



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

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – November 1997 issue)

It is already December. This year appears to have moved fast. And the unfinished work goes on piling up as the candle goes on burning. There is no time to sit leisurely and contemplate on 1997. I think I have spent enough time in these and I have to plunge deep into work.

The winter is yet to tighten its grip. The fields are green yet and the harvesting time is not very far. The moonshine is cool and awakens many dreams and visions. There is so much of Peace and Life in Taponagara! It is heartening to witness the changes in our students. They do not talk much these days, meditate a lot and radiate smiles of understanding and fulfilment. It is such a joy to see them growing! But I feel sad to see one or two struggling with their egos and struggling hard not to change! Our new Mantra helps me – “Let us pray for them!”

I was explaining to Sunil about the work and involvement. I was aware that he wanted a check up and an initiation into the next stage which I promised that I would do on that day, the Kartika Pournima day. Then, there was a flash of light; Astral light – a revelation. I explained to him also about it –

Initiation is not merely passing on energies to the initiate. It is not just charging him. It is also preparing him for the higher stage. This is done at different levels. First, at the level of the mind by creating the necessary mood, the emotive state, then at the level of the intellect by making him understand about the stage and then, finally, preparing him at the level of the Spirit which involves several internal processes. This is the major part of the Initiation. The final act is, of course, injecting the right type of energies in the right proportion. We can make out from these details that Initiation is a very important part in Sadhana.

We do such Initiations without glamourising externally like making the initiate bring fruits, flowers, Gurudakshina, etc., making a big show of it. But because we do not make a show, the value of Initiation is not always realised. And that is not my concern!

I come across very funny situations sometimes. Sometimes people ask me questions and when I try to explain and will be half way through it, they ask the next question! It would appear that throwing out the questions is their main objective. What about the answers? They can have the answer only when they *listen*. But listening is such a difficult task that very few do.

A meditator had a wonderful experience. He experienced a flash of lightning. This is a very rare experience. Lightning is the last of the Dasha-vidha Nadas and with that the person usually enters into Samadhi. In this case, I could understand that he virtually had the Darshan of the Lord! God will not always appear in a form. He appears as Light. When I heard about this I had a very fulfilling joy, as if I had it. That is the greatness in this Spiritual field. One person's experience is everyone's joy! ■



MANASA FOUNDATION (R)

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Phone : 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

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

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Amaraji's Birth Anniversary and Mahashivaratri were celebrated in the Residents' Meet.

NEWS AND NOTES

- ◆ Orientation class will be held in Taponagara on Wednesday, 2nd May 2018 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 by 30th April 2018.
- ◆ Shambala Group members gathered in Taponagara and many others joined from their own places on 11th March 2018 for special initiations from the Shambala Masters.
- ◆ The RA group members met on 18th March 2018 to receive special energies of RA.
- ◆ Our Light Channel Volunteers have taught Light Channelling in more than 5000 schools. About 28 lakh children have learnt to channel Light and close to half a million children in roughly 1200 schools channel Light regularly. More Volunteers are required to spread the awareness of Light Channelling. Those who wish to join this work, if they can spare about half a day in a week, may contact Manasa office.

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

MEDITATION ON SPECIAL DAYS

08	Sun	Krishna Ashtami
14	Sat	Souramana Ugadi Masa Shivaratri
16	Mon	New Moon Day
18	Wed	Akshaya Tritiya
23	Mon	Shukla Ashtami
25	Wed	Shukla Dashami
29	Sun	Buddha Poonima Full Moon Day

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM - 12 Noon		
Light Channelling: 12 Noon - 1PM		
08-4-2018		Light Channel Volunteers meeting at 2PM
29-4-2018		Akhanda Dhyana (Light Channelling): 11AM - 1PM

PROGRAM AT ANEKAL

The 10th Anniversary of our Saptarshi Dhyana Kendra at Anekal will be celebrated on 16th April 2018, at 6 PM.

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

We parked the scooter at the railway station and returned after an hour's work. As the engine was turned off for a long time, the scooter did not start quickly. It started after some time but after we went half the distance it stopped again. There was fuel in it but it still wouldn't start. My husband got tired trying to kick-start it. Right there I started channelling Light. I told my husband to try again. The scooter started and we reached home. This was my first experience with Light Channelling.

