



MAHARSHI AMARA (1919-1982)

WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

LIGHT

is the Intelligent Power behind all Creation. Light is God.

LIGHT WORK

is assisting all life to raise its levels of Awareness and Experience for a better living.

LIGHT BEINGS

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

SAPTA RISHIS

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

MAHARSHI AMARA

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

GURUJI KRISHNANANDA

was the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

SAPTARSHI DHYANA YOGA

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

THE AFFIRMATIONS

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

DOORWAYS

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – March 2010 issue)

Someone told me that when a Light Master tried to interact with some gurus, he could not do so because they were seeped in the ancient knowledge and energies and had not updated themselves with the new knowledge and energies. He kept silent. My Guru kept silent on many occasions. Keeping silent has become a part of my interactions with many.

Old is gold. But we have to add lustre to it after some time.

There are no full stops with knowledge. More we learn, more remains to be learnt. In these recent decades, a lot of new knowledge about the new realities has been channelled by Light Workers. The scientists are yet to analyse and assimilate it. For now, they do not accept it, naturally. But the Spiritual leaders are unaware of it. They are content with the old. They are closed. Then, how can they guide this and the future generations to face the new realities.

The Light Master could not, naturally, communicate with them and remained silent.

There are several levels of communication even at the physical level. There are lower and higher levels. There are the levels of ignorance and stubbornness and there are the levels of awareness and visionaries. I remember a great political leader saying, "I took the dreams for the world to a leader and he spoke only for his country. I could not communicate."

I have urged my flock to interact with me at the highest levels of exploring the rainbows and chasing the dreams. We have to dare. We have to adventure. If we do not, we do not grow. I am aware that many do not understand me. But I wait. I wait for the wings to grow. I wait for the eyes opening and lights glowing.

Waiting patiently is a part of my job.

Led by Sridhar and Manoj, more than fifty Meditators have made history. They went to many schools in many cities and made thousands of students channel Light. At the time of writing this (11th Feb '10) the number of students who channelled Light had crossed 35,000! I do not know how to thank these wonderful people.

Many young ones could see and experience the Light. Being innocent and pure, their channelling has added more Light to the world. This will definitely impact the world. ■



MANASA FOUNDATION (R)

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

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

MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

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

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

at Saptarshi Dhyana Kendra

on Tuesdays (11.30 AM – 12.30 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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Amara Jayanti was celebrated at the Residents' Meet in February.

NEWS AND NOTES

- Orientation class will be held in Taponagara on Wednesday, 3rd May 2017 from 11AM to 1PM. External Guidance students who have access to the webcast can also join through live webcast. Those who wish to participate may please contact Manasa office and register before 30th April 2017.
- A group of Taponagara residents gathered in the Meditation hall of Taponagara and many Meditators joined from their own places to channel Light to the whole world during the Lunar eclipse on 11th February and the Solar eclipse on 26th February 2017.
- About 110 Shambala Group members gathered in Taponagara and about 50 members joined from their own places on 12th March 2017 for special initiations from the Shambala Masters.
- The RA group members met on 19th March 2017 to receive special energies of RA.

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

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
09-4-2017	Light Channel Volunteers meeting at 2 PM

PROGRAM AT ANEKAL

On 19th April 2017, evening 6 PM to 7 PM, we celebrate the 9th Anniversary of Saptarshi Dhyana Kendra at Anekal.

MEDITATION ON SPECIAL DAYS

04	Tue	Shukla Ashtami
05	Wed	Sri Rama Navami
06	Thu	Shukla Dashami
11	Tue	Full Moon Day
14	Fri	Good Friday Souramana Ugadi
19	Wed	Krishna Ashtami
25	Tue	Masa Shivaratri
26	Wed	New Moon Day
29	Sat	Akshaya Tritiya

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I have retired but two of my salary increments were pending. My service record had gone to the office about 10 months back. Due to transfers and some other inconveniences I could not find my service record and I did not know what to do. So, along with my regular Light Channelling I started channelling Light even to those who were attending to my case. Miraculously, one fine day I came to know about the records and the process started. I have been channelling Light to them for four months. Now the process has reached the last level of releasing my bill payment. I am thankful to Rishis and Guruji who have given this sacred and powerful way to use for all problems and solve them silently.

