



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 10

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – February 2012 issue)

My Guru, Maharshi Amara, explained to us that we have been gifted with Free-Will. We are free to choose. Choose anything, even the wrong. He said, we grow in freedom. We may, sometimes, choose the wrong, commit mistakes and fail. But we learn and change. This is a very important truth that we have to understand.

I believe in freedom. All awakened people believe in this. Freedom is a sign of civilization; of Spirituality. We must allow others to express freely, live in their own ways and explore new ways of thinking and growing. Civilised people exercise their freedom without coming in the way of others' freedom. They do not hurt others, do not offend others' sentiments and beliefs.

When we exercise our freedom responsibly, we realize that we are, in fact, bound by certain unwritten laws and conditions. We realize that we cannot be free recklessly. We realize that we are not absolutely free. We have to respect the freedom and sentiments of others. We have to respect the laws of the Universe. I believe that freedom also entails responsibility. Responsible freedom indicates the height of civilization.

I feel sad whenever a book is banned, a film is censored and people violently protest against an idea or an expression, particularly, in a democracy. If a book, a film or an expression is offensive, the people will reject it. The governments need not act here. When governments act, there is generally a political agenda behind it. The governments should not forget that people have intelligence and reject what is not good for the society. But, we see, this principle is violated always.

For me, there is no difference between civilization and Spirituality. Tolerance, peaceful disagreements and protests and respecting others' freedom are signs of mature democracy. They are spiritual. As we advance in Time towards the New Age, a new Civilization develops. There are awakenings already. I see this from a high point. My hope is not based on pious wishes. It is based on visions of the future.

We are in the times of turmoil and stirrings in conscience. We are in the processes of great Changes. I am aware that the processes are painful. Confusion and despair are natural during these times. But we should not lose hope. We should not expect the people in power to bring in the changes. They lack vision and have their own agendas. But, instead of crying about them, we have to focus on our individual growth. We have to develop higher civilization. We have to become more Spiritual. We have to build up the energies for Change by our Meditations and pure Intent. We are the creators. We are the future.

Maharshi Amara was, amongst other Spiritual accomplishments, a great Time traveller. He had told us that the Kali Yuga was over and we are in the processes of Transition into the New Age. It is not far off. ■



MANASA FOUNDATION (R)

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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)
Newsletter Annual Subscription Rs. 300/- DD should be sent in favour of 'Manasa Light Age Foundation' Money Orders are not accepted

NEWSLETTER

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



Employees of Sangli Urban Co-op. Bank Ltd., Sangli, channelling Light.

NEWS AND NOTES

- Guru Poornima was celebrated silently in Taponagara on 31st July. Meditators gathered in the Meditation Hall and channelled Parabrahma's energies to the entire world.
- Regular students are requested to pay their monthly fees by 10th of every month. External students are requested to renew their registration immediately after receiving the reminder from us.

Special Meditation Technique for Sri Krishna Janmashtami

Imagine a huge globe of blue Light or the form of Lord Krishna, any of it. Enter this globe or the form as a speck of Light. You are inside Lord Krishna. Experience Him. This technique can be practised for any length of time, any number of times in a day. This technique can be practised for ten days in place of the regular Meditations.

On 13th September 2015 there is Solar Eclipse from 10.11AM - 2.36PM, and on 28th September 2015 there is Lunar eclipse from 5.41AM - 10.52AM. Please channel Light to the whole world during the entire eclipse period.

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

MEDITATION ON SPECIAL DAYS

05	Sat	Sri Krishna Janmashtami
06	Sun	Krishna Ashtami
11	Fri	Masa Shivaratri
13	Sun	New Moon Day Solar Eclipse: 10.11AM - 2.36PM
16	Wed	Worship of Gowri Devi
17	Thu	Worship of Lord Ganesha
21	Mon	Shukla Ashtami
23	Wed	Shukla Dashami
27	Sun	Worship of Ananta Padmanabha
28	Mon	Full Moon Day Lunar Eclipse: 5.41AM - 10.52AM

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
13-9-2015	Solar Eclipse Special Meditation: 10.11AM - 2.36PM Shambala Group meeting at 2PM
20-9-2015	Ra Group meeting at 2PM

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Before attending the job interview in May 2013, I prayed to Light to help me. I got the job though I was not happy with my performance in the interview. Working as an Agriculture and Finance Officer in a rural area has been a challenging job. Initially, I faced a lot of harassment. Light Channelling has given me the courage to face the challenges that I come across everyday, bravely, while doing my work. It has removed the surrounding negativity. I have been able to handle difficult situations calmly. I am able to reside in a positive environment that is helpful for Meditation and Spiritual growth. Light has always kept a watch on me and protected me. It has answers to all my questions and solutions to all the problems.

