



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 8

JULY 2016

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**REFLECTIONS****Guruji Krishnananda**

(Excerpts from old Newsletter – July 2010 issue)

The Monsoon has arrived. And with that Hope is born, again.

A Meditator had a vision. Darkness was covering the earth. And a light began shining from within.

This vision has a million words, if we could read. Sadly, we do not read such visions and the words go back into their womb unread leaving us untouched in our deep slumber of ignorance. I wonder, how many visions have gone back and how many lessons are lost! But, I am sure, the visions come back with new words and messages. They come back again and again till we read and wake up. I know it. It is not that I am an unrepenting optimist but the one who sends these messages in visions is a pertinent optimist! He hopes that, some day, people wake up.

The darkness may try to cover the earth. But the Light that is in me, and in each of us, will light up the whole world when it comes out. The process of bringing out the Light has begun. And soon, the world will be full of Light.

This is not being poetic not prophetic. This is just plain reading of the writings on the wall of Time.

I read that people begin to meditate, bring out the Light from within and sail through 2012. I see the Golden Light Age beyond 2012. I see people struggling to accept the bounty of the New Age.

Let us not waste time any more. Let us read all the visions and get all the benefits of the Light and Light Age.

We have unprecedented advantages in this new cycle of Time. We have received new energies from Ra Universe for the first time. We anchored these energies under the Great Ra Meditation Hall from 18th May 2009. Some Light Masters from the Ra Universe have come already to help us assimilate the new Ra energies and transform.

All Meditators will receive these energies in their Meditations. There will be new awakenings and beginnings. Meditators will vibrate Peace and Love. They will send the vibrations of Love. These vibrations will build up the energy fields that avoid the destructions and sufferings associated with the cleansing processes of the Transition into the New Age.

Let us take the first step, Meditations. ■

**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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## NEWSLETTER

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Send us the name and address,  
along with the Subscription  
amount.



Guruji's birthday was celebrated in Taponagara on 22nd May 2016

## NEWS AND NOTES

- Our Light Channelling Volunteers have again begun conducting Light Channelling sessions in the schools, which are open now after the summer vacations. The value of Light Channelling is now recognised in large numbers by the school authorities and children, who welcome our Volunteers with great respect.
- The students may attend the checkups regularly to receive special energies from the Rishis for consistent progress in Sadhana. Similarly, the External Guidance students may submit their Practice Reports on time.
- Students who attend Meditation classes in Taponagara or in other centres in Bangalore are requested to pay the monthly fees by the second class of the month. The External Guidance students may also please renew their Registration within 15 days after the expiry of their Registration to avoid any break in monthly posting of the Newsletter.
- Please help us by gifting a subscription of Doorways to people who may appreciate the Spiritual knowledge shared here.

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

**Please visit [www.speakingtree.in](http://www.speakingtree.in) to read Guruji's blog and watch his videos.**

## MEDITATION ON SPECIAL DAYS

02	Sat	Masa Shivaratri
04	Mon	New Moon Day
05	Tue	Ashada Masa begins
12	Tue	Shukla Ashtami
14	Thu	Shukla Dashami
16	Sat	Dakshinayana begins
19	Tue	Guru Poornima
27	Wed	Krishna Ashtami

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
10-7-2016	Shambala Group meeting at 2PM Light Channel Volunteers meeting at 2.30PM
17-7-2016	Ra Group meeting at 2PM
19-7-2016	Guru Poornima Special Meditation: 12 Noon - 1PM
31-7-2016	Akhanda Dhyana (Light Channelling): 11AM - 1PM

**During Ashadha Masa, which begins on 5th July, we get wonderful and great energies directly from Parabrahma Loka. They peak on Guru Poornima, the Full Moon day, which falls on 19-7-2016. On that day we can meditate more, as much as possible. On that day in the night before going to bed, imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.**

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I have been practising Light Channelling for the last few years and have also been regularly conducting Light Channelling sessions with children as well as adults. The participants have shared very remarkable experiences.

A person aged around 39 years, had lenses of power around 3.0. After regular Light Channelling, within 15 days the number reduced by 1.25. He got it checked by two doctors and both of them were surprised. Another person had serious family issues for long. They got sorted out completely within a week.

