



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 11 Issue 2

JANUARY 2016

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – April 2009 issue)

The event of simultaneous channelling of Light on 26th February'09 is over. But the Movement goes on - To channel Light daily from our own places; to channel Light for Peace, for Healing and for Love on this beautiful planet. The Movement goes on.

Thousands from all over the world, from Russia, America, Middle East, Morocco, Australia and New Zealand, joined the hundreds gathered in the Koramangala Stadium at Bangalore on that day and channelled Light for seven minutes. A great energy descended on to this earth during channelling. It was a historic day. It was a historic moment.

This was naturally ignored by the media. Many important news about what actually is happening in the world is not reported in the media. What we read and see are not the most important things. We cannot blame anyone for this. It is the system. Even this system collapses. All unjust systems collapse. The Blogs are doing what media has failed to do.

We should keep this Light Channels World Movement alive and spread it. For our Peace and Future. This is very important.

How do we love someone or something that we cannot see? This was a very serious and genuine question posed to me. We can see a cow, touch it and can love it. We also drink its milk and, of course, also eat the cow! But Light, God? We can't see this Light, can't touch it and how can we love it! And, of course, we cannot drink it or eat it! My friend, a scientist, asked me all these very seriously. And I just stared at him for a minute!

We do not see many things and yet we know they are there by experience. Sweetness in the milk, fragrance in a flower, departed souls in other earths... We love them. Light is there, God is there. Why can't we love Light?

I think experience makes the difference. That is why we have to meditate and experience Realities in the other realms. It is easy to experience the moon and it is not difficult to experience the whole moonlight.

I am not a politician. But I follow political matters, naturally. I know, from a Spiritual angle, the Elections this time will be special. New and better systems have to evolve and the old and unjust systems have to give way. Let us pray for the best. ■


MANASA FOUNDATION (R)

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

Phone : (080) 2846 5280, 99000 75280 (10 AM to 5 PM)

 e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar
at Hymamshu
4th Main, Malleshwaram
at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram
at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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

**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.



The children from Chikkagubbi village, who are being taught under our Jyoti Project, celebrated the annual day by presenting a cultural program on 23rd November 2015

NEWS AND NOTES

- ♦ Manasa Family is shocked and deeply saddened by the sudden passing over of our beloved Shri. Raghavendra Somayaji and Smt. Purnima Parulekar from Pune. They will be remembered always with deep gratitude in our hearts.
- ♦ New batch of Shambala Group begins from January 2016. Those who wish to join may register their names with Manasa office before 31-12-2015. External Guidance students can also join. The existing batches of students are also requested to register their names before 31-12-2015 for renewal of their membership.
- ♦ Monday, February 1 will be observed as The World Channels Day. Volunteers are required to approach schools and conduct Light Channelling sessions. Meditators who can volunteer to work on this day may please give their names to Shri. Manoj Chopra.
- ♦ 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 04-02-2016 in Manasa office.

PROGRAM AT ANEKAL

Amara Jayanti will be celebrated at our Saptarshi Dhyana Kendra on 01-02-2016 at 11.30 AM.

MEDITATION ON SPECIAL DAYS

02	Sat	Krishna Ashtami
08	Fri	Masa Shivaratri
10	Sun	New Moon Day
15	Fri	Uttarayana begins Makara Sankranti
17	Sun	Shukla Ashtami
19	Tue	Shukla Dashami
24	Sun	Full Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
10-1-2016	Shambala Group meeting at 2PM Light Channel Volunteers meeting at 2.30PM
17-1-2016	Ra Group meeting at 2PM
31-1-2016	Akhanda Dhyana (Light Channelling): 11AM - 1PM

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

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

LIGHT CHANNELLING EXPERIENCES

(Compiled By Vaishali Joshi)

A school Principal shared a beautiful experience when I asked how Light Channelling was benefiting her. She said, 'what can I say? I am experiencing Grace all the time. This technique is so beautiful. You are just asking the Universal Light to flow through you. When you are so unselfish, when you are not asking for anything personal, Grace will descend! In my school without asking for anything I receive whatever help I want. I can quote many instances where Grace just flows.'

– Usha Satishchandra, Volunteer

I learnt Light Channelling at the Regular Light Channelling Centre, Siddhi Vinayaka Temple, Cooke Town, Bangalore. I am practising it twice a day. It is a very powerful technique. I feel peaceful. My acidity has reduced and I also do not have BP problem now. My family is very happy about this.