– Avinash Kumar, A Light Channel

After doing Light Channelling my mind is very clear and I feel really peaceful. While channelling, the Light passed through my body and I felt healthy. Thank you for teaching this wonderful technique.

– Rakshith R., Std. X, Christ School, Kaggalipura, Bangalore

I am practising Light Channelling in the morning and evening right from the day it was taught in our school. I like this technique very much. By doing this I am studying well. I am able to remain happy.

– Suresh K., Std. VII, Chennai Middle School, Trustpuram, Chennai

On one particular day, I was feeling very sad. After practising Light Channelling, all my sadness was gone and I felt very good.

– Ms. Lakshmi, Teacher, Kings High School, Bangalore

During the Light Channelling session at Jagtap classes I experienced a lot of energies, which I had never experienced in my earlier sessions. The students experienced calmness and they were very fresh after the session.

– Santosh Kore, Volunteer

TAPONAGARA DIARY

Seema Almel

The next generation of Taponagarites is growing beautifully in the Spiritual environment of the Manasi Energy Field. Born to Meditators these children have a clear advantage in understanding the Spiritual concepts and teachings easily. This was evident when three kids presented a short story they wrote as a puppet show. Om - a bright young boy, his sister Swastika - an intelligent child with artistic inclinations, and their friend Upasana - a student of Indian classical vocals, gave voice as well as sound effects to the puppets. They designed the frame, puppets and even the script by themselves.

The events of Guruji's Birthday and Mother's Day were woven into one saga of the power of Light and finding inner strength. Set in Taponagara, the story started with happy kids enjoying their playtime. A fever causing monster plans to disrupt all the joy; this causes kids to fall ill. When the worried mothers approach Guruji for a solution, he guides them to channel Light and access their inner strength. The mothers follow this advice and become one strong force. Next, they defeat the monster in the battle that ensues. All ends well with Guruji's Grace. The kids also gave an elegant vote of thanks and made the gathering channel Light for three minutes. Later, Upasana, our nightingale of Taponagara, sang a bhajan charging the atmosphere with devotion.

Rooted in Guruji's teachings these young Taponagarites assure a promising future. ■

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

Whenever people wanted to raise their Kundalini, my Guru always asked, 'Why do you want to raise your Kundalini?' Of course, people want it because they want powers, etc. But Amara said that it is not advisable to raise the Kundalini before we purify ourselves through Meditation.

February 2005

The sun rises every day, but every sunrise is different. We may play with the same child every day but there is a different joy every time. Every time we meditate the experiences are different. We may discontinue the classes and rejoin, but every time we do it, we will be in a different stage of Meditation. We gather here on every Amara Jayanti but every Amara Jayanti is different. There will be new energies. There will be new opportunities and there will be always more and new Astral visitors sitting amongst you and there will be Masters on the dais. The programme could be same, Guru is same but every Amara Jayanti is different. Amara is 'the eternal.' He lives always.

If I recount and try to assess my work, one of the most important works is to bring Amara to you. Amara lives in me, it is natural. I met him. I lived with him. Amara lives also in you. It is a very happy thing that Amara is a part of our Life. He is our Guru, parent, a friend, a moral support. He was perhaps the greatest Astral traveller. The works that he did at the Astral level are amazing. They may not come to our knowledge, as they are not revealed. He was very humble. This was his singularity. He was very patient. He used to listen to people. Every time he explained something, there was always freshness in it. There was such power behind his words because Truth has its own power. I never saw him

grumbling. I was told that once he took food to which salt was not added and later others realized about it. He never complained. In spite of the best efforts we always grumble and he never did that.

He never laughed at anyone. He used to joke. He respected even a small child. Once I was stunned when he stood up and said 'please come sir' to my son who was then a kid. He was teaching something to us. Everyone was close to him. He never used to thrust anything on anyone. He just casually went on placing truths before us never insisting that we accept them. He never tried to convince about anything. He gave us so much of freedom which helped us to grow. People felt elevated in his presence. Whether he talked or sat in silence, there was a silent communion at a different level. He brought a lot of knowledge. But he told us that he could not reveal all of it, as we were not ready to receive it. His contribution to the Spiritual world was great and unique. He gave us knowledge about Creation, about our origin, our descent and he explained about death and birth. I always say, "He added more knowledge to the essence of the Upanishads, simplified it and gave it to us as a gift." He gave the knowledge about Astral body, Astral world and Astral travel. He gave us the techniques. He took us to different worlds. His Astral travels are so amazing! He introduced the Rishis into our lives – the Sapta Rishis. Till we met him, the Rishis were only characters of the Puranas. Most importantly, we have the access to the Rishis. He gave us the science of Meditation and told us what is 'Spiritual'.