– Swarnalatha, Volunteer

I have learnt Light Channelling at the RLCC, Siddhi Vinayaka temple, Cooke Town, and I am practising it every day. As a result of the regular practice, my negativities are gone and I find myself always calm even in tense situations. It helps me in facing everyday routine with much ease. Sometimes I feel I am amidst a flood of Light. It is very peaceful.

At our temple, Shoonya Masa bhajan starts by 10AM every morning. On Fridays, it is followed by Light Channelling. During this entire month, I offer tea and snacks to the bhajan group. On Friday, the 30th of December 2016 I went to post office to encash a cheque. There was a lot of rush and we had to wait for cash. Everyone, except me, was anxious and tense, as time was running out. Although I was wondering whether I would have enough time before going to the temple, I was very calm and started channelling Light. Suddenly my name was called out. I believe everything went on swiftly and smoothly because of Light Channelling. I went home well in time to prepare tea and take it to the temple!

I firmly believe that instead of getting angry, tense or anxious, we can solve all our problems by channelling Light.

– Smt. Vijaya Laxmi V., a Light Channel at RLCC, Cooke Town, Bangalore

TAPONAGARA DIARY

Seema Almel

Guruji had said that the Astral Works of Maharshi Amara will become Puranas of the future. It is heart-warming to see that this is already happening in Taponagara. To celebrate Maharshi Amara's Birth Anniversary, a story from His life was enacted by some Taponagarites.

The enactment was beautifully planned by Ms. Shruti Sudhakar. Amaraji's life story was briefly mentioned at the outset. There were smaller sub-plots neatly played alongside the main storyline. A small dance sequence by little Krishna and Gopikas stole everyone's heart. Costumes, jewellery, etc were specially ordered for the occasion. Practice started many days in advance. Many took time out from their busy schedules to participate in the play and make the evening special. One thing that came through was that any Taponagarite, of any age group, is sincerely committed to Guruji and Amaraji.

The success of the World Channels Day 2017 was celebrated at a grand get-together in Taponagara. Many Light Channelling Volunteers shared their experience on the day when 10,00,000 school students and teachers, as well as innumerable channelled Light.

In February, the kids in Taponagara imbibed their lineage of the Great Masters like Amaraji; while kids in many parts of the country imbibed Light. ■

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)

June 2005

The details of Technique of Meditation are important in the beginning. But some aspects are very important. I speak of three points.

- 1) Trataka - if we can practise Trataka properly, I think we would have achieved 50% of the Meditation. Trataka establishes a state of balance. Trataka establishes a state, which is just previous to the total silence. With mere Trataka - try it - you will experience a kind of stillness. When you practise Trataka, there will be a kind of deep relaxation; emotions and thoughts just go into the background. Practising just Trataka creates a kind of void or emptiness. We have to practise this properly as guided by the teachers in the class.
- 2) Pranayama - when we practise Pranayama independently, the first thing that gets established is calmness. It even regulates the breathing. By practising 2-3 times only any amount of agitation gets cleared and we become calm. Pranayama cleanses our system, mainly the mind. It not only cleanses but also energises the whole system. It awakens the special faculties that we have - like intuition, the ability to look into the other Astral planes. Practice of more Pranayama will help to establish the contact with the Rishis easily. You can try, particularly Saptarshi Pranayama that we practice. It is very effective.
- 3) Mantra - This is the most important point - when we repeat the Mantra, all our attention should be on that during Meditation. We should not mechanically repeat it. When we do that, our thoughts will take us somewhere else. When we repeat

the Mantra, we should imagine that every cell is repeating the Mantra; the whole system vibrates the Mantra. When we do that, we will see the effect of it. When we repeat the Mantra, the Mantra takes our Awareness to higher levels of Consciousness. The most important point is that the Mantra leads us to silence. It is very strange that we are very active when we repeat the Mantra and yet the Mantra leads us from activity to inactivity. There is one thing many people have not understood about Mantra, which is, when we repeat a Mantra, the Mantra takes us beyond the technique.

These are very important points. Mantra takes us from activity to silence. It takes our Awareness to higher levels of Consciousness. Mantra takes us beyond the technique, which is very important.

Only when we go beyond the technique, we will be able to experience Samadhi.

When we meditate, we are not just trying to know ourselves, trying to understand ourselves, but we will also be studying the Universal Self – God. In Sadhana, we have to avoid extremes. We should not take more food and also we should not unnecessarily fast.

Yoga is a state or a life of balance. We should not sleep more and again not less; we should not go on indulging in comforts but again at the same time, we should not punish the body unnecessarily. We should give it the natural comforts.

