



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 11

OCTOBER 2017

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – June 1998 issue)

It is no more summer. It has rained once or twice. There are clouds always and it is cool even in the high noon. The season is changing.

Last week, I witnessed the inauguration of a Meditation Hall in the shape of a pyramid. Pyramid structures are not very uncommon, these days. But what I found as singular is the background. It was an Ashram – a very traditional orthodox background. A few decades ago, a pyramid structure by the side of a temple would not have been possible. But now, it stood there, triumphantly!

A bunch of young and crazy doctors have joined together in a remote place to serve selflessly the small population of a small town, spreading themselves in different parts of the town but pooling up their energies and resources for the common cause.

When I started Meditation Classes in 1988, there were not many youngsters. The old and the retired were more visible with dried enthusiasm and faded mufflers. But now, I see almost all the classes full of youngsters sitting gracefully in Yogic postures, full of energy and life.

All these indicate that the New Age is dawning. The energies channelled by so many earnest Light-Workers and gathered by the unseen Spiritual Masters in the Higher planes and spread all over the world are vibrating with new life and more light. There is more enlightenment and Hope. Let us all meditate more and move on.

Nuclear tests, nuclear hypocrisy, nuclear blackmail... The collective myopia of the leaders may dishearten those who believe in the bright tomorrow for our children and grandchildren. But let us be aware that greater forces are working in the Higher planes. In spite of the gloom, confusion and possible destruction by wars and deaths by hunger, the New Age cannot be stopped; sunrise cannot be stopped.

After reading 'Doorway to Light', someone asked, "Did he really see Krishna?" Yes, I saw Him. It was years ago. And the details are fresh even now. Such moments remain always fresh. But I do not expect anyone to believe this or anything else in the book. I have already said so, in the beginning of the book. My experience is too personal and precious to convince others.

I received many articles this time and had to pick up the required number because of the limitations of space. I am happy that so many have made such wonderful efforts. God bless them. ■


MANASA FOUNDATION (R)

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

MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

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

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at 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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PRAKASHMARG(Marathi)**
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along with the Subscription
amount.



Sri Krishna Janmashtami was celebrated in the Residents' Meet.

NEWS AND NOTES

- ♦ Maharshi Amara's Mahasamadhi Day was observed in Taponagara on 27th August 2017 and at our Saptarshi Dhyana Kendra in Anekal on 28th August. About 170 people had gathered in the Meditation hall at Taponagara and about 50 people had gathered in Anekal to offer their respect and Love to Maharshi Amara.
- ♦ Meditators of the Shambala group gathered in the Meditation hall on 10th September to receive initiations from the Shambala Masters. Many others joined through live webcast and many mindlinked and meditated to receive initiations from the Shambala Masters.
- ♦ Meditators of the RA group gathered on 17th September in the Meditation hall at Taponagara to receive special energies of RA.
- ♦ More Volunteers are required for teaching Light Channelling to school children. Our meditators, who may be interested, are welcome to join us in this noble work. Those who can spare half a day on any of the weekdays for this work, can join us. Interested meditators may please contact Manasa office.

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM - 12 Noon	Light Channelling: 12 Noon - 1PM
08-10-2017	Light Channel Volunteers meeting at 2PM
29-10-2017	Akhanda Dhyana (Light Channelling): 11AM - 1PM

MEDITATION ON SPECIAL DAYS

05	Thu	Full Moon Day
13	Fri	Krishna Ashtami
18	Wed	Masa Shivaratri Naraka Chaturdashi
19	Thu	New Moon Day Deepavali Worship of Mahalakshmi
20	Fri	Balipadyami
28	Sat	Shukla Ashtami
30	Mon	Shukla Dashami

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

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

My day starts with Light before coffee. It is a booster. My energy level remains the same all through the day till evening, and it feels like being in a temple. Both students and teachers have benefited by practising Light Channelling daily for 7 minutes during assembly.

– Ms. Swarooprani, Headmistress, New Carmel School, Hegganahalli, Bangalore

Just five minutes of channelling Light daily changes the whole day. It helps the students to focus on studies and keeps them fresh. They come from different backgrounds but Light Channelling makes them think in the right direction. Thanks for the technique.

– Ms. Sharada N. K., Headmistress, Soundarya Vidyamanya Vidyakendra, Bangalore

We are very happy to implement Light Channelling in our school. It has helped the students improve their memory and concentration and also their behaviour. There are no complaints and no punishments. Once, when a stress management program was planned for the teachers, they said that it was not needed as they were happy practising Light Channelling daily in school for seven minutes and they did not have any stress.

