



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

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AUGUST 2016

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**REFLECTIONS**
**Guruji Krishnananda**

(Excerpts from old Newsletter – October 2011 issue)

I have been observing this for a long time. What we emote and think within gets manifested outside in our lives. If we experience joy within, there is joy outside. If we are peaceful within, there is peace outside also. If we are angry within, there is disturbance outside. If we carry a lot of negativity within, it manifests even as accidents outside. Shortly, we create our destinies.

There are destinies created from the past lives by our Karmas. But, we can alter these by Meditations and clearing these energy tracks. In day-to-day living we create new tracks, new destinies.

We are not alone. We are linked to one another on this planet. It is not merely to other human beings but also to all other lives. To nature, to environment and to all energies operating on this earth. When we are creating destinies for us, the individuals, we are also impacting the collective destinies of the whole planet. The Rishis meditating in Himalayas and other places are aware of this very well. That is why they spend their lives meditating and creating peace and harmony for the planet.

People in power who are manning various systems follow greed and violence. They are creating suffering and pain. The enormity of their contribution to these is so huge that all the Meditations and welfare energies appear ineffective against them.

We are aware that we are transiting from the Dark Age to the Light Age. More and more people are awakening. More and more are meditating and are strengthening the processes of the Transition. In this time of new destinies taking shape, it is the duty of every citizen of this planet to emote, think and create conditions for the New Age. We have to become aware of the subtler processes that lead us to Peace and Prosperity and begin to consciously work for the New Age.

This is our planet, our shelter. We have to keep this peaceful and live peacefully. It is true, though it may be difficult to believe, that we can prevent wars, earthquakes and all types of suffering. Let us awaken to this reality. Let us create Peace and Harmony. ■


**MANASA FOUNDATION (R)**

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## 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)

at Saptarshi Dhyana Kendra

on Tuesdays (11.30 AM – 12.30 PM,  
5 PM – 6 PM) at Shri. Manjunath  
Shastry's house, Gandhi Circle

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

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amount.



Guruji Krishnananda's Birthday celebration in the Residents' Meet.

### NEWS AND NOTES

- Amara's Maha Samadhi Day will be observed in Taponagara on 28th August 2016. For participation, Sadhaks may register their names by 26th August at Manasa office.
- Meditators in the Shambala Group met on 10th July 2016 to receive special energies from Shambala.
- Meditators in the RA group met on 17th July 2016 to receive special energies from RA.
- Meditators gathered in the Meditation Hall at Taponagara on 19th July and celebrated Guru Poornima silently by channelling Parabrahma's energies to the whole world.

### MEDITATION ON SPECIAL DAYS

01	Mon	Masa Shivaratri
02	Tue	New Moon Day
11	Thu	Shukla Ashtami
12	Fri	Worship of Mahalakshmi
13	Sat	Shukla Dashami
18	Thu	Full Moon Day
25	Thu	Amara's Maha Samadhi Day Sri Krishna Janmashtami
28	Sun	Amara's Maha Samadhi Program
30	Tue	Masa Shivaratri

### PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
28-8-2016	Amara's Maha Samadhi Program

### AMARA'S MAHA SAMADHI PROGRAM 28-8-2016, Sunday

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

### PROGRAM AT ANEKAL

Amara Maha Samadhi Day will be observed at our Saptarshi Dhyana Kendra on 25-8-2016 at 11.30 AM.

### 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.

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Mathematics is a difficult subject for my daughter. She was preparing for the tenth standard exams. She had holidays for five days before the Maths paper but she got very stressed and after two days she began crying that she did not know anything, did not remember anything. I sent Light to her and asked her also to channel Light. The question paper was difficult for everyone. But I had asked her to remember Light and she had done that. The CBSE Board results are out and she has scored 93% marks overall and 91 marks in Maths. This has been possible only due to help from the Light.

– Kranti Dhamdhare, A Light Channel

A small girl travelling with her father in a suburban train was seated next to me and crying uncontrollably due to severe toothache. Her father and everyone sitting around felt sorry and helpless, and were restless due to her persistent crying. I channelled Light to her affected tooth for ten minutes. After some time she got down at her destination smiling and totally oblivious to the fact that she had toothache sometime before. It made her father also happy.

Once I had a very bad and severe headache in the afternoon while working in the office. I could not afford to leave for home. I channelled Light and got rid of the headache instantaneously.

