



MAHARSHI AMARA (1919-1982)

WE TEACH MEDITATION AS TAUGHT
BY THE RISHIS

LIGHT

is the Intelligent Power behind all Creation. Light is God.

LIGHT WORK

is assisting all life to raise its levels of Awareness and Experience for a better living.

LIGHT BEINGS

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

SAPTA RISHIS

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

MAHARSHI AMARA

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

GURUJI KRISHNANANDA

was the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

SAPTARSHI DHYANA YOGA

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

THE AFFIRMATIONS

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

DOORWAYS

Volume 14 Issue 5

APRIL 2019

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – April 2004 issue)

It is summer; real summer. The Pralaya processes are on, intensely. The Election processes are on. The churning processes are on. And we are entering a new year, a new phase and there will be shift in the flow of energy. All these lead us to a cooler and better tomorrow.

By the time this reaches home, the Cosmic Tower would have been inaugurated; opened for all. We have invited Srimat Swami Harshanandaji Maharaj of the Ramakrishna Math, Bangalore to inaugurate the Tower. Even when we began the construction, I had decided to invite the Swamiji. After Amara, I saw in him humility, scholarship and a kind of expansion that I did not find in others, I had met. This unique structure deserves to be inaugurated, on the human plane, by such a valued Spiritual Master.

People choose paths and techniques that give thrills easily and do not insist on strong efforts to positivise and transform. After the initial thrills, a serious seeker shifts to a path of Meditation, ready for arduous Sadhana. There is nothing wrong in changing the techniques and paths till a person finds the right path.

We can begin from any point or any path. We ultimately reach our goal. That is why every path is necessary. Every way is a way to God.

Why do people get angry when we mildly remind about discipline? Without discipline and order no organisation can work, no Sadhana is possible and no Spiritual progress is made. Anger comes from ego. And in Sadhana, ego is not our friend!

I do not know how to thank the silent people who helped us with huge funds without which the Tower and Vana would have remained just dreams.

I keep them in my heart and carry them nearer God. ■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

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.

**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.



Maharshi Amara's 100th Birth Anniversary was celebrated in the Residents' Meet in Taponagara.

NEWS AND NOTES

- Orientation class will be held in Taponagara on Wednesday, 1st May 2019 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 29th April 2019.
- On the occasion of Maha Shivaratri, Meditators gathered in the Meditation hall at Taponagara to meditate specially and worship Lord Shiva.
- Shambala Group members gathered in Taponagara and many others joined from their own places on 10th March 2019 for special initiations from the Shambala Masters.
- The RA group members met on 17th March 2019 to receive special energies of RA.
- Our Light Channel Volunteers have taught Light Channelling in more than 5600 schools. More than 29 lakh children have learnt to channel Light and more than half a million children in more than 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.

MEDITATION ON SPECIAL DAYS

03	Wed	Masa Shivaratri
05	Fri	New Moon Day
06	Sat	Chandramana Ugadi
13	Sat	Shukla Ashtami Sri Rama Navami
14	Sun	Shukla Dashami Souramana Ugadi
19	Fri	Good Friday Full Moon Day
27	Sat	Krishna Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
14-4-2019	Light Channel Volunteers meeting at 2PM

PROGRAM AT ANEKAL

The 11th Anniversary of our Saptarshi Dhyana Kendra at Anekal will be celebrated on 15th April 2019, at 6 PM.

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 Light Channelling session was conducted in our school during the Assembly on 5th January 2019. I was one among the crowd to experience the wonderful moments. I could go through few warmest feelings where I could hear birds chirping, leaves rustling, sand dunes passing by and peaceful silence everywhere. Overall, it was a wonderful day to start with, and I was hoping to practise it continuously in our school for everyone to gain total benefit of the same.

- Ms. Veda Bysani, Principal, The Paradise Residential School,
Hosur Road, Bangalore

Ever since I joined college and moved into a hostel, it has become difficult to motivate myself to channel Light or meditate. Today I channelled Light properly for a long time. My eyes didn't want to open! Beneath my eyelids I saw waves of white Light dancing. At that moment I felt completely at peace and perfectly calm. Light is always there, we just have to call it!

- Aishwarya Viswamitra, A Light Channel

On the 9th World Channels Day, I woke up with migraine and nausea in the morning. I was wondering whether I would be able to travel to Tumkur in that state of health to conduct the Light Channelling sessions. After I completed the first session at Tumkur, I got relief from nausea. After completing the second session I got relief from migraine.

