



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 6

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Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – August 2010 issue)

We cannot change the course of our life, particularly, when we know that it fulfils the purpose of our birth. Everyone has a purpose.

It is possible that one spends one's entire life without being aware of the purpose of one's life. No one tells us. We have to search and find out. We have to search within. Search with our Intuition.

We would have chosen the purpose before taking birth here. We would have chosen with our Free-Will. And having chosen, we have to fulfil. If we do not fulfil, no one judges us. But it would be our own spiritual failure.

The course to fulfil the purpose may not be always easy. It could be very difficult. But we have to pursue it. If we change the course, no one judges. The Universal Intelligence monitors our life to help us and not to judge. If we seek guidance, it guides. If we seek help, it helps. But it does not dictate our life's course. We choose. We always choose, right or wrong.

Light Masters of the world have to unite. It is only when we unite and share our Spiritual knowledge that a clear way ahead is seen. Each Master has his/her gathered knowledge, his/her solutions to spiritual problems and his/her guidelines and his/her prescriptions to sail through these difficult times leading to the New Age. All these may be good and enough to lead their followers. But they may not be enough to lead the entire world. Then, we have to join together and evolve a Global Spiritual System. We have to evolve a Global Value System. For this, we have to unite.

The time has come to unite and lead the humanity.

Amara dreamt of a unified approach to the world's spiritual problems. He used to tell us that, in the previous Time-Cycles, thousands of years ago, there was only one Spiritual system with one value system for the whole world. Once, thirteen billion people lived on earth peacefully and happily sharing everything with love. There were no shortages. There were no problems.

It may be difficult to believe in such things. But Amara had lived at that time and remembered. He told us, "You too were there with me. But you are unable to remember now."

As we advance into the Light Age and as our faculties open again, we may remember.

Before the Light Age, this mess of corruption and violence has to be cleansed. For that, we have to meditate and channel Light. The Light Masters have to unite and guide to work at the Spiritual level. ■



MANASA FOUNDATION (R)

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

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



MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

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

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

at Saptarshi Dhyana Kendra

on Tuesdays (12 Noon - 1PM)

at Shri. Manjunath Shastri's
house, Gandhi Circle

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

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/
PRAKASHMARG(Marathi)**
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NEWSLETTER

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



The Cosmic Tower has its golden coloured tiles worked upon.
The Utility Block gets a fresh coat of paint after some repair work.

NEWS AND NOTES

- ♦ Guruji's 77th Birth Anniversary will be celebrated at Taponagara on 22-5-2016. For participation, Sadhaks may register their names by 20th May at Manasa office.
- ♦ The eighth anniversary of our Saptarshi Dhyana Kendra at Anekal was celebrated on 11-4-2016.
- ♦ About 40 people had gathered at 12 Noon for a small program, when Meditation classes began at Shri. Manjunath Shastri's House at Gandhi Circle in Anekal Town on 12th April. Meditation classes will be held here every Tuesday at 12 Noon.
- ♦ Orientation class will be held at Taponagara on 4th May 2016, Wednesday at 11AM. External Guidance students can also participate through webcast. Students may register their names by 30th April 2016 at Manasa office.

GURUJI'S BIRTH ANNIVERSARY PROGRAM

22-5-2016, Sunday

11AM Welcome
Speeches
Special Meditation
12.30PM Prasada

MEDITATION ON SPECIAL DAYS

05	Thu	Masa Shivaratri
06	Fri	New Moon Day
09	Mon	Akshaya Tritiya
14	Sat	Shukla Ashtami
16	Mon	Shukla Dashami
18	Wed	Guruji's Birth Anniversary
21	Sat	Full Moon Day Buddha Poornima
22	Sun	Guruji's Birth Anniversary Program
29	Sun	Krishna Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
08-5-2016	Shambala Group meeting at 2PM
15-5-2016	Ra Group meeting at 2PM
22-5-2016	Guruji's Birth Anniversary program
29-5-2016	Akhanda Dhyana (Light Channelling): 11AM - 1PM

PROGRAM AT ANEKAL

Guruji's Birth Anniversary will be celebrated at our Saptarshi Dhyana Kendra on Wednesday, 18-5-2016 at 11.30AM.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I practise Light Channelling both at school and at home. I can feel the Light entering me. And I feel I can reach my goal by using this Light. I have shared this technique with my parents and sister. It improves the mind and is good for health.

– Manoj M., Std. VIII, Basaveshwara High School, Bangalore

I feel like an ocean of bright Light when Light enters my body. By practising this, I have developed good concentration. There are many changes. I love this Meditation.