– Kanti, A Light Channel

I used to quarrel a lot. After practising Light Channelling I realised the importance of being calm and I am very happy about it. I like to channel Light.

– Renuka S., Std. IX, Maharshi Agasthya Vidyalaya, Bangalore

I am very happy. I thought my body was full of Light and I was in a huge Ocean of Light. I love Light.

– Pooja K., Std. IV, RMS International School, Bangalore

I felt as if I was sitting on the Ocean of Light and that was an awesome and superb experience. This is the first time I am doing Meditation so well.

– Amogh P., Std. IV, RMS International School, Bangalore

Light Channelling has increased my concentration power. Previously my mind used to get diverted towards petty matters but now I have full control over it.

– Sakshi Dixit, Std. XII, Tiny Tots Senior Secondary School, Banswara

In GKVK, all the students participated in the Light Channelling session very beautifully. They never wanted to open their eyes. In the Horticulture department, the HOD was very particular that the session should be conducted under a Banyan tree, which is 300 years old. The tree started speaking to us! We could sense so much of love emitting from the tree that we were literally in tears. It was so beautiful. Even the honeybees did not disturb us. Every leaf, every stem was just emitting love. About ten people were channelling Light but the tree was enjoying the most. I was really thrilled.

– Mala Suresh, Volunteer

Behind my house, which I was going to move into there were two big vacant plots. It had wild plants and creepers. I have got a phobia of snakes so I was worried how I was going to live there. I prayed to the Light whole heartedly to help me. After two days when I went there the sites were empty and it was plain ground! My love towards Light has gone deeper and my faith and commitment to be in the Light Channels Movement has increased.

– Shobhana Kulothungan, Volunteer

Before Channelling, my mind was not stable but after doing it I felt happy. During channelling as I closed my eyes, I felt cool breeze and Light spreading all over my body. It was spreading to our school and surrounding areas.

– Shubha B. S., Std. VII, Govt. Higher Primary School, Parangipalya, Bangalore

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)

March 2005

There are three important factors in Sadhana:

1. In Meditation, we achieve stillness. After Meditation, we have to allow this stillness to continue. It is very simple, but most difficult. How do we do it? – By not allowing any agitation, by remaining calm always.
2. We have to lead today's life perfectly without attracting Karmas. We have to always act, and whenever we do something we always attract Karma. But if we live this life in a perfect way like a Yogi, we do not attract Karmas. A Yogi is above all the laws of Karma. How do we live like a Yogi? We have to be aware of the presence of God within us all the time. It is difficult; nothing is easy in the Spiritual path. Whenever we have time we have to be aware of the presence of God. We have printed a simple technique in the small booklet 'Living in Light'. We have to be always aware of a bright Light in us. That Light is God, the Presence who guides us in every way. It will not allow us to commit mistakes or judge others. Being aware of God's presence always helps us to grow, purify and expand. When we live in the state of an expanded awareness we will not be attracting the Karmas. This is a part of Sadhana.
3. We have to take advantage of the presence of a human Guru. I am not talking of myself. I am talking of a person like Amara. How do we take advantage of him? Gather the knowledge that he has; get answers to your questions. This person would have gathered a lot of knowledge by his Sadhana or by his efforts. With his experience, he will clarify our doubts, more

importantly he will help us in our Sadhana by giving proper techniques and rectify the mistakes that we commit. We have to take advantage by gathering knowledge and wisdom.

I am always in mild link with the Rishis and a stronger link with my Guru. It is a personal thing. There is another stronger link and it is with Vishwamitra Maharshi. One day I sat at a very odd time to contact the Rishis. I thought, will I be disturbing the Rishis? To contact, I had to talk to someone i.e., with my Guru or Atri Maharshi who is the in-charge. I was hesitant. At that time, Vishwamitra Maharshi came in link and told me, "You can contact me any time." My relationship with him is entirely different, and very special. At very odd times, for very strong reasons I have contacted him and he has always responded. This contact is there in the background. Normally whenever I take decisions, I check up once or twice. My personal wisdom is very much limited. But, Vishwamitra Maharshi has much more. These Rishis are Masters. So whenever I act or take decisions, you must know that their wisdom will be there. Certain words of mine could appear as incomprehensible. You can even find fault with me. This is what people used to say about Amara. People used to say that he does not know and that he is not a man of this world! So he does not have wisdom. Once he explained about a particular instance. Perhaps he wanted me to understand it. He said, "This is what I do and this is what others tell me." They say, "You are wrong. You are a buddhu." He explained about it, taking me to past lives, telling me that there are other levels from which we have to understand situations and act many times. Then he said, "Look at it from

this angle and ask whether it is a mistake and you will know that it is not a mistake." Generally, we go on judging and discussing, etc. I think we have to act from a different and higher angle.