After the third session at Kalidasa High School, the Headmaster who had participated in the session said, "While practising Light Channelling my thoughts had ceased, mind had become quiet and I fell asleep for a brief period, which is difficult to achieve so quickly with any other means I know." He expressed surprise to have seen the students so engrossed in the session, which he had neither expected nor had seen before during any other event at school.

By the end of the day I was feeling healthier, energetic and fresh. The Light and Rishis took care of me, healed me and helped me to complete the allotted sessions.

- Manoj Deshpande, Volunteer

The Headmistress of RBBPAM School said that recently she had attended a meeting for the HMs of Bangalore schools. Gulabhi School, Nandidurga Road had shown excellent results of the board exams year after year. When she was asked what was the secret of their success, she replied that it is only because of Light Channelling, which they are practising twice every day. She claimed that just because of that there is no distance between the students and the teachers now, and the students approach the teachers without any hesitation to discuss their problems and clear their doubts. That is the main reason for their success.

PSM School in Kulasekaran pattinam, a small village in Tamilnadu, is practising Light Channelling regularly for the past few years. The Headmaster, Mr. Subhash, informed that his school was selected as a smart school by the govt., and was granted some more facilities. Also, the Management suddenly got funds, to build a new building, for which they were struggling and the construction had started. He believes that this has become possible because of Light Channelling.

- Nirmala Bala, Volunteer

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)

December 2005 (contd.)

Whenever I speak of work, I don't mean you have to come and stay here, join and do some work. I do not mean that. Vibrating God itself is work. Allow His Love, His energies to pass through you. When you receive them, they go out. That is the work. You do not have to do any other type of work. That is the work we are talking of. It requires great conviction. Let us never think of the numbers.

Whenever a person joins a Path, any Spiritual Path, people start giving lectures to him that he has to be honest, truthful, etc. The first question that came to me when I joined my Guru is, "How can we practise honesty and yet live in the world? How to be honest and still succeed in this Life and world?!" For this, Amara gave answers. He said, "You will see. Try." But from 1977, I am seeing that it is possible. One can remain honest, follow the values and yet succeed materially. I have some examples before me but I won't name them. People succeed in their careers by just being honest, simple, pure and straightforward. Sometimes, the other smart people in the world may overtake us! At that time, you do not have to worry; you must be strong and have this thought that you are always connected to God. God will not let us down and after some time, we will see that we too will succeed. The difference is that with this success, there will be great contentment. There will be peace, which is of immense value.

I was explaining a point to a person over phone. It was about death. As I was explaining, I was talking and I continued to talk, there was a flash and I saw Lord Shiva! And whenever such a thing

happens, we cannot react, we become dumb. Normally we offer respects, etc. Then he told me certain things. He gave me instructions. He told me very strange things. He said, "What all you ask, will be given to you." I also ask for things! Do not think I do not have desires; I have many desires. My desires are all centered around Manasa, this centre, you, etc. Personally I do not want anything, I am contented and I am happy with whatever I have. But I have desires. He told me, "Think again, all this will be given to you, think of the consequences." Then I got a little scared! I did not know what to do; I told Him, "You are God, you know the best; I have nothing to say." He smiled. Then he gave me some other instructions. I followed of course.

You are a part of me and I share this with you. Normally we should not talk of these things just like that. It is not to publicise, but there is a joy in sharing. I wanted to share with you. After this experience and incident, somehow a strange peace has settled in me; nothing disturbs; nobody can quarrel with me! Even normally I do not quarrel with anyone! It was for a brief moment. When I was preparing for this Sunday class, I was hesitating whether to tell you this or not. Then the Rishis said, "You can tell this." Then I realized, "Imagine, a moment's nearness to God brings so much of Peace and if you are completely immersed in Him, closest to Him, what will be the degree of Peace and what could the real Samadhi be!!" We have to go for such experiences. In the beginning, we also feel that we do not have experiences. We read experiences of others and feel that we do not have any experiences! My Guru used to say, "Not having the experiences is better." These

experiences happen at a particular level, not to be looked down upon. They are important; but, again there are higher experiences. It is they who transform us. Even if we determine not to change, this one experience will shatter all these determinations; will make us change and turn into a different person. It is a wonderful thing.

For me, experiencing Samadhi and living properly this so-called material life, are both two parts of the same goal. Experiencing Samadhi, if it is a goal, living this life properly is equally important. For me, it is the same goal. Unless we experience Samadhi, even a little of it, we cannot live in peace or live this life properly. Unless we start living properly, we cannot experience Samadhi. So the Spiritual goal is same – living properly and experiencing Samadhi. Therefore it is not just taking some techniques and practising. It is experiencing. That is why we go on giving instructions, sometimes directions; we go on repeating them again simply because we have to improve the quality of our living. Unless we improve, we cannot experience Samadhi. Unless we experience, we will not move even an inch. It is my duty to go on reminding.

