



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 12

NOVEMBER 2016

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – September 2009 issue)

We build temples and allow the priests to reign there. We follow the rituals prescribed by them. We allow them to pray for us. We allow them to work as the middlemen, as our agents. We do not try to contact God directly. We do not even know that God is accessible directly, without the middlemen and the self-appointed agents. Somehow, we do not think about these seriously. Maybe, we are not serious about God, as much as about temples and priests.

I find similar attitude in our students towards the Rishis. They believe in their existence, undoubtedly, because they pray to them and get the benefits. But they do not try to contact them directly and rely on me to work as a middleman which I always desist. I have always encouraged the Meditators to develop direct contacts.

We accept gods and Rishis as our wish-fulfilling entities. But we do not even try to know that we are required to follow certain principles and instructions from the gods and Rishis. Because we do not have the contact, we are not aware of these instructions at this level. But, we are aware of them at the Astral level, where the Rishis communicate.

It would be shocking to know that sometimes, some people, do not follow the instructions from the Rishis. They argue, defy and continue to live in their own ways which are not conducive to Spiritual growth. When I bring this fact to their notice at this wakeful level, they argue with me, defy and continue in their own ways!

Those who do not listen to the Rishis go away from us. If they hold on, it is a matter of time before they suddenly vanish. I, personally, have no comments. People choose or un-choose because they are free to do so. My job is to guide, not to judge.

People, naturally, ask questions about the Swine Flu. There are no simple and direct answers. It is also not easy to digest the truth. This is a result of our collective Karmas. My Guru had predicted about such things in 1978. I advise my flock to channel more Light and build a shield of Light around. And, on the human plane, follow the medical advice.

Dealing with the problem at both the levels is important. ■


MANASA FOUNDATION (R)

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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 (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.

**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.



Two Volunteers spoke and Anjali Madam's birthday was celebrated in the Volunteers Meet.

NEWS AND NOTES

- ♦ Guruji's Mahasamadhi day will be observed at Taponagara on 27-11-2016. To participate, please register with Manasa office, before 25-11-2016.
- ♦ The book, 'Thus Spoke Guruji, Vol -1', containing unpublished talks of Guruji, will be released during Guruji's Mahasamadhi program at Taponagara on 27-11-2016.
- ♦ Manasa Calendar for the year 2017 will also be released during the program. Only a limited number of copies, only for those who request for it, will be printed. Please register by 13-11-2016 to book your copy.
- ♦ A new batch of Shambala Group will begin on 8th January 2017. Students who wish to join the Shambala Group may register with Manasa office before 31st December 2016. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2016.

GURUJI'S MAHASAMADHI PROGRAM 27-11-2016, Sunday

11AM Welcome
Talks
Special Meditation
12.30PM Prasada

MEDITATION ON SPECIAL DAYS

08	Tue	Shukla Ashtami
09	Wed	Shukla Dashami
14	Mon	Full Moon Day
22	Tue	Krishna Ashtami
23	Wed	Guruji's Mahasamadhi Day
27	Sun	Masa Shivaratri Guruji's Mahasamadhi Program
29	Tue	New Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
13-11-2016	Shambala Group meeting at 2PM
20-11-2016	Ra Group meeting at 2PM
27-11-2016	Guruji's Mahasamadhi Program

PROGRAM AT ANEKAL

Guruji's Mahasamadhi Day will be observed at our Saptarshi Dhyana Kendra on Wednesday, 23-11-2016 at 11.30 AM.

Please visit www.speakingtree.in to read Guruji's blog and watch his videos.

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Students practise Light Channelling every day for 15 minutes. They have become confident. Now they are able to think independently and take decisions on their own. Their grasping power and discipline has improved. We see that the leadership qualities in students are increasing. This technique is very good and we thank you for introducing Light Channelling in our school.

– Ms. Jayanthi T. K., Headmistress, Swami Vivekananda High School, Kuvempu Nagar, Kunigal

For one academic year (2015-16), we practised Light Channelling every day for 15 minutes, with an intent to protect children from accidents and falling. It worked amazingly. Children who are not feeling well are encouraged to sit at a particular place and practise Light Channelling for 7 minutes. After practising they feel better and go back to attend the classes.

– Ms. Vijaya D., Headmistress, Maharshi Aravind School, Panchasheelanagar, Bangalore

School results have improved. In the months of January, February and March the tenth standard students practise Light Channelling for 30 minutes before the special coaching class begins.

