



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 – April 1997 issue)

When I was in my twenties, I met a Spiritual leader who had his philosophical treatises translated into French and who had a dozen foreign disciples. I asked him “What is a soul?” He gave me eighteen definitions and quoted Bergson. I am a simpleton and could not understand anything.

Twenty years passed and I met Amara. I asked him “What is a soul?” Amara did not answer me immediately. He stared at me for a moment and then plunged into conversation with others, as if he did not register my question. Before I left him he gave me a simple technique to practise.

After several months, one day, while practising his technique, suddenly I saw a tiny but very very brilliant sun inside me and lost consciousness. When I narrated this experience the next day, Amara said, “That is your soul!”

A realised person *knows*. An intellectual or a philosopher speculates. Amara did not explain us Vedas and Upanishads. He gave us such wonderful techniques that any of us can experience the truths.

Pope's recent visit to Bosnia moved me beyond words. In his aged frail physical frame and with serious threats to his valued life, (police removed explosives from under a bridge minutes before his arrival!) he carried the strongest message that anyone could carry: Love; Tolerance.

Such great events pass unnoticed. Even when they are covered by the media they are not highlighted enough. It is a pity.

A lady visited Taponagara recently for the first time, met me and meditated. After she left, she wrote me saying that she had come with an agitated mind but went back in peace and hope that she carried for days. Her problems have not vanished but she can face them and also smile!

Our work is to assist individuals to face life with the inner Spiritual strength and go on smiling. Our work is not to bring “miracles” that are only palliatives but to make everyone a strong person who is awake and aware of the purposes of birth and creation. He goes through the challenges of life consciously and with the full awareness that they teach lessons in Truth; life is a learning process. “Miracle” is easier! ■



### MANASA FOUNDATION (R)

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**MEDITATION CLASSES****Held in Taponagara**

on Sundays (10 AM - 11 AM)

**Held in Bangalore city on**

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

at Anjaneya Temple  
Mahalakshmi Layout

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

at Anjaneya Temple  
Mahalakshmi Layout

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

at Sri Aurobindo Complex  
1st Phase, J P Nagar

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

at Arya Samaj  
C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

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

at Devagiri Venkateshwara  
Temple, BSK 2nd Stage

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

at Indian Heritage Academy  
6th Block, Koramangala

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

at 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



Residents played cricket matches in Taponagara.

**NEWS AND NOTES**

- A new batch of Shambala Group will begin on 14th January 2018. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this 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.
- Thursday, February 1 will be observed as The World Channels Day. Volunteers are required to approach schools and conduct Light Channelling sessions. Meditators who can volunteer to work on this day may please give their names to Shri. Manoj Chopra.
- Maharshi Amara's Jayanti will be celebrated in Taponagara on 4th February 2018. You are welcome to join us on this special occasion. You may please register by 02-02-2018 in Manasa office.
- On 25-12-2017, Meditators gathered in the Meditation Hall at Taponagara to offer their Love and respect to Christ and channelled Light to the whole world.
- The Manasa Calendar for 2018 is also available on Android platform. Android users can download from our website or download / update from Google Play Store by searching for 'Manasa Calendar'.

**PROGRAM AT TAPONAGARA**

Sundays Lectures:	11AM - 12 Noon
	Light Channelling:
	12 Noon - 1PM
14-1-2018	Shambala Group meeting at 2PM
	Light Channel Volunteers meeting at 2.30PM
21-1-2018	Ra Group meeting at 2PM

**MEDITATION ON SPECIAL DAYS**

02	Tue	Full Moon Day
09	Tue	Krishna Ashtami
15	Mon	Uttarayana begins Makara Sankranti Masa Shivaratri
16	Tue	New Moon Day
24	Wed	Ratha Saptami
25	Thu	Shukla Ashtami
27	Sat	Shukla Dashami
31	Wed	Full Moon Day Lunar Eclipse: 4.21PM – 9.38PM

**AMARA JAYANTI PROGRAM  
04-02-2018, Sunday**

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

**PROGRAM AT ANEKAL**

Amara Jayanti will be celebrated at our Saptarshi Dhyana Kendra on 01-02-2018 at 11.30 AM.

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

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/  
PRAKASHMARG(Marathi)**  
Newsletter Annual Subscription Rs. 300/-  
DD should be sent in favour of  
'Manasa Light Age Foundation'  
Money Orders are not accepted

**NEWSLETTER**

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

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

After practising Light Channelling, I felt that my vision had improved. I could see brightness all around me. It was a wonderful experience. I am a positive person now. I believe if we do good we get good. And Light Channelling guides us to positivity.