Three of the participants had severe sleeping disorder. After the very first session, they started seeing results and in the next few days they stopped taking sleeping pills. One participant had stomach acidity for many years. After practising Light Channelling for only seven days, his acidity problem was cured completely and it has not recurred since then. Another participant was suffering from severe backache for the last 2-3 years and had visited many doctors. After practising Light Channelling regularly for 15 days, his backache was reduced by fifty percent. Now he channels Light regularly and is very comfortable even without medicines. Yet another participant was suffering from severe arthritis of the hip joint and was regularly taking painkillers. After regular Light Channelling he too is very comfortable now and needs no medicines.

– Sanjay Manohar, A Light Channel

We had difficulties at home and my mind was not at peace. I used to forget whatever the teacher taught us. After I started practising Light Channelling I have peace of mind and all the difficulties are gone. I am also able to recollect all that the teacher teaches us.

– Vasanthi, Std. VII, Govt. Higher Primary School,  
Parangipalya, Bangalore

## TAPONAGARA DIARY

Seema Almel

Every Sunday in the month of May was special. Guruji's Birthday, two hours of Akhanda Dhyana, Shambala and Ra Class made the Sunday Classes intense with Spiritual Energies. In the Orientation Class the Rishis made their strong Presence felt. During Pralaya, when each test of strength seems more severe than the previous one, it is the intense Spiritual Energies from the Rishis which help Taponagarites, both resident and non-resident, stay stable.

Faith is one thing which Taponagarites have in abundance. Their faith proves itself when it stands firm in the face of the severest test. While fear is a natural human response, rooted in faith, Taponagarites deal with even sour realities in a sensible way. It is natural that only the tough are tried with challenges.

In the 80's, Guruji started building Taponagara with a heart full of faith in the Divine, even when His pocket and stomach were empty. In the face of extreme hardships and hopelessness, Guruji stood firm and established The Saptarishis Path. Since then, twenty-five years of Guidance from Guruji has moulded Taponagarites. Like Guru like His Taponagarites; strong, firm, full of hope and commitment. Our tears water the roots of our faith and as Meditators, we use trials to introspect, self-correct and strengthen our foundation. Given the mission of this Spiritual Path of the Great Rishis, for us, Pralaya is an ally. ■

## 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

I always had doubts about people reading our Newsletter. I did not know that many and every one reads it, if not completely. We have to understand that we make Spiritual progress inch-by-inch or shall I say half an inch by half an inch?! The point is that it is slow, very slow and this is natural. We don't make Spiritual progress in leaps. If you find such great progress in individuals, we have to remember that they would have done lifetimes of Sadhana. I know directly and clearly. We are here because of lifetimes of Sadhana. We have to accept that we move inch-by-inch. Sometimes, people are not patient. They like to have Kundalini raised suddenly and they try to shift paths. They move from one path to the other path and sometimes they come back again after 10 or 12 years. I feel sorry because so many years would have been wasted only in searching. I don't say, 'stick to only this path', but I say, 'stick to a path and continue.' That will give great results.

I have been saying many times that, mere Meditations are not enough. We as individuals will have to check up our own progress. It is possible. We know our strengths, we know our weaknesses, our failures and we are our best judges. We have to periodically, if not daily, introspect. It is for this reason I say, "try to maintain a diary." In the night, when you try to put some words on the paper, you realise, 'Oh God! I did not do that. I should have done that or perhaps I should have done such wonderful things.' If not daily, let us check up our own progress frequently, and the next thing is to make efforts to get over our drawbacks. Making efforts is much more important than sitting and meditating for long hours. One

has to meditate. But if one is content with only Meditation, remember, miracles will not take place. Miracles take place when we actually start struggling, feeling desperate to move ahead and make a lot of conscious efforts.

We are very much concerned about everyone's Spiritual progress. That is why, whenever people come, we observe that each one is different, each one's Karmas are different and each one's problems are different. Whenever a person comes to me, I try to locate the problem, find out what is holding the person back from moving on. Sometimes we explain and many times we don't explain these things. Many times we try to remove the obstacles, the blocks at the Astral level itself. That is the greatest advantage of being in this Path. The other advantage is the individual guidance. It is not merely with me, you have wonderful teachers. You have to interact with them individually. Getting guided at the individual level is very important and we have to make use of this. I wait every Sunday for people to come for this Spiritual guidance and when people come with problems, although I make fun of it, I don't laugh at it. I know their problems are genuine. We are here to attend to every problem of yours. Whatever be the problem, whether material or Spiritual, we will attend to them. But we want you to make progress. We don't come here only to get rid of the problems; we meet here to move on.

