Meditation a state?’ Meditation is not a state. Meditation is a process. We know the process; in fact, Samadhi is a state where we experience God. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

09-06-2013

Sometimes people try to suggest solutions to us, with good intention, out of love, even when we do not ask for it. They suggest us to do parayanas or pujas. These are ritualistic ways. We as individuals need not follow them. We won't be hurting them. If you really believe in these ritualistic ways, then you can follow. But if you do follow, it indicates that you have not understood the higher ways of Light, of the Rishis, of Meditations. Following any one way is always the best way. When we try to follow multiple ways, it indicates that we do not have faith in any of the ways. It indicates that we do not have faith in our own choices, in ourselves. At such times the Universe will be waiting to help, but we become the obstacle in our progress.

16-06-2013

Many students tell us that the Rishis have found miraculous solutions for them to come out of complex situations. When we want to pursue Sadhana very sincerely they remove all obstacles. But, sometimes the problems are due to our own attitudes and behaviour. At such times we ourselves are the problem; we ourselves can be the solution. Nobody can help us. But even at such times the Rishis help us by passing on energies to educate us. They tell us, guide us at different levels. We have to listen to them; meditate and positivise. The problems vanish when we change our attitudes and our behaviour.

28-07-2013

A person told me that he is unable to meditate properly because he is going through a lot of problems. When we are going through a problem our entire consciousness will be full of this problem only; we are unable to do anything else. At such times, it will help if we affirm to ourselves, maybe before

Meditations. Generally, we try to directly confront the symptoms. But when we meditate we will be attending to the root cause of the problem, which is usually our Karmas and we burn them out. There could be other reasons also. It may take less or more time depending on the intensity of our efforts and also the severity of the Karmas. Meditations help us not only to remove the root cause but, also help us to improve our behavior and attitudes, which most of the times will be the root cause of the problems. Our lives can become miraculously beautiful if we follow the Mantra: meditate and positivise.

01-09-2013

Guruji would always say we have to expand and have concern not only for people around us but also for the people in this world. The intensity of our concern and love for the world helps us channel more Light; it can impact the destiny of this world and that of an individual. Sometimes our concern takes the form of worry. Too much of worry comes from a kind of a lack of faith, lack of acceptance of God's will. God takes care of everybody. Every individual comes in this world with his or her own track. If they positivise, transform they can change the track themselves. We can help them in the process of transformation by creating an environment of positivity and encouragement; relating to the positive side in them helps.

27-10-2013

When we experience the Ocean of Light our Awareness will be shifted to a layer of Consciousness where there is no negativity. It's pure Consciousness. There is only purity there. We experience peace, love and everything positive. Later, when we come down here at the human plane we have to deal with this imperfect world. We have to also deal with our

own imperfections. We have to accept our own imperfections and the imperfections of the world. As I understand, imperfections are different and negativity is different. We need not confront the people who spread negativity because if we do it we will be contributing to the negativity. But we can reject it by not accepting it. We need not try to convince anybody that they are wrong. Instead we can focus on our own growth.

11-05-14

Sometimes, when people behave in a very strange way, which hurts us we have to be careful not to get upset too much. We are human beings, so we cannot avoid a little bit of upset or pain. At such times, we will be thinking a lot about the situation and also about the person who would have hurt us. And as we go on thinking more and more about it we feel more and more miserable; we begin vibrating the pain that we are going through. The entire atmosphere around us will vibrate with that pain and it also touches the people around us. Also, we go on feeding energy to this hurt and it gathers strength from us. We may also develop a kind of dislike or hatred for the person, which is definitely not good for us. I feel it always helps if we have a higher purpose in life. A higher purpose is something above the life at this level or at the horizontal level. It need not necessarily be only Spiritual Sadhana. It could be our interest in other areas – music, writing, could be anything; could even be a social cause. And when our focus is shifted to the higher purpose then we can withdraw from the hurt that we are going through. When our focus is on Sadhana and we are passionate about it, then the hurt will not disturb us although it exists. I feel we have to shift our focus from people to something higher, to Light. That is Sadhana. ■

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 very important requirement for successful Sadhana is unlearning of many of our misconceptions, wrong beliefs and convictions that come in the way of our Spiritual progress. Unlearning is a process that can result in the dissolution of the ego and pave the way for the experience of Samadhi or self-realization. We shall see how.

