



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 8

JULY 2015

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – November 1990 issue)

A student confided. “I attended a lecture yesterday. The Swami spoke very well. I found many points that you have taught us. I am happy that I am in the right path.” That he had not completely accepted me did not escape my attention. I wondered – what if the Swamiji had contradicted my points! How would the student react?

The knowledge that I try to spread did not come from the books. My Guru gave it to me. He had gathered this from the Rishis who gave us the Vedas. I know that this is the pure undistorted knowledge. But I do not wear Saffron. And the beads! People accept everything from the Saffron straightaway. I remembered my Guru’s words – “Do not wear Saffron.”

The Saffron defines the frames. Brands. Implies authority and of course the fakes and opportunists in saffron have brought much discredit. The colour is too sullied and invokes suspicion generally. Amara knew this.

Truth does not require any certificate. No prop is required. It has to stand on its own and shine from its own. The knowledge that I am propagating will stand and shine on its own, if it is true.

The insensitivity to events around us shocks me. Earthquakes, Fires, Terrorism, Violence, Political duplicity, Opportunism, Exploitation etc., do not stir us. Idle discussions satiate the gossip-hunger. There is not a ripple.

And life goes on – Buying vegetables, building houses, procreation, reading newspapers, watching TV... There is no change in our life. For how long? ■


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.



The residents of Taponagara celebrated Guruji's birthday on 24.05.2015 by playing some of Guruji's favourite music.

NEWS AND NOTES

- ♦ The Registration fee for External Guidance is revised with effect from 1st June 2015. Please refer to page 6 for details.
- ♦ With opening of schools after the summer vacations, the work of teaching Light Channelling to school children gathers momentum again.
- ♦ Our Light Channelling Volunteers have taught Light Channelling to more than 27 lakh children in about 4900 schools. Out of these roughly half a million children in about 1200 schools channel Light regularly during their school assembly or morning prayers.
- ♦ Now some more of our English Titles are available as eBooks and can be purchased from our website www.lightagemasters.com

During Ashadha Masa, which begins on 16th July, we get wonderful and great energies directly from Parabrahma Loka. They peak on Guru Poornima, the Full Moon day, which falls on 31-7-2015. On that day we can meditate more, as much as possible. On that day, in the night before going to bed, imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.

MEDITATION ON SPECIAL DAYS

02	Thu	Full Moon Day
09	Thu	Krishna Ashtami
14	Tue	Masa Shivaratri
15	Wed	New Moon Day
16	Thu	Ashadha Masa begins
17	Fri	Dakshinayana begins
24	Fri	Shukla Ashtami
26	Sun	Shukla Dashami
31	Fri	Guru Poornima

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
12-7-2015	Shambala Group meeting at 2PM Light Channel Volunteers meeting at 2.30PM
19-7-2015	Ra Group meeting at 2PM
31-7-2015	Guru Poornima Special Meditation: 12 Noon to 1PM

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

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Light Channelling has helped me to overcome all my hard days. I had to write my Business Studies exam, which was a difficult one. I practised Light Channelling for a minimum of 7 minutes before writing my exams. I scored 92 marks! I am so thankful for the energies and blessings that I get through Light Channelling.

- Sushma Shree M. A., A Light Channel

Light Channelling session was conducted in our college when our exam dates were very close and we were under a lot of stress. All of us experienced a lot of peace, happiness and purity. I had absolutely no self-confidence. There used to be a lot of thoughts in my mind and I was confused. But when I started channelling Light, I experienced complete peace for the first time. My mind was filled with positive thoughts. I am confident that I will be able to study properly and do well in my examination.

- Pranita Karve, TY, BCA, Bachelor of Computer Applications College, Cummins College Campus, Pune

In January I had to visit a school for the World Channels Day, which was about 50 kms away from my place. When I was 20 kms from the school the road was empty and there was no one around. It looked like a forest area. I was not sure if I was on the right way. Suddenly a person appeared and offered help, and guided me on the correct route. I reached the school without any difficulty. The School Authorities were very happy and showed love and respect. The Principal told their experience about Light Channelling. Their results were good and the school had secured a good rank in that area. Students come to school regularly. They behave well. Light is also helping their parents.