– Ms. Kusuma, Headmistress, Shantiniketana Primary School, Ramnagar

I practise Light Channelling at home daily for seven minutes. I handle all situations perfectly with the help of Light. In school, Light Channelling is practised daily for seven minutes during assembly and for three minutes in the classrooms. I have observed that there is an improvement in the behaviour of students; their arrogance has come down, there is an increase in their learning capacity and their health has improved.

– Ms. Sandhya Rao, Headmistress, Arunodaya School, Sunkadakatte, Bangalore

TAPONAGARA DIARY

Seema Almel

Like every year August brought opportunities to expedite our Spiritual growth. More so this year, because of the twin eclipses in the same month. Residents gathered in the Meditation Hall and received the benevolence from the Light Masters. The Presence of Goddess Mahalakshmi, Sri Krishna, Goddess Gowri and Lord Ganesha gave a boost to the Meditators on their way to experience Samadhi.

The month ended with the Presence of Maharshi Amara. His Mahasamadhi Day, was marked in the last Sunday Class of August. Meditators gathered to receive His Blessings. It was a Day when the sacrifices made by the Master were recalled. On such Days, under the polite 'Namastes' and exchange of pleasantries, there is a strong undercurrent of devotion towards the Master. The strong presence of Rishis, Divinities and our Guruji brings out the best in everyone. Taponagara enriches itself every time it hosts the event where the Sadhaks come to seek the Divine and the Divine comes specially to bless the seekers.

Sri Krishna Janmashtami was celebrated in the Residents' Meet with a Kathak dance recital by the kids. Usually, Residents use their own talents to present a performance, but for the first time, a dance teacher, Ms. Nandhini Yadav, was roped in to train the children. Another memorable Residents' Meet made being a Taponagarite special. ■

LIGHT CHANNELS WORLD MOVEMENT

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

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

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

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

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

Spread this Message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

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

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

THUS SPOKE GURUJI

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

July 2005

All knowledge is available with the Rishis. If this knowledge is meant for the benefit of many, the Rishis will give it unhesitatingly. If the knowledge benefits only the individual – siddhis and powers for example – then the Rishis will give the knowledge, but we have to make efforts. We must qualify to receive that knowledge and it is not easy. There is a law, a principle about how much of knowledge is to be given. The Rishis decide about it. We go through different periods or Yugas, and phases in every Yuga. In each phase or period, only certain amount of knowledge is required to be present on this earth, is allowed to come on this earth. Lot of things will come to us in a particular Age. Only the required amount of knowledge will be allowed to come to mankind. During that period, we can gather even more knowledge than that, but we cannot pass it on to others. We have to restrain ourselves and release the knowledge only at the appropriate time. We have to hold it back. That is why in gathering knowledge, one has to be very wise, discreet and mature. It is not easy. Amara would know everything about everyone, but he would not tell anyone. Perhaps he knew my struggle for seven and half years and said, “Take shelter under Spirituality.” Even I have to hold back certain knowledge. So knowledge is released under certain conditions.



In spite of receiving so much of knowledge and energies from the Rishis, in spite of having many Rishis and sometimes, the Divine personalities here, why is it that we do not change? I wanted to understand this really for my own sake. I could not really understand. I try to attribute this to various reasons. But the Rishis

said one thing – we do not change because the urge to change is not there and even if it is there, it is not enough.

August 2005

I share with you a few simple and self-explanatory points which help us to understand our Sadhana better.

We should never treat these Meditation classes as lecture sessions. We have to take these as training classes. It helps. It makes a difference. Lectures, we listen, enjoy and forget. But here in these Meditation classes, we pick up wonderful things, points and make a note of them - if not in diaries, we note them in the mind - and when we go back home, we try and implement them in our lives. Every one of us is implementing such wonderful things picked up here and we are growing. It is a wonderful thing. The progress in Sadhana is not merely changing. One can change, no doubt. We have to change for the better. That is why we always use the word ‘Transformation’. That should be our goal.

We can assess our own Spiritual progress. Even now people ask me, ‘Have I made progress?’ Sometimes people say, ‘I have not made progress.’ But I can see that the person has made progress. The very fact that he says that he has not made progress, shows humility, honesty. Honesty is one thing which does not come just like that. I was going through the reports from the people and when a person wrote that he is not practising any of these techniques, you may wonder, but I felt happy; not because he is not practising, but because he is honest. We are growing! And this Spiritual growth cannot happen just like that. It is spread over lifetimes. Here, we see in a short span of our lifetime, that we have made progress.