– Shalini Malhotra, Army Public School, ASC Centre, Victoria Road, Bangalore

Light Channelling is practised in our school every day. I am channelling Light along with the students and teachers for the past three years. I feel very nice, happy and pleasant. My patience and self-confidence have increased. This is helping me at my workplace. My language has improved and my way of talking has softened. I can go through and face any situation calmly now.

– Shri. Hemant Gulab Shinde, Helper, Darode High School, Pune

Light Channelling is being practised in our school from 2010. This has benefitted our students a lot. There is a definite improvement in their memory, concentration etc. This practice has brought out many lives from the depths of hopelessness and I myself am experiencing this energy. Others have received whatever I have prayed to Light on their behalf. I have faith in this beautiful technique. My family has also become happy and contented. My wish that 'my school should be beautiful' is fulfilled. I wholeheartedly thank Guruji Krishnanandaji and Manasa Foundation for teaching us this technique.

– Mrs. Vijayashree Mahadik, Teacher, S N D T School, Pune

We practised Light Channelling during the entire month of May. It has benefitted us in many ways. We remember what is taught in the class. Our minds have become calm and we get fewer thoughts. Our fear has reduced. It has also helped us to get over our inferiority complex.

– Students of Venkateshwara Class, Pune

## TAPONAGARA DIARY

Seema Almel

A next-gen young teenager of Taponagara, Swastika Kanade, proposed cricket matches for Residents. After the idea was widely supported by all, it was meticulously organised by Vikyath Sudhakar, Vinay N. and Shruti Sudhakar. Every aspect of the sport was thought out in great detail; match rules, score keeping, seating arrangements, refreshments, etc. Practice matches were thoughtfully arranged a few days in advance and sporting equipments were made available. The venue was prepared on a ground nearby.

On 2nd December, dressed in sportswear, Residents gathered with zest. After channelling Light, coin was tossed to start the, aptly named, Taponagara Premier League matches. Small kids waved pom-poms to cheerlead while doting parents kept an eye from the makeshift pavilion. Even toddlers were taught how to swing the bat.

Mother Nature kept rain at bay and gave a good cloud cover to make the joyful day memorable. The program was such a huge success that the scoreboard could not separate the winners from the losers since everybody felt like a winner. Gifts were distributed as well.

A lot of talent, skill and sincerity went into organizing the matches. Above all, it was love for Guruji, the Path and the place which made the organisers do their best. The group of cycling enthusiasts, who meet on weekends, may now think of arranging Tour de Taponagara! ■

## LIGHT CHANNELS WORLD MOVEMENT

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

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

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

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

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

Spread this Message to all.

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

## SHAMBALA PRINCIPLES

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

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

### THUS SPOKE GURUJI

Excerpts from Guruji's talks on Maharshi Amara's Mahasamadhi Day  
(Compiled by Shobha K Rao)

28-08-2005

Amara is here. He is a part of me – like my breathing. It is a little sad to know that when he was alive, not many understood him. In fact to some extent he was misunderstood as a simpleton, not a worldly man, etc. And now, I have so many here, who have understood, if not everything, but most of him. When he was alive, not many gathered around him; the number was quite small and not many did stick to the Path. I realize now that it was so because Amara wanted it that way. He used to tell us very clearly that he wanted to work without disturbance. I have spoken often about his work, his contributions, etc. But still I would like to repeat a few points for the benefit of the newcomers.

He gave us the science of Meditation. He gave us the knowledge about the Rishis, the knowledge about the Astral travel, Pralaya, Astral worlds, Creation and many Spiritual Truths. We also know that he liberated us from certain distortions and certain 'fatwas'. One such 'fatwa' was – the ladies should not repeat Gayatri Mantra. And recently I heard from a lady, who is very much educated, that her guru had told her not to repeat 'Om'! Let me repeat – Amara released us from all these 'fatwas'. I don't know why only ladies are targeted?!! They should not drive, should not stand for elections, should not vote, should not breathe, etc. He took us beyond *poojas* and *bhajans*, without undermining their value. He said, *poojas* and *bhajans* are important, but we can take Sadhana beyond them. He never laughed at anything or ridiculed anything. That was his speciality. He would say, "Good, but let us go

beyond this point." He taught us that Spirituality is not merely wearing *rudrakshas* and it is not even just meditating. Spirituality is being honest. It is being truthful, being a decent human being; a complete human being; it is being respectful to all Life. I would like to add that he took us even beyond Meditations. We will realize this when we reach the higher stages of Sadhana.