– Mugdha Milind Kulkarni, A Light Channel

After returning home from a Light Channelling session, I opened the door as usual and went in, but forgot the keys on the main door outside. Our house has two doors – a security door and a main door. As I was alone, I locked the security door from the inside. In the evening when I tried to open the door I realised what had happened. I tried opening it for a long time without success. There was no one nearby to call for help. Even my husband was in his office. Then I realised that it would not be possible to open the door from the outside because all the extra security locks were also locked from the inside. So it would have to be cut open. I became very restless. Then I closed my eyes and prayed to Rishis and Light wholeheartedly to help me open the door. After that when I touched the handle of the door it opened slowly as if somebody was opening it from outside and a gentle breeze came in. The key was on the door itself. My eyes were filled with tears. I thanked the Rishis and Light with my heart filled with respect. I sat for Meditation again in a very emotional state and experienced so much of Peace and Light. The door that I was trying to open for more than an hour and a half without success opened immediately after I prayed to Light! I felt the presence of Rishis and Light and was filled with gratitude.

– Vaishali Nitin Tare, A Light Channel

TAPONAGARA DIARY

Seema Almel

For the first time in Taponagara, ladies gave an elegant dance performance in the Residents' Meet to celebrate Amaraji's birth anniversary and Mahashivaratri. While Ms. Shruti Sudhakar initiated the concept, Abhilashitha, Nayana and Shreeyukta joined in and enhanced the beauty of the fusion dance sequences, rendered over three songs. All of them have different levels of training in Bharatnatyam. They kept the choreography subtle yet varied enough for the rest of the dancers to keep pace. Draped in a Bengali-style saree, those who represented the Divine feminine held deepas in hand and moved to the rhythm in sync with those dressed in a special costume to represent the Divine male. Kids dressed as Shiva-Parvati and Amaraji looked impressive. Practice, or rather, fun sessions started many days prior to the event. As always, the large dining hall was tastefully decorated for the event. The entire ensemble was a visual treat, not just for those gathered but also all the heavenly Astral beings who might have felt compelled to compare celestial nymphs with our graceful danseuses.

Mr. Girish and his wife Ms. Rashmi shared a collection of rare photos of Amaraji's native in Belagavi. They had made a pilgrimage out of their last visit to the place and took photos as well as testimonials from old-timers around there. Every such event becomes an occasion for Taponagarites to show their love for Guruji and the Light Masters. ■

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)

September 2005

After asking for help and getting it from the Rishis, after getting the treatment of healing from the Rishis, if someone wants to try some other method, wants to go to some other person or a group to receive help or healing, is it right or wrong? I say, "What is wrong in that?" There is freedom and you can receive help from anywhere and also from wherever we receive the help, it comes from God only. No person or a group has any sole copyright for this. Getting relief is the most important thing. This is one part of the truth. There are other consequences that we have to understand, the natural consequences. When you start getting help or healing from other sources, we stop our help or healing. The reason is our methods are different and naturally the methods of the other source will be different. These two methods or techniques do not go together well. There will be confusion, and it is not right. There will be absolutely no damage. There is another very subtle angle – people try to take help from somebody else when they have not received complete or adequate help from here, or if they do not have faith in this Path. This is also a reality.

If a person comes back here to continue receiving the help of the healing, what do we do? Of course we continue to help; there is no doubt about it. But forget about all these small details – the essential thing that you have to remember is, whenever we receive help from anywhere, we receive it from God and all energies come from God only. If we have faith in God, it is enough. Faith in individuals may change or vary; it does not matter at all.

Hereafter, let us focus more on applying the knowledge that we have already received, which is the most important part of Sadhana. If we do not utilise or apply the knowledge, it is

a waste. If we apply the knowledge and wisdom that we have received here, the quality of our Life improves. We start moving towards God.

If we start applying or utilizing the energies or the techniques that we have received, these will help in burning out our Karmas; purifying us, qualifying us to receive the grace from God. That is why Yama-Niyamas, Shambala principles become so important. If we practise Yama-Niyamas or Shambala principles, we don't have to meditate. We can stop Meditations.

I talk to people and many times I avoid. Sometimes I have to talk, and I enjoy a good conversation or a kind of discussion. Sometimes while interacting we reach higher levels and I enjoy it definitely at such times. During such an interaction we talked about this point – when we go to a Path or to a person to learn, we must remember that we are students. A student could be a prospective teacher, could be a great Master but at the time he is learning, he is a student and he has to learn and not try to teach. If he tries to teach, there will be confusion. There is only one role possible at any time. I always say that one person can drive a vehicle and the other person has to sit behind him.

All of us we receive communications from God and Rishis. But somehow we have lost this habit of listening because we go on talking all the time! If we just sit silently for a moment and become slightly attentive, we can listen to God and Rishis. There is nothing special in me or anyone; everyone is special here. If we are not special, we would not be sitting here.