He explained the original meaning of Sanyasa. Maya is always considered negative. But he explained that Maya is a gift. He removed centuries old misinformation and

misinterpretations. He gave us the first doses of the knowledge about the New Age. He taught us to live this life fully first and think of Mukti later. It was he who gave us the most effective method of solving our problems. He said that most of our problems are the result of our own karmic effects. One can postpone the problem and one can remove it permanently by burning the Karmas. He said Meditation burns the Karmas.

Many of us have problems. When we meditate, somehow miraculously our problems get solved. He told us that Spiritual wealth is more valuable than the material wealth. We can easily prioritize our activities. He taught us Love. He taught us Vairagya. He said, "Vairagya is not throwing away this world. It is doing everything with Love, without attachment." He told us that all the Spiritual work that is going on in the world is one work and all this work is being monitored by one Rishi.

Amara's greatness was his relevance to the present. He lived all that he spoke of. He said that behind this Life, Creation, there is a great intelligence – God. He did not insist on believing or accepting God. He told us, "To live spiritually, you don't have to meditate; but, we do meet God in deep Meditation." We are fortunate because such Masters come down to this earth rarely and we rarely have access to them.

We express our gratitude to Amara by living the principles that he taught us. It is not easy. We are very sensible in choosing that.

We have to manifest the Divine. It is very simple. We have to express our gratitude by smiling always. We can make this a kind of contagious thing! We have to vibrate Love. We have to make every moment peaceful. We have to commit ourselves to Amara. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

02-06-2013

Guruji has beautifully explained that the Presence is always there. It does not fail to show us that 'It' is around us. God presents Himself in so many beautiful ways, like the singing of the koyal. We feel motivated and energized when we become aware and notice these things. The greatest example is the sky. It is always there. If we just look at it, something happens to us, something which cannot be explained in words. We feel so good.



Two of our students, very senior people, who hold senior positions in their professions, were being offered much higher positions, with tempting monetary benefits. But, both of them refused the offers, having decided to focus on Sadhana. They felt that they have enough and they have something higher to look to, something higher to pursue. It reminds me of the seventh Principle of Shambala, 'Draw the lines of contentment.' It is so nice to notice these things. On one hand we have such people who are able to draw the lines of contentment and on the other hand we see people on the television who have crores and more, but still want more power and more money.

We are very fortunate that we are with the Rishis. Drawing the lines of contentment does not mean that we throw away the comforts we have. It is realizing, what we have is enough. It is being practical and sensible. If we can do this we can have so much of peace. Guruji had told us that being sensible is being Spiritual.



When we meditate, we experience God internally as the formless. And when we come out of Meditations, if we can experience God in everything in His Creation, in whatever we see as His manifestation, then that is Yoga. Guruji explained this further and said

very beautifully 'Living the material life perfectly is also Yoga. Perfection in every activity is Yoga.' It is difficult, but it is possible. Otherwise the Rishis would not have spoken about it. We need not get disheartened by looking at our current Spiritual condition and get bogged down by the enormity of what we are trying to achieve. We are Sadhaks and the Rishis always look at the efforts that we are making and not the stage of our Sadhana. So making efforts in the right direction is what is expected from us.

23-03-2014

The contact with Rishis that Guruji had, if we can establish a contact like that it will help us to understand more about these structures in Taponagara which actually hold so many things. The only thing we can do is make use of the available knowledge, practice more and move in the direction of Rishihood or in becoming a New Age citizen. And as we make progress we will be given much more. I am sure about it.

27-04-2014

Guruji used to say 'minimise talks, avoid gossip.' I came across one more quote from Swami Vivekananda. He says, "Know that talking ill of others in private is a sin. You must wholly avoid it." I think it is not difficult to practise this if we really take this principle seriously. We enjoy gossiping. I believe that finding good things, appreciating the positive points in others is a greater joy. I can say it because I have experienced it. We feel expanded when Divinity manifests through us like this. We feel elevated. But if the negativity manifests through us we feel limited and unhappy.

Let us take one more principle – Humility. If we can really accept that cultivating humility is equal to

growing spiritually, then I think it's not difficult to practise it. The question we have to ask ourselves is, 'Do we really want to grow spiritually? Is it really our goal? Is that why we are here?' We have to be honest when we ask such questions and try to find answers. If it is not our goal then probably we are wasting our time in this Path. We can pick up one principle at a time, practise and go on perfecting our practice; we will realise that slowly we begin practising all the principles.

