



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 – June 1996 issue)

Freedom and Love. If we base our living on these two principles, we can live in harmony and peace with other individuals, society and nature.

We are free to choose and live our way. We are free to choose, as I often say, even the wrong. But we always forget that others are also free. We do not realise that our freedom is not a license to come in the way of others' freedom. When we deeply ponder on this, it strikes that we cannot be recklessly free. There are other factors; other considerations; responsibilities. Freedom with responsibility combined with wisdom and compassion should be the basis for a peaceful happy life.

When we think very seriously and deeply about life, when we try to understand the principles and processes of Creation and when we actually enter and experience the higher levels of Consciousness, we realise that Love is the most important factor behind the Creation and Life in all the universes. It is the highest positive expression of the Creator. With Love, we accommodate others even their shortcomings, we give out our best and enrich all positive thoughts and emotions that add to the Beauty, Peace and Creativity in life.

Freedom and Love are the basis of Manasa and Taponagara. We do not have a list of Do-s and Don't-s, do not have restrictions, do not impose even the good things and wait with great Love for the students to absorb the knowledge and energies that awaken and lead them to the higher levels of life.

I want everyone around me to understand my emphasis. My emphasis, in the beginning, is on Meditation. It disciplines the body, mind and intellect. Then it is living. Living here and now. Living fully, perfectly and experiencing all the best in life: the music, poetry and beauty in nature and in all the thoughts and emotions. Meditations open up all the doors of perception. And Experiencing all the positive things in this human plane is the purpose of our coming to this plane. It is Spiritual.

Spirituality is not just going to temples, just meditating or living the life of a recluse. It is living the life perfectly here and now.

It is not for the first time that I am expressing these. I am explaining these from years. But people around me do not understand me. They somehow value complex physical and breathing exercises in Sadhana, prefer to run to Tantriks for instant solutions for their problems and indulge in religious rituals and expensive poojas in commercially vibrant temples. They value writers who themselves are not clear, are confused and have nothing to guide or enlighten us. I am, of course, sad. But I wait. ■

**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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NEWSLETTER

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Orientation class was held on 2nd May 2018.

NEWS AND NOTES

- ♦ Guruji's 79th Birth Anniversary was celebrated at Taponagara on 20-05-2018 and at our Saptarshi Dhyana Kendra in Anekal on 18-05-2018.
- ♦ The Rishis blessed the Meditators with another opportunity for experiencing and receiving special energies during the Orientation class held on 2nd May 2018. About 130 Meditators had gathered in the Meditation hall at Taponagara to participate in this class and about 55 others joined from their own places through webcast.
- ♦ Our Light Channelling Centre in J.P. Nagar, 3rd Phase, Bangalore completed 7 years of Light Channelling. People gather here every Friday and channel Light from 6.30PM to 7PM. There is no membership. Our students from nearby areas are welcome to join.
- ♦ There are other Light Channelling centres where people meet once a week and channel Light. Information about other Light Channelling centres can be found on our website www.lightchannels.com. Anybody can join and participate in this noble work.
- ♦ Meditators in the Shambala group

met on 13th May 2018 in the Meditation hall at Taponagara to receive initiations from the Shambala Masters. Many joined from their own places through webcast or by mind linking.

- ♦ The RA group members met at Taponagara on 20th May 2018, to receive special energies from RA.

MEDITATION ON SPECIAL DAYS

07	Thu	Krishna Ashtami
12	Tue	Masa Shivaratri
13	Wed	New Moon Day
16	Sat	Lord Kalki's Birthday
21	Thu	Shukla Ashtami
22	Fri	Shukla Dashami
28	Thu	Full Moon Day

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM - 12 Noon
Light Channelling:
12 Noon - 1PM

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

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

The teachers and students of the first school I visited on World Channels Day, usually begin the day with a prayer and reading of the *Subhashita* from a Newspaper. On that day the *Subhashita* was, "Follow the Light. You will never see darkness." After the Headmaster read it out, he expressed his surprise. He said, "How it is that today's *Subhashita* in the newspaper is about Light and you are telling us about It? It is so great that you are explaining about the *Subhashita* to all of us." I felt so good. The session went on well.

