



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 12

NOVEMBER 2017

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – February 1998 issue)

Pralaya is not destruction. It is a process of Ascendance in Consciousness, not only by some but by all; by all life. The Awareness of this truth is spreading wide. The Light workers are clearly aware of this and those who come in their contact to pursue their Spiritual growth also do understand this. The Light workers are doing a wonderful work not only by educating others about the hitherto unknown truths about the Astral planes, Astral beings, Energies and their role and importance in our life but also by actually drawing new Energies from the Astral planes and using them to build fields of Positive vibrations and for activating many dormant Energy centres.

The Light work is one. Although the Light workers live in different cultures and religious backgrounds, they meet at a higher level and are unified. All the compartments and barriers are on the human plane only, simply because they are man-made.

Anyone and everyone can join the Light work. No special training is required. Love for the humanity and all life, and the awareness that we all come from one origin, God, are to be clearly understood before anyone joins the work. Sitting quietly facing East or North, imagining white rays of Light from above entering us spreading all over the earth filling with Peace and Love is a very simple technique that can be practised by anyone, from a few minutes to a few hours, is possible, anywhere anytime.

I wish I had the reach and access to publicise this wider and wider. I am sure that everyone who understands the great effect that this builds up will definitely join. And when more join, faster and stronger are the effects.

Whenever there is a churning, something that is good will always come out, though a bit late. The Elections are to be viewed as the process of churning. It is a Spiritual process and not merely political. Meditations and prayers of thousands of silent people are behind the process. That itself is a sign of hope and good.

Young Viral spent the entire night to read the book 'Doorways to Light' at a stretch and was all excitement the next morning. In the first week of release, many called on the phone to express their appreciation. Many wrote about their admiration. I am touched by the Love and affectionate interest unreservedly shown by all. I am grateful. The book is yet to reach the wider world and I am waiting for the reaction.

A quiet, gentle and elderly person from Bombay, closely associated with late M.P. Pandit, stayed with us in Taponagara only for three days. He understood and spoke about the Work that is going on here with such depth and Love that people living here had not fathomed. One need not physically be here to understand, empathise and assist. ■


MANASA FOUNDATION (R)

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

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


MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

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

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at 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.

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/
PRAKASHMARG(Marathi)**
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NEWSLETTER

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



Taponagarites enjoyed a picnic to Nandi Hills.

NEWS AND NOTES

- ♦ Guruji's Mahasamadhi day will be observed at Taponagara on 26-11-2017. To participate, please register with Manasa office, before 24-11-2017.
- ♦ Manasa Calendar for the year 2018 will also be released during the program. Only a limited number of copies, only for those who request for it, will be printed. Please register by 12-11-2017 to book your copy.
- ♦ A new batch of Shambala Group will begin on 14th January 2018. Students who wish to join the Shambala Group may register with Manasa office before 31st December 2017. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2017.

**GURUJI'S MAHASAMADHI
PROGRAM
26-11-2017, Sunday**

11AM Welcome
Talks
Special Meditation
12.30PM Prasada

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM - 12 Noon
Light Channelling:
12 Noon - 1PM
12-11-2017 Shambala Group
meeting at 2PM
19-11-2017 Ra Group meeting
at 2PM
26-11-2017 Guruji's
Mahasamadhi
Program

MEDITATION ON SPECIAL DAYS

04	Sat	Full Moon Day
11	Sat	Krishna Ashtami
16	Thu	Masa Shivaratri
18	Sat	New Moon Day
23	Thu	Guruji's Mahasamadhi Day
26	Sun	Guruji's Mahasamadhi Program Shukla Ashtami
28	Tue	Shukla Dashami

PROGRAM AT ANEKAL

Guruji's Mahasamadhi Day will be
observed at our Saptarshi Dhyana
Kendra on Thursday, 23-11-2017 at
11.30AM.

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

During the Light Channelling session, I was really happy. I felt fresh and relaxed, and experienced peace of mind. Whenever I sit for studies daily, I channel Light. I am able to concentrate fully on my studies. When I practise Light Channelling wholeheartedly and pray to God to fulfill my needs, they are really fulfilled. I wish and take a pledge that I will spread the experience of Light Channelling and request others to practise it.

– Rakshanda Aiman, Std. X, Canaan Christ Public School, BTM Layout, Bangalore

By practising Light Channelling daily for 7 minutes my mind is relaxed. I feel very happy to spread Light to the whole world. My concentration has increased and behaviour has improved. There is no ego or jealousy in me.