– Dhruv R., Std. IX, Basaveshwara High School, Bangalore

I could feel the Light entering me while channelling and spreading to the whole Earth. I prayed to It to help me in my studies and give me good health. I also shared my feelings, my personal things and my problems with It.

– Shwetha V., Std. VI, Sri Sai Public School, Bangalore

It was a good experience and the Divine white Light made me feel very happy and relaxed. I loved It and felt assured that this world would be filled with peace and love. And I too want to be a good member of this society.

– Sneha, Std. VIII, Sri Sai Public School, Bangalore

After channelling Light I felt very peaceful. From that day my thinking has become positive. Praying to Light gives me the strength to solve my problems and makes me feel relaxed. When I am spreading Light I am spreading love, affection, positive thinking and respect to the whole world.

– Rakshitha S., Std. IX, Sri Sai Public School, Bangalore

I experienced the love and peace of Light as It spread through my body during channelling.

– Manoj L., Std. VIII, Sri Sai Public School, Bangalore

TAPONAGARA DIARY

Seema Almel

Watching the Meditation Halls in Taponagara while they are given a new coat of paint after due repair work, one feels a sense of witnessing a sacred rite. Much like witnessing the statues of deities in temples when they are rinsed before worship.

Under the astute planning from Shri. Jayant Deshpande and meticulous execution by Shri. Kavindra, last year the Cosmic Tower was spruced up from inside and the pyramidal top was cleaned up and repaired as well. This year the golden coloured tiles on the outside, which were damaged, are being worked upon. The painting work for the Utility Block on the outside is nearly over while the rooms inside are ready. The big storage room downstairs has new sturdy facilities to stock up books, equipment, etc.

The Chakra Mantapas stand shining bright with a new coat of earth coloured paint while they await the other Structures to catch up. In Guruji's Samadhi, the glass pyramid, which housed His Holy Ashes, was renovated a few months back. The foliage around the Saptarishis Cave and Amaraji's Cave has been removed to enable painting.

To celebrate Guruji's Birthday in May all the Meditation Halls will be ready in time. ■

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)

April 2005

Recently when I visited Pune I met some people there, who were really humble. They did not know that they were so great. I also met people, who were good, but who were very egoistic. Somewhere, sometimes, we have to stand before a mirror and look at ourselves. Periodically we have to introspect, assess, know where we are and then move on. And we should never condemn ourselves. I mention this often. We are all Sadhaks and maybe we are at different levels. Let us go on moving.

I always wonder that after me, someone may say, "I have contact with Guruji." I promise you that I will never speak through anyone!! We have wonderful people, wonderful teachers, wonderful guides, volunteers, who would never do such things. We have enough knowledge, we have enough guidance, techniques and there is so much of Sadhana behind these people. They are capable of intuitively grasping things that would be communicated to them later on. In this I have no doubt. Let us be very happy that after me the guidance from the Rishis continues – these people pass it on.

The previous night we meditated for nearly 5 hours during the eclipse. Energies from these Meditations are still here in this room. The moment I entered, I could feel them. We began this year with new energies. The Rishis said that with this eclipse, the Pralaya would be intensified at the individual level. We need not get scared. Pralaya means more opportunities. It means not only energies from these eclipses, it also means, more help from the Rishis. It means that we have to get ready, meditate and positivise.

As I know, it is for the first time such opportunities and so much of new and right type of energies are there. I am sure none of us miss these

opportunities and energies. We are very fortunate because we have the younger generation who is much more fortunate because they begin with these things. When we began we had difficult times, trying times, but this generation begins with these things and of course they deserve it.

—♦—

Welcoming the New Year I would like to add one or two points as a part of revision. Let us remember a point that this science of Meditation was given by Vishwamitra Maharshi directly. Although we know it, I would still like you to remember it. I remember, a person once asked me, 'who is your Guru?' I told my Guru's name. He told me, 'I don't know him. I have not heard of him.' But people have heard of Vishwamitra Maharshi. He gave this science of Meditation to my Guru and my Guru tried to give this to the people around him at that time. He could not pass on all the knowledge, but only a little of it. We could not receive much as we were not ready. Amara continues to pass on the knowledge that he received from Vishwamitra Maharshi and that process is on.

—♦—

Let us understand Sadhana clearly. It has two parts. In the first part we experience the Divine in Samadhi or let us say in deep Meditation we experience the Divine. In the second part, we manifest it. Both are important – the experiencing and the manifesting. To experience, we have to meditate and to manifest we have to make conscious efforts.

