



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 7

JUNE 2015

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletter – September 1991 issue)

A Sadhak asked me innocently, “If I commit a mistake, will you forgive me?” That prompts me to be very clear about my role. I am a Spiritual Guide, only a guide. I do not judge others and will very carefully avoid forming opinions on Sadhaks. I have no hesitation in confessing that I am also a Sadhak; a senior one at the most. We are all being guided by the Spiritual Masters, the Rishis. In this land of gurus and swamis, it is natural that anyone will see me as a guru or a swami, which somehow brands one with a religion. I am not a religious worker. I am a Spiritual Guide.”

Many of us are not aware of the difference between these two – Religion and Spirituality. We must know. We must differentiate and choose Meditation as a Spiritual way. Spirituality is a science. The pursuit here is after pure Knowledge, Universal Truth and expanding our Consciousness to the Cosmic Consciousness. This is the way of the yoga; the Path of the Rishis who are the Spiritual Scientists of all times. Although we identify ourselves with one or the other Spiritual Group in the beginning we will realise later that the Path is one – Yoga. There is only one Yoga. All the brands and labels attached to it will fall down as we advance. We see only Light and not the names.

Religion, as we see it now, is a bundle of rituals and conventions unexplained scientifically and is sadly compartmentalised. This is not to belittle it. We all know that at the beginning of the Religion there were Spiritual Masters; Avatars. They worked to uplift the mankind spiritually. There was no difference between Religion and Spirituality then. It all began with later generations that could not hold the vision but stuck to mere superficialities.

Our approach is not to fight with the Religion. It is to recognise the basics, to realise that mere rituals do not take us far and know our Spiritual goal clearly.

Mr. M.P. Pandit writes in one of his Service Letters that we are more religious than Spiritual. How right is he and how bold is he! Very few distinguish Spirituality from Religion and none dares to speak!

The Times of India Supplement of 6th July 1991 carried a special article – “The man who went to Mars.” It was about a doctor, Dr. Vartak, who can travel astrally and who did travel to Mars and Jupiter. People read, discussed and forgot. Some of the Sadhaks around me, who know more about Astral Travel, also wondered, admired and forgot about it. No one pursued.

Anyone can travel astrally. There are, of course, Techniques that can be mastered with difficulty. But many people are not even aware of it and may not believe it, if explained. This and several other faculties are hidden in everyone. And this compels one to utter – how much we do not know about ourselves!

All these faculties become operative when we clean ourselves – clean our body, mind and intellect and that is what exactly happens first when we successfully advance in Meditations. Meditations take us to Higher realms of Living. It is high time that everyone of us start meditating. There is so much of work to be done in this area. ■



MANASA FOUNDATION (R)

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

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.

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Guruji's 76th Birth Anniversary was celebrated in the Saptarshi Dhyana Kendra at Anekal on 18th May

NEWS AND NOTES

- ♦ Guruji's 76th Birth Anniversary was celebrated at Taponagara on 24-05-2015 and at our Saptarshi Dhyana Kendra in Anekal on 18-05-2015.
- ♦ "Master-Pupil Talks - Volume 2", a book containing invaluable knowledge passed on by Maharshi Amara while answering questions asked by Sadhaks, was released during Guruji's Birth Anniversary celebrations at Taponagara.
- ♦ About 150 Meditators attended the Orientation class held on 6th May 2015 at Taponagara and close to 60 more joined from their own places through webcast.
- ♦ About 140 people attended the Shambala class held on 10th May 2015 at Taponagara. Close to another 40 more joined from their own places through webcast and about 25 by mind linking.
- ♦ The RA group members met at Taponagara on 17th May 2015, to receive special energies from RA.
- ♦ Ashadha Masa begins from 17th June. During this month we get wonderful and great energies directly from Parabrahma Loka. Students can meditate more during this month and absorb these energies.

MEDITATION ON SPECIAL DAYS

02	Tue	Full Moon Day
10	Wed	Krishna Ashtami
14	Sun	Masa Shivaratri
16	Tue	New Moon Day
17	Wed	Ashadha Masa begins
24	Wed	Shukla Ashtami
26	Fri	Shukla Dashami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon
	Light Channelling: 12 Noon - 1PM

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

DVDs of Sunday Lectures during classes are available for members. Please contact Manasa office for details.