A few months ago, I remember, I tried to explain a very important point – what we send out into the nature, we get back in multiples. If I send out Love, I get back Love from the entire Universe. Because I send Love to nature, God sends me back Love. It is like an echo with multiple effects. I send a good or pleasant thought and it comes back in multiples. Similarly, we send back negative thoughts, somehow they will have the same effect and somehow they come back to us! ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Maharshi Amara's centennial birth anniversary)

(Compiled by Shobha K Rao)

03-02-2019

What makes this day special is Maharshi Amara's very, very, special presence. Being here in his special presence is a great blessing. I think all of us are very, very, fortunate to be here. This moment carries great blessings, great opportunities to surrender, to receive the great Master, to make him a part of us and to manifest him completely. He lives in each one of us and we manifest him in different degrees. From now onwards we can manifest him completely. That's the potential we have. That is our Sadhana. We can do it with the purity of our intent and with sincerity in our efforts.

Manifesting him means manifesting the humility, the Love he was a personification of. Manifesting him means, having intense love for the Rishis and having great commitment to their work. Manifesting him means living this life fully. Manifesting him means celebrating life. It means carrying a smile always. We can think of anything positive. If we can live positively we will be manifesting him through our living.

When I speak like this I always speak for myself. I know I am not doing enough, not completely. So this is an opportunity for me. And when it is an opportunity for me it's an opportunity for everybody also.

Talking about his capacities – he had met all the Chiranjeevis. They exist physically and he had met them physically. He was such an important person.

I came across a very interesting incident about Amaraji and his friend. Guruji had written about this in 'Manasa Patra'. When Amara was just a boy of 12-14 years, one of his friends came to play with him. When

he went to Amara's room, he found that the room was closed from inside. His friend opened the shutter of the window and peeped inside. He saw seven tall persons, very majestic and grand, sitting inside with Amara in a circle. They were the Sapta Rishis! They came physically to meet Amaraji when he was so young. That was his importance! Even this friend of Maharshi Amara must have been a very great person, to be able to see the Sapta Rishis physically. This incident shows how important Maharshi Amara's presence on this earth was and how important he is!

Once Guruji asked him, “You have travelled so much; you have gone to so many different galaxies. Did this travel ever affect you in any way?” Maharshi Amara said, “Yes after such amazing travels, when I come back to this earth, and I have to attend a court case, it is difficult!” But, we know Maharshi Amara attended to everything on the human plane very properly. He would say that the life here is only a game, a play, but it is important. I think that is something special.

Maharshi Amara answered so many questions and there was so much of clarity in his answers. He knew everything, about any matter. Once he explained about enjoyment and experiencing. He said, “Experience enriches us. Enjoyment enslaves.” What a profound statement!

Our Light Channelling is such a great work and is part of this New Age Spiritual Movement initiated by him. This movement has gathered strength now. Many, many, people are aware of the New Age now. The Light of the New Age knowledge brought down by him will eventually remove darkness from this earth. It has to spread. It spreads through Light Channelling by millions of

people; through us, when we live this knowledge, when we make it a part of our living. Slowly it will wipe out the darkness of ignorance and darkness of several misconceptions prevalent in the practice of religion and Spirituality.

Before we worship the great Master I would like to mention just one or two things.

On this occasion we are happy to make Maharshi Amara's bust, small one, available to people based on their initial response. We are very happy to offer the third volume of the book 'Thus Spoke Guruji' at the feet of Maharshi Amara. This is a compilation of Guruji's talks delivered in the year 2002. I feel there is so much of Light, energies in this book and all our books. Please buy a copy and if possible, buy additional copies to be passed on to your friends, family members, to help us and also to spread Maharshi Amara's knowledge and energies. We are also very happy to bring out the e-versions of the previous two volumes of the same book 'Thus Spoke Guruji'.

Finally I wish to congratulate and express my gratitude to all the Light Channel Volunteers who worked on 1st February. More than a million channelled Light and what a tribute it is to the great Master! I wish to thank all the Volunteers who are supporting me in carrying forward this work of Guruji, Maharshi Amara and the Rishis. Every time I say that I am just a caretaker that is all. Even to be a caretaker is such a huge responsibility. They do everything of course, but the presence of each one of us is important. And this is also true that if we are not present here, somebody else will take care of this. Maharshi Amara himself used to say, he used to sing – *Rishi karya ki jyoti sadaa jale. Ek jala jaye, duja aaye!* ■

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.