We speak so often about thoughts and emotions. They are two different

things and we are aware of it. Thoughts get originated in the intellect and emotions in the mind. Generally if we observe, it is very difficult to separate them, although we know that they are separate. Meditation is the technique devised to separate these. When you take up the Basic class, we give *mantra* to the mind and *dharana* to the intellect so that they will be busily engaged in two different activities. This separation is required to silence them. Together, they are very strong; separately they are weak. Together they control us and when separated we can control them. This separation of thought and the emotion occurs in Meditations. They do not interfere. They become weak and silent. It is then we can release our awareness and the awareness rises to the higher levels.

When we meditate, it will have its influence on us for 24 hours. Under this influence, even during the times when we are not meditating, we can separate the thoughts and emotions which helps us to allow our awareness to rise to higher levels of Purity, Peace and Love. This is very important because when our awareness rises to the higher layers of Consciousness, it experiences this Peace, Purity and Love and after experiencing, it can transfer these experiences to the thoughts and emotions. Then our emotions and thoughts will not be naturally ordinary, but they will be full of Peace, Purity and Love. We can then never emote small; we always emote in a noble way. This process happens automatically and all our emotions and thoughts get spiritualised, positivised. Positivisation or spiritualization begins with Meditation. And this happens during the times other than Meditations and we must allow the influence of Meditation so that positivisation happens automatically. ■

EXCERPTS FROM TALK BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

04-02-2018

Thirty years back Guruji and seven others sat in the hut in Antar-Manasa and meditated and that is how Manasa Foundation took birth on Maharshi Amara's birthday.

Guruji used to tell us that on every such occasion, Maharshi Amara comes with many gifts for us. These gifts will be unique for everybody. He brings wonderful energies. We will receive these energies when we meditate today. Before that I wanted to share a few short points.

Maharshi Amara has been involved in the work of the Rishis for thousands and thousands of years. It could be millions or maybe billions of years; we don't know. He is eternal. As far as we know he comes here on this earth almost once in every century. How many births he would have taken, and how many millions of people he would have guided? We can only imagine. In this birth itself, as Maharshi Amara, he guided more than 5000 people to Mukti! That was before 1974. Guruji told us that those who came after 1974 were required for the work.

We do not know about all his births. We know that he came as the great saint Gora Kumbhara of Maharashtra. And again he came as Sant Eknath Maharaj. Every time he was instrumental in removing the darkness of ignorance by bringing new knowledge. That is his speciality. Every time he would bring new knowledge, new perspective to Spirituality. And even in this life he removed so many misconceptions about Spiritual Sadhana. He will come back again and take us to the next level of our journey into the New Age. Until he comes back, we have to keep this system alive, make this knowledge available to people, maintain these facilities of Meditations so that people

can come, meditate and receive and absorb these energies and grow.

When ignorance has heavy presence on the earth then bringing down new knowledge becomes that much more difficult. Masters know a lot but they will not reveal everything because people will not be able to understand it. Even what we know about Maharshi Amara's Astral ventures, is very little. Most of it is unknown. Maybe in future times it will be revealed through the Puranas. In the past when this earth was passing through very dark times, Masters who spoke of new Spiritual truths were persecuted and even killed because people were not ready to accept new things. But even in the darkest of the times, Masters like Maharshi Amara take the entire humanity to a higher level. That is the amount of Light they carry.

Every time he came down, he started a Spiritual Movement. Sant Eknath started a Spiritual Movement, which inspires the seekers even now. And as Maharshi Amara, he started the New Age Spiritual Movement. I don't think anybody else spoke of the New Age before him. We can say that he is the founder of the New Age, Satya Yuga. He was present in a kind of a function that took place when the processes related to the New Age were initiated. Imagine his importance! After that Rishis would have done many, many things and now there is a new awareness. People are able to accept new knowledge. More and more people are taking up Meditations now. The time itself has its impact.

When we speak about the works of Maharshi Amara, it may appear like an exaggeration, but it is not so. When he had come down as Sant Eknath, Lord Krishna took the form of a boy and worked in his house for 12 years!

Maharshi Amara was a great Master but somehow he never made others feel that way. I mean people felt at ease with him, very close to him. He made others feel very comfortable. He told people that they too can reach such great Spiritual heights. And he did not only tell them, he also showed them the way, the way of Meditations. That is the most valuable gift given to us – the gift of Meditations – which can take us individually to great Spiritual heights and can take the humanity collectively into the New Age.