Similarly, we have to contemplate and think, but we should not go on worrying. At the same time, we should not also go to the area of not thinking at all. We have to think.

We should avoid talking too much or not talking at all. You may find this strange that we have to be humble, but again, not to a great extent so that others will start looking down upon us; others should not take advantage of our humility. So, even humility should not be practised to the extreme. You will readily agree with me when I say, 'we should not meditate too much!'

I meet different types of people. Recently I met people who had spent so much of time in Sadhana, meditating and practising things. When I began understanding their Sadhana, I felt sorry for them, simply because they were practising very simple techniques very mechanically. After spending hours in Sadhana and years in Sadhana, I found that they had not moved quite a distance. If they had learnt things systematically, if they had learnt Meditations systematically by joining classes somewhere, not necessarily here; if they had followed a guide, they would have definitely achieved lot of things, if not Mukti. I am mentioning because learning systematically has so much of advantages. It is not merely practising a technique – it is adding to our knowledge, understanding the truths.

I like to read books wherein mention is made of the Spiritual Masters who would have gone through a lot of struggle and that makes very interesting reading. We know and understand our own struggles and they are of great value. Because of these struggles and failures we succeed. Each individual will have a different set of failures and struggles, because each one's Sadhana is different. We can share these things. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

05-02-2017

It is true that Maharshi Amara lives in all of us. Guruji had said that. We may be manifesting him in different degrees. Our Sadhana is to manifest him fully. Maharshi Amara is a great Rishi worker, who comes down almost in every century. Roughly five centuries ago, he came down as the great Sant Eknath Maharaj of Maharashtra. He met his Guru at a very young age. Amaraji too met his Guru at the early age of nine. There are many similarities in their lives.

Sant Eknath lived with his Guru Janardan Swamy Maharaj. Guruji told us that Janardan Swamy was Vishwamitra Maharshi. Once Janardan Swamy asked Sant Eknath to meditate on a nearby hill called Shulibhanjan, which was uninhabitable. He lived there for many days and did Tapas. When we visited there, Guruji mentioned that the energies brought down by him are so huge that a continent can be created with these energies. Amaraji was also asked to meditate eighty years ago in the hillock nearby. And he stayed for many days there and did Tapas; brought down huge energy, which was used to prepare this place, the Rishis centre, where we have Taponagara now.

Even five centuries ago he said, 'you need not give up life to experience God; live in the world, experience life and pursue Spiritual Sadhana.'

Sant Eknath simplified and presented the knowledge in simple local language that people could easily understand. He was criticised for this but he went ahead with his work. His work was removing the ignorance, raising the level of Awareness of people so that people could live better, live happily. And he lived what he spoke. And like Amara he lived a very normal human life. He too was in touch with the Sapta Rishis

and was involved in their Astral works.

In this life, like in every previous life, Amara had to fight the darkness. He was attacked many times, but he was saved every time by the Rishis. He himself had unimaginable powers. And yet he said, 'let all powers be with God, and let God be with us.'

He keeps coming down repeatedly to help people. We can say that Amara is the Light. Just his presence removes darkness. He lived ahead of his times. But lived a normal life of that time, experiencing whatever life offered. Like coffee and cricket in this Age!

I was wondering what makes these Masters come down again and again. They have attained Mukti. Guruji had said that there is only one reason and that is love for God, love for their Guru, love for the Rishis and love for us. They have to come down to free us from the clutches of ignorance and take us back to our Source.

The most important thing that we can learn from him is humility. He was the personification of humility. We can learn love for the Guru and love for everybody, unwavering faith in the Guru, surrender and sincerity and perseverance in our efforts.

At such times, I always try to assess certain things. As a student we make efforts and try to bring into practice whatever we have learnt from Maharshi Amara and Guruji. We try to manifest him to the maximum. As people involved in the work, let us understand the work. Our work is to preserve this huge knowledge that we have received from him and from Guruji. Our work is to make this knowledge available to the entire world. There are no copyrights for this knowledge. Guruji used to say that anybody can come and pick up from the books. Knowledge is also available here in the form of energies, in the walls. People can receive it.

And this is very important. We should not distort the knowledge. Distortion can creep in. It is possible. So we have to spend time and understand the knowledge thoroughly. And when we try to practise more, we understand more clearly. We have to understand as conveyed by Guruji and Amaraji, and we have to try to manifest.