– Rajendra Rangnekar, A Light Channel

When I channel Light I feel so good, peaceful, energetic and happy. Every day feels like a new day. I can be alert in the class and concentrate on the lessons.

– Neethu P., Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

Light Channelling keeps me calm. If I have any problem, I channel Light for some time and it helps me forget the problem. It relieves me of stress.

– Sirisha C., Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

## TAPONAGARA DIARY

Seema Almel

A Master's legacy is his Teaching. He bequeaths his life's work to his Missionary and it is for the followers to live the Teachings. Taponagarites always keep up their efforts in living all that Guruji has taught. Their commitment and continued attempts are compensatory to all that is lacking, because the collective resolution to rise Spiritually as a community is no easy task.

In the last Residents' Meet, Guruji's Birthday was celebrated with a lot of enthusiasm. A special devotional diya performance was given by the young teenagers of Taponagara. It was conceptualized by Ms. Shruti Sudhakar and ended with the shloka 'Gurur Brahma...'. While the shloka reverberated in the hall, every heartbeat went in sync with Divine Love for Guruji.

Some ladies came together and performed a sing-along of two of Guruji's bhajans. Both the bhajans were about Guruji's Vision for Universal Oneness. The audience was inspired to sing-along one of the bhajans. Every Resident sang wholeheartedly; each word was as though an assurance, a strong prayer to Guruji that Taponagarites understand His Vision, His Mission and His expectations from them. Residents meant what they were singing; it was like a loud affirmation of the intent with which Guruji founded this Spiritual Community. Verbalizing the purpose behind Taponagara, using Guruji's bhajan as a Mission statement, was a gift to Guruji on His Birthday. ■

## LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

**Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.**

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit [www.lightchannels.com](http://www.lightchannels.com)

## SHAMBALA PRINCIPLES

These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. They live in Peace and Perfection without ageing.

- 1 Experience the Light in your Core and spread it around.
- 2 Experience and spread Love.
- 3 Experience the Oneness of Life in everyone and everything.
- 4 Carry on the daily activities first in mind, then verbalise it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising talks about it.
- 6 Gear up the body, mind and intellect to fight out the negativities.
- 7 Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.



### THUS SPOKE GURUJI

Excerpts from Guruji's talks  
(Compiled by Shobha K. Rao)

May 2005

We have to understand the way the Rishis work. We have understood the Rishis and I am very happy about it. Whenever there is a crisis, we just think of them. Last week, I received a message from a person, 'there is a crisis.' He wanted help. I prayed to the Rishis. The Rishis said, 'we already know it.' Naturally the person would have prayed. They said, 'we have already attended and the crisis is over!' At the human level, I wrote back saying, 'the Rishis will attend, do not worry.' I received the reply, 'yes, thank God, it is over!' I don't really know what this crisis was about! I guess in my own way. I have my own limited intuition. The Rishis are a part of our lives. When we think of them the problem is immediately redressed. We have to understand the Rishis. We have to understand them more and, there is more and much more.

The Rishis also have to follow certain laws. In fact, they have to follow all the Spiritual laws. We are not aware of many of these laws. For example, when people come to us and ask whether they will get a particular job, the Rishis cannot say, 'this is the job you are going to get.' Rishis can never say, 'this person is your soul mate.' We will never know about our soul mate, until we leave the body. Generally, we meet our soul mates, but not always. Sometimes, we marry some other persons for various reasons. The Rishis cannot reveal the reasons. The Rishis can never reveal, on which day and time a person will leave his body. They will never tell us that a person is going to meet with an accident on such and such a day. But they give enough information, warnings and cautions and say, 'you

are going to have a problem, be careful.' The Rishis can say only that much. There is another aspect – at the human level we have to go through certain processes, certain experiences. May be one has to attend ten interviews and go through the experience of attending them. When such a person comes to us, we bless him and we know whether he will get the job or not. Similarly, with marriage and many other things. And we have understood the Rishis' work. If you have faith and follow them, somehow they will always guide. There are instances when we have said clearly, 'you take up this work; you leave this job; marry this person or don't marry this person.' But every time we cannot say like this. I want you to know that the Rishis will be monitoring all these things. They will be guiding you at the Astral level and at no time any individual is let down.