When I was preparing for this talk yesterday night, I received a message from one of our volunteers that in one of his talks Guruji said, "Even before I (Guruji) took birth, Rishis trained me (Guruji) specially. They gave me very special attention and trained me for many number of years. They trained me to not lose hope, not to get bitter about life." We know that in spite of what Guruji had to go through, he was never bitter. He said further, "They trained me to sustain, to work on the physical plane and also in the Astral plane. And when I look back at my own life I realise now that all the things that happened in my life, all the good things and not so good things, they were designed to bring me here. They were a kind of preparation for me." And he further says, "And now I recall the first time I saw Amara, the first time I met him, somehow I could see him as a Light of which I was a part. I was a particle and he was a huge field. Now I realise Amara and I, we are a kind of team. He is too great a man and I am a very small worker, but we are a team. Even in the last cycle, I remember that he came first, did his groundwork, then I started and we established a centre even in the last cycle. It has happened even in this cycle." These were the exact words of Guruji and I just wanted to share with you. ■

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

(Compiled by Shobha K Rao)

25-02-2018

All the volunteers gathered here on a Sunday and shared their experiences of the World Channels Day. We were talking, listening to the experiences, interacting here for more than two and half hours and nobody felt any kind of boredom or heaviness or tiredness. We could have continued talking for a long time and we would have still felt very fresh. When we are interacting on Spiritual topics, somehow we will be living in the Presence. We will be connected to God and then there will be no problem. We can go on talking for hours and we will lose track of time. That's what happened on that day. Volunteers shared wonderful experiences.

I feel like sharing one experience shared by a Volunteer, which is very touching. After the Light Channelling session in a school on that day, a teacher, who participated in the session, narrated her experience with tears in her eyes and with deep gratitude. She was suffering with some kind of a pain for several months. And during that Light Channelling session her pain vanished. We know that Light contains healing energies. And she could experience a kind of instant healing! It was like a miracle!

The process of healing involves dealing with the Karmas. Guruji had explained that healing is a Spiritual process. That is why healing should not be just done casually. It is a very noble thing of course. Guruji had said that a tiny part of the Karma of the person being healed comes to us. But we need not worry about it. We can meditate and clear that Karma. That is why healers must meditate regularly.

The healing process also involves a kind of education for the person being healed. The energies educate the person in their own way at a deeper level. They probably tell him the importance of changing. A person will be suffering because of some reason,

maybe because of a Karma. The healing energies try to educate the person to change, to transform. If the person accepts then the transformation of the person begins and when that happens the healing becomes faster.

Guruji had also said that we have to be very discreet about healing. We should not go on healing people relentlessly. He had advised us to be very judicious about it. He asked us to get guided by our intuition. Of course we need not hesitate to send healing energies to a person when a genuine request comes to us. But we should not go on talking about it or advertising about it.

Guruji had said very clearly that healing should not be commercial. It should be purely based on Love. The energies used for healing are available to us. God provides the energies. We have to remember that healing is never actually done by us. We are just the channels but the actual healing is done by the healing energies. If we are aware of this, which is the truth, then there will be no problem. We cannot just open a healing centre, collect fees and go on healing everybody. We will be obviously acquiring Karmas if we do that. But all this should not scare us so much that we stop sending healing energies altogether. We need not go to such extremes. Guruji's words – any extremes have to be avoided. A balanced approach is Spiritual.

When we send healing energies to others, we always pray to the Rishis first and then to Santoshi Devi who is in charge of the healing energies here. These energies are gathered by the Masters. And Guruji used to tell us that there are different types of healing energies. Different types of problems or diseases require different types of energies. Santoshi Devi knows which type of energy to be sent to a person and in what proportion. Our job is simple. We just have to pray and send the energies, that is all. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Are the laws of Karma that apply to a Guru different from those applicable to ordinary people?

A: A Guru has to follow all the laws applicable to anybody else. It's very important. Amara lived in all the Yugas. He was always a very important man. He told us that when the *Avatars* take a human body, they follow all the human laws. A Guru is no different from other persons. I define him as a kind of a senior student. He will be learning more and trying to pass on the new knowledge. But he has some special laws to be followed. I will try to mention only some of them here:

The Guru has to take a bit of the Karmas of the student. It's a special law of Karma. He has to clear the Karmas by Meditations or sometimes he has to go through them. He will be helped by his gurus. In my case the Rishis, God help me with such things.