—♦—

This is not a cult. This is a Path. The difference being that we have all the freedom here. You can just walk out and of course you can also walk in. Nobody questions. This is like a temple. People can come, can go and come back again. This is like a home. No parent will ask a child,

"Why did you walk away? Why are you coming back again?" There is freedom here. That is the difference. I don't think there is a lot of freedom in a cult. People are bound to this Path, by love, by understanding. You understand that there is a lot of knowledge here and there are opportunities. With that knowledge and understanding we stick to this Path. It is by choice and not by any compulsion of any sort.

—♦—

We had Orientation classes last week. I had to be busy in this work. It is always energizing. I always feel very young when I am involved in this type of work. It is not the same thing, it is always highlighting a different aspect of Sadhana. It is always trying to find a new point, a new angle. I am trying to explain this and this is a very creative work. I was involved in this whole work. I am sure people enjoyed this Orientation class. I want the beginners who were with me for this session for the first time to write their experience about the Orientation class.

—♦—

Dealing with our negative emotions that our Jayant was talking of is a part of Sadhana. Some people are wonderful. They positivise anything, any input, any negative emotion, any negative experience, like Amara would positivise. Negative emotions are natural. They may come from outside or they may come from within. We have to always remember that they are different. They come from a source, which is not ours. Because they are not ours, we can simply ignore them. In fact, negative emotions are always more attractive. Put them down and that is how we have to move ahead. If we listen to the negative thought or go along with a negative emotion, it will easily pull us down. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

10-08-2014

A person asked me, “Since there is only one mind and we have to tune to that mind or Consciousness, does any of the negativity in the Consciousness or in this one mind disturb our calm?”

We know that all of us have the mind, which comes from, let us say, one mind. Guruji had explained that the Consciousness is a Divine matter and from this Consciousness everything else came out. Consciousness is subtler than the mind. It is very subtle and is of a very high frequency. In the Consciousness there are no negativities, and if we tune up to the Consciousness we will be tuning up to God Himself. There will be no disturbance. There will be no problem. There will be no negativity.

The whole atmosphere of Brahma Loka is made up of mind matter and there are no negativities there, as I understand. So there is no question of negativity affecting us. But, the negativity in this world affects us. When we read the newspaper or when we watch the television, the news of violence and injustice definitely perturbs us, disturbs us. Even the vibrations of violence and injustice on this earth disturb us. We have to take help from the Light. We have to carry Light and we have to spend time in understanding the Spiritual realities. I think this is very important. We have to understand the Spiritual realities of the time for example. Such chaos, disturbance and such surfacing of negativity is expected during these times of intense Pralaya. If we understand this then it helps us to deal with the realities of this life. We have to understand that the future is glorious. All this will help us to accept the conditions on this earth. We will go on channelling

Light, improving ourselves and grow. And mentally we will go on rejecting the negativity.

We would have also observed that sometimes suddenly there will be strange thoughts, very negative thoughts, and Guruji used to explain that these are not our thoughts. We should not associate with these thoughts. Maybe the negative thoughts generated by people that are floating in the atmosphere on this earth somehow enter us. At such times we have to reject these thoughts. If the living conditions on this earth, the negative way of living of the people influences our thinking and emoting and if we as souls also reciprocate by thinking and emoting negatively, then we attract dark energies. This will definitely disturb us. So it is completely in our hands whether we allow ourselves to get disturbed or not.

Another query was, “Is there any shield to protect?”

Yes, all of us have the shields given by the Rishis. Here, in this Path, when a student reaches the stages of Experiencing Light, he or she will be given a shield. This shield is a shield of energy or shield of Light, which protects us from dark energies. Even if a shield is not given, an individual or a person will have his own shield based on his Spiritual condition. We can strengthen it by keeping ourselves pure.

Another Meditator asked, “Sometimes we meet people who affect our thought pattern. Their presence drains our energy, brings down our confidence level. Why is it so? How do we protect ourselves?”

I know that there are people who do affect our confidence. With their utterances, their talks and their behaviour they try to damage our self-esteem. The only way is to grow

stronger. We have to remember that we are a part of God and we shouldn't allow our self-esteem to be damaged. I know it takes time. I feel Meditations are so important, especially during these times.

In Satya Yuga, there will be no need for Meditations but it is very important now because we have to deal with our own limitations and also with the negativity which is in the world. Meditations is the way. Meditations bring us the Spiritual strength and the wisdom and we know that when we are strong then we are respected. It is also a fact.