JOURNEY WITH THE MASTER

Guruji Krishnananda

(From October & November 1989 issues of Manasa Patra)

After two days the day of Initiation was fixed.

Amara took me upstairs into a room full of incense fumes. There was an idol of Krishna and two more of Goddesses, pictures of Gods and two huge mirrors. I searched for the Rishi. And Amara smiled.

Slowly he explained – What is Meditation; Why do we have to meditate; What is our aim in taking up this Path etc. Every word sank deeply. Then he explained the Technique saying that it must be kept as a secret.

“Why Sir?”

“You see, each individual is different from the other. Attitudes, Karmas and willingness to change... transform. Such things vary from individual to individual. So the Rishis study the individuals and prescribe the suitable techniques.”

I understood and waited.

Again slowly he explained the Technique.

“Now the Rishi will Initiate you. Initiation is not just passing on the Technique. It is passing on the Spiritual energy also. And activating a point; a chakra... Please close your eyes. Keep your mind blank and don't get excited.”

I closed my eyes, tried to keep my mind blank but could not keep the excitement away.

As I was closing my eyes I saw Amara getting up and standing behind me.

I cannot put in words what exactly happened then. I saw a red spot of light in my forehead. First there was darkness around it. The red spot did not expand. But I did

not see the darkness around it afterwards. After sometime I saw it moving into the void and I felt I was following it. We moved into the unending worlds of darkness for endless time. Then the red spot turned blue and a white spot emerged from it. I saw movements. I heard deep sounds.

“It is enough.”

Amara's voice brought me back. As I opened my eyes, I noticed that all this time I was not aware of my body. I glanced at my watch. One hour! I was sitting for one hour!

Amara returned to his seat. I looked at him unable to speak and unable to keep silent also.

Amara smiled, like a full moon.

I practised Meditation regularly. I enjoyed it. But I did not have any other experience like the one I had on the day of Initiation. Amara laughed away my disappointment.

“You must not go after Experiences. Sometimes you have and sometimes you don't. You have to wait.”

“Then what about my progress!”

“These experiences do not indicate the progress. There are other experiences, wait.”

“How will I know that I am progressing or not?”

“You need not. The Rishis will be knowing. They will be watching you always.”

I did not argue. I did not question. Somehow, questions and doubts would dissolve like a mist before the rising sun before him. And he gave many things without asking. So I waited. But the strong desire to see a Rishi grew steadily.

(To be concluded)

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How can we know what we have chosen before our birth?

A: No one will tell us what we chose before we took birth. Our childhood tendencies, interests and the pursuits indicate our choices. Maybe there will be a revelation that we have taken birth for a particular reason and then we will pursue it. We have this great gift of “freewill”. We can 'un-choose' what we had chosen before taking birth and pursue something entirely different.

Q: How do we bi-locate?

A: Bi-location is being physically at the same time in two different places. The Astral body goes to some other place and physicalises. It acquires a physical body from the *Pancha Bhootas*. This acquired body will not be different from the original physical body. This is how we bi-locate. We don't know the technique yet.

Q: Are there Divine morals?

A: Each earth, each place of existence has its own local understandings, principles. Morals are man-made. The society decides what is right for its people. In Divine Cosmos they may have local laws etc. We don't know.

Q: What is mystic travel?

A: There is nothing like mystic travel. One can explore and experience the unknown mystical realms.

Q: Is it true that people look 30 years old always in the Astral world?

A: They look young always in the Astral world. Even the Astral

body ages very slowly. Vyasa Maharshi is an ancient Maharshi. Markandeya Maharshi is lakhs of years old. He has a physical body.

Q: If a baby dies and goes to the Astral world what will be the age there?

A: It will be the age of the Astral body.

Q: If a person meditates and clears Karmas will his life period change?

A: Normally our life period is decided based on the quantity of Karmas we carry from the previous life. A person has to live here for the time allotted to him when he came down here, even if he clears all the Karmas. That is the law. We have to meditate daily, to clear the new Karmas that we may gather.

Q: Although I meditate regularly I feel depressed a lot. Please advise.

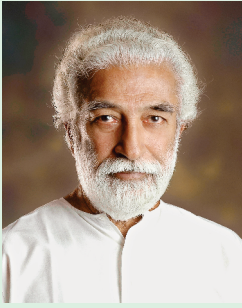
A: We have to meditate and make efforts to positivise. We have to practice the Shambala principles and carry Light. Have you followed our instructions? We have said, “manifest Love, manifest the life force.” Miracles do happen. But we have to make effort.