– Mr. Laju P. Naik, Headmaster, Shreyas High School, Kamakshipalya, Bangalore

I like Light Channelling and I am practising it for two years from the time I was in my earlier school. I am in good health and I feel my mind is very peaceful.

– Sangeetha S., Student, Tarbes Community College, Frazer town, Bangalore

Someone had scolded me in the morning and I was feeling very bad about it. Now, after channelling Light I have forgotten about it and I feel happy.

– Dafney, Student, Tarbes Community College, Frazer town, Bangalore

After channelling Light, my mind is peaceful. I forgot my problems and myself for some time. I feel happy.

– Nancy Thomas, Student, Tarbes Community College, Frazer town, Bangalore

TAPONAGARA DIARY

Seema Almel

Four years back, our Guruji shifted His Work completely to the Astral level. Long gone are those Divine informal sessions with Him and the sheer blissfulness of His physical presence during Sunday Classes; yet, His Light floods every open heart and His Guidance fills every open mind. There are no revelations in the Classes anymore, but He continues to reveal our higher Self to our human selves. We no longer get to be seated eagerly waiting for His arrival for Residents' Meet, yet He makes His Presence known as wholehearted fun and joy for all in the Meets. Volunteers do not get to see Him informally sipping coffee with them, but He fills every Volunteers' Meet with motivation.

The birthday cards sent to Meditators do not have Guruji's signature anymore, yet He sends His fatherly Love every time. He does not respond Himself to our emails seeking solutions, yet He provides protection, answers and assurance through every means possible.

We do not have the good fortune to see Guruji in His finite physical form in Taponagara, but He beckons us to explore the Infinite in the Higher worlds, while being rooted in our present. He appears invisible to our eyes which see; yet He is ever present in our heart which feels and perceives. He seems silent in His Mahasamadhi, yet He is ever vibrant in Silence.

The question is not where Guruji is, but where is He not for His seekers. ■

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)

18-05-2005

Whenever I come and sit here like this, I always come to talk a lot, to speak out everything, to tell you everything, but I realize that when I open my mouth I cannot speak everything! Many things remain unsaid, perhaps many things cannot be said. I read somewhere that words speak a lot and silence speaks much more. I think that is what I have tried to do unconsciously. By speaking a little, with many things unsaid, and through silence perhaps I unconsciously intend to pass on a lot of things. Sometimes, I do this deliberately and I realize that people have caught what is not said, they have received and understood it. That is a beautiful experience. I realize that those who want to listen will always hear, with or without words.



Twenty-four years ago on this day, 18th May 1981, I joined my Guru. I gave up my job, did not give up my family, but distanced from it. This had to happen. I went and began staying in Amara's land – a 50-acre area – just one kilometre across, called 'Manovati'. Amara gave me this name 'Krishnananda'. One day I was alone with him while we were walking and whenever we walked it would always be in silence. Suddenly he turned and said, 'I want to see a paradise here.' I think that made a very great impact on me. I did my best to bring out this paradise, manifest this paradise. Of course he gave me a lot of knowledge and energy. Without trying to be humble I say that I am here because of him only.

I went there in May 1981 and in August 1982 he was not there. It was very sudden. But although he left his body, he left back his dreams. The

dreams of Masters shape the destinies of mankind. This is true not only with Amara, but with every great Master. His dreams became my destiny and my goals. I took it very seriously. After his death, people around him lost an anchor, lost a kind of direction and gradually over a period of time many left. Some joined other Paths, some wonderful people continue Meditations even now. We realized that Amara had dictated all the techniques and had given very clear instructions about further guidance to be given to people.

I did not do much; I did not do any great wonders. I did a very simple thing – I stuck to my Guru and I stuck to this Path and it was then that Amara gave me 'everything'. Amara gave me you! Now you see, more than anything, Amara gave me clearly a very clear direction after we got established in this centre here. He gave us a programme – a project. This project runs for 400 years. And of course he gave knowledge and energies. The project also involved training people to guide others, because doing Sadhana individually is not easy. There will always be obstacles – the greatest being ourselves! Guiding others is much more difficult. We must understand things very well and we must know what we are doing and we must have enormous patience and enormous love. Amara gave this work of training people. I think I have a number of people. I have the volunteers and teachers who are wonderful people. There are many more who have this great potential, who are not yet volunteers and teachers. Amara said clearly, 'don't add numbers' and this was very clear. He said, 'work for the next generations.' It is easy to get