So how do we check our own progress? The simple thing would be to practise the fourth principle of Shambala. Every night, before we retire, let us spare one minute for this practice. This one minute changes our Life. Let us check up our own actions, emotions and thoughts. Let us try to stand aside and try to assess our own actions, emotions and thoughts. Let us try to understand and try to find out the quality of our own emotions and thoughts. Let there be no judging. That one very important thing that I have to emphasize is not to blame ourselves, which is very important. If there is a lapse, we will overcome it that is all. Imperfection is natural and why should we blame ourselves. Let us never condemn ourselves. Once we start doing that, we will never make progress. Let us observe our own thoughts, emotions and actions of the day and go to sleep. The next day, without making any efforts, you will see that if the same thing is repeated, you will become aware of the mistake that you had made the previous day. This mere awareness is enough. There will be repentance naturally and this is how we grow. After a month we will observe when we sit, spend more time and evaluate our own emotions that there is a definite change in the quality of our life, emotions and actions. Amara gave us Shambala Principles and told us that each Principle was given by a great Rishi who would have spent thousands of years in experimenting and observing. I wondered earlier that it is such a simple thing and why should they spend thousands of years! Now I know the wisdom behind these Principles. They are the Masters. If we follow any one of these Shambala Principles, that will change our life and there is no doubt about it. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

06-08-2017

Maharshi Amara used to tell that as time passes number of Meditators will increase. During his times, the number of Meditators were not many. But now the number is increasing. When he was asked at that time, what exactly prompts everybody to join or take up Meditations, he had said, 'It is the time'. We are in the New Age now and our earth is being flooded with a lot of energies which help us to move towards the New Age.

Maharshi Amara had also said that not everybody accepts the new energies. Some cling on to the old ways. It is then Pralaya comes into picture, comes into effect. So whatever Maharshi Amara and Guruji had said long ago, we can see it happening. New Age is a reality which is waiting to descend.

Guruji used to tell us that when we are working for the Rishis we have to keep the ego aside; even otherwise we have to keep the ego aside. That is what we are trying to do here. If we allow our egos to operate, we create a kind of an obstacle for the knowledge and energies of the Masters to flow through us.

We are here to spread Peace. When we want to hold on to our positions even at the cost of Peace, how do we spread peace then? Sometimes I feel that we have to bend; Peace is more important than winning an argument. When the focus of the work shifts from the higher purpose to the details of work, the work may suffer. I am not saying that the details are not important. The details are important but in the process of taking care of the details, our focus should not shift from the main purpose of our work. Egos do a lot of damage to our life and to the work. The real work is manifesting Love and vibrating Peace.

We have to be open to all the

views. And we have to follow one principle, which is – thank God, Guruji explained this so clearly – for any area of work there should be one leader. He or she listens to all views and ultimately he or she decides. The decision could be right or wrong, but one person should decide. Then, there will be no confusion or problem. Many times things come to me and I decide with whatever limited wisdom I have. And that is accepted and respected. I think that is the best system. Of course, I always pray to the Rishis for their guidance.

Guruji used to tell us that even amongst the Rishis sometimes there will be different opinions. They may not always have one opinion. And there is nothing like right or wrong. All opinions can be right but only one way has to be chosen. So whatever the leader says or decides, everybody accepts and follows.

Introspection is a very important part of growing. If we really know, understand and accept our mistakes, our shortcomings, only then we try to correct ourselves. And that is how we grow. The focus of our introspection is always ourself. We introspect only to check whether we are able to practise all the Principles. It is the ego which makes us not accept our mistakes, it somehow makes us blind. We justify our thinking, our actions and find problems outside of us. All obstacles are inside us, as far as growing is concerned. The problems outside do pose a challenge but they never come in the way of our growing. In fact they help our growing. We have to find the Spiritual ways to deal with them.

How do we know that our ego is active? When we are not open, when we think that our ideas are the best ideas and others' ideas are not that good, then I think at such times we

should feel alarmed. When we begin to think that only we are practising all the Principles and others are not; when we think that only we have grown, when we are unable to find anything positive in others at such times we have to check whether our Ego is active. When we are unable to forgive maybe we have to check again. Ego demands justice, demands maybe punishment. When we want things to happen only in our way then we have to be careful.