In the next school, after the Light Channelling session, the Headmistress told me, "I could feel the energies while we were practising. I felt that I had entered into a different world and I cannot express it in words." In yet another school, initially they expressed their inability to give permission because a science exhibition was going on. On my persuasion the teacher went to check whether the students were present. As I turned towards a wall, there was a painting on it. It was a painting of Valmiki Maharshi. I felt very good and could not turn my gaze away from it. As I kept looking at the painting, intuitively I felt that I would be able to conduct a session there. Within five minutes I was told that I could conduct the session!

– Amrutha Obalesha, Volunteer

When we conducted the Light Channelling session on World Channels Day, a student said, "I feel that I have become very pure due to this channelling." She was overjoyed and full of tears.

– Hemalatha Pramod, Volunteer

The response of the students after the Light Channelling sessions in Vinayaka Public School, Bommanahalli on World Channels Day was wonderful and mind-blowing. A student from Std. IV stood up and said that he felt like he was entirely a Light being.

– Kumar, Volunteer

TAPONAGARA DIARY

Seema Almel

April brought the special opportunities to Meditate on Akshaya Tritiya and Buddha Pournima. The energies received prepared Taponagarites for the annual program of Orientation Class. In this two-hour session, the Great Rishis bring rare and intense Spiritual energies which can catapult Meditators in their Sadhana. Every Sadhak feels the benefits received and they touch newer depths in their experience of the Divine. Sadhaks look forward to this day with great anticipation, and in a systematic way, register their names ahead of time. The session is webcasted for the convenience of those who cannot be present on the day. The Meditational techniques practised during this year's Orientation Class were helpful in preparations for the Light Age.

Spirituality is the sole refuge as Pralaya energies intensify. Keeping this in mind, each Sunday Class has been made into a session to receive Spiritual energies. The emphasis is on more and intense practices.

There is one aspect of every Meditation session that has remained permanent – Venkatamma's cooking. The food she prepares is liked by everyone. Since the very first brick of this place was laid, she has served Guruji and the Path. The consistency of her service is a testimony of her love for Guruji. ■

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)

October 2005

Today we are adding a few new points on Sadhana and they are very important.

We must remember that Sadhana has two parts and any Sadhana anywhere is not easy. It takes Lifetimes. All of us and people who take up Sadhana here do not come just like that; they would have practised many things in their previous lives. That is why it is so easy for them and for others. There are lakhs in Bangalore and why are only a few people here? So, generally to take up Sadhana it requires time and preparation. And after that coming to the Sapta Rishis takes much more preparation. So, let us congratulate ourselves because we are fortunate to be under the direct guidance and protection of the Sapta Rishis.

There are two parts in Sadhana. One is internal and the other is external. The internal Sadhana has three parts or stages. The first one is the Sadhana with the techniques – for the body, we have Asanas and Pranayama. We have Meditation with Mantra for the mind and Dharana for the intellect. We use techniques in Meditations and spend a lot of time. Then after some time, we enter the second stage which is Sadhana beyond techniques. Not many are aware of these things. When we meditate – most of us at some point – we forget the technique and we think we are sleeping. We forget the technique and at that point of Meditation, we would have gone beyond the technique. Later on, as we advance in Meditation, we begin with the technique and we just forget about it and we will be in a different level. When we come to the stages of Samadhi, we give very simple techniques where there are no

Mantras, so that it will be very easy to go beyond the techniques. Techniques are not important. So, in internal Sadhana, in the second stage, which is the Sadhana beyond the techniques, we reach Samadhi. Then, the third stage is beyond Samadhi! When Amara spoke about this long ago, he said, “When you reach Samadhi – to reach Samadhi, it takes so many Lifetimes – Sadhana begins!”

What is Sadhana beyond Samadhi? We do not know about this right now. The whole humanity is yet to know and understand this. That is our major work and major responsibility. When I say we, I mean all of us under the Rishis. We have to do lot of Tapas, lot of Meditation and receive this knowledge about Sadhana beyond Samadhi. The time has come for us to receive such knowledge from the Rishis and share it with others. It is for that purpose, we are opening a centre in Antar Manasa. We shall call it a Research Centre or Sadhana Centre. We sit there, do Tapas and receive all such knowledge.

