



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 12 Issue 8

JULY 2017

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – July 2012 issue)

This is the month, Ashadha Masa, when great energies from the Highest Source come to earth directly. The ancient Rishis were aware of this and they advised others to spend more time in spiritualization than in the material activities. That is why people postponed marriage, rituals and all other major material activities and spent more time in Meditations. But, as time passed, people forgot the principle behind the postponements and thought that the whole month is an inauspicious period. People forgot that every moment in this month is divine. But, now, as we are entering the New Age, the Rishis are reminding us about the forgotten principle and are advising to spend more time in absorbing the energies from the Source by Meditations.

Amara told us that the Guru is God Himself and the human gurus are His representatives and that they are Spiritual Guides. As I was ruminating about Amara's revelations, I remembered his definition of the role of a human guru. It is, mainly, to connect the students to the real Guru, God. It is to make the student realize and lead him to the real Guru. To help the student experience the Divine. His job is to provide the Knowledge, energies and techniques leading to the Divine. And, this is a very important point, once the student is connected to the real Guru, his job is over because from that state the real Guru will directly guide the student and take him to the Ultimate Freedom and Surrender, the Mukti!

I remembered Amara's words: it is not the job of a guru to control and instruct the student in every detail of life. It is to make him strong and pure. If a student is controlled, he depends on the words of the guru and will never fly. He never takes the risks of taking decisions. He may not fail but he will never succeed in achieving the Freedom which is the ultimate goal in Spiritual journey. A person who is not free cannot surrender, cannot attain Mukti. Freedom and proper exercise of Free-Will is very important even in daily life. A cripple can never walk.

I feel, the time has come for the gurus to understand their roles and help their students to walk and fly. ■


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)
at Shri. Manjunath
Shastry's house, Gandhi Circle

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

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NEWSLETTER

Gift a Subscription to a friend. Send us the name and address, along with the Subscription amount.



Old photos of Guruji and the dining hall before construction.

NEWS AND NOTES

- Light Channelling work gathers momentum after the summer holidays in schools. Close to half a million children in more than a thousand schools channel Light regularly during their morning assembly.
- The students are requested to attend the periodical Spiritual counselling or checkups regularly. If they miss checkups for a prolonged period, it will be presumed that they have stopped meditating. Similarly the External Guidance students may submit their Practice Reports on time.
- Please help us by gifting our books or a subscription of Doorways to people who may appreciate the Spiritual knowledge shared here.
- Students who attend Meditation classes in Taponagara or in other centres in Bangalore are requested to pay the monthly fees by the second class of the month. The External Guidance students may also please renew their Registration within 15 days after the expiry of their Registration, to avoid any break in monthly posting of the Newsletter.

If you find it difficult to contact us on our landline number (28465280), because of frequent outages, you may contact us on our alternate number – 9900075280.

PROGRAM AT TAPONAGARA

- | | |
|-----------|---|
| Sundays | Lectures: 11AM - 12 Noon
Light Channelling:
12 Noon - 1PM |
| 09-7-2016 | Guru Poornima Special
Meditation: 11AM to 1PM
Shambala Group meeting
at 2PM
Light Channel Volunteers
meeting at 2.30PM |
| 16-7-2017 | Ra Group meeting at 2PM |
| 30-7-2017 | Akhanda Dhyana (Light
Channelling): 11AM-1PM |

MEDITATION ON SPECIAL DAYS

- | | | |
|----|-----|---------------------|
| 01 | Sat | Shukla Ashtami |
| 03 | Mon | Shukla Dashami |
| 09 | Sun | Guru Poornima |
| 16 | Sun | Dakshinayana begins |
| 17 | Mon | Krishna Ashtami |
| 21 | Fri | Masa Shivaratri |
| 23 | Sun | New Moon Day |
| 31 | Mon | Shukla Ashtami |

During Ashadha Masa, which began on 25th June, we get wonderful and great energies directly from Parabrahma Loka. They peak on Guru Poornima, the Full Moon day, which falls on 09-7-2017. On that day we can meditate more, as much as possible. On that day in the night before going to bed imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Recently, I went to a small village in Tamil Nadu and did some Light Channelling work. I was amazed that people welcomed Light Channelling irrespective of their religion. For most part of this journey I was calm, peaceful, cheerful and energetic, and was not affected by any of the inconveniences that we faced. There was an unmistakable peace and love in the air. One day the auto driver refused to accept the extra waiting charge because of the good work I was doing. He had overheard my brief phone conversations with the Headmasters during the ride and wanted to contribute in his own way. Other people also came forward to help in their own way. We were drenched in the love showered on us.