Spirituality is not 'knowing' the Principles, it is about practising the Principles. The same truths are shared with everybody. The same energies are available to all of us but somehow we receive them in different degrees; we also manifest them in different degrees. That is natural I feel, because we are all in different stages of evolution; some may be ahead of me, some may be behind me, but we are all journeying together. That is important.

13-08-2017

Guruji had told us that the Pralaya started in 1987. And as per the original plan of Pralaya there are seven cycles of seven years each. So the total period of Pralaya is 49 years. As per that we are in the fifth cycle of Pralaya now. Pralaya helps everybody. Guruji had told us that during these times, we grow very, very fast. The growth, which requires lifetimes of efforts, can happen in just a few years during these times. Everything in the Creation is supporting this movement towards positivity, towards the New Age. Dark forces are becoming weaker. Surfacing of negativity is weakening of negativity. Dark is strong when it is hidden and when it is exposed, it becomes weak. That is what I understand. 'Surfacing' helps wiping out of negativity. ■

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.

EXCERPTS FROM TALK BY SHRI JAYANT DESHPANDE ON MAHARSHI AMARA'S MAHASAMADHI DAY

(Compiled by Shobha K Rao)

27-08-2017

Every time we meet here like this to observe a special occasion like this, we may listen to the same points that we would have heard earlier, but somehow the experience will be new. It is the special presence of Maharshi Amara on such occasions that makes this experience very special. Today Lord Ganesha's presence makes this program even more special.

Maharshi Amara is the founder of the New Age Spiritual Movement. He did not announce or name it. But we can understand now that he is the founder of this Movement. We do not know about all his incarnations. But based on whatever we know, we can say that he was the most important person behind Spiritual Movements at different times on this earth. As Sant Eknath, the great saint from Maharashtra, he re-energised the Spiritual Movement in India. Masters like Maharshi Amara come in the darkest of periods knowing very well that they would be persecuted, humiliated and even killed sometimes. They have great powers but somehow the only power they use is the power of Love. They come here to help us liberate ourselves. They come because they love all of us, who are somehow stuck here. And they come because they love God. This is God's work.

What is this New Age Spiritual Movement? Guruji used this expression. In this New Age Spirituality, Spirituality is defined as just being good, honest and peaceful. There is no going away from life in this. In fact there is living life fully and celebrating life. In this New Age Spirituality there are higher rituals of worshipping, experiencing directly. And Meditations are taken to houses and homes and they are not confined to caves and ashramas. How we think, emote and act, that defines how Spiritual we are. Hours of

practice does not define how Spiritual we are. It helps us of course. The New Age Spirituality is about the new knowledge we have received from Maharshi Amara and Guruji. It is about the new awareness brought by this new knowledge and new energies that are being spread by the Masters, by the Rishis.

Maharshi Amara was a perfect human being, carrying Divinity of course. We all carry this Divinity in us. But our Sadhana is to become a perfect human being. Only then we will be manifesting this Divinity that we have in us. Guruji used to tell us that Maharshi Amara had the finest relations with people at so many different levels. Human beings loved him. Gods loved him. He could talk to them. He could talk to the Rishis and yet he was humble to the core. He told us that humility is the measure of our Spiritual progress.

We have the most authentic, the best techniques available on this earth. We have such clear guidelines for Sadhana. Although we have the best techniques to practise, we are told here that Sadhana is not just the practice of techniques, it is also positivisation.

We are helped here in so many ways. There is Grace. There is protection. There is guidance. We are guided at the physical level through the knowledge that we have received from our Masters. We are also guided at the Astral level to deal with our life, our problems and for growing spiritually.

What we have here is the best. The world may not be aware of it and all may not value it. We have only a few hundred people here. It doesn't matter. If we are aware of it and value it, that will be the best thing. It helps us. Anyway, we have to just apply this and see for ourselves, experience for ourselves. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How can I spread good qualities to others?

A: If you spread Light, all good qualities are naturally transmitted. The Light contains everything. You don't have to think of each of the good qualities while spreading or channelling Light.

Q: Is the process of transformation hindered by Karmas?

A: It depends on the person. If we really want to meditate and transform, no power in this Creation will come in the way.

Q: By which single factor can we assess our Spiritual growth?

A: By the degree of Love we manifest.

Q: Why is it important that a Meditator has to live up to the expectations of others?