tempted to find our faces on TV or in a magazine or in Newspapers. Nobody knew about Amara, but he was the greatest Master at that time. I knew his worth because I met him, because I knew him. It was not difficult for me or it is not difficult for us to lie low and work for the next generations. I think we have done great work, a significant part of this work. We have a centre, we have a project and we have a workforce. People know that we have to manifest love and we have to have great love. People do understand the work and this is very important. And this I would like to emphasize that there is a leadership. I know that with me or without me, this work goes on. To repeat this slightly humorously, perhaps without me, they will do better! There is already a leadership and the beauty is that although it is a group, there is no conflict. No single individual is trying to occupy this place or the prominent place. That is the beauty here and that is the beauty of working with Rishis. Rishis know where to keep our Egos; unless we keep our egos outside the door, we cannot come inside. They will see to it. That is why everything will be smooth and everything will be wonderful and I am very happy about this.

There is a system and this will continue to work. I did not achieve all this alone; all that you see here at the physical level and at the other level. It is impossible. People have dedicated their lives, people have sacrificed their time, people have given huge funds and those who cannot directly participate have given their love and support. What more do we want? Of course, we have the blessings of Amara and the Rishis. ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

04-01-2015

I feel it is a good time to revise certain points on this occasion. We already know about them but it always helps to revise.

I remember when people asked Guruji, 'what is the message for the New Year?' He would say, 'It is the same message. Follow the same message that you have been receiving all these years.'

I feel this is a good time to ask ourselves, 'Why are we here? What is it that we expect from this Path? What is our goal?' I feel defining all these always helps. Many of us come here, because we are trying to find solutions to our problems. There is nothing wrong with that. Most of us have come like that to this Path.

And those of us who have spent some time here, we also know that our goals do change. When our problems are solved, we look forward to something else, something higher. I think that is how we continue in this Path and we continue to grow. It helps if we do not stop at any level and go on looking for higher things continuously.

All the knowledge and energies provided here to us by the Rishis through Guruji and Amaraji help us to grow; help us to transform. Transformation is the focus here. As we gather more knowledge and experiences and grow, there is a possibility of getting carried away. And there is a danger of losing sight of the fundamentals.

Thank God, we are learning from great Masters and they have provided such clear guidance. They have told us very clearly that knowledge and experiences do not measure our Spiritual condition. We have understood here that Humility is the measure of our Spiritual condition.

Humility, as I understand is not an external expression of softness.

Humility comes from a deep realization that all of us are a part of God. I am not saying that a humble person will not be soft. I am saying that it is not just an external expression of softness. Humility is not appearing humble externally but it is being humble internally. It is also true that what we are inside somehow comes out or manifests in our behaviour. But, many times when we make a statement, somehow we are misunderstood. That's why I wanted to clarify this point.

When we realise that everybody is a part of God, we respect others automatically. It happens naturally. We will be naturally relating to them at the level of the soul. That is what we saw Guruji doing. He was such a great Master. He could talk to gods and the Rishis like we talk to each other, even then he truly, truly respected us because he always connected to the Divinity in us.

Humility helps us remember that the capacities we have, the knowledge we have, the powers we have if any, come from the Rishis. All these things come from God. They are gifts given to us by God. God will not take them away but we will lose them, if we allow the ego to raise its hood. That is a fact. But humility helps us remember that the gift is not mine, it has come from Him.

Similarly, being grateful is a part of being humble. We may argue that we haven't yet realised that we are a part of God then how do we practise humility? It is just a question that crossed my mind. Can humility be cultivated? I think that's what we are trying to learn here. It can be cultivated.

We may not have realised with a great experience that we are a part of God, but even then we can understand things. Even if we say that we understand intellectually, even then I feel it is not purely intellectual.

Our understanding is always supported by the deeper knowing we always carry in our core. The deeper understanding of our true existence, our true nature is a part of us. It is ingrained in our core and that somehow helps our understanding. We may not be able to explain very clearly, logically but, we know deep within that we are a part of God.

Maybe that is the Spiritual Intelligence which Guruji used to refer to quite often. He used to say that this Spiritual Intelligence helps us to understand things. It's not just the intellect, something beyond the intellect which helps us to understand the Spiritual realities.