We had a kind of difficult situation and we wanted to talk to a person at the Astral level. I and Amara went to this person astrally. This person is a wonderful and very good person. But, we found that he had such a lot of ego. I was shocked. He began arguing with Amara! Think of the incident when the Rishis asked Amara to sit on a stool. It is such a funny thing. He was sitting and all the family members were laughing and he too was enjoying it. He sat on the stool and Rishis did not tell him why he had to sit on a stool. Imagine sitting on a stool the entire day! We have to follow the Rishis blindly. The Rishis always know better and Amara knows better. When he says something, just accept it. When we don't accept, it indicates that we have a lot of ego and whenever there

is ego, the sad part is, it pulls down the person from any height. One may reach the peak of Himalayas, but his ego will bring him down to 'ground zero'. I was a little sad about it. Then with the permission of Amara - I never do anything without his permission - I went to him the next day astrally, and sat by his side and explained to him a lot of things. As this person is essentially a very good person, he understood. I told him, 'never argue with your Guru. I am your Guru. Never argue with me! You were talking, teasing, etc.' Anyway, I am telling you these things because all such examples will help us to behave in the proper way. For me, whether a person argues, whether a person listens is not important. What is important to me is whether a person makes progress. My concern is only that. If you are with the Rishis, even if you argue, even if you are irregular in Meditation, you will somehow move on; somehow make Spiritual progress.

'Akshaya Tritiya' comes once in a year. This is an auspicious day. On this day, people normally buy gold! Let people buy gold. We shall have much more than gold. This is the day when we make resolutions or sankalpa. We have to resolve about our goals - material and Spiritual - in the morning. When you wake up, sit before God and think of Rishis and make the sankalpa and pray, and meditate if you have time. I wish you good luck because all these will come true.

Sadhana is just making ourselves available to the Rishis. Let us open up ourselves to the Rishis and they will give us so many things. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

07-12-2014

One of our Meditator students mentioned to me that he couldn't keep his body still while meditating. The upper part of his body would move. We know that during Meditation we try to establish stillness in this system. We try to keep the body still by sitting in a posture. Then we are given a Mantra to establish silence in the mind and we are given the practice of Dharana, a discipline related to the intellect, to silence the intellect. To practise Dharana, we think of something, think of Light let us say, which helps us to silence the intellect. That is how we try to still this entire system of body, mind and intellect. When we silence this system, our Awareness rises to the higher layers of Consciousness and then we experience something higher. So establishing stillness in the system is so important. If we are not able to keep the body still, then the system will not be still. There will be a disturbance and we will not be able to meditate properly.

So, in this case this person's body would make movements without his knowledge. When he sits down for Meditation or during Meditation in between suddenly the body will begin moving. And based on whatever we have learnt from Guruji, I realize that this could be due to some past practices either of this life or of the previous lives. But if we persist with our practice sincerely, the Rishis find solutions for any problem. When we are sincere in our practice all obstacles in Sadhana are removed. This person told me a few days back that he doesn't have this problem anymore. He persisted sincerely and Rishis must have helped him at another level. From this experience

of this wonderful person I realized that sincerity and persistence in Sadhana helps.

I was very much touched when I was going through one of the talks of Guruji delivered in the same hall fourteen or fifteen years ago. In that class Guruji had mentioned about a similar problem a person had. And this person had done Sadhana for 17 years in some other path, and he had a similar problem. He could not keep his body still. And in that class Guruji mentioned that Rishis have attended to this problem and now he is able to meditate without any problem. Such experiences assure us from time to time that the help and guidance from the Rishis continues. It assures us and it also motivates us.



Can the negative vibrations of others affect us while we are interacting with them? As I understand it depends on our Spiritual strength. If we are strong, then we do not have to worry. Maybe our positive vibrations make the impact on the other person. If we are spiritually strong, we will have a shield of our Spiritual strength. This shield will protect us from all types of negative energies. If the person is carrying negative energies, this shield will protect us. Yes, if we are not strong spiritually, it is quite possible that we may get carried away. We may get influenced by the negativity.

Should we then maintain distance from such negative people? First of all how do we declare that this person is negative? Anyway, if it is possible we can maintain distance from the person. But sometimes it may not be possible to maintain distance. What do we do at such times? We can carry Light, connect

to the Light and then interact with the person. We can try to relate to the positive aspect in him. Every person will have both positive and negative aspects in his personality. People are not completely negative. Everybody carries Divinity in them. We can connect to the Divinity in them. I feel maintaining a distance is fine but, a strong dislike or hatred may not help us. If we can carry love, this love will somehow connect us to the Divinity in the person and then there will be no problem.

