



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 7

JUNE 2017

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**REFLECTIONS**
**Guruji Krishnananda**

(Excerpts from old Newsletter – September 2008 issue)

Suddenly, some flash-points of major conflicts in the world are more active. The media highlights some. And there are others beyond the radars of the media. Some designs and developments are not good for peace and welfare of the world. But who cares! We, the common people, have no say in our own welfare. We are the ruled. And the rulers do not carry the Light.

Suddenly, the prophecies of war and doom prop up in the horizon of memory. Are we heading towards serious trouble? How can we know and what should we do? Are there any guidelines from the Astral Masters to sail through this difficult period of time? I think there are. But are we ready to listen? And follow?

As I understand, many details about the future will never be revealed by any Intelligence. Prophecies are only indicators now. The general guidelines are to equip with more Spiritual Energies by Meditations, to spiritualise by experiencing and manifesting the Divine which is Love, Truth and Peace and establish links with the Astral Masters to receive direct instructions and guidelines when other communications fail. And never to panic or lose Hope.

In spite of troubles and difficulties, the world will not end and Life will not cease.

Awakening is not enough. We have to move forward in the Spiritual journey. We have to work. We have to act. Realisation is not enough. We have to experience and manifest the Divine. Both experiencing and manifesting make Sadhana complete. Mere experiencing is not enough.

I have heard people saying sorry hundreds of times. It is not enough. Saying sorry is an act of acceptance of our shortcoming. The next part is not repeating our mistakes. It is only then we grow; transform. Sadhana always has two parts: one, to realise and the next, to live better.

I receive mails and letters from my students who excitedly say: "I talked to the clouds!" "I talked to the sofa!" etc. It is wonderful to go through their experiences. I also notice that there is no great Sadhana, let us say, hours of Meditations daily behind these experiences. These people are simple, good people. And, everyone should note this point, that is their qualification! Simplicity and goodness. Being good, being honest and loving are enough to talk to the clouds and Rishis.

I speak about these truths repeatedly. But people do not listen; do not understand. I will go on speaking. Someday, they understand! ■


**MANASA FOUNDATION (R)**

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## MEDITATION CLASSES

### Held in Taponagara

on Sundays (10 AM - 11 AM)

### Held in Bangalore city on

**Sundays** (7 AM - 8 AM)

at Anjaneya Temple  
Mahalakshmi Layout

**Mondays** (7 PM - 8 PM)

at Anjaneya Temple  
Mahalakshmi Layout

**Tuesdays** (7 PM - 8 PM)

at Sri Aurobindo Complex  
1st Phase, J P Nagar

**Wednesdays** (7 PM - 8 PM)

at Arya Samaj  
C M H Road, Indiranagar  
at Hymamshu  
4th Main, Malleshwaram

at Maruti Mandira  
Vijayanagara

**Thursdays** (7 PM - 8 PM)

at Devagiri Venkateshwara  
Temple, BSK 2nd Stage

**Fridays** (7 PM - 8 PM)

at Indian Heritage Academy  
6th Block, Koramangala

**Saturdays** (7 PM - 8 PM)

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

### Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)  
at Saptarshi Dhyana Kendra

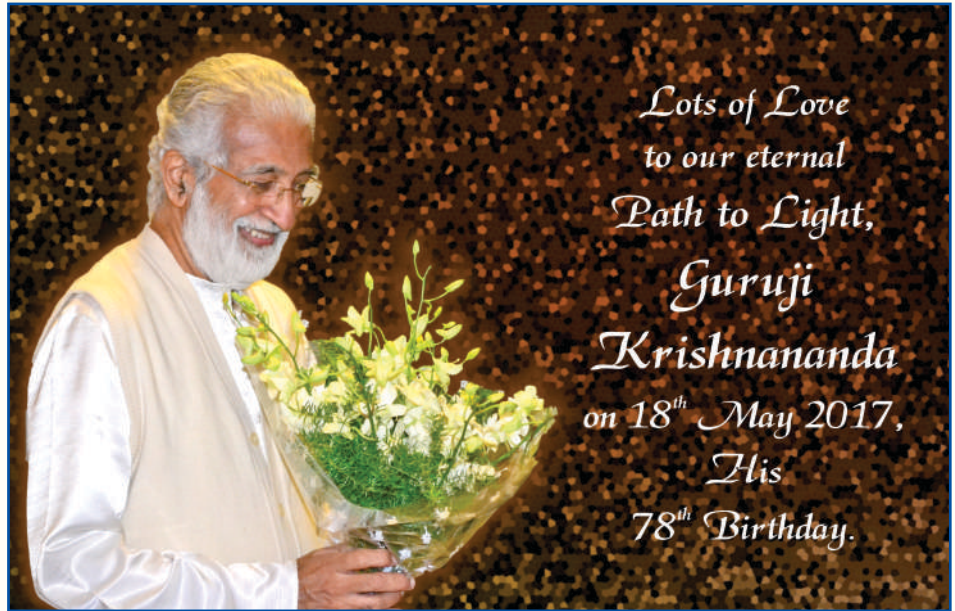
on Tuesdays (11.30 AM – 12.30 PM)  
at Shri. Manjunath  
Shastry's house, Gandhi Circle