It is important for us to ask such questions periodically like, 'Why all this knowledge and all these energies haven't helped me to grow sufficiently to the satisfaction of my expectations?' If we begin making use of the opportunities we will observe that there will be shifts, there will be growing.



It is easier to deal with a situation when there are two parties involved, where one is completely right and the other is completely wrong. We know we have to side the person who is right. But it is difficult to deal with a situation when both sides are wrong, or when both sides are partially right and partially wrong. This is the problem I think with our world currently. Whose side can the higher forces take? Whose side can the Rishis, God take? They are monitoring the developments on this earth. They want to help us. That is probably why the Rishis spoke so much about choosing Light. Guruji spoke a lot about choosing, choosing Light and the importance of choosing. He said 'choose, that is enough.' When you choose you come on the side of Light. When majority of people go to the side of Light, choose alignment with Light then it will be easier for them to bring down the New Age for us. Until then, we can grow, channel more Light and wait. ■

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)

God's grace in my opinion cannot be earned. It is always present. We can never run out of it. Everyone qualifies for grace. Guruji had said grace comes out of God's love for us. God loves everyone, and therefore everyone receives God's grace. God loves us regardless of whether we believe in Him or not, regardless of whether we love Him or not.

Grace is from the absolute realm and it is an absolute truth like God's omnipresence and His unconditional love, whereas good fortune exists only in this relative realm of opposites. In the relative realm everything is finite, limited. So even good fortune is limited. Since grace is an absolute truth it has no opposite, and there cannot be less or more of it. Grace is always present and it is infinite.

There are many people in this world, especially those who are suffering, who believe that God does not love them and therefore they believe they are not receiving His grace. For good Karma we have to make efforts and earn it but no effort is required for grace. We cannot understand all the reasons behind a person's suffering but it is definitely not because of a lack of grace.

All the wrong choices that we make consciously or unconsciously keep God's grace away from us. If we believe that God does not love us, we judge ourselves as unworthy of God's love and we start believing that we do not deserve His grace. Such a strong belief combined with a feeling of unworthiness can prevent us from receiving the grace. It is for this reason it is most important to love and forgive ourselves. If we can do this, the floodgates of grace will be opened on us. If not, then the Universe cannot love us because we are the Universe.

One very important and effective way of receiving God's grace is

through the expression of gratitude for all that we have already received. Being unaware of the grace that is already present is like a wealthy man who believes that he is poor. All the beauty in nature, the music, the sunset, the flowers and the birds are a manifestation of grace. If we don't recognise them we miss them completely. It is the same as not having them.

Expressing gratitude is an important part of positivism. Recognising God's grace in every moment is an essential part of living life fully. This should lead to more gratitude, which in turn leads to more grace, and ultimately gratitude leads to abundance. Abundance is having enough to meet our needs. Vairagya or non-attachment is an aspect of true abundance. A strong ego comes in the way of expressing gratitude, and hence it blocks the grace from reaching us.

A simple way of receiving anything is to give it to others unconditionally. We already know this in the context of Light Channelling.

Another way to receive grace is through Spiritual transformation. Guruji had explained that when we make a serious mistake we attract Karmas. Deep and sincere regret clears the Karmas and transforms us. When we transform we get aligned with the Divine, and grace flows automatically.

Just like God's grace the Guru's grace is also unconditional and ever flowing. We require the Guru's grace to reach the highest Spiritual state but whether we are able to receive it or not depends on us.

Guruji had said that when we truly surrender our ego the grace flows fully. He had also said, "When we realise that every breath we take is God's grace, our Sadhana ends." ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Guruji, what makes you happy?

A: So many things I can list out. If you meditate I will be happy. When I realize that what I am conveying is understood by the other person I feel really happy. When someone has a genuine experience I feel very happy. When you ask a good question I feel happy. I feel very happy when I receive a kind of communication from an inanimate object. When I expand in the Ocean of Light naturally like any of you I feel happy. When I think of my Guru I feel so happy. Sometimes I receive a kind of instruction from Master V, then I become very emotional and I also feel very happy, naturally. Whenever I meet a soul from the past I feel happy. When I interact with people who are simple, good and honest, I feel very happy. I am very happy when I think of children channelling Light. I am happy that I am continuing the work of my Guru, this project, teaching and training in Meditation.

Q: What makes you unhappy?