– Nirmala Bala, Volunteer

On World Channels Day, I went to a school in which Light Channelling session had not been conducted since last two years. When I asked how many children remembered Light Channelling, to my surprise, little hands from the primary section went up! The session began with complete silence. Little children from the first standard also sat absolutely still. After the channelling session the children opened their eyes very reluctantly. They had their exams on that day and many gave a feedback that they were feeling very calm and confident to write the exam.

– Priyamvada Kulkarni, Volunteer

The students from 1st to 4th class have been taught Light Channelling and their parents have been informed about it. The students are channelling Light regularly now. The school has benefited from this as the students have become more disciplined.

– Mrs. Kale, Principal, MAEERS MIT Shri Swami Vivekanand Primary School, Pune

By practising Light Channelling I feel very good, calm and quiet. I can concentrate on my studies. I feel like being very kind and friendly towards my friends and helping them.

– Darshan R., Std. VI, Sri Sharadha Primary School, Jayanagar, Bangalore

TAPONAGARA DIARY

Seema Almel

Around a hundred Residents gathered to celebrate Guruji's 78th Birth Anniversary in the monthly Residents' Meet. Re-living the special moments from the past, brings to fore the Divine Love, which became undying commitment to the Great Rishis. That's why old unseen photos of Guruji with Sadhaks were displayed in the Meet.

Viewing the journey over the last many years leads to reviewing the present course. Fortunately, the course is laden with many presents from the Residents. Last year, Mr. Brajabandhu Mishra and Ms. Priyanka Mishra started the project 'Taponagara Gurukul'. The objective is to impart an understanding of our Indian mythological heritage to children. The sessions are conducted twice a month and are popular with some grown-ups as well. This year, a Movie Club was started. Every second Sunday, Residents gather in the community hall and watch a meaningful movie. Mr. Gururaj Kanade made special arrangements with a new projector, screen, speaker system, etc. The Book Club continues, despite less attendance.

The Residents arrange community programs with a sense of a shared purpose. They invest their personal time and effort to create special moments for a larger group; and these are captured as photographs every time by Mr. Chandran. These photos are unwrapped presents to the future generations. ■

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)

July 2005

The Rishis know our past and our future. Putting in one sentence - they know everything. Whenever an advice is sought, they advise us, 'follow these instructions.' We have to take this advice as the best and the most proper one. If we follow, we achieve our Spiritual goals and also material goals. I have seen and witnessed that people who have followed their advice to the last tenet, are very happy. Sometimes, our own ego plays. Sometimes, we do not follow. Sometimes, we follow only a part of their instructions and I have witnessed from 1988, that these people will have problems when they do not follow Rishis completely. And also sometimes, without our knowledge, without our intention definitely, we will be working against the Rishis. I am slightly elaborating and putting humorously. We used to have bhajans during Amara's time. We had a person who did not know Hindi at all. He was a very ordinary man who had such a powerful voice. In one particular bhajan, I remember the words, 'Hridaya Me se Mat Jaao', he would say, 'Mat aao!' With such great devotion, he would say it! Sometimes, we do that.

When we take up this Path, when we come across so many new and incredible things about Rishis, Astral travel, etc., the tendency is to tell our friends; the tendency is to bring them to this Path. There is nothing wrong in it; it is a very wonderful and noble intention, but the Rishis ways are slightly different. We can tell the people, explain to them about this Path and if they show interest, it is good, and if they come to us, it is very good, but when people do not

accept, then we have to leave at that. Sometimes, some of us insist, we pester, as we do not know the ways of Rishis. The reasons for people to not simply jump and come to us here could be many. The person may not be ready, or he may love to join some other Path and if you insist and bring him here, he may not remain in this Path and go away. Any Spiritual Path naturally is meant for elevating us spiritually to attain the Spiritual goals. Getting our problems solved, getting healed are secondary, they come later. Sometimes, some of you may explain, may tell them, 'if you have problem, come; if you have a disease, come here.' You should also tell them that they have to take up Meditation. Only when we decide to change, only when we have the intent to transform, all help comes to us. Sometimes, such small things, the Rishis ways, will not be understood by us. That is why when people want to jump to take up the work, I will tell them, 'Equip yourselves with the knowledge, get familiar with the ways of the Rishis.' There is no hurry for us. We will wait. We will wait for the people to come and join. We will wait for people to take up Sadhana, not necessarily to join this group. They can join anywhere.