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

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## NEWSLETTER

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*Lots of Love  
to our eternal  
Path to Light,  
Guruji  
Krishnananda  
on 18<sup>th</sup> May 2017,  
His  
78<sup>th</sup> Birthday.*

**Guruji's 78th Birthday was celebrated in Taponagara in May 2017**

## NEWS AND NOTES

- ◆ Guruji's 78th Birth Anniversary was celebrated at Taponagara on 21-05-2017 and at our Saptarshi Dhyana Kendra in Anekal on 18-05-2017.
- ◆ The second volume of the book "Thus Spoke Guruji Krishnananda" was released during Guruji's Birth Anniversary program on 21-05-2017 in Taponagara.
- ◆ The Rishis blessed the Meditators with another opportunity for experiencing and receiving special energies during the Orientation class held on 3rd May 2017. About 160 Meditators had gathered in the Meditation hall at Taponagara to participate in this class and about 60 others joined from their own places through webcast.
- ◆ Meditators in the Shambala group met on 14th May 2017 in the Meditation hall at Taponagara to receive initiations from the Shambala Masters. Many joined from their own places through webcast or by mind linking.
- ◆ The RA group members met at Taponagara on 21st May 2017, to receive special energies from RA.

- ◆ Ashadha Masa begins from 25th June. During this month we get wonderful and great energies directly from Parabrahma Loka. Students can meditate more during this month and absorb these energies.

## PROGRAM AT TAPONAGARA

Sundays Lectures:  
11AM - 12 Noon  
Light Channelling:  
12 Noon - 1PM

## MEDITATION ON SPECIAL DAYS

02	Fri	Shukla Ashtami
04	Sun	Shukla Dashami
09	Fri	Full Moon Day
17	Sat	Krishna Ashtami
22	Thu	Masa Shivaratri
24	Sat	New Moon Day
25	Sun	Ashada Masa begins

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

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

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I feel that when the Light enters me, energy comes into my body and the whole system can work more. I feel much better than before. Light not only gives me energy, it also helps me to concentrate in studies and have more interest in learning the lessons. I have changed now in everything – work, behaviour, helping others and in studies.

– Swathi R., Std. X, Basaveshwara High School, Byatarayanapura, Bangalore

I feel very nice and wonderful when I practise Light Channelling. I practise it every day in the morning and at night. I have become very cool and active. I get only good thoughts. I talk to everyone peacefully.

– Naveen M., Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

After the Light Channelling session we went back to the class. Surprisingly, my IV Std. students asked me to allow them to play at least for five minutes. They have never done this before, so I asked them the reason for it. They replied that they were feeling very energetic so they wanted to play. I allowed them. They played only for five minutes. But in those five minutes they had played as much as they normally play in half an hour. I have never seen them so energetic! Children who are not very active and usually find some excuse or other to escape from playing or running, played joyfully without any coercion. It was so surprising. I have never seen my students playing like that. After that they said, “If just one day practise of Light Channelling brings us so much energy, what it would be like if we do it every day?”

– Ms. Kalyana Sundari G., Teacher, P.S.M. Middle School, Kulasekaran Pattinam

We channel Light regularly in our school every Saturday. All the students of our school have become very calm.

– Mrs. Thakkar, Principal, Vidyaniketan English School, Sangli

## TAPONAGARA DIARY

Seema Almel

Is Oneness an ostensible display of camaraderie? Is it a demonstration of concern or a formal social interaction? Can it be a silent, yet alive, undercurrent? Yes, an unknown and invisible Oneness pervades Taponagarites. It is not about knowing every detail of what is happening in each person’s life, but a shared consciousness.