A: When I look at the newspaper in the morning it makes me unhappy – murders, rapes, scams etc. When I see people drifting away from the Rishis, I feel very sad. Sometimes people drift away a bit, unconsciously, but when they become aware of this they come back. I am very happy to note these things but I will be observing all these things naturally. Anyway there are many things that make me unhappy.

Q: What was the vision of God that Jesus had in his time as far as the form is concerned, formless or with form?

A: Jesus was one of the greatest Masters in the Creation. He always had contact with the formless God. He met Gods having forms. But he always experienced the formless all the time. He lived in God all the time.

Q: What kind of techniques did Jesus teach to his disciples?

A: He deliberately taught very simple techniques, like maybe repetition of a Mantra; if not a Mantra a few words, so that they in turn would teach others these techniques. But more than the techniques, he taught what Love is. Perhaps no other Master talked and taught about Love like he did. At the same time at the Astral level he taught his disciples various things and also trained them because they had to do a very tough job.

Q: From which Loka does Santoshi Devi come?

A: Santoshi Devi is the Goddess who is in charge of all the healing energies here in Taponagara. This Goddess comes from Shakti Loka.

Q: At the beginning of Kali Yuga do the dark forces inject negative energies to the planet?

A: Till Kali Yuga the dark energies will be dormant. Once Kali Yuga begins these energies are released, not injected, and are available all over.

Q: Is the frequency of Light higher during Satya Yuga?

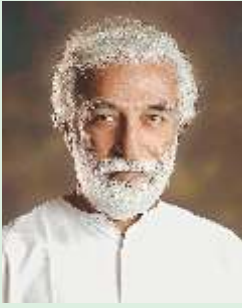
A: During Satya Yuga we have more Light of the highest frequency.

Q: Does laughter come from the soul?

A: Of course it comes from the soul. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
Living in the Light of My Guru	220/-
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Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Gurujii Speaks Part - I & II	each 200/-
Gurujii Speaks (Vol 3)	150/-
Gurujii Speaks (Vol 4)	250/-
Gurujii Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
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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.

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)

One day while experiencing the fist size sky, I saw the sky for a few minutes and then I saw something of the size of a fist and suddenly pure white Light began coming out of that. It was very beautiful. I felt elevated and very light. I did not feel like coming out of that state.

– Saroj Sawale

Recently, on a Sunday morning I saw Guruji in my dream. I was suffering from stomach pain since one month. I told Guruji, 'I have a lot of stomach pain Guruji.' Immediately Guruji hugged me as if I was a small baby and in the next minute the stomach pain was gone! Even though I am not meditating properly, I have received Guruji's help. I have no words to express the love and care of my Divine Master. I can always feel his presence.

– Sunitha Kumari

During the Meditation in Taponagara on Shivaratri, I went to Kailas. I entered a Shivalinga along with Lord Shiva who was full of Light. He took me around inside the Shivalinga in all the directions. But I could not see the end or a boundary. I felt dizzy and requested Lord Shiva to stop and that is when I heard Jayant Sir announcing the end of the session. After reading Guruji's article in the March issue of 'Prakashmarg', I was convinced that it was a genuine experience.

– Meera Rane

On 30th June I had very important work to finish. In the morning I requested Light to be with me during the day and help me with my work. On my way to work for a short period I felt a strong tingling sensation in my whole body. I felt as if I was gliding and a very strong Presence indicated that I was

not alone and there was a higher power to help me. All my work went on perfectly and in my best interests.

– Varun Longani

I start experiencing Light as soon as I sit for Meditation and start doing the Saptarshi Pranayama. I start feeling significant waves of Light coming out of my forehead and expanding which continues throughout the Meditation period. The Light inside me keeps on getting brighter. It is a transparent and radiating Light.

– Sanjay Manohar

I feel Light has helped me behave in the right manner and resolved one of my financial problems which has been a great relief for me.

Thank you for your guidance. I am blessed with Love and Light from Guruji. I continue to face challenges and remember Guruji's words that Meditations slowly remove all our problems or help us deal with them.

– Utakarsha Malkar

After taking up Meditation, there is less anger, less irritation and frustration. There is more of 'let go', more quests for true freedom, peace, craving to go back home, to be in God's lap and be in eternal peace.

– Meena Rana

On 12-7-2015, in the Sunday class, through Jayant Sir's speech and Guruji's video I got all the answers to my questions and also solutions to my problems which I was facing in my daily life since months. It was like a Spiritual class where a student gets answers without asking questions. I thank Guruji from the bottom of my heart for the knowledge and the guidance to lead a sensible life.

– Anitha K A

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