Our work is to continue to teach Meditations. Meditations help an individual raise his Awareness, live very positively, very happily, peacefully. Our work is to channel Light; and to spread this World Movement of Light Channelling by teaching others. We are doing this by focussing on schools mainly. This we will continue.

Such an important event happened on the 1st of February - The World Channels Day. But there is no mention of it anywhere. There will be no record in the history, of our names. But we will be carving our names in God's heart definitely, in Amaraji's heart, in Guruji's heart. By having no self agenda, by having no selfish goal we will be helping this work, Amara's work, God's work. We are only channels. It is a great opportunity given to us by God. Every small contribution is important and noted. And we are rewarded in God's beautiful silent ways. The love we receive from unknown corners is a reward.

We will continue to spread the awareness through Internet and blogs. We have to continue even Study Centre work. We will continue our attempt. Our work is very, very responsible. And we will continue to teach the children from this village under the Jyoti project. That is another very noble and responsible work. We can live our entire life getting busy with this work and this life is such a great opportunity. ■

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)

We all have gathered here to understand the different aspects of Spirituality and to be blessed by the presence of the Rishis and their energies so that we can pursue our Sadhana and grow spiritually. When we the souls, the particles of Light came to this world for the first time, we did not have Spiritual growth on our agenda because we were already in the highest Spiritual state since we were particles of Light, part of God Himself. We only wanted to experience this beautiful Creation to our satisfaction and then go back home, to our origin. We were warned about the dangers of excessive experiences but we wanted to have more of the experiences anyway, especially the lower experiences of pleasure that involve physical indulgence, so we took birth again and again and got lost in the experiences.

All experiences were made possible by God Himself and therefore we do not judge an experience as inferior or superior. Experiences that do not involve any of the Koshas, such as experiences of the soul, are the highest of experiences. All negative tendencies and all negativities keep us here in this Material Cosmos. Those who would like to be released from this world should try to avoid the lower experiences and have more of the higher experiences.

One of the highest experiences is experiencing stillness. Experiencing stillness, when we were in the place of our origin, was not difficult as it was our natural state. Perhaps we did not even know what it meant not to have stillness. Now we have the Koshas and the temptations of lower experiences through them, and we are trying to experience stillness in spite of them. This is the real challenge, which was not there before we came here. So by enabling

lower experiences here, God has created the possibility of something even higher. It is very easy to be Spiritual in Satya Yuga while it is the most difficult achievement in Kali Yuga.

One of the higher experiences that Guruji often referred to is listening to music. He said that music refines our thoughts and emotions. A higher experience reminds the soul of its true nature and brings a kind of expansion whereas a lower experience somehow takes the soul away from its true nature. Maharshi Amara had said that without sacrifice nothing can be achieved.

We got stuck here in this world because of lower experiences and only because of that Meditation was discovered and the idea of Spirituality was born.

Though some of us consciously take up Spirituality and join a Spiritual path, life itself has many built in mechanisms to make corrections and help us grow spiritually. For example: excessive pleasure will ultimately bring pain, which can also sometimes awaken us. So in a way the body is a control mechanism. Through such built in mechanisms, life itself tries to gently push us towards higher experiences and ultimately to our liberation.

It is for this reason I say that life is the first teacher because God Himself has manifested as Life. He created all the mechanisms within Life to restore balance whenever it is lost and to remind us of our origin. Pralaya is one such mechanism. In fact every aspect of Life can teach us something if we keenly look for lessons in them. Wherever we look we can see that Life is full of teachers whether it is nature, the earth, relationships, difficulties, problems, challenges. There are teachers everywhere. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Can we say that experiencing God is higher than Mukti?

A: You need not compare. Experiencing God is momentary. In deep Meditations you experience Him. Not always. The state of Mukti is such that you always experience Him. You live in God, which means that it's a kind of permanent experience.

Q: Will collapse happen for better or worse?

A: A system collapses to accommodate a better system. Any collapse, anywhere, is definitely for better.

Q: I feel unusually sleepy during Meditation on some days. What could be the reason?

A: At the physical level, maybe your body is tired, maybe it requires sleep. So when you sit for Meditation - Meditation begins with relaxation - you tend to sleep. If the body is more tired we sleep more. Strong emotions, not necessarily agitations, tire the mind and it will require rest. Maybe at such times we tend to sleep. Even the strong thoughts tire the intellect. Then the intellect tends to rest and we feel sleepy. Sometimes when more energies try to enter us, the body tries to sleep to absorb them. Moreover, there is a universal inertia, which always tries to keep us down, make us sleepy. It could be one of these reasons, or could be some more or several of these reasons that make us feel sleepy. Do not feel bad. At such times get up and wash your face with cold water. Check up your Trataka. Even wrong Trataka sends us to sleep.