In Kendriya Vidyalaya, a student told her experience - "While channelling Light I lost my consciousness but I could see other students filled with Light."

- Moorthy K. E., Volunteer

TAPONAGARA DIARY

Seema Almel

Guruji's 76th Birth Anniversary was celebrated in a unique way in the May month Residents' Meet. A few of Guruji's favourite songs were played, and engulfed in Guruji's Grace, Residents lived special moments in His Presence. The Book Club Meet was cancelled and the Residents gathered at 6:30 PM, half an hour earlier than the usual time. Gifts were given to those who had their birthday in May and a cake was cut by all of them together. After this everyone settled for more than an hour of intense music which evolved from devotional songs of Meera and Jagjit Singh, to classical vocals of Pt. Bhimsen Joshi and Parveen Sultana, and ended with O. P. Nayyar's timeless melodies.

Preparations had started much earlier in the afternoon. A special seating arrangement was made such that the surround sound capacity of the music system could deliver flawless depths and variations of the rich tunes to the entire hall. Some Residents made a beautiful rangoli with flowers in front of Guruji's seat. Serial lights brightened the staircase up to the hall.

Never before was such a collective depth experienced by the Residents. Most eyes were closed and, as was obvious from the look on their faces, hearts had bloomed open. The joy that flowed out of each made the atmosphere so surreal that even when there were some distractions it did not decrease the heightened intensity of the evening. ■

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)

January 2005

We gather here no doubt to get knowledge. But the most important thing is that we gather here to take the energies from the Rishis. Even if there are no talks at all and we only meditate, we miss nothing; we take back the treasure, we take back the energy and we take back the experience. So, the most important thing let us remember always is gathering energies.

As we advance in Sadhana, we have to realize that the level and the area of Sadhana changes as Sadhana expands to other levels. It is very important to understand this point. It shifts to the emotional and thought level. When our Meditations are not enough, the Rishis say very briefly and simply, 'meditate and positivise.' If we only meditate we will be doing Sadhana only at a particular level. When we expand our Sadhana to other levels, when it shifts to the areas of emotions and thoughts, the thoughts and emotions have to be purified, elevated, and expanded.

I read that some people in America knew nearly 4-5 hours in advance that the Tsunami waves were advancing. They did not tell us simply because we are not members of a particular group called Tsunami Warning Group. Lakhs of people have been affected and people think in terms like this. The tragedy is that we have such limited thinking. Anyway, when our Sadhana enters other areas, it expands further and enters the level of Consciousness where our Awareness rises, expands and experiences. These are very important stages.

There is one more level. Our Sadhana enters the last level, which is manifesting our experience. When we experience with our expanded

Awareness, we experience nothing less than the Divine, nothing less than God and we have to consciously manifest that. Although, the manifestation is automatic and natural, we also have to make efforts, simply because at every stage of our Sadhana our ego puts obstacles. It does not allow us to expand, it does not allow us to manifest. We have to make efforts to put down the ego so that there is a natural flow and natural manifestation. We should not get stuck at any stage. We should observe ourselves and check up our Sadhana.

Saptarshi Pranayama is important because we receive stronger and subtler energies when we practise it. These energies improve the health and they burn out a lot of negativity. After the practice observe your emotional state. It will be very calm and you feel as if you have taken a new birth because so much of purification would have been done. We feel we are not ourselves because we feel so pure – we are different people. This Saptarshi Pranayama tunes up the system to the Divine, which no other technique does. That is why this is very important. After the practice try to talk to God, talk to the Rishis. Literally you can hear them.

A person was talking to me; he told me that somehow after reading about certain incidents, about people and many other things, his faith in the Spiritual is shaken. I could understand him and totally agree with him. We always take the wrong examples. Many great men have walked on this earth – my Guru, Ramana Maharshi, Gandhiji, Christ and so many great Masters. Even now there are wonderful people on this earth. Why not look at them and strengthen our faith? We should

never lose faith in God, faith in the Spiritual, faith in the values, faith in life and living. If we do so I think that is the greatest tragedy.