Two years ago, I had a continuous flow of some people from South Africa. I met nearly four people. There was a group and a young man presented me a wonderful book about Zuloos. When we were talking with this group, one thing I noticed was that they loved South Africa. The Rishis are pouring energies into Africa. I remember mentioning to them that the time has come for all the people in Africa to awaken, to rise spiritually

and materially. That was two years ago. In the past 6 months, I remember whenever I would close my eyes, sit and meditate, the first picture that I would get was that of Africa. I wondered why. Later on I realized that we were involved in many works. When Rishis energized many places, we did a lot of work in Africa. Now I realized, you can make out that there is so much of focus on Africa. If we observe we can make out that there are many schools and people are getting educated. I always wonder at the ways of the Rishis. Sometimes, I see a face and I wonder who this person could be. After some months, that person visits – not necessarily a student, just a visitor. The Rishis' ways are always amazing.

There is so much coverage about the London blast. I heard a TV commentator mentioning that there are double standards - people get killed in other parts of the world also, like Jammu and Kashmir, and we find a mention about it only in a line.

Whenever such things happen, the first thing that comes to my mind is that the Rishis have ingrained, put in my mind that we have to meditate more. We have to bring in more energy and we have to change all these negative or dark energies. That is why, each one of us, is responsible whenever a thing like that happens, because each one of us would have contributed by our regular Meditations. We have to always remember that the whole humanity is one body; the whole humanity is one consciousness. We have to think of these things. Such thoughts will come to us automatically as we advance into the New Age. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

21-05-2017

If someone asks me, “Have you seen God?” I will say emphatically, “Yes, I have seen God physically in flesh and blood.” If we think about it, it is such a great thing to have seen God, in the human form with all limitations of the body and without any visible magical powers, but only with the power of Love. Guruji was that, personification of Love.

A person from Japan, after reading the Japanese translation of the book ‘Doorways to Light’, commented that Guruji’s fierce honesty touches him. Guruji wouldn’t say, ‘My *darshan* is enough.’ He told us that we should not stop with *darshan*. We have to take the next step. The purpose of Sadhana is not just to have *darshan*, not even just an experience, but to become God ultimately. Only when we start manifesting God, then we can say that we start becoming God. That is probably the ultimate goal of Sadhana – to become God, like Guruji. Even having a *darshan* at the Astral level is not enough. I did not know earlier that Sadhana has so many different levels. We have learnt such amazing truths from Guruji.

Many times I feel that I should go back in time, and meet Guruji again and then live this life all over again. I have made so many mistakes. I want to undo all that; meaning live again and not commit the same mistakes again. I know that this is wishful thinking. Anyway, we need not go back. In God’s world the opportunities never end. We have to correct ourselves and continue to live and not repeat the mistakes. We are never condemned. Guruji said, ‘Do not repeat the mistakes after realising. God forgives.’ We have to understand these truths because they give so much of hope to continue our life.

Somehow there is this longing to meet Guruji physically again. I think until we establish contact with him at a deeper level, this longing will be there although it is true that we can feel Guruji’s presence. He had said, “I will guide you through your intuition.” Not only to me, to each one of us. But this contact needs to be strengthened. I speak for myself. Someday, I am sure we will have the same clarity, which Guruji had in his contact with Amara.

Our work is to understand him more, manifest him more. That is the best way to spread his knowledge and energies. The only thing we have to do is expand spiritually, not expand physically or commercially and open more centres. We have to do a lot more work at the internal level.

Before I met Guruji I had my own ideas about life. And naturally, like most of us, I had many misconceptions about Spirituality. He literally taught us how to live better. His ideas were the best because they were based on Love and based on understanding of higher things, experiences of higher things. And he lived whatever he said, whatever he taught.

He introduced us to Maharshi Amara and to the Rishis on one side and also to Pandit Bhimsen Joshi on the other side. He also introduced us to Mozart, Huxley and many great artists. We would have missed so much of life had we not met him because we did not know how to live this life fully. Even now we may have our own challenges but at least we know and we make an attempt to live fully. I do not know if there is another Master like Guruji who guides in such details in any area of life.

If people read him, even non-meditators, understand him and

follow him they can live such a sensible and peaceful life. He would guide people with a kind of authority, which came from his contact with the Rishis, from his own wisdom and his connection with God. And yet sometimes he would say with great humility, “Sorry, I do not know anything about it.”