Though we would not have put all his teachings into practice, we know them and we have definitely put certain things into practice. His greatest contribution is the strength of humility; it is the power of Love and it is Samadhi as a state of living and living as a way of teaching, and teaching to those who are ready. It is not thrusting things on others, it is teaching to those who are ready and teaching as much as could be understood or received. To a question, he would give an answer. If the same question is repeated, may be after one year, he would of course repeat the answer, but add a little more. Later on, I realized that he would always answer in parts and I realized that if he had given all the answer at one go, perhaps we would not have understood. So as we grew, he began adding the knowledge. He said, "Accepting the imperfections of the world is not easy; we will be always judgmental and we condemn. We have to accept the imperfections of the world." He chose the way of bringing changes by changing the frequencies of the energies, not that the other ways are not efficient, but somehow he chose this way. I believe, this way as the most efficient. One may choose the way of protest to bring about the change – the way of revolution. One may even have runs! We run, if there

is Tsunami somewhere, we run here! But his ways are very practical. He taught us the way of non-confrontation with people and even with ideas. He taught us to look at things from a higher angle. He taught us that sometimes, we have to follow the higher laws. To a situation, a solution at a particular time will be in the form of 'a'. For the same situation at a different point of time, the solution would not be 'a', but 'b'. How do we decide about these? Same situations and different solutions! Sometimes, we have to forgive and sometimes we have to be tough. The teachers here, you have to note these things clearly – you have to understand these things very clearly. He gave us the way of direct experience and shifting our awareness to the highest point. It is not the way of techniques and theories. It is the way of direct experience and awareness. He gave us a path of strength. Where there is strength, there is patience and there is no hurry. That is why we are not in a hurry to spread. Himalayas do not tour the world; the world comes to Himalayas! In trying to spread the knowledge a little faster, there will be always a risk of dilution and even sometimes, distortion. This, we want to avoid. The most important thing to note in the Path of the Rishis is to remove all distortions and not add distortions. That is why whether we have a lakh people with us or a hundred people it does not matter, as long as the right knowledge is given in the right way. That is why we are not very keen on opening new centres. We take some time. It is not merely teaching a technique. Here we have to pass on a vision; we have to pass on Light; that is why the work here becomes very difficult. We have to be responsible. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

26-11-2017

I think we are able to understand Guruji more and more gradually. We are able to carry forward this work, because Guruji has established such a beautiful system, a perfect system and it's easy for us to just follow it. I am happy we are able to continue his work.

Guruji used to tell us that during special occasions like this, Masters bring gifts. I am seeing these gifts in many people's lives. For some it is a long awaited job, for some it is good health, for some it is a solution to a prolonged problem, for some it could just be getting their dream vehicle, or passing an exam. And for all of us of course, it is a push in our Spiritual Sadhana.

Guruji had the best relations with everybody and everything. His relation was based on unconditional Love. His relation with his Master Maharshi Amara is such that every time Maharshi Amara comes down, Guruji also comes down. Maharshi Amara comes down once in every century and Guruji comes down along with him to carry forward his work. Though only some of us could meet him more often personally for work at the human level, everybody felt that special closeness and bonding with him. He himself said that he is equidistant to everybody.

Guruji has mentioned in 'Doorways to Light' about Bobby, the dog at Manovati, who was close to him. Guruji had to come out of Manovati and he lived in a hut in Gollahalli. Once when he was about to catch a bus from Gollahalli, Bobby came and pulled Guruji's kurta, trying to say something. Guruji had to get into the bus and couldn't give much attention to him. Later, Guruji came to know that Bobby had passed away. Bobby had somehow traced Guruji in Gollahalli, and had come to say good-bye to him. That was Guruji's relationship with Bobby. He

had such very close relations with anybody and anything – with his car and even with his pen; and similarly, of course, with Gods and Masters. He had explained that everything in this Creation is made up of Consciousness, which is Divine matter. And everything has a core. He said that we can talk to the core of anything with great Love and we can get connected to the core and interact with it.

I believe that we have these beautiful RA energies here because of Guruji, which are used for the welfare of the entire world. He has a very special relationship with RA God. Guruji explained that there are 72 types of Kundalini energies. We never knew about it. I think for the first time this world has received this knowledge. All these 72 types of Kundalini energies are stored here in the Kundalini hall. We have the Shambala classes where Masters from Shambala come astrally to initiate us. The world may not know these things at this point of time. These details will be probably captured in the future Puranas.