When one Resident was facing a challenge, during the exact duration, a Resident was feeling extreme inexplicable sadness, which she could not attribute to anything else. Similarly, on the same day, another Resident felt unease for no particular reason. When a Resident’s baby was running very high fever, before receiving the text message for healing, thoughts about the baby crossed the mind of a Resident for no reason at all. There are many instances of shared joy, sadness and concern among Taponagarites, which remain unreported.

A shared consciousness is not the result of painstaking personal effort, but a natural feature of citizenship of this Spiritual Community. With or without knowledge, consciously or otherwise, sharing the highs, lows, challenges and triumphs of Taponagara is a blessing. Oneness does not need a group photo as a proof; it is a genuine unseen presence; just like Guruji’s Divine Grace. Our attempt to have unconditional Divine Love for one another, irrespective of differences of all kinds, is the proof of our Love for Guruji. ■

## LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others’ hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

**Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.**

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit [www.lightchannels.com](http://www.lightchannels.com)

## SHAMBALA PRINCIPLES

These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. They live in Peace and Perfection without ageing.

- 1 Experience the Light in your Core and spread it around.
- 2 Experience and spread Love.
- 3 Experience the Oneness of Life in everyone and everything.
- 4 Carry on the daily activities first in mind, then verbalise it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising talks about it.
- 6 Gear up the body, mind and intellect to fight out the negativities.
- 7 Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.

## THUS SPOKE GURUJI

Excerpts from Guruji's talks  
(Compiled by Shobha K Rao)

July 2005

Sometimes, we have wonderful experiences. We can derive great benefits from these experiences. But if we are not careful, sometimes even a single experience can do a lot of damage. I came across a person, who had a very great experience some years ago. He is not a Meditator. He had a kind of experience, darshan of God's form. This experience, should have transformed him if he had received it with humility. We allow the ego to bloat and think, 'I had this experience and I must be a very great man! If I am not a great man, I could not have seen Lord Ganesha!' Since two years, he is missing the opportunities. He is struggling, wondering or wandering and meeting people and asking, 'this is the experience I had; I must be a great man. What is its significance?' He knows the significance, but he wants the confirmation! He came to me. I am a simple man, but behind me there are Masters! Their first job is to destroy the ego. I told him that it was a good experience, that is all. People don't like it, but I have to tell them. I am not here to please people, I am here to guide. But I felt sorry. I thought he would get angry and go away, but somehow he did not go away. I told him, 'keep this experience in the background. It is good. Take up Meditations.' He thought that he could start from 'Turiya' stage or so. I told him, 'start from Mooladhara!' I must appreciate that he has taken up Meditation and has begun from Mooladhara Chakra. Now the Spiritual journey begins, as there is this element of humility. When humility comes, our Sadhana begins. If we have wonderful, genuine experiences - let each experience make us humble and take us nearer God. Let us put the Ego down. Ego takes us away from God, people, Life and everything.

From 7th of this month Ashadha Masa begins. Even now, you are receiving the energies of Ashadha. When we meditate and become aware of this, we can feel the presence of new energies. During this month, we have to meditate more to receive more of God, to go nearer Him. I suggest let us regularize our Meditations! Let us start meditating daily.

This is a month when Rishis also observe our Sadhana. They also push us to our limits during this month to see how much we can stretch emotionally. They will create such situations when we can neither burst out, nor deal with Life calmly and accept. It is also a period of test. Whenever we have to grow, there will be always a test; we have to pass that. We may fail in one test, but there will be one more test. There will be always tests and the tests will not stop till we pass the tests! This is a wonderful period and we have to make use of this Ashadha Masa.

There are many queries about Astral travel. The ways of Sadhana are improving from the earlier times. There is also another factor. These ways also have to change. We are no more in Kali Yuga and we are in a different Yuga. So we require advanced ways and techniques. Astral travel is a part of such advanced ways. Not many are aware of this. I have met a lot of people, saints, yogis who are not aware of this Astral part. The fact is if anyone asks a question, 'Is Astral travel necessary for Sadhana, is it important?' I will say without hesitation, 'Yes it is necessary and it is very important.' We know, when we enter into the Astral level, our capacities to know and gather more energies increase. So we gather more knowledge, more energy. We also have classes at the Astral level, which

are not regular like these classes. Whenever Rishis find it proper, they gather all of us and they go on giving us a lot of information and knowledge, during which time, we gather more knowledge and energy. When we do Astral travel with the help of the Rishis, we will be able to go back to our past. We can even have a peep into our future. Rishis do not do this as a matter of routine. But sometimes, they give us these experiences, so that we will understand our own Sadhana better; we understand the mistakes that we made in the past and we will be able to avoid them. So that way the experiences of the past and the future help us.