People who teach here are doing wonderful job. We have absolutely no comments. I have all appreciation. I will only like you to think about this factor – you should not only read out what I say here. You can do much more. You have to spend more time in preparing your own lecture. You have to contemplate more on each point. You will then come across many factors. By the knowledge and points you gather, make your own notes. Then you will see that you can speak. When you have such knowledge, when you make it your own, it will be with you forever. If you just repeat what I speak, you will forget when you take the next class.

We have fears sometimes. We feel insecure. We feel weak when we have to deal with the world. When we have to face the problems, face the challenges of living, I always say that there is one simple solution – we have to establish our roots in God. It is easy for us to establish such links and roots in our Guru. I did that with my Guru. We have not seen God. We are yet to experience Him. We have seen our Guru. We can explain our problems to him. I did this with my Guru. I said that these are my problems. I felt relieved when I went back home and all my problems vanished because he took care of them and he gave me energies, wisdom and I could get the benefit. Make over the problems to your Guru and you will be able to deal with them. This is the ultimate in Sadhana i. e., establishing roots, not merely links, in our Guru, in God. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE ON GURUJI'S MAHA SAMADHI DAY

(Compiled by Shobha K Rao)

29-11-2015

Whole of Taponagara is gripped by intense sadness. We are yet to come to terms with the shocking reality of Somayaji's passing over. Guruji's special presence here brings us strength and hope. When Guruji was here physically, his presence always helped us deal with any shocks that we faced in life. His presence had that loving, assuring and that healing touch. That would help us deal with any situation. We always felt secure just with the idea that he is there. All this – love, security, strength, hope – we get today in his special presence.

Like other speakers mentioned, Somayaji's absence here creates a vacuum that cannot be filled up. We cannot understand this turn of events. The only thing I can believe is that he is required somewhere else for Rishis' work and when the call came he just left silently. That was his speciality. He always worked silently and he was thorough, very thorough.

He was a genius. Many people told me that they would always look forward to his talks on third Sundays when he would share his knowledge. A person told me on the day Somayaji passed over, when he met me in the evening, that his thoughts were very original and very deep. He was a great thinker and had very deep understanding of several subjects.

I realised that day that he was like a guide to many of his friends. They would consult him on several matters. And he was a great support to his family. They would consult him not only about the health related issues, but many other issues. I was greatly benefited by my association with him. Whenever we spoke, it was always a

very elevating experience. Even the day previous to the day he passed over, we talked for almost two hours. He looked fine. I never ever imagined at that time that that would be my last meeting with him.

He was the main person supported by of course others that we could do so much of study work. And of course for study work Guruji's presence was absolutely essential because to give authenticity to the conclusions or points we were trying to bring out, our understanding that we were trying to express, Guruji was absolutely required. In the last three years we have not been able to do that work. We have done some study work but are unable to conclude it because Guruji is not there. Like people said Guruji had a very special affection for Somayaji and great confidence in him.

This week has been a rather tough week for Manasa. Just the day before Somayaji left us, I came to know about another very sad news. Many of you may not know about it. A wonderful associate of ours left us on the 20th of November. Her name is Purnima Parulekar. She lived in Pune. She had translated many of our books into Marathi. And she was continuing the work of translation for Prakashmarg. She would help me in editing of Prakashmarg. It was a great help to me personally. She had great command on Marathi and English language. She was an ideal translator not only because she knew the languages but also because she understood the Spiritual knowledge passed on by Guruji so well. It helped a lot. Today we specially express our gratitude to our beloved Somayaji and to Smt. Purnima Parulekar.

Because of Guruji we have all these wonderful energies in Taponagara. We are blessed to have Ra energies on this earth. This has been possible only because of Guruji and a special relationship he had with Ra God. These things matter. His personality, his individuality mattered so much. Now I remember about the Maha Kundalini energies. Maharshi Amara had asked, 'where is Kundalini energy on this earth?' It was later brought down by Guruji, which is stored here in the Kundalini Mandir.

We are blessed to be associated with such a great Master. There are several other energies in Taponagara. And there are personalities who are in charge of these energies. Guruji had a very special relationship with these personalities. That is why these energies are here. He had a very special relationship with God. I am sure he never asked anything for himself but he went on burning for the work of God, because he loved God so much. And he told us, 'Build a relationship with God.'