Learning usually begins at the intellectual level when we come to know about something. At this stage we may reject it or accept it. When we receive the same knowledge repeatedly it gradually settles down in the mind, becomes a belief whether it is right or wrong. As time passes the belief sinks deeper into the layers of the mind and it begins to manifest in the individual's behaviour and becomes a part of the personality. At this stage if new knowledge is received that contradicts the old knowledge it will mostly be rejected. A strong belief can make us closed-minded. But sometimes the source of the new knowledge will be so authentic, like the knowledge we have received from Guruji, that it will be difficult for us to reject it. So the knowledge in the intellect and the belief in the mind don't agree with each other, making it difficult for us to follow the new knowledge in our lives.

Unless we remove the old belief from our deeper layers, the new knowledge will mostly remain at the intellectual level. Sometimes the new knowledge also sinks into the sub-conscious layer. Such contradicting knowledge manifests at the surface level as confusion and weak-mindedness. Therefore, how much knowledge we accumulate is not so important when compared to the knowledge that we truly believe in.

The belief in lower rituals is reinforced by fear of negative consequences of not following them. So in this case unlearning involves overcoming the fear first by replacing it with love or faith.

We now know that we are souls living in these bodies temporarily; but we continue to feel that we are these bodies. Unlearning this would mean the end of our Sadhana.

All the experiences that we gather throughout our lives shape our personalities. A personality is a bundle of thoughts, feelings, emotions, opinions, ideas, concepts and memories that we have created or have acquired. If we can free ourselves from identifying with them, our greater personality can shine through. Here the conscious practise of non-attachment can help us dissociate with our personality.

Regardless of the activity we are involved in, we must observe and see whether our inner state of love is being brought out in the activity. This is how Guruji wants us to live. If we can manifest our true nature which is love, in whatever we do, the outcome of our activity will not have much effect on our inner state.

On our last day on this earth we look back at our lives and ask ourselves, 'What did I achieve in this life?' Instead we should ask ourselves, 'How much love did I manifest in this life?' Because this is what the soul is concerned about. When the process of unlearning is complete in us our true nature will shine forth; we will be liberated. When all souls succeed in living like this it will be the Dawn of the Light Age. The Kingdom of God first gets established within us, within every soul, only then it will get established in the world. The Light Age can begin only if we make efforts. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is it a must that we join a path to progress spiritually?

A: In life there is nothing like a must. You can take up the Spiritual journey individually on your own. You are free to choose. But it is better we take up a path, any path, as it saves us a lot of time.

Q: Is renunciation necessary for Spiritual progress?

A: People presume that just by throwing away things they can become detached and progress spiritually. Detachment is a state of mind, of consciousness. One may have lot of possessions and still remain detached. "Drawing the lines of contentment" is important.

Q: What is Nirliptata?

A: Nirliptata, is a Sanskrit word. It is conscious and discreet distancing from the world. We have to live in the world. But we should not entangle ourselves too much with the world.

Q: Is experiencing of Light the experiencing of Samadhi?

A: In Samadhi we experience the undivided Ocean of Consciousness. Then we experience the Light. Experiencing Light is the next step after experiencing Samadhi.

Q: How to experience Light?

A: There is no technique. Imagine a huge brightness, like the Sun. And imagine you are a small globe of Light, a part of it. Then imagine you are expanding limitlessly. Then you automatically experience Light. Be aware of this experience.

Q: What is Unified Consciousness?

A: It is just a phrase. There is one Ocean of Consciousness. It is from this Ocean of Consciousness all Creation came out. We are clearly aware of it. There is nothing like

Unified Consciousness.