It was amazing to come across a person who explained about our purpose of coming down, which did not conflict with the life we were living. He helped us to improve our life. He refined our life. If we were enjoying movies, he said, “You go on enjoying movies but also watch these movies”. He gave perfect guidance in all areas of life and shifted our living to a higher level.

We are happy to bring out the second volume of ‘Thus Spoke Guruji Krishnananda’. Many people have worked to make this book happen. I am grateful to each one of them. And on this occasion I would like to express my gratitude to all the Volunteers. Because of support from all of you we are able to continue this work, which is really huge, and everybody’s involvement is so important. Most of the people work silently, they remain in the background.

We are involved in this most noble work of the Rishis. It is such a great thing. The world may not know about it. It doesn’t matter. God knows and notices. The Rishis know and notice. I know that each one of us, all included, don’t work for any recognition or rewards. We work because we love Guruji. Somehow Guruji’s Love motivates us to continue this work. If we can make Guruji happy with this work and with our living - which is very important - then that is our reward. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes 14% service tax, one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes 14% service tax and one year's Newsletter subscription.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Sri Jayant Deshpande.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM TALK BY SHRI RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

A person asked me, "How can we release the awareness that is stuck at the surface level of our being so that it can return to its core or the soul?" The question implies that we are different from our awareness. But in fact we are awareness, and we are aware at the surface level at this point. The second part of the question is, "How can we return our awareness to its core or the soul?" This means that we are different from the soul. This implies, albeit unintentionally, that we, our awareness and our soul are three different beings. In other words, that we want to return the awareness to the soul.

If we contemplate on this, it raises the question – who does this 'we' refer to? In fact we are the awareness and we are the soul. This idea of three separate beings is introduced because of the limitation of language. So instead we can say – how do I become aware as the soul that I am instead of being aware as the body? This brings clarity to the question itself and also the understanding on which it is based.

Our awareness is where our attention is. Once, Maharshi Amara had given this example. He said, "Shift your attention to the outside and you will become aware of all the sounds there." This means we are capable of shifting our attention or our awareness at will. When we are functioning in this world we need our awareness to be in our system so that we can use it properly.

During Meditation, since the body is still, it does not require much of our attention and hence we need not be aware of the body. So at this point we can release our awareness from the body just by not giving any attention to it. Our awareness is stuck in our thoughts or we are lost in our

thoughts and we don't know that we are lost in them. Why does the awareness get stuck there? When we give our attention to our thoughts we are actually strengthening them by giving our energy to them. Only when we are no more interested in our thoughts, we stop giving attention to them and become aware of something deeper and we experience Stillness. This is why we give so much importance to experiencing Stillness. This is the reason why Vairagya or non-attachment is so important in Sadhana. Non-attachment is loving life without attachment.

Once we withdraw our awareness from our thoughts and our worries, we will be aware that we are aware, which is when the awareness can expand. It is in this stage that we may become aware of ourselves as Light, Love, Peace and Stillness; may become aware of our own true presence. But strangely it is possible that when the thoughts disappear, the world also disappears and we may suddenly feel we are out of place or that we have lost our bearings. Guruji had said that even in the thoughtless state, the awareness must expand by itself. So at this stage we should not try to do anything to expand the awareness. It happens by itself by the Guru's grace. Therefore we just wait patiently for the grace. When we don't experience expansion, it only means that we are unwilling to or unable to surrender completely to the Guru. Whether we experience expansion or not we just accept it without questioning or getting disappointed. Our efforts would then be aimed at surrendering completely, which means not trying to do anything. So the body, the mind and the intellect are the stepping-stones that we use to go beyond them and reach our true self, which is ourselves. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Why is it that it is not painful to share other's pain?

A: If we really want to give relief to another person who is going through pain, physical pain particularly, we have to pray to the Rishis. Then, there are processes which we do not understand right now - a little of the pain will be transferred to us. Sometimes, the pain will not be transferred as pain itself, it will be converted to something else, may be a financial loss, some other thing like that. We have to know that these are the things involved and we should be ready to go through them.

Q: What is the meaning of the word Samadhi?

A: In Sanskrit there are two "dhis", "Di" and "Dhi". We write the second "Dhi" whenever we write Samadhi. My Guru said that it should be the first "Di". In Sanskrit 'Sama' means equal and 'Adi' means beginning. In the beginning, God and we the souls were same. He was Light and we were also Light. This word was coined by the Rishis and this meaning was given by them. Anyway, now we write Samadhi, with the second "Dhi".

