



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 6

MAY 2017

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REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – December 2008 issue)

The year is ending. So soon! Sooner than the previous year! This year is very important. It gave the world Recession and Obama. It scared us and also gave us hope. In spite of the workings of the dark energies, it brought a lot of Light. It was during this year that there was an Awareness explosion. It is from this year that the Spiritual Movements get accelerated.

Bloggers have described Obama as a person carrying inspirational energies, an attuned being and a Light worker. Before elections, a voter said that he carried new energies. Skeptics, of course, have said that he is articulate and is yet to prove that he is a better President.

Is Obama a Light worker? I know, he is not, speaking technically. But, I know, the Light works through him. No person, in recent times, has evoked so much of expectations and hope. And it is not confined to America. It is all over the world. The whole world is expecting from this single individual so much of change, peace and a new order. Obama may not be able to deliver all these. But, he will not disappoint. He will not fail.

When people are fed up with the failed old systems and persons and want a change intensely and desperately, the Universe works out to bring up new systems and the right persons to establish the new systems. This is the beginning of the collapse of imperfect systems. The man-made systems will crumble like packs of cards and new systems will soon replace them. It requires extraordinary persons with the visions for the future and reservoirs of Spiritual strength. I believe, Obama is one of them. I do not usually write or comment about individuals. But Obama is not just an individual. He is the doorway to Change. And we, the Light workers, have worked hard to seat him at the wheels of power and of great possibilities.

Expectations are always challenges and not burdens. We have to send more Light and Love to him to overcome the challenges, natural and those thrown by the dark forces, to steer this world into Peace and Light.

My work is to assist people to receive and experience Light at the level of the individual. And also to assist people to channel Light and spread to the whole world. My work is to teach Meditation to establish Stillness, experience Light and live a higher life. And also to build a Movement, making everyone a Light Channel.

Light alone takes us through the years of challenges ahead, into Photon Belt and into the Golden Age ahead. ■


MANASA FOUNDATION (R)

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

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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Taponagara and Its Creator

NEWS AND NOTES

- ♦ Guruji's 78th Birth Anniversary will be celebrated at Taponagara on 21-5-2017. For participation, Sadhaks may register their names by 20th May at Manasa office.
- ♦ 'Thus Spoke Guruji, Vol -2', containing unpublished talks of Guruji, will be released during Guruji's Birth Anniversary program at Taponagara on 21-05-2017.
- ♦ The ninth anniversary of our Saptarshi Dhyana Kendra at Anekal was celebrated on 17-4-2017.
- ♦ 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.
- ♦ The Manasa Calendar is also available on Android and IOS platforms. Android users can download from our website and iPhone users can download from App Store by searching for 'Manasa Calendar'.

PROGRAM AT ANEKAL

Guruji's Birth Anniversary will be celebrated at our Saptarshi Dhyana Kendra on Thursday, 18-5-2017 at 11.30AM.

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
14-5-2017	Shambala Group meeting at 2PM
21-5-2017	Guruji's Birth Anniversary program Ra Group meeting at 2PM

GURUJI'S BIRTH ANNIVERSARY PROGRAM 21-5-2017, Sunday

11.00 AM	Welcome Speeches Special Meditation
12.30 PM	Prasada

MEDITATION ON SPECIAL DAYS

03	Wed	Shukla Ashtami
05	Fri	Shukla Dashami
10	Wed	Buddha Poornima Full Moon Day
18	Thu	Guruji's Birth Anniversary
19	Fri	Krishna Ashtami
21	Sun	Guruji's Birth Anniversary Program
24	Wed	Masa Shivaratri
25	Thu	New Moon Day
28	Sun	Lord Kalki's Birthday

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I am a student, and I am very particular that I should do my work on time. I had a lot of ego, and wanted that only I should be the best in everything. But I have realised that this is not fair. Practising Light Channelling makes me feel comfortable, calm and positive. It removes ignorance and makes us simple and perfect. I meditate regularly both at home and in school. I thank Light for helping us to remove all our problems and come out of it easily.

– Induja, Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

I feel happy when I practise Light Channelling. I can feel the white Light entering my body. I feel that my mind and body are free and I am going somewhere. I play with Light. When I spread the Light to all my friends and teachers, I feel good and calm.

– Monica K. M., Std. VI, Sri Sharadha Primary School, Jayanagar, Bangalore

Some ladies from my group channel Light regularly, and they have made Light their companion and guide.