External Sadhana is practicing Yama-Niyamas and Shambala principles. In internal Sadhana, we sit in a place, close our eyes and practise. The internal Sadhana has a time frame – 1 hour, 2 hours, etc. But external Sadhana is 24 hours. This is very important and very difficult. When we begin Sadhana, we have to begin both the internal and external Sadhana. That is why we have to go to Gurus like my Guru. We can practise techniques for hours which is good; but it is not the whole and it is not enough. Only when we practise the external Sadhana, the internal Sadhana gives us the benefits. They are like two wheels of a vehicle; with one wheel we can never make any progress and there

will be no movement with one wheel. We have to combine internal and external Sadhana and move on.

Only when you practise the external Sadhana, you will be able to experience Samadhi. That is why sometimes we struggle. In spite of hours of Meditation, years of Meditation, we wonder, what is happening and why am I not moving at all. The reason is simply because we are not practising external Sadhana, which is manifesting Love. Experiencing Samadhi is the most important thing. What do we experience in Samadhi? We experience God in Samadhi. God is all Love, God is Vastness and all that is best in Life; all that is Divine is God. How do we know about it? Of course there are books, etc. But, there is nothing like experiencing directly by ourselves. When we experience what is Ananda, we can tell what Ananda is. Each one of us has to experience Samadhi because when we experience Samadhi, we touch God and experience Him. All wisdom comes to us. We will know how to cope up with Life, how to live peacefully. Let us live peacefully and allow others around us to live peacefully. For that we have to experience Bliss, experience Samadhi. It is very important.

Although in a very short time, we have tried to understand these very important things – particularly when we are training ourselves to become Rishis, and to experience Samadhi – all of us are Rishis in making! All of you are future lights, people who have to guide the world. You have such a great responsibility; you have no choice, and you have to grow. When we come to the Rishis, this is the problem, we cannot escape! Somehow Rishis catch hold of us and see that we move on! That is the beauty of this Path. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

22-04-2018

Most of us have gone through phases in Sadhana when thoughts disturb us while meditating. I think each one of us would have experienced this when we began our Sadhana. Even while meditating in advanced stages we face this problem. Although we do experience Stillness but there will be periods during our Meditation when thoughts disturb us. When we have to go through challenges and when there are many problems bothering us, Meditations naturally become difficult during such times. When we sit for Meditations, the thoughts related to the problems come and disturb us.

How do we overcome this problem? In the Basic classes itself we are told that we have to ignore the thoughts. We have to ignore the thoughts and focus on the technique of Meditation. But at times people say that they are unable to ignore the thoughts. It's a very genuine problem. What do we do at such times? Of course, we persist with the practice. When we go on persisting with the practice, a time comes when we will be able to enter into Stillness. We also know that we cannot push the thoughts away. If we try to push them away, they come back with more force, more power. All these are known to us.

I remember that Guruji had suggested one more way, which we can try. This many of you must be knowing. He suggested that we pray to our system to cooperate. We can pray to our intellect not to generate too many thoughts. We can also tell ourselves or we can tell our thoughts not to bother us at the time of Meditation and that we will attend to each one of them after Meditations. We can tell them that we will take care of them, we will not ignore

them after Meditations but during Meditation they may please not disturb us. We can try such things. I had suggested this to one of our Sadhaks from Pune. She tried and told me that it is helping her. Such practical hints always help us.



A person shared his experience with Light. He says that in his house there are always bitter interactions among family members and it disturbs the atmosphere of the house. There is always tension and so much of unpleasantness in the house. This person took up Meditations and naturally learnt our ways, learnt to channel Light and began meditating regularly. He also began sending Light to his family members. And of course he prayed to the Rishis. Then gradually things changed in his house. It's like a miracle! Now there is no unpleasantness, there are no bitter interactions, there is peace and there is more understanding, love among the family members. We know that with Light anything is possible.

When we begin Meditations, our Meditations create wonderful vibrations in the house and wherever we go, we carry these vibrations with us. So these vibrations will have an impact on the people who are living with us. And there is another interesting point. Guruji used to tell us that when we pray to the Rishis about such matters involving people, Rishis don't just listen to our prayers, they act on our prayers. They do whatever they can do and at the Astral level they actually talk to the individuals. They educate them and tell them what is right, what is not right. And if the people listen to the Rishis, naturally it helps them. They change or they accept certain things. Then at the

human level the change comes as a solution to the problem. But there are times when people do not listen to the Rishis. They refuse to listen to the Rishis. Then the problem may persist at the human level. Of course there will always be relief. They will give us enough strength and wisdom to live with the problem. They do their best. But they have to ultimately respect the law of freewill that is given to us by God. So Rishis always do whatever possible to help our Sadhana. They do not interfere in our personal lives but they remove all obstacles in Sadhana. So whatever be the circumstances we have to somehow hold on to Sadhana. Whatever be the forces trying to take us away from Sadhana we have to somehow hold on to it.