When we experience Samadi, we become Light, we become One, we become the same. Samadi is possible only when we meditate. But when we expand, when we carry Light, or when we experience all that the Light carries, meaning Purity, Peace, Love, then we can say that yes, we are experiencing Samadi. Divinity has a million aspects. When we are aligned with any one of the aspects of Divinity, then we can

say that we are experiencing Samadi.

Q: Should the Spiritual progress be more in a surrender mode than an achievement mode?

A: We progress only when we surrender.

Q: Which is the quickest way to achieve a Spiritual goal?

A: It is Love. If you have Great Love, you are with God. You have achieved your Spiritual goal, which is God always. Experience Light. It helps you to reach your Spiritual goal in the quickest possible way and time.

Q: Is Kundalini energy enough for enlightenment?

A: No. Kundalini shakti or energy is not enough for Enlightenment. It helps us to experience Samadhi. We have to make further efforts to reach the state of Enlightenment.

Q: I am attracted to a person how to transcend this?

A: I can only give one or two tips: Think of your goal. Focus more on your Spiritual goal if you have a goal. Experience Light. Light is a guide; Light will tell you what is right. Light will help you to choose, to transcend if required. Light also will give you the strength to do it.

Q: Why do we have experiences?

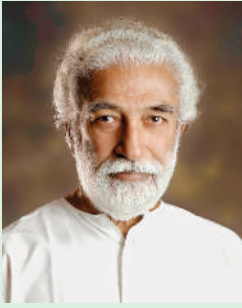
A: We have experiences because we meditate. When we meditate certain processes are activated, certain faculties open if not immediately, gradually; we begin to have experiences.

Q: When a person meditates, does his Astral body also meditate?

A: Yes. It does. ■

LIST OF OUR PUBLICATIONS

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iGurujī - Vol 2	120/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I got an opportunity recently to meditate inside Tirumala temple, Tirupati, just outside the main Garbhagudi, where we can see the idol of the Lord. I meditated invoking the Rishis and visualized that a Rishi was taking me inside the temple. He made me touch the idol of Lord Venkateshwara and take blessings. This was really amazing!

- Kumar T N

My life is a complete change all together. Trust in Light and patience is getting stronger by each passing day. I am trying to evolve into a better human being.

- Leena Aamir

I feel like all my senses are being awakened since the last two months and I feel like I have a better perception about things, almost like a sixth sense.

- Karishma Rao

I was returning home in the night on my two-wheeler and to my dismay the tyre got punctured. I prayed to Light for help, and found a mechanic in his garage just a few feet away! He said that he wouldn't normally attend to fixing of tyre punctures. But, he did it for me and I was greatly relieved! I offered him extra money for his services, which he did not accept. He gave me his card, in case I needed his help in future. This was possible only because of the grace of the Rishis.

I would like to thank each and every one of you for helping people like us who are so far away from Taponagara. Though I have never visited Taponagara, I feel I am right there the minute I link up to it and the feeling of calmness immediately eases the situation I am in.

- Nandita Patel

With the grace of Guruji and Sapta Rishis and Light my daughter was able to complete her Masters in Illustration in USA. She stays alone there and I know for sure that Guruji, Sapta Rishis and Light are taking care of her and also me. Every time I am in some problem I get the solution and peace is restored. I am so grateful to them for all their care, concern and help.

- Prerana Kale

I continue to experience a constant inner happiness and feel at peace always. Whatever situations I face, I feel calm and I always look at the positive side, even in unpleasant circumstances.

I do not need materialistic things to be happy. I have grown to love nature and I spend lots of time outdoors, in the garden or in parks. I feel re-invigorated after being outdoors with nature. Light and Guruji are enough and I am happy to be in my own company.

- Anne Chapman

Gone is the question about 'The Meaning of Life', because I believe that knowing the Light as my companion, comforter and guide, I am experiencing the pure joy of God's expression of Love. Wherever I am and whatever I do, I am an expression of this Love and the feeling of this Love flowing through me, as Light is the purest emotion I can experience.

- Lucinda Bach

The best positive change in me is increased acceptance at all fronts of life. I am also trying to have the feeling of Love for all and to connect to the Light in the persons I meet. It's hard sometimes to be on that level of Divine Love, but I still do my best to follow the teachings of our beloved Guruji.

- Swapnil Powar

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