Sometimes we feel drained, exhausted in some people's presence. I think if this happens we need not worry about it. We can always meditate, carry Light and we can gather energies once again. When we are connected to the infinite source of energy then it doesn't matter if our energies are sucked out of us.

“Does sacrifice help us to gain strength to have better connection with the Divine?” was a question from yet another Meditator.

An act of sacrifice is a very noble act. Sacrifice for a bigger cause, sacrifice made for others selflessly, connects us to the Divine.

24-08-2014

Before we came down here, we were told that life here is not perfect. In spite of knowing we chose to come down here. Although the life is imperfect here – like we are – there are beautiful things here, wonderful things here. If we go on complaining about this world, about the imperfections and about the people, we will be missing so much of life. We have to accept people with all their imperfections. If we are a part of God, they too are a part of God. ■

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.

GURUJI – OUR BELOVED MASTER

Shobha K Rao

Guruji, our Master and the great Maharshi is very much with us; our awareness is full of him and life is centred round him and his teachings, which we try to implement in our life. Meeting him, getting guided in the Spiritual journey by him is making us understand the nuances of life and also value them.

Guruji used to say that one should love life and this world with all its diversity. He gave great importance to all the shades and colours of life and told us to observe, experience and enjoy them. He made us realize that experiencing life enriches us; the true meaning of 'experiencing' dawns in us when we become aware of the Divine and experience Him in the life around us. It was Guruji who made us aware of the wonderful gift 'life force' given to us by God. When we see the old leaves falling off the trees and the new, tiny and tender green leaves sprouting on their branches, we are reminded of Guruji's beautiful words on the 'life force'. He said that this life force makes everything in life vibrant, beautiful and joyous. Manifestation of the life force helps us to be positive and spiritualize our life. He emphasised saying, "We haven't lived life at all if we have not manifested the life force."

When we understand and follow Guruji's words it makes us realize that all life is so sacred. His words ring in our ears; He would say, "The Presence or God is not far away. He is in and around us. We have to just shift our awareness and interact with the Presence." Let us put in more effort to spiritualize our life at all levels, every moment and follow our Master's simple ways of directly connecting to the Divine and thus transform to fulfil the purpose of life. ■

GURUJI'S ASPIRATION

Usha Satishchandra

Individual fears, insecurities, weaknesses and several other inhibitions facing the challenges of living can leave us at crossroads. In earnest pursuit of relief and guidance when we step into the folds of 'Manasa', a doorway opens to a "New World". In Taponagara, the dream of Guruji, Amara and Rishis, we experience an abundance of Divine Love and energies. Embraced into their loving care I realize that the one simple solution for eternal guidance is to establish our roots in Guruji or God. His Spiritual Life was always full of his Guru, Amara and the Rishis. The Rishis have chosen Taponagara to build another Shambala, a world order based on love and justice. To establish this world order within us is their vision. I often reminiscence Guruji's words, "Tune up to Taponagara. Your relation with us will never be severed. You are not just taking back a lesson on Meditation, you are joining a vision for all humanity."

Taponagara is Guruji's world, full of Divine Love and Freedom. The first reality here is Meditation. Guruji says, "During Meditations our sensitivity will be maximum. Only during Meditations the Cosmic energies enter our system and purify us thoroughly. The last traces of impurities can be cleared with these energies." Sadhana here is not just an axis to manage life and living. It is more an evolution of all thoughts and emotions to become a perfect human being.

Guruji's Spirituality is manifesting God as Love, Peace and Forgiveness. We choose these to be his true followers. In reverence to such a great Master, we have to shine with our Light. On his birthday he awaits eagerly for aspirants, ready to pour out his Spiritual heart. When we rise to his call and offer ourselves to be a part of his vision and dream, we experience the Grace and his hope in us is nurtured yet again! ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is humility a condition for Spiritual growth?

A: Yes. For growth in any area not only in the Spiritual area, humility is required.

Q: Is it true that plucking flowers attracts bad Karmas?

A: No. It does not attract bad Karmas. When you disturb a plant after sunset, I think you attract Karmas, as nature goes to sleep after sunset.

Q: To receive messages from you we have to be calm. If we are not calm do we not receive the messages?

A: No. Imagine I send you a message and you are agitated. The agitated mind is not open. It will not receive anything even the energies and also messages.

Q: What happens to these messages?

A: These messages will be near you or around you for 48 hours. At some point when you are calm, maybe during sleep, the messages enter you. We will be able to receive these messages. During the 48 hours, if we are never calm, then these messages disintegrate into energy.

