



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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**REFLECTIONS****Guruji Krishnananda**

(Excerpts from old Newsletter – December 2011 issue)

The year is ending. A new year is around the corner, waiting. And there is a big Shift. A shift in Consciousness.

The shift was predicted and much awaited. The mystic Light Workers watching the progressive Transition processes have noticed the shift and are observing its impact.

There were no very big destructive incidents. They were not expected by the observers and workers of the Spirit. The impact would not be sudden, a one-time event. It would be gradual and spread over months. Its beginnings are noticed by the alert observers.

The Shift would create further awakening in people. We awaken to the reality that corruption of values is the root cause of all our problems. We become intolerant and disgusted with the ways the world is being governed by the corrupt. We may not come to the streets to protest. But every one of us does reject the corruption of values in any area, not just in politics and governance but in every area: education, medicine, religion, new age business..... This rejection vibrates and builds huge fields of energy and works at a subtler level. We can see its impact at the physical level. This is how Pralaya works. Pralaya is not destruction but change; Transformation. It works more from the subtler level.

The shift creates new opportunities for us to choose. Choose the right ways to live. Right ways to think. Right ways to emote. We do these naturally, without any external promptings and preachings.

The Shift is also an opportunity for us to say “sorry” for our mistakes of the past. And we are forgiven! Forgiven by the Universe, by the Avatar, by the Lord of the second coming. We can call it the Judgment day. The day is not a day but a period. And judgment is not bestowing punishment. It is forgiving and allowing us the experience of Love. The shift brings in floods of Love energies. Here, we never drown but float always.

The shift is a blessing from the Universe. All of us may not be aware of its presence straight away. It does not matter. We need not know. But it works. That is very important. ■

**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)

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

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Light Channel Volunteers met in Taponagara, on 10th January, to discuss and plan their work in schools on February 1, 2016, the 6th World Channels Day.

**NEWS AND NOTES**

- Monday, February 1 will be observed as the The World Channels Day. Close to a million children from thousands of schools are expected to channel Light on this day. Please join from your own places by channelling Light for 7 minutes at any convenient time on this day.
- Amara Jayanti will be celebrated in Taponagara on 7th February 2016. You are welcome to join us on this special occasion. You may please register by 4-2-2016 in Manasa office.
- More than 150 Shambala Group members met in Taponagara and about a hundred more joined from their own places on 10th January 2016 and were initiated by the Shambala Masters.
- The first meeting of the RA group in the year 2016 was held in Taponagara on 17th January 2016.
- Our Telephone number (080) 28465280 is not functioning properly at times. Please contact us at 9900075280 or alternatively at 9663318005.

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

**MEDITATION ON SPECIAL DAYS**

01	Mon	Amara Jayanti Krishna Ashtami World Channels Day
07	Sun	Amara Jayanti Program Masa Shivaratri
08	Mon	New Moon Day
15	Mon	Shukla Ashtami Ratha Saptami
17	Wed	Shukla Dashami
22	Mon	Full Moon Day

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
07-2-2016	Amara Jayanti Program

**PROGRAM AT ANEKAL**

Amara Jayanti Program at our Saptarshi Dhyana Kendra on 01-02-2016 at 11.30 AM.

**AMARA JAYANTI PROGRAM  
Sunday, 07-02-2016**

11AM	Welcome Speeches Special Meditation
12.30PM	Prasada

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

In St. Joseph's school, sisters had come for a retreat from all over India and some from abroad. Sister Rosemary who knew our Guruji very well and had the chance of meditating with him explained to the Principal about Light Channelling. During the retreat they channelled Light for half an hour and requested all the nuns to go to their respective area and channel Light in their schools. 400 nuns had channelled Light. Sister Rosemary says, "Light Channelling Movement is spreading everywhere and I am part of this, and I am with you all always."

– Shobhana Kulothungan, Volunteer

On the last World Channels Day, the Principal of Vishwabharati School and College, Uttarhalli shared his experience, "This Light Channelling technique is very effective and relaxing. I am very happy and thankful for it." The degree college Principal said, "I felt very happy and peaceful after the session. We all need this type of technique in our life and we will practise it every day." At SVS eTechno School, Chikkalsandra, which is run by a father and his three daughters, one of the daughters said, "We could feel the peace and the love in the session as well as in the volunteer." The sessions were amazing. I could feel the peace and the vibrations in the whole session. Though the time flew very fast on that day, immense energy, blessing and grace from the Masters were showered.