Meeting Guruji was the most important event in our lives. It changed our destiny and also our perspective towards life. We received a higher purpose to live. Those who have not met Guruji personally, even they would have met him through his books, through the knowledge he has passed on, through the energies he has left behind and also through these classes where his energies are available. This will have a great impact in their lives. It is like meeting 'A doorway to God, a doorway to Light'. God arranges these meetings in His very mysterious and beautiful ways. Whenever we met Guruji, his Love would engulf us and it would elevate us to a very high level. It was like experiencing God. It was Guruji who said that when we have a very sincere

urge to learn something, God somehow arranges a person who can teach us. It's such a beautiful thing.

He explained to us that truth has its own power. Just state the truth, it reaches the other person. Similarly he said that purity has its own power. If we are pure we are connected to God; and the power of God works through us. He explained such profound truths, in such simple and direct ways.

He introduced us to the best in every field – literature, music and best of the movies. He was a perfect human being first. He said, 'First human then Divine.' He said, 'We have to experience this human life which has such amazing and beautiful things.' He would somehow get connected to the best in this world. He would always connect to the best in us, to the soul. That is why in his presence we felt completely positive. I feel like saying that in his presence we felt like God, we were God.

One of his most important contributions is introducing us to Maharshi Amara and the Rishis. It was not just telling us about them, which was important but it was more important to manifest them and to keep the contact with them alive. We have to be grateful to Guruji for doing this for us.

The other important contribution is that of gifting us this Light Channels World Movement. Already more than three million people are channelling Light and helping this Movement towards the New Age. Light Channelling is for the masses. People following any religion can practice it. I was thinking about it – what a great idea it is!! And the practice will bring changes at the global level. School children are the best example. They are doing it so sincerely and they have such wonderful experiences. ■

## 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 TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

26-11-2017 (Contd.)

Guruji worked tirelessly for several years. He spoke in these classes every Sunday for almost 25 years, without missing a single class. Not all his talks are published. We are in the process of publishing them. We will bring out probably the next volume of 'Thus Spoke Guruji', the book series of his unpublished talks after six months. We have already published two volumes.

Even during the last days when he was going through a lot of discomfort and pain, he taught us so many things. Taponagarites gather and celebrate certain festivals like Deepavali every year. In the year 2012, Guruji was quite unwell during Deepavali. A person who is not a meditator, but lives in Taponagara observed that Guruji joined us for Deepavali celebrations in spite of being so unwell. And the very next morning he was hospitalised. That was the message he was trying to give – Come what may, the celebration of Life must continue. And this was observed by a non-meditator. I was so happy talking to him.

Guruji wanted to see a 'City of Light' here. He gave everything he had – the knowledge, energies, guidelines, opportunities, everything. 'City of Light' may look like a very huge idea, a lofty idea. But when Masters pass on a Dream like that, it must be possible. Otherwise why would they pass on such a Dream? I feel people in Taponagara are growing. They have their imperfections of course. But, there is a genuine attempt to establish a 'City of Light' here. We

may or may not succeed. But what is important is that we make a sincere attempt. That we should do. I see common activities helping to develop a kind of bond amongst people. We may fail initially but we will try again and again. That is what we have learnt from our Masters. Guruji always used to tell us about Vishwamitra Maharshi. He would fail but he would try again. It could be a thousand times or a million times. We will keep trying and we have such wonderful people living here. I am sure we will move towards this Dream. Transitioning to the New Age is bound to meet with challenges. But the New Age is a definite destiny because the Rishis are working for it. When they work for it, it will happen. We have to make a choice whether we want to be there or not.

I wish to express my gratitude to the volunteers who are involved in making this place neat and clean and making these flower arrangements. I wish to express my gratitude to the people involved in making Prasada. They have to get up very early in the morning and work. I also express my gratitude to the volunteers involved in the webcast, making sure our sound systems are working. Because of all these people we are able to sit comfortably and meditate. I also wish to express my gratitude towards all the people involved in our work; and of course towards all the students for their participation and support for continuing this very, very important work of Guruji. It's such a huge responsibility and the work cannot continue if we don't have support from everybody. Thank you. ■

**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: Are Gods and Rishis visible to you, in Meditation?**

A: Rarely. I don't see them but I experience them and I am aware of their Presence every time; not only during Meditation but even during other times.

**Q: If I make an Astral travel to a Black Hole, will I be sucked in?**

A: Astral travel and the recall of it, are not easy. We can't have a joyride just because we like to have it. There must be a higher purpose – some work related to global welfare or a meeting with a Rishi in some other galaxy or to meet gods for Rishis' work.

**Q: Are the dreams that are colourful Astral travels?**

A: No. Sometimes even the dreams are colourful. They are not always Astral experiences. We have to spend a lot of time to understand all this.