Q: Would the traits of the previous lives continue in this life?

A: Generally yes. It is like one life lived in several lifetimes.

Q: Please explain about the Presence?

A: After experiencing the stillness in Meditations we will see and experience Light, and become aware of the Presence, the Presence of a great Intelligence - very loving, very kind, all knowing, very familiar but still unknown, very intimate yet very distant. This Intelligence will be always watching and waiting. This Presence is God, the formless God - Parabrahma, who is everywhere. Just be aware of it. It is like opening the inner eye and you see it, you are aware of it.

Q: Why is peace so important?

A: Peace is important because that is our natural state of existence.

Q: Is the world preparing for a Spiritual awakening?

A: There is already a Spiritual awakening. We are not noticing it. And the related energies are working. More people are getting awakened.

Q: What is this awakening due to?

A: The awakening is due to two main factors: the energies and the advancing times.

Q: What is the meaning of Aham Brahmasmi?

A: The literal meaning is "I am Parabrahma." It is not enough to know the meaning. It does not help us. We must take this beyond the intellect to the next levels of experience. It is then we realize and know who we really are. We must experience that we are souls. ■

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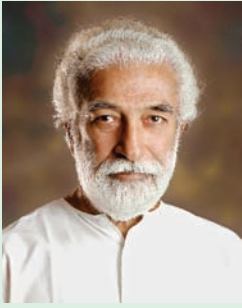
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

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)

During Meditation the Light inside me keeps on getting brighter. It comes out from my heart and fills my body completely. Gradually, my head also gets filled completely with Light. I feel I am getting sucked inside by my own Light. I feel the whole body is transparent and radiating Light and dissolved in Light. I get a feeling of weightlessness.

– Sanjay Manohar

Recently, on a Sunday during the time of channelling after the lecture, I went into a state which I have never experienced. My Meditation was deeper than usual, and I found it hard to return to reality. So I meditated longer. When I opened my eyes, I felt as if my body was still in Meditation. After this experience, I feel different. I feel closer to the Light. Skipping Meditation no longer affects me in any way as it used to earlier. I am very happy about this change.

– Lynne Karatani

Since a few months I am not able to meditate properly. On 30th October, I was a bit disturbed. I prayed to Guruji for help and sat for Meditation. Suddenly, I felt Guruji sitting in front of me! After some time I felt I am expanding; I became huge and experienced that I had merged with the Universe and lost myself. When I opened my eyes I was very happy.

– Madhavi Chalapathi

Intense churning is going on, but the help and the comfort to face it is always there. When my mother had fallen sick, I was relieved from my daily routine and ample time was left to take care of her. She also recovered mysteriously without any medication! Now there is nothing

more left than to be in total surrender and watch the events of life.

– Shantha Kumari H S

When I connect to Light, I always feel boosted and cheered up and a smile is brought back to my face. I am always directed towards better options.

– Ashish Desai

One day I happened to read the notes I had prepared during the Sunday talks of Guruji. Guruji had said, "For a student of Manasa and Light Channelling volunteer, a lot of discipline is required. He/she represents Manasa to the outside world." It rang a bell in my mind. It was like an initiation to me. After that, I have experienced a lot of change in me. I have become disciplined, I meditate regularly, plan my things and live accordingly. Guruji has blessed me with such a beautiful experience.

– Rajashri Padaki

Last year in our house there was a court case going on in regard to property and it was about to reach extreme situations. For about three weeks I prayed to Sapta Rishis and channelled Light. Without any fight or misunderstanding, the family members entered into a settlement and the case was withdrawn from the court within a month. After coming to this Path I am very happy. I can face any problem without hesitation and fear. I thank Guruji and the Rishis for showing me this Path.

– Lakshmi O S

I feel calm; there is more trust in Light and I know that Light will always look after me no matter what the circumstances are.

– Pratibha Patel

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