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I work as a household maid. I have been channelling Light daily since two years. After my mother-in-law's death, I was worried about my sister-in-law who is handicapped and staying alone in the village. I started sending Light to her daily with the intention to get her settled in her life. One day after channelling Light I saw matrimonial ads in the newspaper for her. Now her marriage is fixed. The boy is working at a good place and has no bad habits. He is very compassionate. All this happened due to 'Light' and I am very happy.

- Jayanti, A Light Channel

Every day before my class starts I do Light Channelling with my classmates. I have felt many changes in my mind and body. I feel fresh the whole day. My mind is very peaceful. Light Channelling helps me to clear my misunderstandings with others. It provides direction to my behaviour and guides my thoughts. It gives me self-confidence. Earlier, I was poor in studies but now I have improved.

- Krishna Prabha R., Std. XI, Everest Mariappa Nadar Hr. Sec. School, Kovilpatti

It is more than four years now since we started a Regular Light Channelling Centre in our home. Channelling is being done on every Friday without any break. My wife and me experience peace in our house. By Meditation and Channelling we maintain peace and calmness both inside and outside our physical body as well. Light Channelling has given us the strength to gladly accept and face the realities as they come.

- Ramesh V Bhoekar, Volunteer

TAPONAGARA DIARY

Seema Almel

Every month for about an hour before the Residents Meet the Book Club meets for an hour. Even though there are just a few avid book lovers, their involvement more than makes up for the thin numbers. The readers confirm participation and inform the time they require beforehand to the moderator, which is about ten minutes to a maximum of thirty minutes. Most of the times covering an entire book in one reading is not possible, in which case the remainder is shared in the following session.

Besides Spiritual books, fiction, autobiographies, even poetry have been read in the Meets. Usually two to a maximum of three participants review books they have found interesting and then read out select paragraphs which appealed to them. During one session a participant even shared the quotations of a famous scientist for about ten minutes. Some read books in other languages and then share the content in English so that everyone can benefit. Duplication happened just once when the same book was read by two different participants. Besides the fact that there were many months in between, both points shared by the readers did not overlap much and this kept the listener's interest level high. This is the beauty of sharing. Even when the same book is read, the perspectives are diverse and the enrichment remains fresh. It is like an allegory of life itself. Taponagara, the sacred place where unknown Knowledge is stored, also gathers and shares contemporary works of literature and knowledge. ■

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)

December 2004

We Meditators are strong, because we are connected to the source - God, as we have the link with the Rishis. And because we have this link, we are not only strong we are also wise. So, we the Meditators deal with life in a different way because we are capable of looking at things from a different and higher angle. We can deal with any problem or any person, very easily. Where there is love, there is accommodation and where there is compassion, we understand and accommodate. Where there is vairagya, we are not bothered about the results or gain from relations or from a particular situation. We know that we have to spread love; pass on love. When we do it, God takes care of us. We get what we have to get. God gives us from different people. And all this is possible by applying the principles of love, compassion and vairagya.

It is not easy to deal with life. Strategies change according to the situations. The strategy suitable for a particular situation may not be helpful in some other situation. We have to evolve. If we understand the principles, we can devise different strategies. We the Meditators, learn to accept life as it comes. It is not merely accepting but also making efforts to get over the problems. We accept it as God's gift. Like all creatures, we also want happiness and peace. But again, we accept pain and suffering which is a part of life and from these we draw lessons so that we don't have the same pain and suffering again.

We the Meditators live in the awareness of God; live in the awareness of the grace of the Rishis. This awareness brings us confidence. Our job is to not only smile, to not only celebrate life, but also wherever possible instill hope in

another individual. Many times for very genuine reasons people lose hope. But, there is always hope simply because God is always there. We have to instill this hope in others. We have to assure everyone that they are taken care of; the difficulties may be there, but they are temporary. We Meditators are a special lot.



If our Astral body is healthy, our physical body will be naturally and automatically healthy. Any disease occurs first at the Astral level in the Astral body. Then after 72 hours, it manifests in the physical body. Even an accident or a serious sickness first occurs at the Astral level and it can be avoided by practising techniques given in the small booklet "Living in Light." So, we have to keep the Astral body healthy.

How do we keep it healthy? We can vitalize it by Saptarshi Pranayama. It adds a lot of energies, vitality to the Astral body. The Astral body becomes sick for several reasons. It may become sick because of our own Karmas, for which we have to meditate. Sometimes it becomes sick because of our own negative emotions and agitations. Sometimes, our Astral body contracts diseases whenever we make Astral travel. All these can be cleared by Meditations, by Pranayama and by the grace of the Rishis, which is most important.