Mrs. Jagruti Korde, a friend of mine, had severe backache at 11PM in the night. She was unable to reach her back with her hands to apply balm. She prayed to the Light lying down and also channelled It. Within five minutes the pain was completely gone and she fell asleep. Once while she was giving Acupressure to a patient on the waist, at the point where there was maximum pain, she clearly saw a drop of Light falling down from her fingertip like a drop of water, and going into the waist!

Mrs. Vaishali Mothe experienced the extent of protection given by Light. She was reading in the morning and had switched on the reading light. Suddenly the bulb exploded and broken glass pieces were strewn across the entire room. There were pieces of glass even under the sofa on which she was sitting, but not a single piece of glass fell on her or on the sofa! We are very grateful to Light, Rishis and Guruji.

- Saroj Sawale

TAPONAGARA DIARY

Seema Almel

When Guruji moved to Chikkagubbi, He lived in the small room below the Meditation Hall. Taponagara started with this small structure. As time progressed, the Meditation Hall was extended to double its initial size. The Office room upstairs used to be a Library; it was later shifted to the Utility building. A section of the front Office downstairs was the store room for books. With the increase in the number of books, the storage space was also moved to the Utility building. Amaraji's Samadhi was an open air Meditation area; a hay thatch was added before it was converted into a Meditation room.

The Kundalini Hall only had the lower basement for some time before the upper structure was built. In fact, before this Hall existed, the empty land was used as a thatched dining area. The Cosmic Tower was a piece of vacant land filled with debris and the area in front used to be the vehicle parking area. After Tapovana came into existence with the Chakra Mantapas, the Sapta Rishis cave and Amaraji's Cave turned the park into a Holy site. With the addition of rooms, Antar-Manasa, Ra Meditation Hall and Light Channels building, Taponagara grew. Guruji has always provided facilities to Sadhaks so that each seeker can Meditate and grow Spiritually. The recent addition of air-conditioners to the main Meditation Hall is a step in the same direction. Taponagara wishes its creator a happy birthday, gratefully. ■

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

A person went to a great Spiritual leader, who stared at her while she was sitting. She got scared and thought that he was very angry with her and then she began developing her own complexes and reactions. She thought that from the day he stared at her with anger, she failed in whatever she tried to do. She met only failures, she thought and built up a whole negative complex. I tried to understand as to why this Spiritual leader was so angry with this person. Naturally, I had to contact the Rishis. I even contacted him. I know him. When I contacted this Spiritual Master after taking permission from the Rishis, he laughed and said, 'this is how people understand us!' He said, 'I was staring at that person to clear something, to burn out something, cleanse her system, to cleanse her aura particularly and I was not angry and why did she understand like that?' The thing is that self-study is good, but again, guidance and constant clarification helps. Imagine, this complex thing was there in her from nearly 8-10 years and negativity had built up since then. He just laughed. I began thinking, when I was alone. I have not come across a single instance where he or any true Master has hurt a student or a disciple and they will never do it! People have spent time with us and would have understood and I will be repeating often - the Rishis are the kindest people and they do not harm us. We attract Karmas perhaps when we do not treat them properly or when we violate certain laws but not because they are angry and they hurt us.

I am very happy that I opened this third Sunday for others to express. It is a wonderful opportunity and people are making use of this opportunity wonderfully well, but even this can

be improved and anything can be improved. I just give you some hints:

Let us remember that we are addressing not an ordinary audience, it is a very enlightened audience. They also know what we know, so we have to explain something new.

I also suggest that we read books. We have to read a lot. Let us never confine to only our books. We know these books contain very rare knowledge, but again, there is knowledge outside also. We must keep our eyes and ears open. Wonderful things are happening in the world. Recently, a group of scientists met and discussed about Consciousness. Can you imagine?! We have to follow these things; we have to read. Someone says, 'I don't watch TV, I don't read books.' I say, 'good, it may help you in your Sadhana, but it does not help in making faster progress.' So much is happening in the Spiritual field. There are wonderful people outside who say that they have travelled astrally. When you read, you get more knowledge and also the knowledge that you already have gets clarified and defined. We know that we have more knowledge here and that gives us great confidence. This person does not know. So when we read, come back and speak here, it will have its own value. We have to spend time - if we just pick up some point the previous night and speak about it, good, it makes a good speech but this can always be improved. It is only a suggestion and it is not a negative comment.

July 2005

A very important point and a new point flashed to me. Prana comes from the Sun. All Pranas come from Sun only. Even when we practise Saptarshi Pranayama, we receive higher or subtler Prana. The important point is

that all Pranas energise mainly the body. Because the body and the mind are both inter-twined, what touches the body touches the mind also. So all the Pranas help the body and touch the mind also. But the mind gets only relaxed and Pranas make it a little more active, help only certain processes to get activated, that is all. The mind is from Brahma Loka. Cleansing of the mind and burning of the Karmas, will be attended by the energies from Brahma Loka. We receive them from Brahma Loka only, when we meditate. That is why Meditations are so important.