The Tsunami tragedy was a part of Pralaya. We have to gather a lot of data and understand it. We can understand the mechanism behind these things. All the people on this earth are responsible for this tragedy. We should have made more efforts to bring more harmony on to this earth. The energies and the vibrations now are definitely not harmonious. We, the whole humanity could have prevented this. Perhaps we should have meditated more, should have reduced the negativity. Every negative thought adds. Individual thoughts have added. We need not cry about it, but we can always improve, we can always correct it. We can meditate and positivise.

Thousands of Rishis are doing a lot of work. All the souls who have left their body are confused and they have to be guided and that is a very important work. The Rishis knew in advance and they were ready. But at the human level, NGOs are doing wonderful work. There are thousands of heroes who will never be seen on the television and they are doing great work. A little British girl could make out the changes in the movement of water when she was playing on the beach at Thailand; she warned and saved many lives. She is called the 'beach angel'. The point is that the ordinary people like us respond and help. But the people in power are callous and that is the tragedy. Anyway, it is from this level of callousness, we have to take this world forward. It is our responsibility. We have to sit silently, meditate, positivise and spread positive vibrations. There is no other way to remove these things. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

26-01-2014

We repeat many points in the classes. It is a kind of revision, a kind of affirmation. In these classes we also get energies which re-energise us. These affirmations and re-energising are important for Sadhana.

Whenever the unjust systems are challenged, there is resistance. When we want to remove darkness, the darkness resists naturally. It fights for its survival. The darkness within us, within our system although it resists when we try to remove it, it cannot stay in us without our permission. That way we, the souls are the masters of this system. Similarly in the society, unless the collective consciousness of the society allows the darkness to stay, it cannot stay in the society. So we have to take responsibility of whatever is happening to us and to this world.

A person told me, 'I have so much of pain. I hope someday it reaches God, someday He is moved by my pain and He gives me relief.' We talk like this out of ignorance. The fact is that God knows every bit and He knows what is best for us. When we are in pain it is difficult for us to accept this reality. But that is the truth. For us the reason for our pain is always outside of us. Why not take responsibility of our choices and our actions known or unknown to us at this point of time. We may not understand the laws of Karmas in every detail but we do understand the essence of it. Why not accept that what we are going through could be due to our Karmas or it could also be our attitude that attracts such situations. Why not accept it and then with great humility surrender our problems to Him, to God?

I remember Guruji used to say that even our whisper is heard by God. He is just around us, within us.

He is everywhere, at all the levels and He can do anything but from our side we have to take responsibility of our lives and approach Him with love and humility. He will always show us a way. Why not look at what Guruji went through?

I was thinking that if we do not have faith, we create a kind of a shell around us. We close ourselves and we are unable to receive God's Grace. It is like closing all the doors and windows and then declaring that there is no light. Faith opens the door and windows. Then the light can enter. Negative thinking creates a kind of a block. So why not say, 'yes I have problems, a lot of them but God is there. He will bring me out of this.' Maybe when we think like this we will start finding solutions slowly to our problems.

When we know, when we realise that every person carries the Divinity within him or her, we become humble. We may have more knowledge but that does not make us superior or it does not make us more Divine. Each one of us is essentially and equally Divine. All of us are a part of God. We may be manifesting Him in different degrees. That could be true.

Humility is not a sign of weakness. Only a strong person can be humble. The strength comes from our alignment with God. With my individual strength I may not be strong enough but when we are aligned with God then we have His strength behind us. That makes us strong and humble. When we are able to make choices based only on love then we can say that we are aligned with Him. Humility is a sign of alignment with God.

Being Spiritual means living this life fully. Listening to music, even watching good movies, reading, enjoying the company of nature, interacting with people with great

love are all part of being Spiritual. Spirituality is not about powers or capacities. It is just being good, honest and peaceful.

I suffered due to pain when I went to the dentist for a procedure. When I mentioned this to Guruji, he said something very profound. He said, "Whenever I go to meet a doctor, I accept that God operates through the doctor. I surrender myself to the doctor then God operates through the doctor and somehow the right things are given to me." Guruji's words and knowledge that he passed on helped me and next time when I went to the dentist, I did not suffer.