There are many things about the Astral travel. All that we gather at the Astral level - knowledge and energies, we may not be aware of these at this physical level. The reason being that the Rishis take us to a higher Astral level. Our contact will be at that level and it is not easy for these experiences to surface at the physical level. Therefore, we are not aware of most or almost all of our Astral travels and also unable to recall our Astral travels easily. We are a unique group blessed especially because we have the direct guidance from the Rishis. We are the group who has received much of new knowledge. Astral travel is one part of it. As we have this advantage of entering into the Astral layers, the progress here is fast. My Guru was alive at that time when a very great sanyasi made a comment. He said, 'You experience Samadhi in two years! Which Samadhi?' He was very much right. We cannot think of experiencing Samadhi even after we do our Sadhana very sincerely for decades. So experiencing Samadhi in such a short time is possible because of such advantages like Astral travel. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

09-04-2017

A young person told me that she was enraged about the decision of the government to allow a Member of Parliament to fly in all the domestic Airlines. You must be aware of this incidence. She realised her helplessness. The employees of the Airlines must be really feeling let down. I wonder what must be going on inside the person who was beaten and humiliated by the Member of Parliament.

The common man is helpless. Maybe in the earlier times such incidences would never come to light, but these things are surfacing now. That is the speciality of the times of Pralaya. And although no action is taken and we all feel let down, enraged, helpless even then this incidence will bring in change. Maybe that is how the journey happens. It takes us towards perfection.

The system is too powerful. We don't have means to fight it. But Light is all-powerful. We go on channelling Light as instructed by the wisest Rishis. This is the best way. And we have to expect rapid changes. These are the times of very fast changes.

23-04-2017

If we think seriously, Spiritual Sadhana is really about changing. We feel disconnected from God. But, in reality we are always connected to Him. We have isolated ourselves from Him or we have lost the awareness about Him. We are a part of Him and we should always be vibrating His frequency. Somehow we are caught up in this life and we are vibrating a different frequency.

We take up Sadhana to again raise our frequency to His level, to His frequency, to connect back to Him. For all this more than Meditation, changing and positivising is necessary. Meditations help.

The musicians tune up their instruments before any performance.

Similarly, to face life we go on tuning ourselves by meditating regularly. Changing is a continuous process and it stops when we reach Him or we become Him. So, changing is the focus of our Sadhana.

Spiritual journey is a journey within. It's internal. The external factors may disturb us, but they do not come in the way of this journey towards God. But how we relate to the outside world is important. When the outside conditions or the world outside disturbs us, it can also help us to turn towards God and we will naturally grow faster. After all God is the ultimate goal of our journey.

A great Master says that he is not aware of anyone who has sincerely struggled for the truth and has not eventually become enlightened. We are all making a journey towards that.

Everybody takes up Sadhana because they want a change in their situation, though they may not want to change. People may feel that they are already perfect and somehow feel that the world is very unfair, God is unfair and unkind that's why they are in a situation like this. The fact is that we are responsible for our situation and it will not change unless we change. When we begin vibrating positivity, we naturally attract positive response from the Universe, and then the situation changes.

All solutions are within. The root cause of our situation is within us. This realisation must give us so much of hope and strength that we can change our situation. I don't have to depend on any external factor. We have to have patience of course. And things will change when we change.

As students we are expected to meditate regularly and follow all the principles. But there is a margin always. As volunteers it becomes necessary for us to meditate regularly, to follow the principles because we represent what we are saying here; we are expected to improve our

behaviour, be humble. When we begin teaching, naturally we are expected to be more sincere, follow all that we are trying to pass on to others. People look up to us. They expect a lot. So as we take up newer responsibilities, we have to go on changing and be ready to represent the Rishis.