We also get a little of these energies when we elevate or expand our emotions to the highest limits. But only in Meditations, we receive the necessary energies to cleanse the mind and burn the Karmas. Similarly, for the intellect, we have to receive the energies from a still higher plane i.e. Shakti Loka. We receive them when we meditate and also when we elevate our thoughts to its highest limits. The soul receives energies directly from Parabrahma. For this, we have to reach the state of Samadhi; only in Samadhi - and not mere Meditations - we receive energies from Parabrahma.

If we can feel the presence of Light most of the time, we need not even meditate, for the simple reason that the Light is God and we will be in God or with God almost all the time. First we have to practise and become aware of the presence of the Light. Then in the next stage, the Light becomes a companion, It becomes a guide; a Guru; He is the Guru within. The third point is that we have to follow the instructions and the guidelines of the Guru, the Light, from within. If we follow, there will be no pain; we attain everything, all miracles happen. So we must make the Light a companion - it is very important. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

05-03-2017

A person I met last week said that while interacting with our volunteers he realised that Manasa Foundation is not commercial, unlike many other organisations. This fact vibrates through its volunteers. I felt so happy and proud after listening to this person, proud of our volunteers. Honesty is so important. Our volunteers have understood this Path and they are able to pass on the knowledge and manifest the knowledge. Guruji had told us very clearly not to open another centre in another city. This is the only centre. We have to expand internally. Only when we grow more, we will be able to guide more properly. The sincere seekers will have access to all the knowledge, all the energies here and they can utilise these and connect to God directly. At the human level, we will pass on this knowledge which is so beautifully structured by Guruji.

A person asked me, 'Please tell me my mistakes; please tell me, where am I going wrong. It will help me grow faster.' I told her that we do not do that here. We do not try to find out your shortcomings, we do not judge. We just place the principles before you. You introspect and understand - to what extent are you able to follow the principles? This is the way of the Rishis, which is the best always. They are the wisest in the Creation.



A person wrote to me that she feels that she is receiving some message and somebody is telling her to eat less and she will be taken astrally to some place where she will be taught something. Guruji would always ask us to ignore such communication. Rishis always communicate through their human channels.



We are going through intense Pralaya when the truth is surfacing. Good and also the bad is surfacing.

The only way to deal with this situation is to grow stronger spiritually. Let us strengthen our shields daily. Guruji asked us to repeat this Mantra 'Om Nandatma Jaya Namaha' seven times before we step out of our homes. This Mantra creates a kind of protective shield around us. Guruji said that this Mantra will be effective when we meditate. Our Meditation, our own goodness, our Spiritual condition helps us. But this Mantra is like a gift from the Rishis. We can make use of this.

26-03-2017

Due to the challenges of life, one of our Meditators was finding it difficult to meditate regularly. In the Chakra Mantapas in Tapovana, Rishis have stored wonderful energies related to each Chakra. The energies of Mooladhara Chakra help in stabilizing our Sadhana. This person prayed to the Rishis for stability in Meditations and meditated in the Mooladhara Chakra Mantapa for seven minutes, just once a week whenever he visited this place. His Meditations are regular now.

Similarly, Swadhishtana Chakra helps in cleansing, purification; our creative ability increases; our health improves at all levels.

Activation of Manipoora Chakra clears the Karmas of past lives. It also helps in managing our emotions and life.

Activation of Anahata Chakra helps in clearing the daily Karmas. Meditations help us to reach a stage where we do not acquire Karmas because we learn how to live properly, perfectly.

When Vishuddhi Chakra is activated it helps in improving our will power. And we seriously take pursuits in higher experiences.

When Agna Chakra is activated, it helps in opening up the third eye. There will be new awareness and we

get firmly rooted in our Spiritual pursuits. We will continue our Sadhana.

Activation of Sahasrara Chakra takes us to the beginning of Samadhi. There will be happiness and contentment.

Sadhana beyond the Chakra stage becomes difficult naturally. In the past we would meditate in each Chakra for months, sometimes years. In 2011, Guruji told us that we have advanced so much in time towards the New Age that we can be directly initiated into the 'Experiencing Light' stages. And when we begin Experiencing Light all our Chakras will be activated. The level of activation of Chakras for each individual maybe different but the process of activation continues. So, whenever we need help in some specific area, we can meditate in the respective Chakra Mantapa.