Recently, I had to interact with several people and I realised that there is so much ignorance about Spirituality. The idea of Spirituality is not so clearly understood, not so clearly defined like it is defined here. Thank God we are learning under Masters like Amaraji and Guruji, and we have access to so much of authentic knowledge. We know that a person's behaviour is a reflection of his or her Spiritual state and not the knowledge or the capacities of the person.

'Shivaratri Jagrana' means being aware of Lord Shiva's presence. It has nothing to do with being awake the whole night. Guruji used to tell us that Lord Shiva's energies will be available all over the world for ten days and we can meditate more and absorb more of His energies. He would also tell us to relate to these energies. These energies are Lord Shiva Himself. It is as if Lord Shiva is with us in our homes. And these are Guruji's words – "He is our guest from Kailas and we can be aware of this and we can take care of Him like a guest. We can interact with Him, share our love." ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes 14% service tax, one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes 14% service tax and one year's Newsletter subscription.

- ◆ 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.
- ◆ 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 large part of our life involves interaction with other people and the way we relate to them. Therefore our relationships have a major influence on our Spiritual growth.

When we left the Divine plane, we also had to leave behind temporarily the state of oneness with God. And when we entered this world and our bodies, we entered a state of separateness. Those of us who are on the Spiritual path are making a lot of effort to return to our original state of oneness.

All the diversity and beauty in nature, the millions of species of plants and animals, the billions of stars and galaxies, music, art and poetry are all made possible because we can experience separateness. Before God could create relationships He had to first create separate individuals. The concept of Adwaita is possible only because of the idea of Dwaita.

While our very good and close relations may continue in our next lives as well, I believe that even the problematic relations that involve hatred or grudge also resurface in the next life. This is like a Karmic entanglement which binds the two individuals lifetime after lifetime. To overcome this entanglement one of the two must forgive and let go of the grudge. So it is very important that we overcome all our problematic relationships in this life itself. And we have to do it soon because we don't know for how long we are going to live. We need to take stock of each of such relation and try to understand the lessons they are trying to teach us. We may even thank them mentally for coming into our life and teaching us those lessons.

When we are with our family we can be ourselves and bring out our

true feelings without any fear or hesitation. With others we tend to mask our true feelings and consciously bring out only the goodness in us. If we are seriously trying to transform then such transformation must manifest in the closest of our relations. This is the real benchmark of our transformation. It is for this reason relationships play such an important role in our Spiritual quest.

Another aspect of relations is playing different roles. Sometimes we get attached to a role and cannot let go of it. If we can throw away all these roles we can be the souls that we are and we can relate to others also as souls.

We perceive Time as having a past, present and a future. But the past is only a memory. And the future is yet to come. The only aspect of Time that we experience all the time is the present moment. Maharshi Amara had said every moment is a gift from God. If we don't live in the present, we will not be able to enjoy this gift, which is the present moment.

A relationship is possible between the two aspects of an individual – the ego and the soul. Such a relationship is possible as long as such a separation remains. In an enlightened person there are no two aspects of the individual. As soon as oneness is experienced within, it is experienced with everything else.

The awareness of both oneness and separateness, the awareness of unity and diversity is the stage of Paripoorna Samadhi, where the individual experiences oneness with everything all the time, while being fully aware of the separateness, and also the separateness experienced by others. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Should we ignore all our experiences?

A: We should not take all experiences seriously. Sometimes some experiences have some message for us. Some are genuine experiences. But you have to be very discreet and know which is the genuine one and which is the one projected by the mind. But whatever the case we should never seek experiences. If we seek experiences the mind will give us any number of experiences.

Q: Will Light Channelling end corruption?

A: It does not end corruption directly or immediately, but it helps quite a lot. Light helps transformation when people choose to transform. It helps those who want to fight against corruption. The energies from the time itself also help this kind of change. A combination of processes initiated by the Light Channelling and the New Age are going on. It is difficult to understand the Spiritual processes.

Q: I sense the presence of a Rishi during Meditation. How can I communicate to him?

A: During Meditation don't try to communicate. If you do, you will forget Meditations. Do not change the focus. If the Rishi wants to convey something he will convey. You have to become a bit alert. The Rishis come maybe to monitor, maybe to help. We don't know. It's good you feel this presence. But don't get too much excited.