People ask for Mantras. Strangely during these last few weeks we have received emails asking for personal Mantras!! They say, 'I can't meditate. Please give me a Mantra.' These special Mantras cannot be given like that. Special

Mantras are given for special reasons. To get over difficult situations for example; for solving special problems. And they cannot be given through emails! I remember a person who had come here more than ten years ago. He came all the way from New York only to get initiated and he told me that in America, particularly in California, there were hundreds of Gurus, hundreds of organisations. He went to an institution, after taking bath and after mentally preparing himself to receive the Mantra. He paid 100 dollars at a counter and took the receipt; then he was given a Mantra. He was given the Mantra 'Om Namah Shivaya!!' It is sad that this is commercialised! This is a part of Pralaya and all these things will vanish. But the thing is, the Mantra can be given even if you don't pay. But I cannot give just like that. Your life's situation must demand and for that particular reason, we give the special Mantra. Whenever we have given special Mantra, we also watch and wait. When the person gets over the problem, he vanishes. Sometimes, they repeat the Mantra for a week and then they go to astrologers, who ask them to perform shanti and homa. And they forget about this Mantra. Sometimes, maybe people will get benefit and they go on repeating the Mantra for lifetime, which is not necessary! This Mantra, which we give, is to be repeated for a specific period only. Sometimes when we have the benefits and if we do not know the efficacy of this Mantra, we also give it to our children asking them to repeat it! The Mantra should not be passed on like that. It is like a medicine. It is only for you. You have to make use of it and get the benefits. And if your children want special Mantra, bring them to us. If necessary, we will give it to them. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

23-11-2014

Meeting Guruji has been the most important event of our life. It has changed our lives, our destinies. It has given a purpose to our lives. It is really amazing how things just seemingly happen. They happen as if by chance, as if by an accident. But we know that Guruji used to say, "there are no accidents in life." Our meeting him was not just an accident. We were destined to meet him. But how does God make this destiny take shape, how does He manifest this destiny? It's really a miracle, a wonder! Otherwise in this complex world of seven billion people how is it that we are not lost? Somehow, we meet the Guru. How does God arrange such things? It is so touching, so beautiful and so magical!

Before I met him I had layers of ignorance – my own ignorance and the ignorance I had acquired from the world. I had such a flawed idea about Spirituality and about life in general. Only after repeatedly listening to him, meeting him and reading his books, I realized what life is and these layers of ignorance were removed at the intellectual level. He also introduced us to the Light. In him we saw the Light. In him we saw God. And he also taught us how to walk towards the Light. And he also told us that we have to walk. That was another eye-opener. I used to think some miracle will happen and we become enlightened. It is not so. We have to really work hard for it.

I realized that having a darshan of God is not enough. It is a great thing no doubt. But to become Him is the real challenge and requires huge efforts. Many times people who come from other cities would say, 'I want to have a darshan of Guruji.' And whenever I told him about such things he would say, 'it is good no doubt, it gives them a kind of

satisfaction but I know that it is not enough. It does not help because after darshan what we do next is important. They have to take the next step. They have to take up Sadhana. Only then it makes sense.' We are very fortunate. Here, we are trying to understand the truth. There are no false promises. Guruji was - like somebody said - 'fiercely honest'.

The knowledge he has passed on is so much, so vast that it is difficult to assimilate it in one lifetime and this knowledge helps even the future generations. Apart from the knowledge and energies that he brought down, he taught us through his living. We are very fortunate to see him and to live with him.

Love was the most important thing that he taught. Love cannot be taught in a theory class. It can only be taught through living and we were fortunate to see him living. Maybe that is what differentiates a true Master from others. They teach through their living.

He taught us sacrifice. He taught us faith, commitment to the work of the Rishis. Imagine what can happen to our faith when we are turned down by the entire world and we have to live in a hut! We complain about small things. Whenever we are in a very difficult situation we can think of what Guruji had to go through. Maybe that's why he chose a difficult life, so that he becomes an example for us, showing us how to lead our lives. If we remember such things maybe it gives us strength.

He taught us patience. He was patient with us and waited for us to learn and grow and probably he is still waiting, waiting to pass on more.

He had a very fine sense of things, like people mentioned – of music, of literature. We can see it in his writing, in his talks, in the structures he built.

He taught us gratitude. He wouldn't forget even the smallest help from anyone.

He taught us the value of human life. He loved life. He always wanted to live so that he could do so much more. He mentioned that many times. And he would take care of himself thoroughly because he wanted to live, be in good health and pass on. Spiritual world is always full of seemingly contradictory things but they are not actually contradictory if we try to understand them. The acts may look contradictory at the surface level but behind these acts the principle is always common. It is love. So he loved life and he always wanted to live.