– Bhoomika N., Std. X, Basaveshwara High School, Byatarayanapura, Bangalore

Light Channelling brings out a new good thing in me every day, which I want to develop more in myself and apply in my studies. I feel that my surroundings are peaceful and clean.

– Janhavi B. K., Std. X, Basaveshwara High School, Byatarayanapura, Bangalore

Light Channelling is a very good technique. Students are more disciplined and their learning capacity has increased. They are more confident now and do not make mistakes. Teachers have also benefited.

– Mr. Krishnaiah, Headmaster, Rotary Bangalore Vidyalaya, Bangalore

I am practising Light Channelling for a long time. It is a very simple technique. Anyone can practise it easily and get all the benefits. It is very good for individuals, family, groups and the world. Practise it and become Light.

– Mr. Narasimharaju, Headmaster, Nammooora Sarkari Madari Prathamika Pathashaale, Andhrahalli, Bangalore

TAPONAGARA DIARY

Seema Almel

A Guru is forever. He is not defined by His physical form, which ultimately dissipates. A Spiritual Master lives on through His teachings which become guidelines for all His followers. He lives on through the value system which He not only establishes but also follows. After treading the difficult road to God, a Guru not only institutes a Spiritual Path but He becomes the Path, inspiring thousands who follow. He lives in the hearts of his students, not only as fond memories, but also as unconditional Love. His timely guidance and protection are felt long after He leaves the physical realm. Our Gurujī is not just alive, but has become Life itself for all those who see Him with their soul.

For Taponagarites, Nandi Hills, just an hour and a half's drive away, used to be a favourite picnic spot with Gurujī. In October, a picnic was organized to these holy Hills. The Residents Committee, worked very hard for many weeks to meticulously plan the trip. Commute, food, mats, etc., were thoroughly planned; this resulted in around seventy Taponagarites having a memorable day. When monkeys tried to play spoilsport, some Residents became stick-boys and kept them at bay. Even Mother Nature provided a pleasant, rain-free, atmosphere. The picnic was a success, even though the group was large and this was a proof that Gurujī had joined as well, with His blessings and Divine Presence. ■

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 Gurujī 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)

August 2005

We are here to grow, better ourselves and better this Life around and better the world. So we have to make progress. That is why we understand so many things, i.e., what we should do and what we should not do. Let us not find fault with others. Most of the time we do it; there is a tendency. I don't say it is natural, but it is a tendency. The Rishis do not find faults in us. When you find faults, you are judging. You are saying, "This person has done this mistake and this is not the right thing." We must become aware of this truth, that from a particular angle, certain thing may appear as wrong. If we shift our level of observation, we will find that the same thing appears in an entirely different way. We find faults because we see things from our angle and our perspective. Let us try to look at Life from Rishis' perspective. Then where is the conflict and where is the fault? There is one more factor. What if others start finding fault in us; what if the Rishis try to find fault with us? When we start finding fault with others, we get stuck at some level. We start naturally developing dislikes, disrespect and this is not good. It does not help us in our efforts to take everyone into our fold. When we think that a person has made mistakes, we create a distance and we keep him away from our mind. We are here to take the whole Creation into our heart.

In this Universe, there is a life-force. Rishis called that as Prana, but somehow we are used to identifying the energies that come from the Sun as Prana. So to make a distinction, let us call this as Mahaprana. The name does not matter. Let us try to

understand a little about this.

When we practise Pranayama, we take more of Prana and this life-force will be entering us all the time. Pranayama helps us to take in more of Prana. This Prana is required for the physical body. This life-force is required for the Astral body. Physical body requires Prana; the mind and the intellect require Mahaprana. So Pranayama helps the physical body and Meditation helps absorbing this Mahaprana. How? When we keep the mind and the intellect unagitated, silent, this Mahaprana enters us. That is why we meditate. So Pranayama helps the physical body and silence helps the life-force enter us. That is how, when we start meditating, we become strong in our mind and intellect. This is a very important point.

Between an emotion and a thought, which is stronger? I was under the impression, that the thought is stronger, because we speak of thought force etc. But the Rishis told me one day that it is not so. It is the emotion which is stronger. I realized this. We can observe in our own lives that when we are highly emotional, we lose the track of reasoning. So the emotion overpowers the thought. We have to control these emotions, refine these emotions. Refining these emotions is Rajayoga. We have to understand Rajayoga when we read yogic textbooks. This is a way of Yoga which helps to master the mind or control the mind. We can improve the meaning of this. We can say that this is a way of Yoga, which helps to master the emotions mainly instead of the mind. If we refine our emotions, we refine our living and then automatically, our interaction

with others, interaction with the world changes. There will be a change in the quality of our interaction and that is how we grow. I am very happy that it is understood clearly.