Q: What should we do when the thirst for knowledge ends?

A: We have to go beyond knowledge and go after experiences; like experiencing

the stillness, experiencing Samadhi, experiencing the Light. These experiences in turn bring us more knowledge, higher knowledge, which we have to assimilate, contemplate on. This will go on endlessly.

Q: When will I experience God?

A: Somehow we don't take this seriously. We think God is inside a temple, in an idol. You have to just become aware of His presence, here. You must have enough urge and love. You will experience Him. Experience Him, talk to Him, He will talk back to you.

Q: Are there different kinds of enlightenment?

A: There is only one kind of enlightenment because there is only one Light, the Source from which all other Lights came out, from which the whole Creation came out. So enlightenment is experiencing or becoming Light all the time and still living a normal life. But there could be different levels of enlightenment.

Q: Is there a higher Awareness?

A: We have to study Awareness more. We may not become aware of all that we perceive. They remain within us at some deeper level. I don't think there is another Awareness, higher or inner Awareness. This Awareness that we have is the Awareness.

Q: Does Spirituality confuse us?

A: Gurus may confuse us. Spiritual associates may confuse us. In fact, Spirituality clears all types of confusion about God, about the ways to experience Him, about relations. When you begin meditating everything becomes so clear. ■

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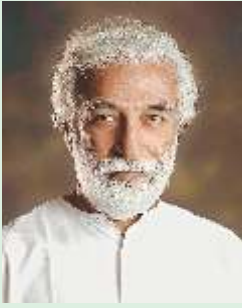
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GURUJI KRISHNANANDA (1939 - 2012)

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)

On 24th April we visited the St. Philomena Church at Mysore in the evening. It was about to close. I prayed to Lord Jesus Christ to allow us to sit there for some more time. Suddenly, a storm broke out and the church authorities were unable to close the church! I prayed to Lord Jesus to show His presence. And clearly I could see a light blinking from the small statue of Jesus in front of us! Later, when I went near the statue with my husband and niece, we saw a flash again emerging from the same statue.

- Priyanka Mishra

I feel stillness within me these days. I also feel that my consciousness has expanded. My mind is so stable that I can convey or express myself very properly and easily, which was hard for me to do earlier.

- Swapnil Powar

Recently during the evening Meditation, I visited Antar Manasa astrally. As usual, I sat in front of Master V's statue and offered my respects to him. When I started experiencing the ocean of Light, I suddenly felt a huge Light from Master V; I was absorbed in it. I was in that state for more than 20 minutes. I felt very happy as it was the first time I was able to experience such vibrations.

- Ramesh Krishnamurthy

For the last several months, I am able to effectively channel the strength I gain through Meditation into various activities in life. Before, the impact was mostly felt in my heart. I feel Guruji, Light, and God embracing me at all times. I always felt much too inadequate to qualify myself for the grace of God. Now I realize that I do not have to capture God because I am captured by Him, even as unworthy as I

am. This gives me an incredible sense of security and assurance.

- Lynne Karatani

While in Antar Manasa and sitting before Master V, I saw a figure in white Light. It was Christ who had his hand on my head!

Every night when I sleep after channelling Light I feel I am in some other world, doing different things with different people. However, when I wake up I can't remember anything.

- Vinamra Longani

There are changes, transformations at work, in people. With Guruji's grace, all things happen peacefully. I have learnt a lesson that however turbulent the situation may be or seem to be, as I am connected to Light I can be very still and sail through smoothly.

- Geeta Joshi

Light continues to help me in every way. I connect to Light always. When travelling, our flight was cancelled due to adverse weather conditions. I immediately asked Light for help and all alternative arrangements fell into place without much hassle. There are numerous other occasions when I asked for help, which I received.

- Anne Chapman

Guruji has taken the place of my mother and father ever since I met him. Whenever I am in distress I pour out my heart to him in his Samadhi room at Anekal and I get immediate help. Recently, I was badly in need of money to pay the teachers of a school for the disabled, which I am managing. I wept and prayed to Guruji for help. Within a day I got the exact amount required for their payment!

- Srilathangi

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