In his core, in his soul he carried the energies of Divine Personalities. He carried the energies of Adi Shakti in his core, and his soul was surrounded by Lord Krishna's energies. And he manifested them perfectly. That's why he was a perfect Master, a perfect human being, perfect in every way. We can say that these personalities were his eternal companions. They were in his core so they were eternal companions to him. And yet, he lived amongst us like a normal human being and showed us how to live, how to celebrate life. ■

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)

In this world of opposites we understand the word health as the absence of disease, which is natural. But when we try to understand health from the Spiritual perspective we realise that it has a much broader meaning. In fact if we can achieve Spiritual well being then it does not matter whether we are physically healthy or not. The word disease itself is formed by combining two words 'dis' and 'ease', meaning the absence of ease or the absence of inner peace.

A disease can be purely physical arising from an unhealthy lifestyle or physical injury. It can begin from the Pranamaya Kosha caused by an improper or insufficient flow of Prana in the Nadis. It can manifest from the mental level due to extreme emotions or stress or negative Karmas. A disease can arise from the intellect due to persistent negative thoughts. These negative thoughts could be driven by old patterns or habits and they produce negative emotions. And if these emotions persist for long enough they will manifest in the body as a disease.

A disease can also arise from the negative attitude of the soul. Though the soul is Divine when it forgets its Divinity and fully identifies with this temporary and limited personality its attitude can become negative and it can manifest disease.

It is important to understand that essentially if we are able to manifest our true nature, which is love we can experience healing at all levels. This is why it is said 'love heals.'

As I understand if we have a healthy lifestyle, take care of our body properly giving it proper nutrition, enough exercise combined with regular Meditations then the past Karma will not manifest as a disease. It can become some other problem, which we can deal with if

we have good health and we are spiritually inclined. So instead of focussing on the past if we try to manifest as much love as possible it helps greatly.

A disease can also be a great healer. Yes, a disease itself can heal. I will explain with an example. A lady who was living a very haphazard and abusive life or we can say an un-spiritual life, spending all her time in excessive indulgence and with no meaning and purpose in life, was diagnosed with cancer. During the process of treatment, she learnt many things and her attitude towards life changed completely. She experienced inner transformation and with the help of holistic treatment she got cured of her cancer.

So in a way we can say that healing means transformation at all levels. And what should be this transformation? We only need to allow the Divine in us to manifest in this world so that we can become what we truly are – truly magnificent. This is our true potential.

When we are pure in body, mind and intellect or in our actions, emotions and thoughts the Divinity in us gushes out automatically. To achieve this purity experiencing stillness in Meditation, practising Shambala principles to bring out Ananda and Love combined with the healing energies stored here, will help us to overcome disease and manifest our true nature.

Swami Vivekananda had said, 'Any obstacle that comes in the way of your growth cut it and throw it away.' The converse is any disease or problem should be seen as an opportunity to grow spiritually. If we can truly see life in this way it will be an important step towards our healing. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: When we love others do we love ourselves?

A: If you really meditate and channel Light it takes us to such states and heights when we love everybody else, the whole Creation. But normally we don't allow such influences to work. We always love ourselves.

Q: Do we love God?

A: You have to ask yourself. When you stand before the mirror of conscience and pose this question then you know how much you love God.

Q: What is going beyond religion?

A: Follow all the essentials of the religion. Understand them first. There are so many distortions, so many unnecessary things added later on. We have to give them up and go beyond these things.

Q: How can we manage our depressive and ecstatic states?

A: There is a rule that whenever we reach the high levels of ecstasy we have to also reach the low levels of depression. If you meditate you have enough courage and wisdom to manage this. When you are ecstatic, shift the levels to the level of the soul. Enjoy it. Then this law that you have to reach the lower levels also, will not apply. It's a very interesting point.

Q: Is connecting to a person different from thinking of a person?

A: They are different. When we think of a person our mind literally stretches and connects to his or her mind. But when we connect to a person, we do at the level of the soul, where there are no conditions, no prejudices. If

we are really connected, we feel very happy and we experience a kind of completeness. In the soul connection, the distance vanishes. Then communication is not necessary. It's a communion between two souls. We have to practise this with everyone and then there will be no misunderstanding and no negativity can interfere.

Q: At what level would you like to interact with your students?

A: At all levels. At the human level, intellectual level, emotional level and at the level of the Soul. I would like to have it more at the level of the Soul. With one individual, I can have interactions at all these levels. It is possible.

Q: What helps understanding a person better?