– Anitha K. A., Volunteer

On the last World Channels Day, in one of the schools, I felt a lot of stillness during the session. Time was not moving at all! After I conducted the session the students conducted the sessions again twice. Still the time was not moving. I had to leave that school to conduct session in another school.

– Pavithra Thokur, Volunteer

## TAPONAGARA DAIRY

Seema Almel

Every time Taponagarites are posed with a severe test, they display resilience. The deep Spiritual roots keep them stable despite the vagaries of Time. The shared commitment to the Sapta Rishis Path keeps everyone in Oneness mode despite differences in personalities and opinions.

The New Year was welcomed by Taponagarites on 31st December Residents Meet. Residents gathered at Sudhakar sir's home. Oneness technique was practised, kids enjoyed bursting firecrackers and later dinner was arranged at the dining hall.

The last Sunday of the year 2015 was a day of twelve hours of continuous Light Channelling. From 6 AM in the morning, Meditators started channelling. Through the day others joined for various durations. Breakfast, lunch and evening refreshments were provided.

As the New Year pulls forward there are lessons which Taponagarites continue to learn. As taught by Guruji, honest introspection always shows areas of improvement and Perfection is a continuous process. Respecting and following the administrative system established by Guruji is compulsory. Living in Taponagara is an opportunity and a responsibility. Taponagarites continue with their efforts to make Guruji's dream of making this sacred place an example of enlightened community living. May 2016 bring out the best in everyone. ■

## 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)

March 2005

Knowledge is good – knowledge about Life, Spiritual realities, about Creation. But I say that it is not enough. We must not merely know the truths; we must experience them. We must know about Love and we must experience it. We must know about God and Rishis and we must experience them. We should never stop at the level of the knowledge. We must go beyond it and experience it. It is then we will have the wisdom, energies, and strength – all from the source, all from these truths. It is then we will be free from all fears.

We talk of miracles. What is a miracle? It is that which the logic is not able to explain. It is beyond reason. We usually think of miracles, like materializing something, which is very common. In each one's life, there are so many miracles. We can check up. Suddenly, a problem gets solved, a person gets a job, gets married etc. These silent miracles appear natural. But in the heart of heart we know that behind these there was always an unseen hand, a kind of push. But for that unseen hand and the silent push perhaps, we would not be here, wherever we are, comfortable and happy. Whenever there is a miracle, what is it that we are supposed to do after the miracle? I say that the miracles are affirmations. They affirm that there is an unseen hand and we have to try and catch that hand. Behind the hand, there is a person, there is Love, we have to recognize that Love and surrender before this great Love, before this great person, who is God. Whenever there is a cry, He listens to us. Whenever we seek protection, there is always protection. Whenever we want help, we always get help. Whenever we wanted to catch the bus, we always got the bus! This wonderful person is the most important person. First we have to

recognize, because we cannot see Him. We must know that He is there. We have to have faith in His existence. We have to establish a relation and this is the relation that lasts for lifetimes.

We have seen human relations, particularly those that are based on emotions. But, this relation is beyond emotion, beyond intellect and is the true relation. The whole aim of Sadhana is to establish this relationship with this wonderful person - God.

Many things are changing. I have seen these changes. People who had never heard of Yoga or Meditation now talk of Meditation. Taking up Meditation is a kind of fashion. Good. There are many personality development courses, training camps where you can get over depression. There are many things, which help the corporates. But all these things prepare us only partly. After completing a course, maybe we become very efficient in our areas where we work. These courses definitely help. There is another course which is not very costly. It is Saptarshi Dhyana Yoga, where our entire personality is geared, not to just become a manager! We have not taken birth to play such small roles. Our roles are very great, very big. We can become a Guru. Meditation practised not only here but anywhere, transforms the individual completely to face any situation, to face all situations squarely.

I will be in mild link always with my Guru. My Guru wants this link to be strengthened. Whenever he says things like that, I always get scared because he expects more from me. So, I have to establish a slightly stronger link to take on more responsibilities. I know what he is aiming at. I have to do a lot of work. They give us more

work at the higher levels, which means less of activity here. I am getting younger!! So, I have to withdraw naturally from the details of life, from the day-to-day world and it is happening automatically. I am withdrawing consciously. Whenever you ask me a question next time, you have the advantage of my stronger links. Always remember, whenever I try to withdraw, whenever I try to go back, it is to come closer to you. It is a paradox. Life is like that. The more I love you, the more I am distant from you. We can always spend time in cutting jokes. But again, with the advantage of this stronger link, at times of your need, I can give you quality advice received from the Rishis. So, the more I am distant from every one of you, the more I am closer to you. My concern is more about you. I want you to understand all these things.