Sometimes people say that they cannot meditate. Some people have very genuine reasons. They will not be able to meditate. The Guru has the authority to shift such people to the next level of Sadhana. When we have difficulties in the material plane, we cannot fully attend to the Sadhana part, Meditation part. Such blocks can be removed by a Guru.

A Guru can break certain laws while helping a person's Spiritual efforts or Sadhana. That's why I said that the Guru is bound by special laws. He has greater responsibilities than the student. In the beginning a student is naturally ignorant about many things. He comes to the Guru for not merely guidance but also for knowledge. A Guru is also like a mirror. He can help you see your strengths and shortcomings.

A Guru has to submit reports on every student periodically. I do that. A Guru is answerable to his gurus; here I am answerable to the Rishis. Although the Rishis monitor everyone's progress and life, even the Guru does it. He understands more because he lives in this plane. That's why meeting a human Guru frequently is important. Postal lessons are fine in this system. We receive the reports, study, advise and guide. There is a personal touch. A Guru chooses people to be his followers. The Rishis chose you even before you took birth. This is a very great opportunity. A Guru has a lot of responsibilities and so also the student.

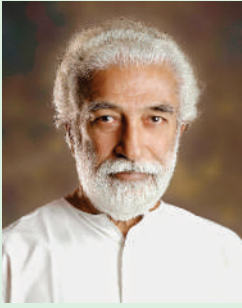
Everyone in this Creation is bound by two types of laws. The first type of laws are, the laws of the earth where we live. The second type of laws are, the Universal laws like Truth, Peace. There can't be any compromises here.

Q: You said that it took a long time for you to understand Parabrahma. Can you explain that to us?

A: It's simple. As a young boy I was used to worshipping idols at home and in the temples. I knew Brahma the Creator but I did not know Parabrahma. Only after meeting Amara these things became so clear to me. I realized that all the forms came out from the formless God. We can call God Light, Ocean of Consciousness; anything. He is Parabrahma. It took a long time for me to understand thoroughly. Understanding intellectually is one thing and experiencing is another thing. People under Amara did experience Parabrahma. ■

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/-
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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)

Reading our books as a matter of regular study is enhancing the quality of Meditations and regular Meditations are slowly unfolding the knowledge hidden inside the books. Both are complementary to each other, like the two essential wheels of the same vehicle. Every time I read 'Doorways to Light' it encourages and motivates me to take up Meditation as a way of life.

– Rajendra Rangnekar

I continue to experience a constant inner happiness and feel at peace always. Whatever situations I face, I feel calm and I always look at the positive side, even in unpleasant circumstances. I always turn to Light and Guruji and I know that I am never alone.

– Anne Chapman

I was driving to work and observing all the people on the road. I saw a person walking on the road and suddenly saw God in him. I looked at another person and saw that he too was God. Suddenly, all the people, the animals were all seen as God. I was recognizing them as individuals as well as God at the same time. This experience lasted for about two to three minutes.

Recently in Sringeri we were discussing about the third eye and how it is a faculty to perceive the Truth. I closed my eyes and tried to understand this phenomenon. Suddenly, I became aware of a strong Presence. The Presence was everywhere – in the temple premises and the whole of Sringeri, including the hills and plains. The Presence was Sharada Devi! The Presence was so full of Love and Bliss that I lost my body consciousness.

– Sunil Bisarahalli

Sometimes, I am able to separate myself from the Light and experience the happenings of Light in my body, as if I am another person observing this. Sometimes I completely merge with the Light and feel Oneness with It.

– Sanjay Manohar

On 1st January, in the morning, I welcomed the 'New Year Purusha'. I entered His mid-chest area and heard Him say, "Meditate a lot. This year will be difficult but equally beautiful." He added, "In this period, you will get guidance from Lord Kalki." I was surprised and for a few moments I wondered whether the voice was coming from my mind. I have started focusing on the hints received, and I am meditating and channelling Light for longer periods. I am thankful to the Rishis.

– Vaishali Tare

I feel the vibrations while meditating. I feel the flow of energy in each of the seven Chakras. When I focus on Anahata, Agna and Sahasrara Chakras, I experience more silence; it is as if the silence is expanding.

– Ganapathy R

I feel as if somebody is managing the circumstances in my day to day life. There is some external force which is helping, guiding and taking care of everything. I offer my gratitude to the Rishis.

– Nikhil Samudra

Even though life is difficult and I am unable to meditate regularly, my surrender to God ensures that I am guided and looked after by Him. I am able to cope well with anything life offers, with a lot of peace and calmness. God is great and guides us through Guruji and the Rishis. I am indeed very lucky to be in this Path.

– PratimaVadgama

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