Let us remember that Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana and Dhyana mentioned in the book 'Ashtanga Yoga' are parts of a single process, which culminates in Samadhi.



There is always a higher goal, a mission, which we may not know or perhaps we do not try to know. One

may open up earlier and find out about it. I have experienced, I have studied, I have realized that living an ordinary life will not give us the satisfaction, will not give us the peace, will not make our life complete. We have to involve ourselves in a kind of creative activity. Sometimes, people say, 'I have a lot of time but I do not know how to spend it.' If you have the habit of reading books, if you paint or even if you sculpt, it is a creative activity. One who is involved in these creative processes, will be always living nearer God. That is why so much of importance is given to these creative processes. Involving in the creative processes itself is Sadhana. An artist, a poet, even a dreamer will be a special person; will not be like anybody else, like an ordinary person. Each one of us has this capacity. I don't say a double life but a two tier life, one level or one tier here and one tier there. Life is not complete without either of these.



Usually we begin Sadhana with our short-term goals. Ex: getting rid of a problem, having peace of mind, etc. There is nothing wrong with this. But if we have freedom or Mukti as our goal, all other goals are simply accomplished, almost automatically.



We know Meditation is silencing. Meditation is not doing anything at the levels of the body, mind and intellect. When we reach this state, our Awareness gets disentangled from these three levels. This type of release is necessary so that the Awareness can rise to higher levels. Many such processes occur and we are yet to understand all of them. This is one of the very important processes. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

27-10-2013

Rishis always help. Sometimes when we have problems, we expect miracles to happen. Miracles do happen but sometimes we have to accept when miracles do not happen. Sometimes people join this Path and expect the problems they have been having for years, to vanish overnight. If it does not happen they naturally get disappointed and sometimes get angry. We have to understand that Rishis are here to mainly guide us to grow so that we develop strength and wisdom to solve our own problems. They help. They always give relief and they show us a way. For example, if we have health problems they provide us healing energies and ask us to practise healing techniques. They ask us to meditate. But if we cannot even do that then how can they help? How can we grow? We have to have a lot of patience. And results will be definitely achieved as the grace descends when we practise persistently.

Let us not get angry with them. It is not good for us to get angry.

Sometimes I have heard people saying, 'I know that I have to meditate but I am unable to meditate.' What we know and what we understand has to be implemented. There is no other way. Unfortunately, there are no shortcuts. A person said, 'I know that I have to balance material and Spiritual life but I am unable to do it.' If you have understood that you have to balance then you have to do it. There is no other way. And it is possible. We have to be practical and begin with small steps. Drastic changes are not easy and not sustainable and they de-motivate us. It is true that in every area of life and more so in Spiritual areas we have to persist with patience. And patience

is a virtue which we cannot learn with impatience.



One of our volunteers lost his wallet recently and he searched for it. He thought that he had probably left it in his friend's car which was cleaned, washed from outside and inside and searched thoroughly. The wallet was not there. After a week the wallet was found in the car near the handbrake! It's very touching to understand these things. Who found the wallet and kept it in the car? Was it an Astral being, an angel or a Rishi? We don't know. But it indicates that the grace of the Rishis is with us. One of the wonderful channels of the Rishis must have kept it. It would be so thrilling to know what exactly happened. But we know that the Universe helps and that moves us beyond words.

26-01-2014

I remember Ramakrishna Paramahansa's words. He said, 'Why will a person who does not want to eat fish go to a fish market?' Many times because we do not have a goal we end up spending time in activities that may take us nowhere. So defining a goal helps.



Before I met Guruji I used to think that to reach God I have to give up this worldly way of living. But after meeting Guruji I understood that we are a part of God Himself. God is within us and He is of course around us everywhere. I understood that life is not separate from God. He is very much a part of this life here and even while living in this world we can experience Him and manifest Him in our living.

I did not know the importance of humility. After meeting Guruji I also realised that trying to impress people is not required. Now that is my

conviction. The energies of our intentions, our purity somehow reach others and touch them. Guruji used to say that the truth has its own power. The purity has its own power. If it exists it reaches. We can state the truth without trying to convince and somehow people grasp it, believe it.