Q: How do we outgrow our negativities?

A: Allow the influence of Meditation to work through you, then there will be no negativity. Experience Love, manifest Love, experience Light then the whole day will be full of joy, devoid of negativities. Negativities come from non-love. ■

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/-
iGuruji Vol 1,3,4 & 7	each 150/-
iGuruji - Vol 2	120/-
iGuruji - Vol 5	100/-
iGuruji - 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/-
Guruji Speaks Part - I & II	each 200/-
Guruji Speaks (Vol 3)	150/-
Guruji Speaks (Vol 4)	250/-
Guruji Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences - Vol 1 & 2	each 150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis - Vol 1 & 2	each 100/-
Pyramid Revelations	100/-
Thus Spoke Guruji Krishnananda - Vol 1	200/-
Thus Spoke Guruji Krishnananda - Vol 2	250/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರೂಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
ಪ್ರೌಢ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಅತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿಲಯಗಳ ಅಭ್ಯಾಸ	50/-
ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
ಗುರೂಜಿ ಸಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಸಿಷ್ಠ ಗಣಪತಿ ಮುನಿಗಳು	100/-
ಅನೇಕಶತಕ ಅಪರೋಹಿತ ವ್ಯಕ್ತಿಗಳು	120/-
ಬೆಳಕಿನ ಶರೀರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयगुरुजी (Marathi)	100/-
ध्यान कैसे कराने (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
தியானம் செய்வது எப்படி	50/-
ஒளியின் வாயில்கள்	200/-
தியான யோகம்	50/-
ஆத்மாவின் அவரோகணம்	50/-
நவீன ரிஷி ஒருவரின் சூಕ್ಷ்ம சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಕಾಂತಿಕೆ ದ್ವಾರಮುಲ	100/-



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.

APEAL

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)

Two months back I was suffering from Sciatica pain. Doctors had given me painkillers and Vitamin tablets for nerves. One night the pain became very severe. I was not able to move from one side to the other. While lying down on the bed I started practising Saptarshi Pranayama. I felt as if somebody was guiding me. It was 3.30AM. It took half an hour for me to complete it. At 4AM, I went into deep sleep. From that day onwards to this day that pain did not occur again. I am very thankful for the practices which you are teaching us.

I feel very calm and quiet. I feel happy within myself. There are no complaints against anybody. I accept people as they are.

- Nasreen Begum

The change in me is acceptance of any situation. I have become stronger, and I have noticed that the minute I reconcile with any happening internally, my wish is granted. It's as if something is telling me, 'Don't ask, you will always get it when the time is right.'

- Nandita Patel

When my mother was suffering in the last stage of Cancer, I emailed and prayed for Rishis' help. My mother was helped, guided and cared for during her last days and moments. I am very grateful to Rishis for their unconditional Love, care and support in those very tough and unbearable situations. I offer my pranams and gratitude to dear Rishis.

- Harshad Oak

Towards the end of my Stage Meditation one day, very briefly I felt weightlessness and felt as if I was gliding. I could see the world go by while I oversaw this from some higher vantage

point. All of this happened in a matter of seconds and then my alarm rang!

One day during my Light Channelling practice, when I was sending Light to Taponagara, I saw Gurujee in place of the Cosmic Tower.

- Vinamra Longani

For the first time after listening so many times to Gurujee and Jayant ji, I have started the practice of establishing contact with Atri Maharishi in the evening, at about 6PM. I don't know whether I am able to do it or not but, I feel very, very peaceful and somehow connected to him and it takes time for me to open my eyes.

- Meena Rana

I sense Gurujee and Amaraji guiding me all the time. Whenever I am in distress and sadness, it seems that Gurujee is right there to soothe me and look after my family and me.

- Jaspreet Kaur

Love towards everyone around is felt in heart for no specific reason, be it humans or non-humans. Similarly, pain and agony suffered by others also gets registered in the heart with profound intensity.

I was detected with severe infection in my right ear causing foul smelling pus. The eardrum was punctured with several holes and ENT specialist indicated possibility of surgery in future. I started sending Light to the affected area inside the ear. I used to imagine that the perforations were getting healed. After some days, the ENT surgeon pronounced with astonishment that my wound inside had healed and ruled out operation in the future! I offered my Love and gratitude to the Rishis.

- Rajendra Rangnekar