If we carry a strong dislike we will not be able to connect to the Light in him. It doesn't help the person and it does not help us also. And if we carry this dislike, it keeps us connected to the person in a way because when we carry strong dislike we will be thinking about him most of the times. We will remain connected to him and we will get stuck in Sadhana. That's why I feel we do not have a choice but to go beyond such strong dislike or hatred because we have to move on. So, growing stronger is the only way to deal with negativity.

I feel this can be applied not just at the individual level but even globally. If the collective Spiritual condition of the humanity rises, if collectively humanity grows spiritually stronger, then the darkness will not be able to make its impact on people. The darkness also needs its channels and when it does not find its channels it becomes weak. Then the New Age can get established easily. That is what we are trying to do in our own small way at this level. But the Masters do it at a huge level, at the global level. And if we can gear up our personality and let no part of us become a channel of the dark, we can establish New Age individually inside us first. ■

## 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 Dshpande.
- ◆ 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.

## AN OPPORTUNITY

Usha Satishchandra

“Meditation is an opportunity to create our individual and collective destinies. It removes the root cause of all problems permanently.” “Spiritual strength does not come through intellectual knowledge. It comes only with the Experience of Light and Truth.” These are Amara’s words, passed on to us by Guruji. His words carry such energies and wisdom that they are directly imbibed into our system.

Both Amara and Guruji complimented each other. A sync of aspirations, dreams and visions in perfect alignment with the Universal vision! Guruji never missed an opportunity to pour Amara’s Love and wisdom into our hearts... as a legacy. If we have perceived Amara, it is through the eyes of Guruji. In that way we have never missed having met Amara. For, Amara lived in Guruji and Guruji manifested Amara unconditionally!

Such Masters burn their entire life to give life to others. Their endeavour is to tap the Divine Potential within us and awaken us to become a Rishi! At our feeble attempts to reach our true potential, Amara reassures, “The Rishis do not look at our faults. They see whether we are ready for the change.” When we choose, they strengthen our resolve to grow and spread their dream and vision for the humanity! The challenge of Sadhana is in pursuing which becomes effortless with their grace. In gratitude and respect when we offer ourselves, Amara blesses us with energies that create and provide opportunities. An opportunity to eternity! Let us welcome Amara into our hearts on every such occasion and seek him to learn and love. ■

## MAHARSHI AMARA

Vaishali Joshi

Guruji introduced us to Maharshi Amara and made him an integral part of our lives, so much that even though we have not met him physically we feel very close to him as if we have known him personally.

His entire life holds lessons for us on how to live a perfect and a balanced life – living life here properly, fully and at the same time living a life of total surrender to the Rishis and commitment to their work.

Maharshi Amara was a Spiritual giant. He could commune with God and had fully developed higher faculties like the Third eye, Astral travel, entry into other dimensions etc. He said, “These faculties are not superfluous for our life here. They are our innate capabilities. With these, we can understand higher realities, the temporariness of this life and the necessity of outgrowing all our limitations to attain the final freedom, Mukti.” At the same time he cautioned that these faculties are not for our own use. They are to be used only for Spiritual purposes under the guidance of the Rishis.

He said, “Meditation is a journey in Consciousness as we advance. It silences, cleanses and prepares our system to go through higher experiences, which will eventually transform us into higher beings. We will be gradually linked to our Source and receive all knowledge directly.” He explained that struggling, learning and moving on are a part of the process of growing, and there is no substitute for steadfast adherence and unrelenting efforts. Even now he continues to gently guide us on this journey from a distant galaxy with great patience and love.

We are blessed that we have access to such a Great Master. The only way we can express our gratitude to him is by living in his Light and walking on the Path shown by him. ■



**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: After Meditation I see a light blue haze. Does this indicate my Spiritual progress?**

A: No. Seeing visions, having experiences, even very great experiences don't measure the Spiritual progress.

**Q: When we turn into Light bodies do we have to leave our families and go to another plane?**

A: About Light bodies and life after that we don't have very clear information. Only when you attain Light body you will know that you will have very great responsibilities. Then a person will not run away from any responsibility or any work.