Besides the seven Chakras, Guruji had explained, that there are three more Chakras, which are not known to many. They are: Nirantari, Parihari and Ananta. The Chakra Nirantari is between Agna and Sahasrara. It has 108 petals or cells and is in the shape of a circle. And when it is activated the ageing process stops. Those techniques will be given may be only to people who qualify for it with highest level of purity and intention. Chakra Parihari is above the head. Guruji had explained that it is in the shape of a pyramid. If this Chakra is activated we will be free of all attachments, bonds and we attain Mukti. On top of Parihari Chakra there is Ananta Chakra which is in the shape of an inverted pyramid and we experience infinity when it is activated.

When we complete our Sadhana in Chakra Activation stage, it doesn't mean that all our Chakras will be fully active. The process of activation would have set in. This process continues as we continue our Sadhana in higher stages. ■

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.

WIND TO SAILS

Sunil Bisarahalli

If the world is likened to an ocean and our lives to boats, then the opportunities and challenges of life are the sails that help us navigate it. But without the wind, our lives go nowhere, drifting directionless. Guruji was that wind, sometimes a gentle breeze, guiding our lives towards the safety of the shore, sometimes a powerful gale, blowing away our inhibitions, doubts and fears.

He was gentle, witty, insightful, compassionate and tough but also understanding. Sometimes, he would just listen to our troubles and give a silent nod and sometimes, he would give us advice and help us in every way possible. Looking into our past, present and future, he would determine the root cause of the problem and solve it either by passing on energies or in some other way which is beyond our understanding.

He was an Ocean of Knowledge himself, but would also dip into the Knowledge of the Rishis and God. As much as he encouraged us to depend on the Masters and God for guidance, he also pushed us to be self-reliant and take decisions using our own wisdom and common sense. He often reminded us that Spirituality is a lot of common sense.

Although he is not in his physical body, his energies, knowledge and wisdom are still with us. We still get answers directly from him when we pose any questions. We have some sort of contact with him, albeit from his side alone.

In spite of the state of our contact, we can use God-given common sense and work out a solution. We can also pray for direction, strength and wisdom. Ultimately, as Guruji often used to say, we have to face life's challenges calmly and proudly own up to the results. ■

GURUJI'S LEGACY

Usha Satishchandra

Going through 'Doorways to Light' is always an amazing and inspiring experience. Guruji's struggles and Sadhana speak volumes of a higher perspective to life and living. Perseverance was his strength. Against many odds, Guruji picked up the work of Amara and continued the legacy in his Light. Cultivating his inner self, his persona shone through his life and living, and in his teachings. And eventually his only agenda was the agenda of the Rishis. He effortlessly spread around Divine Love from the deepest level, touching and guiding innumerable souls.

A new phase in our life begins on every birthday of such a great Master. Guruji always comes with his dreams and vision for all of us. He brings with him new and rare knowledge. Through his abundant love and life force, Guruji manifests everywhere, in us and beyond us. In the presence of such a reservoir of Divine and Spiritual energies the negativities within us can be removed easily. And, we become more aware of the great unseen Rishis behind us, who have become a part of our lives. Guruji's grace is our strength to continue his legacy and dreams.

Guruji, always in link with the Rishis, extended his Awareness and knew directly from them. Guruji understood and valued the human part. He gave utmost importance to experiencing the life here. He insisted on accepting others as they are. He valued all these aspects and lived them. With great humility and conviction he would say, "For me these are of great value. If you accept and follow you will be living in my Light." Our Sadhana is to connect consciously to him, to receive everything we want and in his love everything comes to us instantaneously. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Why am I lazy?

A: Enjoying the laziness is a very temporary period. The Universe will take care of this. You will not be lazy. You will be active. People become very active when they have problems. Problems come to us, maybe to remove this laziness and make us active. Then such people may even begin to meditate. I think the Universe will give you the reply to your question.

Q: Should we know the meaning of a Mantra before repeating it?

A: When you repeat a Mantra you get connected to the source of the Mantra, an energy field. You should know the meaning of the Mantra, as it helps you, particularly when you repeat it for Japa.

Q: How does a soul avoid the not so good experiences?

A: Meditation helps. Then the soul knows what to choose and what not to choose. Just meditate. Practise any one principle of Shambala, it's enough.

Q: When we listen to someone's unpleasant experiences do we attract those situations in our life?

A: No. We don't have to be so careful. Our Meditations are so powerful. They make us strong. Never underestimate yourselves.