Whenever people ask me, "I want to take up the work, what can I do?" I have been telling, "Equip." Any amount of preparation is not enough. I know people who are working for me. They are wonderful people. But you can become more wonderful by equipping more. How do we do this? We have to acquire more knowledge. You have to read our books and be thorough with the knowledge. We already have a lot of knowledge. You have to read many more books. You must listen to more people, not merely me. Many wonderful things are happening outside. You must observe all these things; and even that is not enough; you must go back into yourself. You must find time to sit in solitude, experience the truth and with that you have to get more knowledge directly from the Rishis. This experience that you will have, makes you like God – no exaggeration, you have to experience. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

12-10-2014

One of our Light Channelling volunteers met with an accident. Her two-wheeler fell on her legs. There was pain. Somehow she ignored the injury and went to the school to conduct the Light Channelling session. That is her commitment to the work! When she started the session, the pain just vanished! Later, when she went to the doctor and an x-ray was taken, it was noticed that there were three fractures. It appears unbelievable! Because of her commitment and the attitude of being very responsible, she made this choice and went ahead with the work and the Rishis showered their grace and took care of her.

In this context I was thinking, sometimes people say 'can the Rishis not avoid the accident completely? Why even ask the person to go through this?' The fact is that they do. But sometimes for some reason, which we cannot understand at this point, such things cannot be completely avoided. Then the Rishis reduce the severity of the accident. Whenever we reported such incidences in our lives to Guruji, he would always use this phrase 'It's a touch and go', meaning through this incident, something else, which is major, is avoided.

What is Sadhana? Sadhana in general is effort to move towards our goal. Our goal can be anything. It need not necessarily be understood only in the Spiritual context. As far as Spiritual Sadhana is concerned, initially we may take it up for some reason, maybe for getting a problem solved. But as we move along, generally we shift our goal from a problem to something higher. Ultimately, we would want to move towards God. God is perfection. Then we try to become Him. If we pursue our Sadhana, ultimately we become Light, we become God. I remember

Guruji used to say that when we become Light then that is enlightenment. Guruji had also said that there are stages beyond enlightenment. Sadhana never ends. It continues forever. We can continue to grow forever if we do not give up Sadhana.

At this point let us consider that our goal is to grow spiritually. Sadhana has two parts. One part is that of practice. It's about Meditations and channelling of Light. The other part is the part of living – living a Spiritual life, trying to bring out our true nature in our living. Because we have somehow lost connection with our soul or spirit we are unable to live the true nature of our spirit. Now we have to consciously re-establish this connection.

These two parts – practice and living – complement each other. Meditations help us to re-establish the connection with our spirit. And living a Spiritual life consciously strengthens this connection with our spirit. If we ignore the connection that we would have established in our Meditations and continue to live according to our old habits guided by our ego, then we lose this connection again. That is why both parts of the Sadhana are so important. In both the parts, we have to make efforts. Sadhana is effort. We have to make efforts to sit for longer time in Meditation, as we progress gradually. In the other part of living we have to make efforts to consciously try to live the Spiritual principles. We have to consciously keep the awareness that we are not just ordinary people. We are a part of God Himself. It is such a sacred and great thing actually. Guruji used to tell us that we have to keep this awareness of Light within and around us. Then, we will be connected to Light and we will live a very proper life.

I wanted to share certain things that I understand, which help in

making efforts in both parts of Sadhana. When I share such things every time, I would like to request you not to think that I am speaking with a kind of authority. I know I do not have such authority. I am only sharing my understanding based on my own struggles in Sadhana, based on my own understanding of my shortcomings, my weaknesses. So when I speak like this I am also trying to share with you the areas where I know that I want to improve. And I must also admit that whenever I have tried to apply these principles, it has helped me. That is why I can say with the confidence of a Sadhak that it helps. And I am aware that I have to apply these principles completely, with more intensity. That is my struggle. So, some of these things that help Sadhana are:

The first one is love. Guruji spoke so much about love. He was love. Every bit of his personality was full of love. If we bring in love in whatever we do, the quality of our practice improves. We love God and if we can love Meditations because Meditations are a means to reach God then, the quality of our Meditations improves. I remember Guruji used to tell us to be a bit emotional about God, about Light.

Similarly, if we can love life, the quality of living also improves. I remember once Somayaji said, 'God is life.' So love is the key to faster Spiritual progress. If our choices are based on love then the life becomes very joyful, very pleasant. When we love people around us we will be vibrating this love. And we know that in Divine love, unconditional love, there are no demands, there are no expectations, only understanding. In love we accept everything.