We are bringing out a book on 28th August – a compilation of questions and answers. I was going through it, checking up and correcting it. Then I realized this part – there is such clarity, such finality in these answers. I have also observed that generally when there is a question, there is a tendency to go on explaining. There is a tendency to not merely answer but also to comment. It is then the answer becomes quite long and sometimes, ironically, the answer is lost in these commentaries and explanations. I am happy that here we have avoided this tendency of long explanations. I cannot forget my guru when he said, "If someone asks you the time, tell him the time. You don't have to explain about the brand of the watch, etc!" What happens generally is that we explain other things and forget the main point!

I am happy that things are understood here, and I can somehow feel that from month to month, if not from week to week, there is such an honest intent, honest desire to understand more and to move on and on. There is such an earnest desire, which I can feel. I think it is worth spending my life sitting before you here from 1988. It is worth it. I feel like saying, I am sitting here because of you! Otherwise perhaps there would be no meaning in my life. I am touched by this, and I am very happy. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

10-09-2017

I am reading a book titled 'Homage to the Sun'. It is about Daskalos. He is a Master from Cyprus. Guruji had talked about him and had mentioned about his book 'The Magus of Strovolos'. Many of you would have read it. Strovolos is the name of the place and this person was known as Daskalos which means a master in Greek language. I was amazed to find certain things mentioned in the book. I share a few points.

In the book, he says that as humanity evolves further, we wouldn't need oxygen for breathing. Guruji had also mentioned that in future when we would have Light bodies we wouldn't need oxygen or food to survive. We will survive on Light and Prana which is everywhere.

This Master also says that we will be able to travel instantly to the depths of the earth and into the centre of the Sun. We will not be affected by fire or any other element like water.

And this is interesting. He says that there is Life in all the planets in the Solar system, not just this earth. But there is Life of a different type, maybe people vibrate at a different frequency and hence cannot be seen by us. There are Masters there; maybe they guide astrally, and sometimes they take birth as human beings and guide us. Guruji had also mentioned that the souls from the planets take birth here, to experience Life here.

And Master Daskalos even talks of Astral travel. He calls it 'Exomatosis'. He talks of higher intelligences overseeing the evolution of this earth. These are all similarities between what we have heard from Guruji and what he says in the book. He says that there should be freedom to choose. Even goodness should not be imposed.

There are amazing instances of his healing. He has healed and cured

people instantly. But he also talks of Karmas and Chakras. And he also acknowledges that there are times when the healing becomes difficult or slow because transformation is lacking. And of course it is the Grace which heals finally. Maybe the transformation attracts the Grace. Here we understand that if not complete transformation, just the beginning of transformation is enough to receive Grace from God and for the healing process to begin.

Master Daskalos spoke about "elementals" in great detail. I have picked up some points about elementals from our book – New Age Realities. Incidentally, Master Daskalos, talks about creating elementals consciously, for healing, protection and for helping others. We don't do this. We heal in a different way. Guruji explained that when we send healing energies, we should have a strong wish, a thought and a pure intent that the person is getting healed. A strong thought with pure intent of healing will have its own energy field which reaches the person along with the healing energies and it helps.

We have defined an elemental as the energy field which a strong thought or emotion with a clear intent generates. Guruji had explained that an elemental has intelligence, a kind of individuality, freewill.

Master Daskalos talks of creating an elemental for protecting others. It is like creating a shield. Although they may not be the same technically, but there are similarities. But very interestingly he says that if the person is very negative, not willing to change, if he is not open to the new energies, then the elemental created to protect him or her will not work. It will get dissipated. And here we say that if we harbour negative thoughts they may puncture the shield and then the shield may become ineffective.

Guruji had told us that elementals are created when we go on thinking

negatively, and also intending negative things for others. This holds good for positive thoughts also. If a negative elemental is sent to harm a person, the elemental's own intelligence decides whether to harm or not to harm. If the person is very pure and positive, this elemental sent to harm him will somehow sense it, and it will not enter the person. How interesting it is! Instead, it gathers energy from the Cosmos and becomes stronger and goes back to the person who created it. And it may cause more harm than the person would have intended for the other person! We have heard from Guruji that thoughts, emotions that we send out into the Universe, we somehow receive back in multiples. We can decide very strongly to think only positively and observe how people reciprocate, what experiences we go through etc. I am sure this will motivate us to become positive forever. Guruji also used to say that our own goodness and purity creates a shield around us which protects us from these negative energies, negative elementals and such things.