And he was also always ready to leave the physical body. He would say, 'whenever the call comes I will just go without even thinking, without even looking back.'

He taught us discipline. He taught us promptness, to respect human relationship. He had such wonderful relations with people. I wonder which aspect of life he did not teach us.

He told us Sadhana is not just Meditations. There is so much more to it. Through these details of life he was trying to tell us to live this human life very properly. When we live this life properly, it helps the deeper life. It helps going deeper in Meditations, experiencing much more in Meditations. Whole life is Sadhana.

Like people mentioned, without his guidance it's not possible to run this Path, this system. In every detail somehow we are guided. The Light Channels new building is the best example. I am grateful to each one of you for donating generously. I am also grateful to each one of you for encouraging me, encouraging my team and supporting us. ■

## 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)

A great saint once said 'what you see in the world is a reflection of what is in you.' As we experience the world we develop our personalities and certain traits. Therefore what we see is always coloured by what is in us. We seldom see what actually is out there.

Our personality is like a window through which we see the world. If this window is small which means we have a narrow personality our worldview will also be narrow. It is probably for this reason Maharshi Amara and Guruji had often said that we should get connected to the positive aspect of others. When we do this we will be in tune with the positivity within ourselves.

Our perception of the world depends so much on our inner state. When we see the world differently it is not just our experiences that change, the world itself actually changes.

Our thoughts are made of energy and they have power. They can affect reality. They can affect others. Just as affirmations can bring changes within us strong thoughts about others work like affirmations for them. And when many people do this the collective thought-force will be significant.

Maharshi Amara had said that if everyone in this world wishes for the Golden Age we will be in the Golden Age in the next moment. In that case what about our Karmas? They will be wiped out in an instant by the power of everyone's thought-force.

We are Meditators and we have chosen to come to this world at a time which is very violent and disturbing. We are not here just to clear our Karmas. We have to feel responsible for the condition of our world today. The extent of our responsibility is directly proportional to the level of our awareness. The more aware we are the more responsibility comes to us automatically. Guruji had often

said that any suffering anywhere in the world touches us because we are a part of this world. In fact we consciously chose to come at this time so that we can purify ourselves and through that process clear the world of its problems. It is for this reason I believe Guruji used to say that every person who joins this Path and takes up Meditations seriously is here to work and not just for personal Sadhana. He also said that work is Sadhana.

So whenever we come to know about any unrest, violence or suffering anywhere in the world we must realise that we have work to do. We can begin by experiencing oneness with the world and then try to purify ourselves through Meditation, experiencing Light and Light Channelling. This way we take responsibility for the world instead of thinking that we are helping the world.

To give a simple example, when we watch the news on TV and see all the violence and injustice instead of thinking that the world is in such a hopeless mess let us realise that we chose this world and now this is our world. Let us realise that we too are contributing to the suffering in the world every time we get angry or carry any other negativity. This is not meant to make us feel guilty because guilt is also a source of negativity. Repentance is different from guilt. Repentance is helpful because it leads to transformation. This approach will help us stop judging the world and the others.

We can channel Light for longer and we can also increase the quality of Light Channelling. It should be just like sending love to a loved one. When we look at a mirror and we don't like what we see in it we don't blame the mirror. We need not blame ourselves either. Instead let us purify and transform ourselves so that the reflection can also change. ■



**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: What action do the Rishis take when we do not listen to their advice?**

A: They do not take any action. They are not very much concerned. When we do not follow their advice, we follow the consequences.

**Q: Can the Karmas of the world not be erased by the grace of God?**

A: Yes they can be erased. But if it happens, when do we learn lessons? When we learn the lessons, the grace works. The grace works even otherwise.

**Q: Are we receiving energies from the Photon Belt?**

A: Yes. We are receiving the soft, the mild energies from the Photon Belt, which have brought about the uprising in Middle East, surfacing of scams and the movement against corruption. Many things are also happening in our individual lives, like churning and surfacing of our negativities. But we can sit, pray and ask for stronger energies. Before asking for these energies we have to be clear about the intention. These energies mainly cleanse, purify and totally transform us, to take us into the Light Age. We shouldn't seek these energies for solving personal problems.