Q: How do we recognize a person as negative?

A: Somehow from your inner eye you can simply make out. Common sense will tell you.

Q: Nowadays I do not perform pujas but I meditate. Is it alright?

A: It is alright. Meditations are higher pujas. Meditations are the next stage of pujas.

Q: How does Parayana help?

A: Parayana is a Sanskrit word. It is reading a scripture ritualistically. It always helps. Parayana helps if you do it seriously. It brings us energies contained in the scriptures. Meditation is a higher activity. You can do Parayana and also meditate.

Q: Why do people doing Sadhana become stubborn and narrow-minded after a certain stage?

A: If you meditate and reach a certain stage, all the stubbornness goes. The person would not have reached any stage. That's why he remains stubborn and narrow-minded.

Q: Is it true that the whole Universe is watching and studying this transition to the next Yuga?

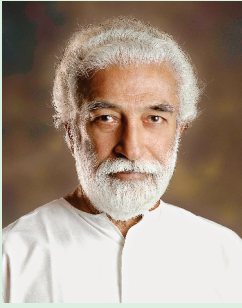
A: It is true. The whole Universe is watching and studying because several things are being experimented for the first time by the Rishis. We are not aware of these things. It is such a great thing. Entering the New Age is not just one more time. It is a very special occasion.

Q: Are we just pawns in this great play or experimentation?

A: No. We are much more than that. We have been gifted with Free Will. Of course we go along with the great design, but we can alter our destinies and the destiny of the world. We have greater roles than we imagine. It depends on us. ■

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ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಠಾಂತಿಕಿ ದ್ವಾರಮುಲ	100/-



GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

Recently, when I was driving my car, for a moment I felt that 'I' the soul is merging with the supreme soul, God! I felt myself being absorbed into Him. Joy was flowing everywhere and my whole body was filled with bliss and I have no words to explain further! This happened only for a moment and now I am just in that state where peace and only peace prevails!

– Medha Kulkarni

While watching the Sunday webcast of Amaraji's birthday celebration, I felt that I could completely relate to Sudhakar Sir when he was speaking. But right in the middle of his talk I felt expanded and went into a meditative state for quite some time. In spite of having never visited Taponagara, I feel as if I am right there, the minute I connect, especially while channelling Light and meditating. Thank you so much. The grace bestowed on me is something I cannot put in words, and I feel very blessed to have chosen this Path.

– Nandita Patel

I have experienced Light as a blind reality, something unknown, on which I can totally rely upon with just blind faith. I think Guruji's words are coming true in my case.

– Pundalik Dhakorkar

I am stronger. I draw my own boundaries of interaction with people. I am trying to find my way back to God. I am grateful to the Rishis for their presence.

– Nandita Vijayan

I feel that Light has filled up my entire life. I look forward to each day with enthusiasm. I look for creative ways to do things. With the help of Light, it has become easy for me to let

go of negative emotions. I have become aware of every thought that enters my mind. I have become a more compassionate and loving person.

– Priyamvada Godse

I continue to experience a constant inner happiness and feel at peace always. Being human, I get angry at times, but the anger dissipates very quickly and I feel peaceful again. Guruji and Light continue to be my permanent companions and I always connect to them. I feel I can face any situation and have clarity.

– Anne Chapman

Light influences all the decisions I make in my life. I seek help and guidance from Light for everything I do and I am always taken care of. Light has made me more grateful, peaceful, composed and consistent in everything I do in life.

I was about to go for a meeting and was unsure if what I was about to get into was right for me. I passed Light to the matter and just before I was about to leave the house, I saw specs of white light around me. It was as if Guruji was blessing me and the work I was going to do. I felt truly blessed and taken care of by the Rishis.

– Vinamra Longani

On Jan 1st, I decided to go to Meenakashi temple at Houston, about 180 miles away. The tyres of my car were worn out and the technician had advised me to get them changed. Due to the hectic work schedule I couldn't do it. Before starting, I meditated, prayed to God and I was confident that the shield would protect me. I was able to drive safely and reached home without any issues. I really feel blessed for being in this Path.

– Premanand Dheenadayalan

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