A: First listen to the person. When you listen you automatically respect. He may be right or wrong. But he has every right to be wrong. So don't judge, comment, or give advice. You can understand anyone when you always carry Love and Light.

Q: Why do the Rishis not appear before us?

A: It is not required.

Q: Is Brahmacharya essential to channel Light?

A: To channel Light what is required is 'your intent'.

Q: What qualifies us to join the Path of the Rishis?

A: Love, commitment and humility are qualifications for joining the Path of the Rishis. ■

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/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
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/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences - Vol 1 & 2	each 150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis - Vol 1 & 2	each 100/-
Pyramid Revelations	100/-

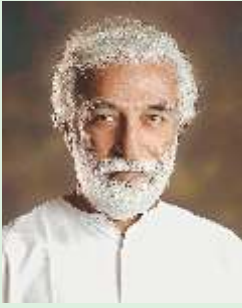
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಮುಖಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಮುಖಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರೂಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
ಪ್ರೌಢ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಭಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	50/-
ಅಧುನಿಕ ಮುಖಯೋಜನೆಯ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
ಗುರೂಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವ್ಯಾಜ್ಞಾನೇಶ್ವರಿ ಮಂತ್ರಗಳು	100/-
ಅನೇಕಲಿಂಗ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ಬೆಳಕಿನ ಶರೀರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-

प्रकाशवाट (Marathi)	150/-
आयुगुरुजी (Marathi)	100/-
ध्यान कसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंभला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-

ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-

தியானம் செய்வது எப்படி	50/-
ஒளியின் வாயில்கள்	200/-
தியான யோகம்	50/-
ஆத்மாவின் அவரோகணம்	50/-
நவீன ரிஷி ஒருவரின் குஷ்ட சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-

ಧ್ಯಾನಂ ಕೆಯ್ಯಡಂ ಎಲ್	50/-
ಕಾಂತಿಕೆ ದ್ವಾರಮುಲ	100/-



GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

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 had a dream in which I saw a very huge spaceship coming down to the earth. I was scared. I remembered Guruji and the Rishis. It picked me up along with some people and started moving up. Inside the spaceship our minds were cleansed to prepare us for the New Age. I realized that this had happened to me before and maybe I needed a second cleansing. Later, I was dropped back to this earth. I got up and saw blue light inside me and was hopeful of moving towards the New Age in spite of my shortcomings.

– Keerthi Bisarahalli

On 21st November, in the evening as usual I sat to practise the contact session with the Rishis. I had a severe cold and difficulty in breathing due to blocked nose and I felt very tired. I thought that I would not be able to practise the technique. All of a sudden miraculously the nose blocks were cleared and I was able to breathe normally! I proceeded with the practice for 20-30 minutes. I offered my gratitude to Guruji and the Rishis.

– Lakshmi O S

There is a change in me now. I am calm and do not feel stressed. I have more trust in Light and I know Light will always look after me, no matter in which circumstances I am placed. I talk to Light and wait for the answers.

– Pratibha Patel

Witnessing is becoming natural in some situations in life. Those moments are really calm and soothing.

– Shantha Kumari H S

Some days ago, I had severe body pain, headache and high temperature. Medicines did not help me. At night the fever increased and I started shivering. I humbly surrendered to Guruji and begged for

help. To my surprise by morning the fever had come down and I was able to sit up. Now my faith in the Rishis and that supernatural power has doubled.

– Shobha Hiremath

My Meditations leave me tremendously expanded and calm, and this state persists throughout the day. If ever I feel agitated, it's internal, and then I cope by filling myself with Light and practising other techniques given by Guruji in order to regain perspective, equanimity, and instant recharging of mind, body, intellect.

– Vidya Virkar

While meditating I feel myself to be expanding from my heart. I feel waves of Light coming out from my heart and going outward. I feel myself to be hollow inside and filled with Light. The Light inside me keeps on getting brighter. My body becomes light and transparent and radiates Light.

– Sanjay Manohar

My son Varun and Bhaumik, his little friend, got into the city local train at Chennai. I could not get in due to the heavy rush. Varun realized this and immediately got down to join me, but little Bhaumik could not alight and the train moved. I immediately prayed to God and the Rishis. The situation changed miraculously. The police personally took us to the station where Bhaumik was rescued by a good soul. We express our gratitude to God, Guruji and Sapta Rishis.

– Kalpana Manchikanti

I am extremely calm. I am in excellent control of my mind and intellect. I have given up the sense of doer-ship. I know that I am not this body.

– Anurag Singh