A: We claim that we are Meditators under Rishis and we are special people, naturally people expect special behaviour from us. A true Meditator will always be calm, truthful, good etc. We have to be all these and live up to the expectations of others naturally, not by just putting up a show.

Q: What shall I do when I feel low?

A: The best thing is to experience Light. This is the simplest thing, the most natural, effective and economical way. You don't have to even experience, just think of Light. You will come out of any kind of depression, all types of lowness.

Q: Are the Astral classes conducted only for the Manasa family?

A: No. We have 1,44,000 centres all over the earth. People from all these centres will be picked up and the classes are held for all the people.

Q: Are the Astral beings different from spirits?

A: Astral beings are created directly, like the angels, fairies and many such beings. Spirits are those who have left the bodies and live in their Astral bodies. Spirits are also called as ghosts.

Q: Can we talk to our mind?

A: We can talk. We can talk to our body, mind, intellect and even to any inanimate object.

Q: What is our role in this Universe?

A: God has given us freewill. The role is what we choose. Our role could be anything.

Q: Do the Spiritual laws apply to all equally?

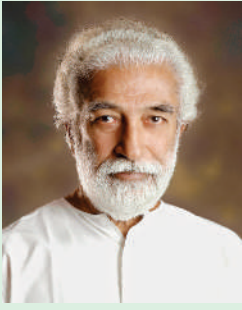
A: Some universal laws apply equally, anywhere in Creation. Ex: laws of Truth. One must be truthful anywhere, anytime. There are some laws which do not apply to everyone - like the laws of Karma - because we come from different origins; which have their own set of laws; we are bound by that. Many animals, trees, plants are not bound by any of these laws.

Q: Does awakening happen automatically without effort?

A: All of us have the potential to be awakened. Unless we make the effort we don't awaken. If perhaps we continue to live in these advanced times, the new energies that are being released or available create conditions for awakening. ■

LIST OF OUR PUBLICATIONS

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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)

During Meditation I always visualize that I am going on nice holidays, as I have not been able to travel in the last few years, due to my health problems. We got a call from Google and they told us that we have won a trip to Prague! My husband's company has won it! The prize covers the flight tickets and hotel accommodation for two of us. We are going on this holiday shortly. This is like a dream come true and I firmly believe my Meditations have helped me.

Life has become more meaningful – Meditations have given me a purpose and direction. There is deep peace which doesn't get affected by everyday incidents. Nothing feels like a burden; instead I face all the challenges bravely. I always feel connected to Guruji and the Rishis who are guiding and helping us all the time. There is a lot of gratitude and love. I feel positive all the time in spite of the challenges life offers!

– Payal Varma

In Meditation, I feel that every Chakra is activated and it gives out its own energy and I do feel this energy in the body. I feel each petal of the Chakra opening and releasing energies.

Many a times I feel the presence of the Rishis at home and there is a huge shift in my life.

– Swapna Tembe

My pet dog Jimmy had to undergo a complicated surgery. Before the surgery started, I sent Light to it, to the doctor and to the instruments that he was going to use; and I prayed to the Rishis. The operation went smoothly. Miraculously there was hardly any bleeding during the surgery! The doctor was surprised. Even later, Jimmy was fine and did not have pain. His wound has healed completely. This

experience will always remain with me.

– Satvajay Thokal

I learned a lot about myself in the last one month. When I started introspecting I became aware of each of the aspect that made me unhappy. It was very difficult to accept, surrender my ego and then move on. However, by Guruji's grace and your guidance I was able to sail through the tests at an average level. There is a lot more to change and improve.

– Mohan Chandrabanu

I am very happy now with Light as my companion and there is absolutely no fear in me. I remain so relaxed because I have surrendered myself one hundred percent to the Divine. The Divine takes care of whatever I intend and wish for. I am really a happy person now and I feel so blessed to have got associated with the Light. I am always living in gratitude.

– Anu Sehgal

I feel that there is an urge to live the expanded life. Doing things only for my family or me does not interest me anymore. I feel like emoting for one and all and doing something for all. Somehow, I feel that I have started the journey towards becoming a 'Universal being'.

I met an old lady at Michigan who had come to the beach just to enjoy watching the eclipse. She told us that there is a description in Bible where it is mentioned that on the day Christ was crucified there was an eclipse. She felt that somehow she was witnessing the stillness of that day. She was full of love. Guruji always makes sure we are surrounded by the people who will readily share love with us no matter where we are. It's really difficult to put all the feelings in words!

– Pushkar Patki

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