I mentioned earlier that we have to raise our frequency to God's frequency. This frequency is the quality of our vibrations. The frequency of Love is the highest frequency. God will be vibrating that all the time. And non-love is probably the lowest frequency. When we vibrate a frequency, we attract vibrations of the same frequency. All of us will have vibrations of different frequencies simultaneously in us. We may have a bit of Love, a bit of jealousy, a bit of something else. And something will be dominant at some point in time in our system. If Love is the dominant frequency then there will be no problem. But when the opposite is dominant then that can be a weaker moment for us. We become vulnerable.

Meditations help us to make the vibrations of Love dominant in us, and they also help us to sustain these vibrations for a longer period. Naturally, to let God manifest through us we have to raise the vibrations of Love.

I feel that when we interact with others we get connected to the vibrations in others. Every individual will be having different vibrations. We connect to the vibration that is dominant in us. If I have lot of Love, I get connected to the vibrations of Love in others, though that may not be dominant in them. We have been told to always relate to the positive part in others. That is why I feel that Masters like Guruji always connect to the soul, which is vibrating Love all the time. When I raise my vibrations, I connect to the higher vibrations in others and help them in making these vibrations dominant in them also. ■

## 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)

The physical body enables our experience of this physical Universe. It is our gateway to the physical world. We are truly in this world when we are in a physical body. When we first enter this body we experience extreme limitation. The body's natural limitations can make us humble. We all know the importance of developing humility. We also know that when we are egoistic or arrogant it is difficult to become humble even if we want to. We are fortunate if we are already humble. Otherwise it is very difficult to develop humility. I have noticed that when we are physically weak or sick it is very easy to experience humility. The body can be a greatest teacher. It can teach humility even to the toughest person with a little bit of pain or sickness. The condition of the physical body can determine what kind of attitude we have. This is because we are so strongly connected to the body. Though the body, mind and intellect are different Koshas they are bound together so strongly that what happens in one is immediately reflected in the other. When they function they work as a single unit. For example the moment we experience fear in the mind it is experienced in the body as weakness, increase in heart rate, sweating and so on. The body's intelligence like all intelligences has the desire to survive, which gives rise to the fear of annihilation or death, which is natural. When we the souls completely identify with the body we experience the body's fear of death as our own fear.

After death the soul leaves the body and the body dies. The soul only experiences separation and transition. But since the soul is fully

identified with the body it experiences what the body experiences until the moment of separation. This means we really never experience death completely because we never become non-existent. At the moment of death and separation the consciousness of the body experiences real death and the soul experiences the release into a new life. Because of this it is said that birth and death are one and the same. In both we experience a transition into a new life.

When we come to know about our death all our priorities change suddenly. We begin evaluating our life and ask ourselves whether we have lived a meaningful and purposeful life. Everything starts to look temporary and different. We can learn so many Spiritual lessons through death.

This entire journey of coming to this world and then going back is a journey in our awareness. Everything happens in our awareness. But, our awareness itself remains untouched and unchanged. We may spiritually rise or fall and then rise again but nothing happens to awareness itself. This is something to contemplate on.

Our awareness is like the movie screen. Any experience can come into our awareness but our awareness itself will never be affected by it. We may gain knowledge and wisdom through the experience, which means we become aware of the knowledge and wisdom and yet awareness will remain untouched. If we can live life with this awareness then I think it would be relatively easy to live a life full of Peace and Stillness. ■

**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: Is following any technique necessary to have unwavering faith in a Guru?**

A: I wonder why people think of techniques. You don't require any technique and there are no techniques. If you really understand and if the Guru is like my Guru, is the right Guru, you will have the faith naturally. There is no technique here.

**Q: Do the Rishis feel pain or discomfort while doing long Tapas?**

A: No. We think Rishis are like us. Rishis are entirely different. They sit for thousands of years for Tapas. They don't feel the pain or discomfort. The techniques that they practise are entirely different. They are Masters.

**Q: Do the Rishis have to materialize for doing Tapas on this earth?**

A: It is not required. Rishis meditate in their Astral bodies, on this earth or on any other earth or anywhere. Sometimes, the Rishis go into our earth in their Astral bodies. There are places and facilities to sit and meditate for long periods of time.

**Q: Are the 1,44,000 Rishi workers aware at this level that they are working for the Rishis?**

A: They are aware of it but they won't reveal their identity. They work silently. They work more from the Astral level. Every night they report to the Rishi in charge in the Himalayas.