This Spiritual Intelligence helps us to remain aware of our true nature and that of others. If we can be aware of this fact, we will naturally be humble.



Spirituality is in the details of living. These are Guruji's words, not my words. He was a Master. He was perfection personified. For example, if we promise somebody to meet at a particular time or make any other promise, do we really mean to keep up the promise? It matters a lot.

Do we respect this system established by Guruji? If we respect the system, we will somehow submit our reports on time. Spirituality is in these details. If we respect the system, we will pay our fees on time; we will renew our External Guidance registration on time. We will report for checkups on time. These things do matter. If we respect the system, we will register our names on time. Promptness is a part of being Spiritual. We may have very great experiences but if we cannot practise these basics, then how can we claim to be spiritually advanced? Being Spiritual is not just meditating for hours, it is also following these basics. ■

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 – THE WORLD WITHIN

Hemalatha Pramod

When Guruji left the physical world it was like the "end of the world" to most of us. We always thought that the "World" means something out there. We never imagined that an individual could be the world. In our smallness we could not comprehend him as "The World". Just being in the path was enough to carry Guruji in our hearts consciously or unconsciously. While our egos tried to pull us away, our soul kept connected to Guruji. Guruji is the world we carry within.

Even as we gather all courage to face the turmoil and challenges that life offers us daily, somewhere in our hearts we are aware that Guruji is helping us. Guruji once said, "the more I am distant from every one of you, the more I am closer to you" and many of us are experiencing this now. In spite of our wrong choices and mistakes which we know are the reasons for our problems, it is very touching to know that Guruji is helping us in very minute and personal details of life.

Just reading a few lines from "Doorways to Light" gives us the hope and assurance that everything will be fine. Our struggle is nothing compared to what Guruji went through and these are tests to make us strong. It gives us the courage and hope to move on in life. In spite of having powers Masters like Guruji live a life of a normal human being to set an example to the entire humanity. They are not understood by many when they are alive.

The best we can do for our Guruji is to try to understand him a little more – to experience his Love and Grace a little more and be grateful for having come in contact with him, because whatever we are today is only because of the grace and unconditional Love of Guruji. ■

A DOORWAY TO LOVE

Karthik N

Great poets breathe Life into the inanimate and make them a pulsating part of our lives. Great thinkers give wings to our creativity and spawn innovations. Great painters splash the vivid colours of the canvas into our lives and weave fine threads of imaginations in our minds. And great musicians transport us to intensely emotional and elevated states. In all aspects of Life such great beings elevate us to a higher level of living, albeit temporarily.

Guruji was a Master who would also elevate us to such high states. He taught us Meditations to help us go beyond even those states to much higher states of purity and stillness; and to remain in such states for long! He was such a Great Master that he would channel the essence of all these in the form of pure Divine Love, which is the Core of the Universe. And all the great artists, musicians and scientists manifested that Love through their works. Guruji was a Maharshi who could carry the Divine Love itself, in its purest form in his Core and pass it on to everyone. And these vibrations of Love would enhance all aspects of our being and trigger the artist in us, the musician in us and the philosopher in us.

Everyone who has met Guruji, or heard him or even read his writings would have experienced something deep and Divine. Some reach the emotional high, innovative ideas spring forth in some, many derive silent inspiration, others experience inexplicable joy and few would even experience Samadhi in his presence! Guruji was a bearer of Higher Life, a 'Doorway' to elevated Life. He would heighten the Divinity quotient in us and enhance all aspects of our being in varying degrees. Let us receive more of his Love and step into the 'Doorway'. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How do I talk to my soul?

A: Be thorough with the basics. You are a soul. There are intelligences in this system apart from the soul, individual intelligences of the body, mind and intellect and the collective intelligence of these, which is the ego. We have faculties – intuition, conscience and Awareness. We are not all these. We are souls.

Q: How do I love myself?

A: I can't teach you. Begin by loving your own body, your own system. When you understand more about yourself, about the fact that you are a soul, you will know how to love yourself.

Q: I do not feel the depth in Meditations. Is there anything that I can do?

A: Add love. Don't practise Meditations forcibly, you must love to meditate. You must also know that you meditate to experience God. We must love God. We must know God. These simple things are enough. They make our Meditations very satisfying. Also, there is a wrong understanding that we have to lose our consciousness, our awareness and only then we think we are deep in Meditations. We lose awareness many times in sleep; never mistake this for deep Meditation. When you are deep in Meditation, you will be fully aware, you will be fully expanded and you will feel that you are complete. It's difficult to describe these states.