If an elemental comes to us, we will not be aware, but Masters become aware of it. They just absorb it. They do not want any harm to come to the person. That's the kind of love they carry. They may have to go through illness or discomfort for some time. And the person who would have meant harm will be saved of this trouble but he would have acquired Karma by intending harm to the Master. He cannot escape that.

When we just think about a person, maybe deeply, the thought reaches the other person but this is not an elemental. So, all thoughts are not elementals. And the weak thoughts dissipate quickly. There are many such details in our book 'New Age Realities' and in these books of this great Master Daskalos. We can read and understand more. ■

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 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 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.

INTENTION CREATES REALITY

Hemalatha Pramod

Guruji lived like all of us – worked in a Government office, had a family and many other responsibilities. When the call came, he left everything and walked out of all that he had. He had to face lot of humiliation. It was his courage, grit, determination and more importantly his unwavering faith in the Rishis and God that helped him to go through that difficult phase.

He dared to dream of building the "Cosmic Tower" and other structures at a time when he did not have enough money to make even a simple living. This was possible because of his strong intent and commitment to actualise the dream of his Guru, i.e., to bring up this centre of Rishis and make Taponagara another Shambala. He intended and then took small but sure steps towards this goal, with utmost patience and perseverance and a "never give up" attitude. The book "Doorways to Light" is not just about the life of Amaraji and Guruji, but is a proof that they lived all that they preached.

Guruji would often say – "just intend and that's enough." He also said that if majority of us strongly intend that Satya Yuga should take birth, then it will happen. If there is so much power in the "intent" then is it not possible for all of us to strengthen his intent of making Taponagara another Shambala? We can intend and then take small steps like re-organising our priorities and re-dedicating ourselves to the work and holding on to the Masters and the Rishis. Dr. Wayne Dyer in his book "Real Magic" says – affirm, "My intention creates my reality" to create miracles in everyday life. We can try this to realise our dreams and the dreams of our Masters. I feel that would be the best gift to our Guruji on his Mahasamadhi day. ■

A HOPE

Karthik N

Every one of us have Higher Goals in Life; Goals that aim at our betterment. We always begin with sincerity and intensity. Excitement and hope fuel our efforts. As the journey progresses, we come across many difficult situations which could derail our efforts. If our will is weak, external factors will confuse us. Slow progress and mismatch of expectations will lead to frustration. Slowly, our faith in the Goal shakes. We begin struggling.

At the level of family, society and Nation, we have such Higher Goals. These are times when we are witnessing turbulences at all levels. The humanity, as a whole, is going through tough times. Many are experiencing helplessness. If we do not rise beyond, if we struggle for prolonged periods, our core desire to reach the higher stages diminishes. Hope weakens.

At every such crossroad in Life, those who have turned to Spirituality have never been let down. When we broaden our Goals and base them on Truth and Love, the Universe always helps. Guruji is a Master through whom we have seen the workings of God. He guided by passing on undistorted Spiritual Knowledge from the Rishis. He also combined them with higher energies and Love. Every time, He injected a new Hope and Life Force in us. These enabled us to see newer angles and pursue our journey with renewed strength and clarity.

In these times of confusions and struggles, Guruji continues to guide the humanity through the reservoirs of Knowledge He has channelled. He continues to work more from the subtler levels. During these challenging times, He serves as a Hope; a Hope, which helps us to sail towards a Higher Life; a Hope which helps us establish the Golden Age. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: What is the purpose of the inverted Astral counterparts of a pyramid?

A: Rishis revealed that whenever a pyramid is built physically, an inverted pyramid above and below this physical pyramid comes into existence at the Astral level. We know very little about the purpose of these. It is to gather energies from different planes. These pyramids form the Divine and the Material Cosmose. In the first or the top inverted Astral pyramid, energies from the four Divine Lokas are gathered and stored. In the lower inverted pyramid energies from the underworlds are gathered and stored. We also have to improve our own understanding of these underworlds.

Q: When were the pyramids of Mexico built?

A: They were built by the Mayans thousands of years ago. There is huge sky, many earths inside the sun. Many people, advanced souls, living on the earths, inside the sun received a lot of knowledge and energies from Sirius. The knowledge about the pyramids came from Sirius. When the Mayans came to this earth they built pyramids and then they went back to the sun.

Q: How much of the work of the transition is attended by the Rishis and by the Avatar?

A: All the work is being done and will be done under the supervision of the Avatar. The Avatar does not do all the work. He need not. But the Avatar Himself does some very important work.

Q: Which energies are released during natural calamities?