The other factor that helps Sadhana is faith; faith in ourselves, faith in the Guru, of course faith in the Path and faith in the practices. ■

## 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.

## MAHARSHI AMARA

Abhilashitha Vinay

I am one of many who were introduced to Amara by Guruji. Surely when I write about Amara, my words reflect Guruji's words and thoughts that he has shared with all of us through his talks and his living!

We all are not strangers to Amara's awe-inspiring Astral works and his capabilities. But as we contemplate on his life, his life work and personality become lessons that in turn become a value system to be inculcated in one's life...

Great Masters such as Amara: a Divine personality never is understood with mere words. He is beyond anybody's comprehension. He can never really be described in a way that really does justice to him completely for all that he is and represents. He can only be experienced.

Amara, very rightly described by Guruji as immortal is eternal in the sands of time. He has many facets: a great Maharshi, a great Rishi worker, a source of knowledge and wisdom, and a beacon of light to all, among many. But most importantly Amara is a Philosophy, Truth, a way of Life, a Principle! The more you experience him the more you understand and the closer you get to this vast field of energy and unconditional Divine love that is Amara.

Amara is a Doorway who introduced us to the Rishis, Knowledge and Awareness about Shambala, and Simplified Spiritual Knowledge for everybody to understand, live, experience and manifest. He has always been a man way ahead of his time. He is humility and unconditional love personified. He is Perfection!! He is an inspiration to all to achieve that perfect balanced Spiritual and material life, which came with ease to Maharshi Amara.

Maharshi Amara will and always remain a destination to be reached in one's Spiritual life! ■

## MAHARSHI AMARA – OUR MASTER

Shobha K Rao

In Kali Yuga great Spiritual Masters come down to take birth again and again to guide and elevate humanity spiritually. Amara the great Maharshi too reincarnated as Eknath Maharaj, Gora Kumbhar – the saints of Maharashtra and as many more. He spoke to people about matters relevant to those times and made them practise what was necessary during that period.

Later, the great Rishi came down again in 1919 as Amara and began working for the Rishis from the young age of twelve. In 1974 April, Amara witnessed the processes which ended the Dark Age or Kali Yuga. Perhaps we are the only people aware of this information. Since then, he has guided humanity to give up the old ways of worship and introduced us to the Higher ways which are simple and direct. He has brought the Rishis and Meditation to us. He has made us realize that the aim of any kind of worship is to connect to God and experience Him. For this, he said, "We have to first recognize the presence of God within and without us." Regular practise of Meditation as given by him leads us to this Divine state of Oneness with all life. And Amara was that 'State'.

Maharshi Amara's dedication and commitment to the work of the Rishis is commendable. Guruji has said that his Astral ventures will become the future 'Puras'. People failed to comprehend him, failed to comprehend his magnanimity and the Ocean of Spiritual wealth that he was. Yet, Beloved Amara always humbly said, "I am only a tool of the Rishis." That was his humility!

Every bit of Beloved Amara's life reflected his awesome personality. Let us meditate and also inculcate his simplicity and humility into our lives to reach the ultimate 'Divine State' – Amara. ■

**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: When Rishis do not grant our wishes, how do we understand them?**

A: Rishis are very wise. They really care for us. They know better and that is why they don't grant all our wishes, whenever we ask for them. We understand them as loving parents.

**Q: How does one ensure that relationships have a beautiful, natural flow?**

A: The smooth, beautiful and natural flow in relationships continues when we don't try to misuse them, when we don't make demands, when we don't impose ourselves. When we share our beautiful experiences, the relationships get enriched. When we relate to other people at the level of the Soul, the 'relations' will be the most beautiful and everlasting ones. We have to be very careful. It depends on the individuals how to keep up the beautiful relationships.

**Q: What is the need of Kali Yuga?**

A: It is to provide an opportunity for the dark forces.

**Q: How do we control the ego?**

A: We can live with the ego like a good friend. When we live our life from the level of the soul, the ego will be a good friend. It obliges us in every way. But when we live from other levels, when we try to be different – selfish, arrogant – then the ego takes charge of our lives. We should be in control of our life and should not allow the ego to lead our lives. When it leads, it takes us away from God, from all good. It even destroys us.