**Q: Does healing occur when we experience Stillness?**

A: Perhaps yes. I don't know. But I believe many processes unknown to us occur in this system. We have to do a lot of research to understand this.

**Q: Where do the souls of animals go after death?**

A: They go back to their source, Brahma Loka and that is Mukti for them.

**Q: If we channel Light during a medical check up, while an ECG is being taken or during a blood test for example, will it affect the results of the check up?**

A: It doesn't. Your blood sugar will be high, only if it is high, even if you send Light.

**Q: How can I stop feeling inferior in the company of intellectuals?**

A: Intellectuals definitely talk well. They know the language and they are logical and impressive. But a Meditator is a mystic. He is able to enter areas where intellectuals cannot reach. So the knowledge that he gets while meditating, through any mystical practice is more and clearer. If you understand this you will not feel inferior.

**Q: How important is the experience of Samadhi in Sadhana?**

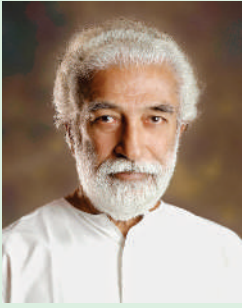
A: It is very important. A Meditator's first goal should be to experience Samadhi. It is the first doorway or the first step. Without experiencing Samadhi we can't move on at all. When we experience Samadhi, we will have the first glimpse of the Divine. In this first glimpse, we may experience absolute Peace, Perfection, Divine Love and Oneness. When you experience Samadhi you will know the Truth. Without experiencing Samadhi we cannot understand the higher truths, higher realities; we cannot live the day-to-day life properly.

**Q: What according to you is living in the present?**

A: In and around us, there is a Presence. This Presence is God Himself. It is there all the time to help, protect and guide us. But most of the time we are not aware of it. We think God is only in temples. We are entering higher states of Sadhana. We have to become aware of these things. Living in the present is becoming aware of this Presence while we are busy with our day-to-day life. It is not just living in the present but it is living in the Presence. This Presence brings us perfection. ■

**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/-
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**GURUJI KRISHNANANDA (1939 - 2012)**

### **MANASA FOUNDATION (R)**

established in 1988 by Gurujee 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 Gurujee 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)

Recently, I had mild fever when I was at work. On my way back home, it got worse. The shivering became unbearable and I have never felt something like this ever before. I closed my eyes and called upon Gurujee. Within no time I could feel his presence. He put his hand on my forehead as a father would to his child. Later, I was treated in a hospital and that made me feel better.

A few days later, when I had recovered from the fever, I got the monthly newsletter and it mentioned how the Rishis and Gurujee are always there for us especially when we are unwell. The newsletter always has something relating to a situation I have experienced or going through. It is as if Gurujee has put it there for me!!

– Vinamra Longani

There were a lot of chances for falling down in life in the last one year. But, I was able to maintain myself comfortably with the help of Light and guidance from this Path. I am able to study and learn new technology well – which did not happen earlier. Life was bad during the last six months. In spite of that I am happy and wishing for better days ahead.

– Neelamegam R

I went to the country of my former residence to complete a transaction for the sale of a property. There were a few niggling issues which were resolved smoothly. I prayed and asked for Rishis' help. The experiences over the last six months have taught me that we have to breathe Light, live Light, experience Light, constantly be with Light and be aware of Light's presence everywhere.

– Anne Chapman

I can see and feel that there are more tests. I failed in some and in some I managed to pass with Gurujee's blessings and your guidance. But for unknown reasons I am more determined to continue my learning and make Spiritual progress. The tests teach and make me realize that there is still a long way for me to go.

– Mohan Chandrabanu

A few days ago, I was laughing to myself as to how incredibly I am guided now, even down to business and purchases!

– Alastair Stubbs

On 28-10-2017, in my sleep I saw that I was attending the Sunday class in Taponagara, along with other students. Our beloved Gurujee was in his usual attire. When Gurujee ended the class, I asked him, "Gurujee, you have left your physical body, but now you are again in the same body. I am confused. Please clear my doubt." Then Gurujee explained, "We all have completed that life and have assembled again in the next generation. Do not get confused." I woke up immediately. It was around 2:53 AM.

– Swaminathan C

I am happy now with Light as my companion and there is absolutely no fear in me. I remain so relaxed because I have surrendered myself 100% to the Divine. Whatever I wish and intent for, I start visualizing it and the Divine actually takes care of it. I am really a happy, positive person now. I am always in gratitude and Bliss now. All the things fall into place so easily. My relation with everyone is good and I can feel the love and respect that they have for me.

– Anu Sehgal

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