**Q: Is Revolution possible only by channelling Light?**

A: No. The Light provides wisdom and courage. Light also awakens. When we are awakened, we have to reject all that is not right, all that is dark, which means we have to choose goodness and honesty and adopt it in life, in all details. It is then we can say that we are working for Revolution; then the Revolution begins and it begins with individuals. Then the systems change. Revolution by Light works at all levels - at the level of the energy, at the Astral level and at the individual level. The individual level is very important.

**Q: Should the Meditators practising the old techniques switch on now to the new techniques of Light?**

A: You have to update yourself with the latest knowledge. You must know that there are new energies on this earth which are awakening people. You must know that there is an Astral world; that there are Astral

Masters and the Rishis. They are ever ready to help and guide us. With all the knowledge of these things if you continue with the old techniques and add Light, Light Channelling to your Sadhana, it's enough.

**Q: Does detachment come from greater Love?**

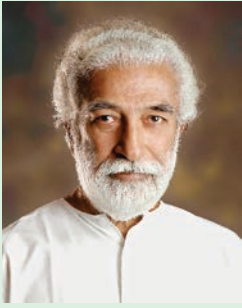
A: Detachment comes from Love towards greater things, greater realities that make us detached. Example - God, bliss. If we experience bliss, we give up lower pleasures.

**Q: At this point of time, which is the most important thing we have to do apart from channelling Light?**

A: Carry Light always. We channel Light but again during all the other times, carry Light, experience Light more. That is the most important thing. Light will provide us not only energies but also knowledge and wisdom. Experiencing Light keeps one connected to the Rishis, the Light Masters. This experience expands our Awareness. Our thoughts will always be universal in nature. We become universal. It is only then the Universe takes care of us and will guide us in every detail. The experience awakens people. If you are more awakened you can help others. At this point of time, be alert. Study what is happening in the world around you. You will understand much more. At this point of time, live in this world, but try to be distant from the world. You have to focus on Sadhana, growth. So keeping a little distance helps. At this point of time continue your normal life, but be careful, cautious. Be judicious. Check with your own intuition. ■

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Light	10/-
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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)

I was jolted out of deep sleep due to the loud honk of a reversing car outside my house. While in that semi-sleep state I noticed that my deeper Self was channelling Light to a person to whom I usually send Light consciously. There are many layers of our own Self, which we generally do not perceive.

– Seema Almel

I have recovered from a spinal problem and realized that I had stored a lot of negativity in my body, which festered as a medical issue. After deep introspection I have decided to be positive. Even though I face negativity around me I do not allow it to affect me and I have learnt to stay away from it! I have negligible back pain now. Grace of Guruji and the Rishis is unfathomable; we are always showered by it.

– Pratima Vadgama

My Sadhana has become more focussed and often I feel there are messages being given to me. Most of these messages are like reminders to do things which I must do, be it Sadhana or other work. My Sadhana is the most important part of my day and the more I focus on it, the more I feel someone is literally holding my hand and guiding me in everything I do.

– Vinamra Longani

My friend who is not a Meditator expresses a lot of gratitude for introducing him to Guruji's knowledge and principles. He says he is getting a lot of help and love from people around him by following Guruji's words.

– Vinay B K

My Meditations seem to have become deeper and somehow 'sturdier' since the last few weeks.

– Rajalakshmi R

Throughout the day I feel joy and feel that I exist in a higher dimension; but I am functioning with perfect clarity and ease at the physical level. My intuition has sharpened further, and I can easily see the consequences of people's actions as well as my own, both good and bad ones.

On Buddha Poornima night in two dreamlike visions, I saw Lord Buddha surrounded by wisps of rising energies. It was simply divine to see Lord Buddha enveloped in these, being worshipped with these! The entire vision was in shades of amber, gold and orange, sacred and unforgettable.

– Vidya Virkar

During the Orientation class webcast when we were experiencing blue Light the Awareness about the Light suddenly expanded till the sky. During the entire duration I felt as if the whole body was becoming bigger almost reaching the sky. I did not feel like coming out of that state.

– Kranti Dhamdhare

I am very sensitive by nature. I used to suffer a lot when people did not behave properly with me. Recently, I was treated badly by one of my close relatives and my tenant left without paying the rent. Though I felt bad I did not suffer; I accepted it coolly. I am happy with this transformation in me. It is an invaluable gift given to me by the Rishis. I am thankful to them.

– Shobha Hiremath

I am able to accept tough situations with calmness. I feel grateful for the Rishis' presence and guidance when situations change for the better.