**Q: How do we thank God?**

A: In any way one chooses. There are many ways. We can thank

God by manifesting Him. When we manifest God, we are manifesting Love, Truth, Peace and all that is positive in Creation. We can also surrender. That is a way of thanking and expressing our gratitude. We can thank God by being compassionate to others, by loving his Creation, by helping others to realize God. We can make Him a part of our lives, which perhaps is the best way of thanking Him.

**Q: What is Tapas?**

A: Tapas means shining. We shine when we are pure, when our purity level is at peak. So we can say Tapas is a process of purification. Tapas is removing all types of negativities. Tapas is not just shining, it is a continuous process where we gather more Light and consistently add Light to the Light we already have. Tapas is not just deep Meditation. It is also manifesting Light in every way, at every moment.

**Q: What is Pralaya?**

A: We know that Pralaya means change. The changes occur inside us. This is of paramount importance than the Pralaya outside. Pralaya is changing and allowing the changes to occur within us. Change means stepping out, risking. Pralaya is helping changes to occur in others.

**Q: When we imagine that we are in a structure in Taponagara and meditate, do we have to keep up this awareness throughout the Meditation?**

A: From wherever you are if you imagine that you are in a structure in Taponagara and begin your Meditation, that's enough. You don't have to keep up this awareness throughout. ■

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Awareness	60/-
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Light	10/-
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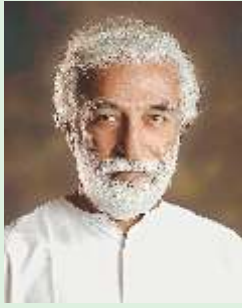
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**GURUJI KRISHNANANDA (1939 - 2012)**

### **MANASA FOUNDATION (R)**

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

#### **MANASA**

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

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

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

#### **ANTAR MANASA**

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

#### **STUDY CENTRE**

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

#### **JYOTHI PROJECT**

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

#### **VISITORS**

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

#### **APPEAL**

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

## **SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL**

(Compiled by Shobha K Rao)

While dealing with a rather serious situation at work, which involved me taking a decision, which could result in someone losing his job, I felt guided to take the right decision. I realised later that the wisdom was sent to me by Guruji so that I did not take a wrong decision.

– Vinamra Longani

I feel great acceptance of my situation, every aspect of it, and feel immensely grateful for this state I have achieved. I feel totally supported by Guruji, the Rishis and by Light. I feel respect and love towards all entities and see that we all have a place to occupy in this world.

– Vidya Virkar

Every day I go to work or elsewhere on my scooter. While I travel, my mind is full of wasteful thoughts, which are really of no use. Yet I travel safely. I don't know how I drive in such a state of mind. I feel that Light and my Rishis are protecting me every time I go out on my vehicle.

– Nagendra Y R

Although I do not meditate as regularly as I should be, I feel that Guruji is always with me, guiding me. I regularly connect to him to seek his guidance and help in daily life. Recently, I was called for jury service and I did not want to serve as I feel that I should not be the one judging someone else. I had to go in for 4 days and each day I prayed to Guruji that I would not be selected for trials. Thankfully I was not selected!

– Anne Chapman

I saw a new dimension about prayers. I graduated from stotras, japas to silent conversations with Guruji. In all this I learnt that prayers need to be backed with dedication, willingness and eagerness of its manifestation.

– Geeta Joshi

On the night of 30th November, I

bought ten sticks of tuberose to offer to Guruji, Amaraji and God. Only a few flowers had blossomed and that worried me. So I sent Light to them and said, "I love you." The tuberose reciprocated and I felt loved. By next morning many, many more flowers had bloomed and were emitting wonderful fragrance! Earlier, it had never happened like this. It was amazing! Thank you Light.

– Nikhil Gandhi

I am feeling more confident, I feel detached from the world, and have a strong feeling of an increased sense of belongingness towards the higher truths.

– Vasantha Ramanujan

I am able to watch my reactions closely. Whenever I become aware that my reaction is wrong, I apologise to the person on the same day by sending Light to him. I know that this gradual change in me is purely because of the practice of Meditation.

– Ramesh K

I feel safe and protected with Guruji's blessings and as Light has become a part of my life. A lot of people who come to my house can feel the peace and positivity and say that they like spending time here. There is so much contentment that I don't feel the need to indulge in unnecessary expenses. A lot of people borrow the book 'How to meditate' to understand the essence of Meditation and Sadhana.

– Payal Varma

I feel Guruji is with us always and his physical absence does not matter very much, as he is listening to all our problems. He is aware of our good thoughts and also positive happenings in our life. He responds to all of us in different ways, maybe through incidents and people.

– Pallavi Desai