Q: Do we have to accommodate something or someone who does not resonate with us?

A: You have to accommodate.

Q: Is it our duty to co-create along with the Universe?

A: First we have to understand the agenda of the Universe. Then we can cooperate, participate. The agenda of the Universe, right

now on this earth, is to bring about the New Age, to minimize destruction, which appears inevitable. We have to work for it. When we spiritualise, we will be a part of the agenda of the Universe. And if this participation is called co-creation, I don't have any problem with this word.

Q: Should expanding in love be our main goal in our Spiritual efforts?

A: It's a part of our Sadhana, our Spiritual efforts, which is manifesting love. This is not the main goal. Main goal is experiencing the Divine, manifesting the Divine. You manifest Light. Love is a part of Light. Let there be no confusion.

Q: I read about inhaling negativity and exhaling positivity. Can I practise this?

A: Before you begin to practise, think about the possibilities. The Rishis know what we require at this moment. They tell us to practise certain things. That's enough for us. Practise Shambala principles. When we channel Light, we will be spreading only positivity, love. When we have such beautiful and most effective techniques, why go for other techniques, but if you want to practise, I don't have any problem with this.

Q: Does creativity occur by itself when we move into Stillness?

A: In Stillness there is no activity. Creativity is an activity. In Stillness our Awareness gets released and it goes beyond us. So when you move into Stillness you cannot be active.

Q: Do the mind and intellect work while we are in the womb?

A: They always work. ■

LIST OF OUR PUBLICATIONS

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Light Body & Other Realities	100/-
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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/-
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Gurujī Speaks (Vol 4)	250/-
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The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
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Awareness	60/-
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Light	10/-
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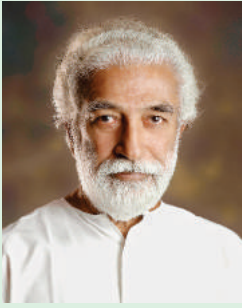
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

When I was listening to the audio recording of the Sunday webcast of Amara Jayanti program from the website, the power supply to our Internet modem stopped. But the audio webcast continued! Though the Internet connection was cut I could listen to the entire program!!

– Kranti Dhamdhare

I have developed understanding for those with whom I had strained relationship earlier. Now, I am calm and composed even in adverse situations.

– Amita Pradeep

A certain degree of peace is what I live in, at all times. I may be bothered on the surface but always calm beneath.

The month of February brought about a lot of surfacing and my way of dealing with them was quite different from what it used to be.

I had a few fears. I see them dissolving into Light and being taken care of by the Light and the Rishis.

– Jas Bhatia

I am speechless – "what a powerful book, "The descent of soul" is!" I was reading it recently at night and kept it under my pillow. In the morning I saw everything as Light and felt complete Stillness.

These days I experience Peace and Love, 24 hours a day. Each breath is filled with blessings, gratitude and forgiveness.

– Sangeeta Pati

My love for nature and all beings has grown palpably. Often I get tears in my eyes. I feel so much love when I dwell on, say, a crow or the wonder and regularity of the Sun, or the small everyday miracles that manifest in our lives.

– Vidya Virkar

There is a sudden shift in Sadhana after Sankranti. It is the grace of the Rishis. I feel as if the Rishis have removed a gross layer that was covering me and causing obstruction. During Meditation I feel as if I am in a different zone where there is only God and me. There is complete Peace, Silence and Stillness. Thoughts do come but I become aware of them and bring back my Awareness to Meditation. There is pull to meditate and a desire to sit for a longer time.

– A Sadhak

Once I could feel two hands constantly blessing me on my forehead while meditating. Finally, I opened my eyes to check but there was no one. It was the Light blessing me. Guruji is blessing me throughout the day and Light is with me in smallest activity of my life. I am so indebted and thankful for all the love and guidance.

– Leena Aamir

On the night of 09-2-2017, I was very disturbed and in despair while going to sleep. Later, in my sleep, I saw myself in the sky. There were bright clouds in front of me, and indescribable peace. We were in our Astral bodies, and were waiting for Swami Vivekananda. A wave of happiness spread and I felt that Swami Vivekananda had come. I was extremely happy. Suddenly I woke up to realise that yesterday's despair was gone! Next day, I was in the same state of happiness and peace.

– A Sadhak

I was having serious problem with my laptop – my source of income! It kept saying – "DNS server not found" and the Internet was not connecting to the system. I tried all that I could do, sought help but none came. I shut the computer and then prayed to the Light. Later, I switched on the computer and it worked smoothly!!

– Chitrlekha Shalom

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