I think of a person who told me last week about her experience. She said that she had lot of back pain and she was advised complete bed rest. And naturally she could not meditate. She checked with us, 'What should I do?' We advised her to practise Shambala principles one and two while resting, lying down. We also told her to continue channelling Light while resting. Meditations were not possible since she was unable to sit in a posture. And last week she told me that she practised these principles very sincerely lying down while resting and now she is fine. And she said that she could experience so much of peace while practising these principles. She said it was like a blessing in disguise. She is able to meditate now. So I am repeating this point. When we somehow hold on to Sadhana, persist with our practice then Rishis remove all obstacles. And we will not obviously know what exactly they have done. But at the human level we will be able to continue our Sadhana somehow. ■

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)

22-04-2018

The other day I spontaneously wrote to somebody, "In Spiritual relations there are no expectations; there is only understanding and unconditional Love." She was feeling guilty about not having done something, which she felt, she was obliged to do. Later on I was thinking, "How true it is." When the Love is unconditional – naturally there cannot be any expectations. There will be no misunderstandings and there is only perfect understanding. And when there are no expectations then there are no disappointments also.

Of course, there are certain relations which are slightly different. Parents for example, expect a lot from the children. But that is for the good of the children. We can say that it's a kind of a 'selfless expectation'. They may feel sad if the children do not achieve what they want them to achieve but it does not lead to any bitterness. Their Love remains intact. Guruji expected us to become Rishis. He gave us everything. He may have been sad that we could not make complete use of the opportunities and the knowledge he provided, but his Love for us did not diminish even a bit. He had also said that the Guru will never be satisfied with our growth. If we become a Rishi, he would want us to become a Maharshi. If we become a Maharshi, he would want us to become much more than that. There is always Love behind such expectations from a Guru. I am not talking about such relationships. I am saying that in general in Spiritual relations a person expects nothing from the other person. We will think of how much can we do for the other person and not assess or judge how much the other person does something for

us. We will think how we can make the other person happy. This is what I believe. And in a relationship like this even the other person thinks in a similar way. I think that also is important. Only when there is reciprocation, the relationship matures and becomes stronger.

Guruji would always tell us to build a relationship with the Rishis, with Gods. How do we do that? It can only be done with Love. From Gods and Rishis there is always unconditional Love showering on us all the time. But for the relationship to be established, we also have to reciprocate to their Love. This is what I understand and believe. Then a beautiful relationship can develop. So how do we reciprocate to the Love of God and the Rishis? Not that they expect anything. They expect nothing; otherwise their Love wouldn't be called unconditional Love. I share with you in very simple terms what I understand. I feel we can reciprocate by acknowledging God's Love, Rishis' Love. We don't have to tell anybody, but within ourselves we can acknowledge their Love. We can reciprocate by having deep gratitude. We can reciprocate by committing ourselves to the values taught by them, by actually doing, by following what we have learnt from them. We can reciprocate by spiritualising our lives because when we spiritualise our lives, God and Rishis will be happy. And most important – the Love that we receive, we can pass on to others. We can say that we can reciprocate by manifesting Love in our lives. If we can do it then we can build up a beautiful relationship with the Rishis and God. And our relations with even others will improve. And we know that relations based on unconditional Love are the best, the highest, truly Spiritual relations. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Our Astral bodies stay with us in an inverted position over our head. We also understand that there is an inverted pyramid above us. Is there any underlying universal principle behind this?

A: It is true that our Astral body is connected to the physical body and it is in a kind of inverted position. But there is no pyramid above us. Whenever a pyramid is constructed or takes shape, the lower part and the upper part of this pyramid will be covered by two inverted pyramids. Pyramid as it is cannot exist. If you have a physical pyramid we have the Astral pyramids below and above. This happens because we have the Material Cosmos and the Divine Cosmos in that shape. That is the universal principle.

Q: I see many Astral forms during my Astral travel. Could you please say something about this?

A: When you travel astrally, pray to the Rishis. The Rishis will guide and protect you. If you travel by yourself, there is nothing wrong but sometimes you will have problems, the dark people who will be moving astrally may harm you. I have known cases where people traveling astrally were kidnapped. Amara used to narrate many such things. Once, a Rishis' worker was kidnapped. The Astral zone is not a very safe zone. Adventure is always welcome but you have to be cautious also.