After coming here I realised the importance of acceptance. It has helped me so much in my life. Generally we spend a lot of time worrying, trying to change people, trying to change situations and we try to argue, try to convince, fight, manipulate etc. I realised that it does not help. We cannot change people nor can we change situations. The only thing we can do is change ourselves and improve our ways of responding to a situation, as we cannot directly change the situation.

I realised that focus of my Sadhana and my life has to be my Spiritual growth alone. I have heard people saying 'I meditated so much but this person has not changed.' Meditations have to change us first. Only when we change others will change. So it is our responsibility. Also I have seen when we accept the people as they are, our expectations from them are also reasonable. Then there is less scope for disappointment, confrontation.

Having understood several things like this my life has become peaceful. And I know that there is so much more to learn, so much more to understand, so much more to experience and grow. But, Guruji has taken us on this beautiful journey and this journey itself is so beautiful. And there are times when we feel as if we are stuck, as if there is stagnation. At such times I feel we have to hold on to our faith and continue. And we have to make more efforts. ■

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)

The soul, which is a particle of God, knows no fear. Its nature is Divine love. But when the soul takes birth in this Material Cosmos it can experience fear through the body and mind. Fear in itself is not negative. But too much fear can turn into something negative. The original purpose of fear is to induce caution in us, which is necessary for the protection and survival of the physical body. This fear is a result of love for the self. This shows that even fear has manifested from love. To this extent fear is helpful. Beyond this it can become a hindrance at best and a serious problem at worst.

Just like a wild animal's body, the human body's 'fight or flight' response is triggered by fear, regardless of whether the fear is physical or psychological. So it starts producing chemicals and hormones to deal with the stress. In the case of the animal these chemicals are removed from its body once it moves away from danger. But in the case of the human being since the fear is mostly psychological it can persist for several hours, days or even several years. Because of this a majority of human beings live in the 'fight or flight' mode throughout their lives.

The root cause of today's many chronic diseases is mental stress, which is triggered by fear of something or the other. If we observe in our world today we see that almost everything is driven by the fear of survival, from the level of the individuals to large companies, to the level of nations. This is because we are still in Kali Yuga or the Dark Age or the Age of Fear. Fear cannot exist in the Age of Truth that we are about to enter because fear is not a truth. The main driving force behind the ego is fear. True liberation can only be attained when we are free from fear and hence, free from the ego.

In order to experience true oneness we must let go of all our fears. It is for this reason when some great beings undergo total transformation they first experience their death, which is actually the death of the ego. This is real re-birth or resurrection. This is the real meaning of the Sanskrit word 'Dwija', which means born again.

We somehow unnecessarily imagine the future to be worse than what it would be and create a lot of fear. The main purpose of positivisation is to remove fear because fear is at the root of every negative thought and emotion.

Rituals originally began as acts of worship to God. We know that worship is an expression of love for God. Replacing love with fear has made the worship into a ritual.

The root cause of all suffering is fear. Therefore it is of utmost importance that we overcome all our fears. It is not possible to live life fully if we live in fear. Since fear is caused by the unknown and uncertainty, faith in God, the Rishis or faith in the Guru helps us greatly in overcoming fear. The best way to overcome fear is to carry Light always and to experience Light. A person who used to wake up in the night with fright was taught to channel Light. Within a few days of practice the fright disappeared.

The Shift in Consciousness that we refer to is a Shift from fear to love, which is necessary to go from the Age of Fear to the Age of Love. So, the Light Age must begin within us. Only when we overcome our fears and establish love and Light within us we can enter the Light Age. In fact, if we can allow the Shift in Consciousness within us we need not wait for the Shift to take place outside. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Without fully activating the Chakras is the purification of the system possible?

A: If we are really serious about being pure we make all efforts. We need not link it to the energies from the Chakras. We must remember that we are in advanced times. As we meditate with the Light, the Chakras get activated by themselves. We don't have to practise separately or specially for it.

Q: Is chaos necessary?

A: I think it is necessary. Where there is chaos a churning process begins and new things emerge from this process. This happens at both the individual and global levels. Even at the individual level we have to allow this process of churning and introspect periodically. We should feel disturbed, only then we begin to think and pursue the truth. Otherwise we sit complacent, doing passive Sadhana.

Q: What is best in this Path?