A: During natural calamities, energies of destruction, also

energies of Creation and purificatory energies are released. They purify and cleanse. And some more types of energies are released. The Rishis are aware of all these things. So whenever there is a natural calamity, they help the people who suffer, in their own way. They also gather these unusual energies, store them to use them at the appropriate times.

Q: Is turbulence enough to change?

A: It is not enough. It's an opportunity. We have to make use of this and grow. We have to understand why there is turbulence inside. We have to analyse, understand and then make effort to grow. Understanding is very important. We have to trace the root cause. Once we understand it then we can learn lessons from it. If we allow the turbulence to take over, we will go through hell, quarrel with everyone.

Q: If a person does not want to take birth and has a very strong intent about it what happens then?

A: Unless he clears all the Karmas, he has to take birth. Intent is important. Strong intent is very much recommended but there must be a good purpose behind the intent.

Q: If we don't want to take birth again do we have to clear all the Karmas in this birth itself?

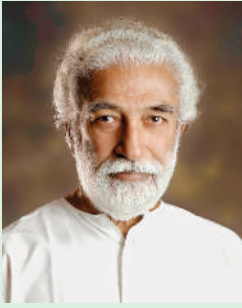
A: Yes.

Q: When we channel Light to the negative people will the Light enter them?

A: Whether a person is negative or positive, if he or she does not want to accept the Light, the Light will not enter. Light has intelligence and it respects the Freewill of the person. ■

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/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Gurujii Speaks Part - I & II	each 200/-
Gurujii Speaks (Vol 3)	150/-
Gurujii Speaks (Vol 4)	250/-
Gurujii Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences - Vol 1 & 2	each 150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
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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)

It was the night of Astral travel to Vrindavan. I went to bed praying to go there astrally and also for a memory of the Divine event. Next morning, I found myself awakening to the sound of exquisite Divine music that I could "feel". My eyes were half closed; my head and my right hand were swaying to the rhythm of the music! Only when this enactment went on for several moments was I very sure that this was a memory I had been blessed with!

– Vidya Virkar

In spite of my irregular Meditations, the Grace of God and Guruji helps me to cope up with anything life throws at me, with peace and calmness. My surrender to God and His guidance ensures I am looked after by Him. God is great and guides us through Guruji and the Rishis. I am fortunate to be in this Path.

– Pratima Vadgama

Last month my son had high fever and was diagnosed with Dengue! He had to leave for the US in 2-3 days time. I prayed to Guruji. With Guruji's blessings he showed a lot of improvement and was able to leave on time for the States! There are many such incidents where Guruji has guided me and things have fallen in place. I feel so blessed to have Guruji and the Rishis' protective hand over me.

– Payal Varma

Of late I feel as if I am finding quick solutions to my problems. And I feel my prayers are being answered immediately. I am happy, as there is a sense of fulfilment.

– Padmaja Bajpai

When I meditate I see the Rishis mingling with my blue shield. They surround me and I feel their loving presence. I also ask for connection to the Rishis when I send Light to those in need – I am purely a vessel for God's loving Light and intelligence.

I have made Light my companion, my guide and guru. I make decisions and

think about life issues with the Light bringing answers and direction.

– Lucinda Bach

I cannot see Light. But while channelling Light I feel vibrations going out of all ten fingers of my hands and all ten toes of my feet. From time to time, I experience this aspect of Light.

– Virakti Sakhare

In my dream I saw Shri. Jayant Deshpande and some Sadhaks. They took me somewhere. I could not understand what it meant. People in front of me appeared full of Light.

– Vijayakumar Sakhare

It has been a great experience for the last couple of months as Meditation has opened up possibilities for me. I am not sure whether the Path has chosen me or I have chosen the Path, but it has been a 'life altering' experience.

– Lakshmi Bhat

Life has changed, as I feel empowered at soul level to deal with life rather than be a passive powerless victim. With thoughts aligned to Light, Rishis all the time, I deal with situations calmly and effectively. Life has majorly positivised with deeper anchoring in Sadhana, Light and energies. The calmness is a tip I have touched and I am looking forward to greater depths in Sadhana and all the much awaited good that life brings for me and my sister.

– Geeta Joshi

Before going to the stage to perform in the 'Yakshgana' show, I felt very weak. Immediately I prayed to Light and filled myself with Light. Tiredness disappeared! My performance was successful. I offered my gratitude to Guruji and God.

– Prakash Ullura

There is a sense of surrender towards what is happening and I am dealing with poise the situations I find myself in. In Meditations a state of bliss prevails for longer durations than before.

– Jaspreet Bhatia

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