Q: Can drug addicts practise Meditation?

A: In fact it helps them. If they meditate they will be able to come back to normal life and

lead a good life.

Q: Can we meditate during the night?

A: Yes. During Meditation do not try to contact the Rishis. Do not practise anything else.

Q: Are there more Material Cosmosees other than ours?

A: There are billions of Material Cosmosees.

Q: If everyone spreads Ananda will the Light Age get established?

A: Yes. Whether you spread Light, Ananda or Love, the impact is almost the same. Ananda and Love are a part of God. When everyone spreads Ananda or Love, Satya Yuga gets established. If majority or almost everyone on this earth do it once, for some time, it is enough.

Q: Can we be free of dependence as long as we live in this society?

A: No. The society provides us everything. At no time we are independent. We depend on God. We depend on the Rishis. We depend on many things.

Q: Is it mandatory that one should change his name after enlightenment?

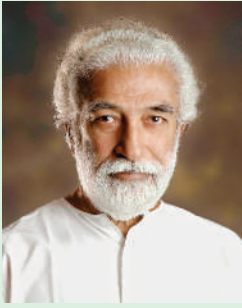
A: After enlightenment one is not bothered about things like change of name etc.

Q: Among body, mind and intellect which has more Light and how are they interlinked?

A: All these three entities have equal Light. Every entity is important. In any part of the body there is the physical body, the mind and also the intellect. They are interwoven in fact, not interlinked. ■

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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)

I was suffering from severe cough, body pain and breathing problem for eight months. On 11th February, I was unable to sleep. I placed my hand on my chest and started chanting "Om Mani Padme Hum". I fell asleep and I felt as if someone was walking around me. I saw about ten Rishis walking and looking up at the sky. The room was filled with sandalwood fragrance. In the morning, to my surprise, the body pain, cough and breathing problem had disappeared! I had a good sleep after so many months. Whenever I have a problem, I use the Mantra to get it solved. It works! I am grateful to Manasa, Masters and guides.

– Shashi Kumar K P

Recently, when I entered the Operation Theatre for a surgery, I was quite nervous. I prayed to Almighty God and Light for everything to go smoothly and started channelling Light. When I got up after the surgery, I felt as if I was dreaming and was in some different world during that period. By God's grace the surgery was successful. Thank you Almighty God, Light and Guruji!

– Garima Sharma

I am able to listen to my conscience. I am making efforts to change certain weak areas in myself. I have no complaints; the home environment is beautiful.

– Deepthy R

Jayant Sir had advised me to work on the third principle of Shambala; I started practising it regularly. And surprisingly, by default my behaviour and thinking towards all has changed. I am more compassionate than earlier towards others.

My state of mind now is always relaxed and happy. When a tough situation occurs I channel the Light and move forward. And if I think badly about someone then I pray to Divine Light to

help me and ask forgiveness from the person at the soul level. After doing this I feel free and peaceful.

– Sachin K N

Recently, when I remembered Guruji, I saw a bright, huge form of Guruji, in a huge circle of bright Light. On that day my Meditation was peaceful.

– Asha Pirlak

Last week I took an initiative to meditate more; I prayed and sat for Meditation. By the grace of Guruji, Rishis and Light I was able to meditate for a longer period. Now I understand that with more love and intent anything is possible.

– Satvajay Thokal

During the webcast of 4th February class, when Jayant Sir started speaking, to my surprise I saw the figure of a Rishi in a meditating posture on his forehead at the Agna Chakra. I thought it was the projection of my mind. So, I closed my eyes for some time and opened them again. The figure of the Rishi sitting and meditating was still there! I felt very happy.

– Nasreen Begum

While viewing the webcast of 11th March class, I found myself in the Meditation Hall. Guruji was by my side and I had to face Lord Kalki. He asked me some questions and then spoke to everyone else too. Thank you very much for keeping me on as a student. It is the most wonderful part of my life.

– Nandita Vijayan

After taking up Meditation, certain calmness is experienced throughout the day which does not get easily disturbed. Awareness level has gone up quite substantially. Thoughts no longer have their strong grip on me. It is now easy to disassociate from them by just observing them.

– Rajendra Rangnekar

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