Q: How do I know that I receive a response from you for a question sent to you telepathically?

A: When you send a question and if you are expecting a response then you have to be alert, calm and wait. Instantaneously you get the answer. The first thought that flashes into you is the one sent by me. Most of the times, we think that this may not be the response because sometimes I am tough and I may not agree

with you. Then you wait. It is then the mind will give you a response that pleases you and you accept it. It is not difficult to receive answers or responses from me but you have to accept it very honestly.

Q: It is said that with the right attitude if a person is busy in any activity he is in Meditation.

A: Meditation is silencing. It is the definition given by the Rishis who first taught Meditation to humanity. But any activity done with the right attitude is not Meditation. Do not ever get confused. Stillness and attempting to become still is Meditation.

Q: When we are asked during a check up, 'have you experienced Light?', does it mean 'have you experienced Light during Meditation or at other times?' What should be my answer?

A: We mean, 'did you experience the Light during Meditation?' Make a note of it. During Meditation, during the one hour, people experience Light for some time, a few minutes. In any level, you have to experience Light for the whole hour or at least for 48 minutes, and on all the days. It is only then you will be shifted to the next level. It's not easy but it is possible. There are people who experience Light for the whole hour.

Q: Some say we are all born enlightened. Is it true?

A: May be some of us are spiritually in advanced states. That is true. But we are not born enlightened. So generally the normal and even the abnormal people are not born enlightened. ■

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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Light	10/-
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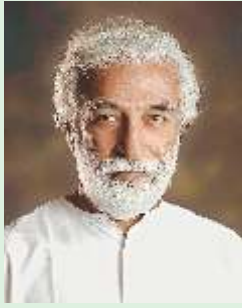
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GURUJI KRISHNANANDA (1939 - 2012)

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)

On 17th March 2016, at night, I suddenly started sweating a lot, the heartbeat rate increased and there was pain in the chest area. I remembered how Guruji had healed himself in a similar situation using the healing energies from 'Ananda'. I imagined myself sitting in front of Master V in Antar Manasa, and practised 'Shambala Principle I' till 4.25 AM. Gradually the pain vanished and I felt comfortable. I offered lots of love to Light, Sai, Master V, Amaraji and Guruji.

– Guruprasad M

As I lay in shavasana after Meditation, I saw an amber or golden flowing sandy place of a colour not seen ever. Far away there seemed to be a cave-like, dark structure with a huge opening, from where a line of king-like men walked towards me. As they came closer I realised in a flash that they were Rishis with their hair tied up high! Their faces were so calm, regal, silent and powerful. I am going through some really stressful times. I have been praying for help constantly. I felt this vision was like an assurance from the Rishis that help was at hand.

– Chitralkha Shalom

Of late, I have had the urgent desire to learn more about the Rishis. I have felt the importance to know so much more about them as I experience their loving presence and guidance. I feel I am being guided to do so rather than just being a human with an enquiring mind.

– Lucinda Bach

Recently, while meditating, I suddenly felt a tingling sensation in my Sahasrara Chakra. Later, I was engulfed in bright Light for a long time. After Meditation, for the first time I felt the effect of it for the entire day as well as night. I was so energized. The calmness and peace that I am still

experiencing is beyond comprehension! Thanks to Rishis and Guruji.

– Nandita Patel

I lost my husband's wallet in a crowded market. I prayed to Sapta Rishis for help and next morning an honest man called my husband to tell him that he had found his wallet! I was so amazed by this experience. Since I joined this Path there is positivity and a kind of inner strength in my life. Thanks to Guruji and the Rishis.

– Sonali Wagle

I was travelling to work on the London Underground on a Monday morning. A pregnant lady sitting opposite me was not feeling too well. I and another lady helped her to get off the train at the next halt. She chose to go to the hospital. She told me that she could see only me and everything else was dark around her. I was stunned because I was carrying Light, which she could see! It was a marvellous way to see how Light works. I was happy to help her.

– Pratibha Patel

These days when I sit for Meditation, I feel that my body is a huge ball of bluish white Light, that fills almost the entire room and I clearly feel as if the body is completely empty inside. I feel that there are no organs inside and it is filled with only Light. Even while practising Chidakasha or Shambala techniques after Meditation, I continue to be aware of this empty space and I feel very nice and light.

– Saroj Sawale

We have a family history of hypertension and I was a high BP patient in the past. Regular Meditations and Light Channelling has helped to bring my BP to normal levels, to the surprise of my family doctor.

– Rajendra Rangnekar

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