A: Everything is best in this Path. For me the best is the contact with the Rishis. The Rishis bring us rare knowledge - authentic, genuine, non-confusing, undistorted knowledge. It is because of the Rishis we have so much of new energies, energies from Shambala and from Ra. Thanks to the Rishis. Otherwise, we would not know that Shambala is in the Gobi desert. We have protection at all times, even during Astral travel. The best in the Path is freedom. You are free - to meditate or not to meditate; to practice anything. In fact we encourage you to study other paths and understand everything. The best

in the Path is the links to Shambala and Ra energies and access to the Kundalini energy brought down from Shakti Loka and stored under the Kundalini Tower. Those who go there and meditate will experience these things. Cosmic Tower has entry points to other Lokas. We have great opportunity here.

Q: When we practice Oneness won't the negativities of those in the group affect the whole group?

A: No. We practise Oneness with great love and from the level of the soul. We don't bring out the negativities. Oneness brings out the natural love naturally.

Q: If a person sends negative energies to me what shall I do?

A: Do not worry about it. Remember if you are meditating even if not very regularly, the Meditations take care of all these things. The moment you have fear maybe the energies affect you. You have a shield. Strengthening it helps you.

Q: Will the shield given to us protect against the effects of radiation?

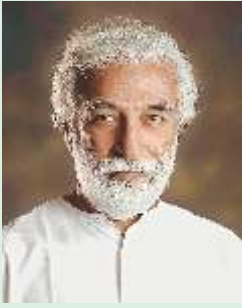
A: Radiation has to be dealt with at two levels. Mere Meditations do not help. The shield prevents radiation only to some extent. When such situations arise, the shield guides us to do the right thing at the physical level. Shield is of great help. But it itself is not enough.

Q: Do the solar flares bring Spiritual energies?

A: Solar flares do bring Spiritual energies. The Rishis gather these energies and use them. ■

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प्रकाश (Hindi)	10/-
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ಧ್ಯಾನಂ ಕೆಲವು 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.

APEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

On 5th March some Divine power woke me up at 5 AM. I looked outside and was spellbound to see the beauty of the Full Moon. I sat for Meditation to experience the Divinity that existed at that time. I channelled Light, practised the 'Kamadahana' technique followed by Meditation. I had a wonderful experience. It was as if my whole body became Light inside and outside and was filled with the Divine energy. I have never had such an experience before!

– Kusum Narain

Recently, I was thinking about two people with whom I had lost touch for many years. Out of the blue they both sent me 'linkedin' networking requests. I was surprised! I was wondering whether it was the effect of my practice of Oneness or that of Light Channelling. Neither of them had any particular reason to contact me as such, but I am glad they did.

– Manish Jaitley

I always carry Light in me. Whenever I am happy or face difficulties, I ask Light to be with me. I use Light for everything. It has become my best companion.

– Sridevi SVK

There is a flow in the Universe. When I am connected and aware of the Light I sense the flow and just go with it without questioning.

– Smitha Shetty

I feel showers of energies pouring over me during Meditation. There is peace of mind, confidence and contentment though my mind still wanders.

– Gurvinder Kaur

There are many big issues that are getting diluted or melt on their own. I feel I am just a watcher instead of being participant and worrying about it.

– Neelamegam

There has been an immense boost

in my life ever since I started meditating. I can see a distinct change in myself with a special ability to stay calm in the most trying phases of my life; and also a complete surrender to the Rishis. When I have to take extremely crucial decisions, I don't even have to ask for help. I remain calm, and my "work", however insignificant, is done! Thank you very much.

– Nandita Patel

I am going through severe distress and depression due to which I am not keeping mentally fit. However, after receiving the shield and meditating regularly, I have better strength to overcome the distress and keep me away from depression. I feel mentally energized and have been able to overcome situations with better intelligence.

– Meena Ganesan

I have observed that now I am much calmer, happier, loving, more patient and understanding, and more accommodative. My inner self is calm and peaceful despite turbulences happening in the outer self.

– Bharti Dudhia

The last three months have been a period of immense learning. My Meditations have improved a lot and there is a constant awareness of the situations. There is a change in the way I respond to people and situations. I am beginning to understand and experience a kind of inner joy for no reason whatsoever.

– Deepthy Raghavendra

After taking up Meditations I feel very positive about life. The feeling of sadness that I used to experience before has gone. I want to involve myself in creative work and not in wasteful activity.

– Vasantha Ramanujan