**Q: The energies from Photon Belt and Ra are both blue. What is the difference?**

A: Colour is a minor factor. These two energies are from different sources. Photon Belt energies come from the star Sirius and Ra energies come from the Ra Universe. Let us be aware that we do not know much about them. Photon Belt energies do not tolerate negativity, Ra energies do tolerate to some extent. Photon Belt energies do not curtail freewill, whereas Ra energies do

to some extent. Photon Belt energies insist on purity, Ra energies insist on perfection.

**Q: How can we surrender the mind?**

A: Mind is a part of the system of body, mind and intellect. We cannot separate it and surrender it. We have to surrender all the three together.

**Q: How does it help when the Light descends again and again in schools?**

A: When we channel more, more Light descends and more Light spreads around. It helps people naturally. Light not only helps children, it helps everyone, everything around. There will be more peace. More Light means more sanity and more love.

**Q: Can we not heal ourselves by the Light within?**

A: Yes. You can try. It is up to the individual, you can use any Light, Light inside or Light outside. It is the same Light.

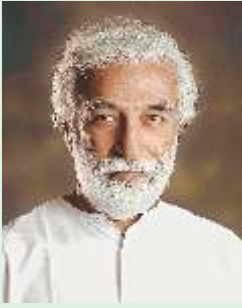
**Q: How does one establish non-duality or oneness with a Guru before moving beyond him?**

A: With the human Guru, this is not possible, let us accept it. When we really understand him and we fully trust him, there is a kind of oneness.

When we follow all the teachings, not only the techniques, we can say we are one with him. When you can connect to the Light in the human Guru, receive the Light, experience the Light, we can say we are one with him, we are experiencing oneness with him. But we know the human Guru; we also know that he knows us, all our wants, all our shortcomings. So, experiencing oneness with him is not that easy, it is difficult. ■

**LIST OF OUR PUBLICATIONS**

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Master-Pupil Talks - Vol 2	75/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
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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 have been trying for a job after resigning from my earlier one. I keep Guruji in my thoughts, although I am not regular in Meditations or Light Channelling. However, just before an interview a thought was popping constantly in my mind that I am just this body and God does His work through me. So why worry? Surprisingly, I was selected! It is Guruji's Grace that helped me sail through that phase without any issues.

– **Dhanya Manoj**

The assurance that I am taken care of only grows by the day. Guruji knows everything I need, both spiritually and materially, and I know for sure that he takes care of all my needs. As we are only human and far from the Divine, if there is ever a moment where I feel my faith is wavering, all I have to do is close my eyes and turn to Guruji.

– **Vinamra Longani**

Although I do not meditate as regularly as I should, I feel that Guruji is always with me, guiding me. I regularly connect to him to seek his guidance and help in daily life. I am always helped and guided whenever it is needed. Guruji and Light continue to be my permanent companions and I always connect to them.

– **Anne Chapman**

During Meditation in the Orientation class, before the refreshment break, I felt the long time pain at my hip joint suddenly leaving. I was able to walk much freely without any pain, which was a constant companion till then, for almost a year. After three days, I continue to feel almost 90 percent relief. I felt like sharing this happy incident with you, Sir!

– **Narayan P T**

Whenever I buy a new thing, for example a mobile, I have the habit of sending Light to it. One evening I realised that I had lost my mobile. I searched, but could not find it. I had a strong feeling that Light will work. I tried to contact the phone through Light. I told it that 'I need you. Please come back.' The next day a person called to ask whether I had lost my phone. He asked me to come and collect it. This incident touched my heart!

– **Dhanashree Kulkarni Patki**

I could feel a lot of flow of energies in me during the Orientation class. There was a power cut but I remained positive. I was surprised because the webcast of the Orientation class continued without the power! And very soon the electricity was restored. Thank you very much. I was able to practice all the techniques.

– **Shilpa Raghavendra**

During the Orientation Class, I felt I received the following inputs from the Photon Belt. It was an intuitive feed: "I am now coming down to earth through some portals, accept me. I am here to help to bring out the best in you." At the end of the practice, I felt jolted out of the depth. While strengthening the Mind and Intellect the flow of special Energies was seen and felt.

– **Seema Almél**

A fortnight back we were alarmed to hear the cat mewing very loudly at 11.30 PM as two of her kittens were not to be seen. I started channelling Light, prayed to the Rishis to keep them safe and alive. Later, as things went silent, I could hear a feeble mew. I called out to my sister in joy; one kitten was found in our garden and soon the other one was also found. As the three united, we all thanked Divinity and went to sleep.

– **Geeta Joshi**