Q: It is difficult to choose Love from the level of the Soul. What can I do?

A: You never tried to choose Love from the level of the Soul. I don't

think you have meditated properly. If you had practised Shambala principle number one or two, you would know what love is. Perhaps you have not loved anyone including yourself. If you genuinely love anyone, you will be doing it from the level of the soul. Try loving someone, yourself to begin with, from any level.

Q: Do the special energies we are receiving make us sleepy during Meditation and even at other times or do they make only those people sleepy, who are receptive to them?

A: We have a lot of energies released. They are available, but we have to accept them. The energies have intelligence. They take our permission before they enter us. Some people say 'no' and do not accept the energies. When these very special energies enter, somehow they make us feel sleepy. At that time if it is possible sleep, sleep for longer times. During sleep we assimilate these energies. So only those who receive these energies feel sleepy. Others are happily awake.

Q: Do the special energies help the Astral beings also?

A: Yes they help everyone. They help us, the people in the bodies, those beings who are spirits, disembodied souls, ghosts, and all Astral beings on this earth. They help all living beings, animals, birds, nature. These help everyone and everything.

Q: With these energies do the dark people also evolve?

A: No. The dark people will not receive these energies. They do not evolve because they don't want to evolve. ■

LIST OF OUR PUBLICATIONS

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Light	10/-
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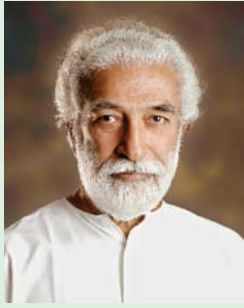
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GURUJI KRISHNANANDA (1939 - 2012)

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 the Solar eclipse day, in Guruji's Samadhi room I prayed for all my wishes to be fulfilled. In silence I got a clear message from him that he would be with me always and he blessed me. Later, in Amara's Samadhi room as I offered a beautiful flower to him I felt as if I was offering myself to the Rishis. I heard his message - "Don't worry, I am with you. Bless you." It was a wonderful and blissful experience which lingered on for a long time!

- Anjali Patil

After my first initiation at Taponagara, I saw Guruji standing in front of me in his Samadhi room. I touched his feet. He gave me golden energies. That moment was full of bliss! Guruji told my mother who was there, "This is the first step in her Spiritual journey." Later, in the Saptarishis' cave the Sapta Rishis blessed me. They combined their energies to form a garland of red and white flowers which was given to me; it fitted me perfectly!

- Shruti Mishra

One day while meditating, I was totally enveloped in a bright white light. Suddenly, I saw an elderly Rishi with a massive built standing opposite me. He was observing me silently. I realized intuitively that he has been guiding me from a subtle level ever since I joined this path four years ago. As I was going through very disturbing circumstances then, this vision was very encouraging and was a gift of rarest nature.

- Rajendra Rangnekar

Whenever I read Guruji's books and especially any volume of "Guruji Speaks", it appears as if it's a live conversation with Guruji. The book disappears after a paragraph is read; and it actually feels like Guruji is

speaking and I am sitting in front of him. The energies in those books and words are so alive! It is difficult to express in words.

It is difficult to put in words about the important change that I have experienced in myself through Light. Light helps me to connect with others as human beings first and then to work on day-to-day basis. This is helping me not to lose my humility in this harsh corporate environment where people are seen merely as resources rather than human beings.

- Pushkar Patki

I had to reach an office for a meet. It was difficult to find it as it was in a tiny lane. As I set out it started raining, so with difficulty I got an auto rickshaw and travel was slow. A postman came along and asked the driver of the auto rickshaw to follow him and led me to the office. It was a miracle!

- Geeta Joshi

Many changes are occurring in my life. In my daily life I feel Light is correcting me at every level.

- Roopa Ramesh

On a rather difficult day when I was filled with uncertainty about what the future holds for me, I closed my eyes and connected to Guruji. Instantly I was told to read the Newsletter. I quickly grabbed it and read it. My answers were right there! It was as if Guruji guided me to the answers.

- Vinamra Longani

It's pretty so real how much things have changed since I consciously started letting Light into my life! It's difficult not to react to everything and I do fail a million times but, that one time I don't fail, really makes me super happy and motivates me to try harder...!

- Shriya Sasank

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