**Q: We lived as souls in Parabrahma Loka. Were the Divine Cosmos and the Material Cosmos created later?**

A: It is true. We were there always. God manifested this later, created all these things only for

us, for us to come down and experience everything.

**Q: Why are we not to know the origin of the pink Light?**

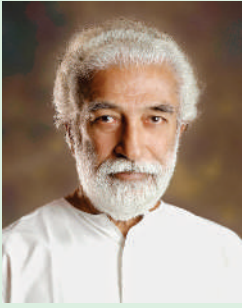
A: Who said this that we are not supposed to know? I did not say. There is a lot to understand about these energies of different colours. At this moment it is enough if you understand that all energies of all colours come from God.

**Q: What are the core teachings of this Path?**

A: Manifest Love, Purity, Honesty and Peace. Manifest the life force; this is very important. Meditate and positivise your emotions and thoughts. Live a balanced life between the material and the Spiritual. Be aware of certain realities, like we are entering a New Age, we are in the transition period. To face this we have to prepare spiritually not otherwise. This is very important. Light is our Source, Light is our means, Light is our goal. We must know all about Light and experience Light. Rishis exist in different worlds, Astral worlds. And they are ever ready to guide us, help us in every way. We have to establish contact with the Rishis and everyone can do it. We re-incarnate to clear our Karmas. We have come down to this earth to experience the life here. And after experiencing sufficiently we have to go back. Going back to the Source, our Source is our Spiritual goal. All the human beings on this earth are one. We are individually responsible for the welfare of everybody else. What affects others will somehow touch us. We have to take the responsibilities. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGurujī Vol 1, 3, 4 & 7	each 150/-
iGurujī - Vol 2	120/-
iGurujī - Vol 5	100/-
iGurujī - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
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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)

A few days ago at the time of Meditation, I got a thought, "I am out of fear." This thought came to me again and again. Later, while reading the 'Bhagawat' it was made clear to me that "I am out of fear of Death." Now I am experiencing joy and Bliss in Meditation which cannot be expressed in words! The quality of Meditation is totally different.

– Sitaram Puranik

I forgot my wrist watch in a meeting room in the office and could not find it for two days. I talked to Guruji and prayed to him for help. Light guided me to check the bookings made for the meeting room on that day. I found my favourite watch within minutes! It's Guruji's grace that has given us everything we need, every tool to make life more easy and meaningful. I am grateful to him.

– Pushkar Patki

One day on my way to the railway station I almost missed the train due to heavy traffic. I prayed to Guruji, as the next train would have been only after an hour; by his grace I got the train and miraculously it was a few minutes late.

I prayed to the Rishis that the term of my job, which was going to expire, should get extended till the end of May, and that also happened!

– Gayatri Ambady Bhatia

Every day is filled with a Blessing, there must be so many that I have missed also. Thank you for all the Love and Guidance.

– Nandita Vijayan

After reading Guruji's new book, I understand the importance of Meditation. The days I have not been able to meditate are most emotional and difficult to handle, and when I have meditated, I am able to cope up well

with difficult situations. I experience a lot of peace and calmness inside me. I am happy to say that with God's grace and guidance of the Rishis, life is beautiful indeed!

– Pratima Vadgama

Recently, there have been upsets, financial losses and challenging situations. In spite of all these disturbances I am calm deep down. I know the only and best way is to be with Light. I am observing everything as a spectator, knowing that I am not this and I am a part of Light. I wish to come out of all the problems to lead a productive and meaningful life. Guruji, Rishis and Light are my lifeline for ever.

– Maithreyi Sasank

I see the Rishis mingling with my blue shield when I meditate. They surround me and I feel their loving presence.

– Lucinda Bach

Sometimes I observe myself looking within, at the hollowness and space inside me. The hollowness / space inside me is huge, expansive and is filled with bright light. I feel as if I am one with that space.

– Sanjay Manohar

I had forgotten about the lunar eclipse. On 11th February, I felt as if someone was touching me to wake me up. Suddenly I opened my eyes and looked at the moon through the window. It was 4.16AM. I remembered the eclipse, got up immediately and sat for Meditation. During the entire duration of Meditation I could feel the energies being showered on me from above. I felt very light and nice. I am grateful to the Rishis and Guruji for these wonderful experiences.

– Saroj Sawale

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