



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 9

AUGUST 2019

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – October 1994 issue)

Healing is a wonderful experience. It reveals more. I have come across several cases where the relief was very fast and also cases where it was very slow. When I tried to understand them I had very interesting revelations.

People who had faith in the process or in me had quicker relief. Meditators had almost immediate relief. Those who did not have faith, did not receive the energies directed towards them. I tried to talk to them astrally. It took several hours of explanation and persuasion sometimes, before they accepted the healings.

It was easy when the affliction was not from Karmic influence. But when it was Karmic, I met with complex realities. The Rishis helped me with visions of the past and provided solutions. I wish to mention one or two here just to indicate the workings of Karmas and the Divine justice.

A person came with a burning stomach ache that doctors could not diagnose. I saw the vision. He had hurt a person in his previous life, in the stomach! Apart from directing the healing energies, I asked him to repeat a Mantra for a certain period. The energy gathered was passed on to the person who was stabbed. He had taken birth already and Rishis traced him. The stomach ache vanished. But he stopped meditating which made me feel very sad. I had not told him about the vision and the Astral help. They remain in the Akashic Records.

In another case, a person came with severe back ache. Healing energies did not give any relief. Then it was realised that he had killed a snake in his previous life and burnt it even before it was completely dead. When we were about to attend to the Karmic part, we had a surprise. We had a visitor. An Astral visitor! It was a snake!

It had come to convey a point. It wanted him to suffer! It wanted us not to help him clear his Karma! Justice! With patience and perseverance, I finally convinced it that if we can also help it attain Peace and Liberation then that person need not continue suffering. It agreed. And the Rishis helped both.

There are many cases. Each is different and strange. Strange to this human plane. The experience with these have taught me many things that books do not contain. Someday, I will pen them down if life permits.

Taponagara is getting ready. It is alive with energies from the Higher Planes. The Higher beings from other planes regularly visit the place, bringing Knowledge and Love. The foundation for another Shambala has already been laid in the Spiritual plane. The next phase is to physicalise these as per the set pace of changes. It is not easy. Love, dedication and discipline make everything not only possible but also easy.

Apart from the work, there is so much that every Meditator can take back with every visit and enrich himself. ■



★★★★★★

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

Saturdays (7 AM - 8 AM)

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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along with the Subscription
amount.



Teachers & Parents of Shradhanjali Integrated School, with Industrial Training members (including Association for people with disability) channelled Light on 13th July 2019 at Bangalore.

NEWS AND NOTES

- ♦ Maharshi Amara's Mahasamadhi Day will be observed in Taponagara on 25th August. Please register at Manasa office by 23rd August if you wish to participate in the program.
- ♦ Meditator Residents of Taponagara gathered in the Meditation hall and channelled the eclipse energies during the Solar Eclipse on 2nd July and the Lunar Eclipse on 17th July.
- ♦ Meditators gathered in the Meditation hall on 16th July to celebrate Guru Poornima and channelled energies of Parabrahma to the entire world.
- ♦ Shambala Group members gathered on 14th July in the Meditation hall at Taponagara to receive special energies from Shambala.
- ♦ RA group members gathered in the Meditation hall on 21st July to receive special energies from RA.

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
23-8-2019	Sri Krishna Janmashtami Special Meditation: 12Noon – 1PM
25-8-2019	Amara's Mahasamadhi Program

AMARA'S MAHASAMADHI PROGRAM

25-8-2019, Sunday

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

MEDITATION ON SPECIAL DAYS

01	Thu	New Moon Day
08	Thu	Shukla Ashtami
09	Fri	Worship of Mahalakshmi
10	Sat	Shukla Dashami
15	Thu	Full Moon Day
23	Fri	Sri Krishna Janmashtami
25	Sun	Amara's Mahasamadhi Program
29	Thu	Masa Shivaratri
30	Fri	New Moon Day

PROGRAM AT ANEKAL

Amara's Mahasamadhi Day will be observed at our Saptarshi Dhyana Kendra on 26-8-2019 at 6 PM.

Special Meditation Technique for Sri Krishna Janmashtami

Imagine a huge globe of blue Light or the form of Lord Krishna made of blue Light. Enter this globe or the form as a speck of Light. You are inside Lord Krishna. Experience Him. This technique can be practised for any length of time, any number of times in a day. This technique can be practised for ten days in place of the regular Meditations.

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.

SUPERHERO UNSURPASSED

Apoorva Deshpande

“He must increase, but I must decrease.” - John the Baptist

In recent weeks people have been thronging to theatres by the dozen to catch the latest superhero movie, as people around me oohed and aahed at every punch the superheroes packed, I couldn't help but feel how every single superhero pales in comparison to Amara!

Amara's life was full of adventures. He could travel at speeds faster than Light and he could appear in multiple places at once! He visited Earths that were vastly different than ours, some more advanced, some not as much. His work has stretched our imagination to its zenith and his humility has touched us beyond belief. We all know how simply he would recount his experiences. He had no airs.

Amara always kept away from the limelight. He always wanted a small number of students who he could guide individually. His focus was always the work of the Rishis. He gave up the opportunity to become an Indian Ambassador to another country for the work!

“Through Love, the devotee can even become God. God and His devotees are akin to the ocean and its waves.” – Sant Eknath

Amara's Love for the Masters and for us is unparalleled. He devoted himself to the work of the Rishis to help us enter into the New Age but many times his work came with its own dangers. When Vishwamitra Maharshi began adjusting the Mahameru mountain for Satya Yuga, he had explained that the Rishi workers will have to absorb some of the initial vibrations before the Mahameru was properly tuned. It was during those adjustments that Amara had a heart attack and was bedridden for several days. This is the best example of how selflessly he loved us and continues to love us.

Amara, just like Guruji, continues to be our father, our Guru and our very own superhero! It is his unceasing Love for us that will bring us into the New Age! ■

AMARA – A MYSTIC

Sujatha V.

Amara was always calm and never complained about anything. Amara was a unique Master. Amara introduced Mankind to the unique science of Meditations, received from the Sapta Rishis, to help quench the thirst of every seeker of Truth. He taught Meditation to thousands of people and led them to Liberation. He was a Mystic. He worked astrally for the Rishis and was very humble. He maintained a low profile and many were not aware of his capacities. He was concerned about the welfare of humanity. He was very compassionate and had great Love for the whole Creation. He saw the Divine in one and all.

In one of his previous lives as Sant Eknath, when he was travelling along with his friends to Rameswaram, carrying water from the Ganges, collected in Kashi to be offered to Lord Shiva, he saw a donkey dying of thirst. He brought the donkey back to life by offering it all the holy water he was carrying! That was Maharshi Amara!

Amara showed humanity the way to Shambala – The Golden City – a paradise on Earth, where people live a life of peace and perfection. His dream was to establish a Shambala in Taponagara. Let us follow his footsteps and fulfill his dream of establishing a Shambala here in 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

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)

January 2006 (contd.)

Every one of us here and everyone who is not here, has his share of hurts; someone would have hurt us; someone would have betrayed us, etc. And we cannot forget the pain out of this betrayal and hurt. Even after 30 years, we remember this and tell, "This person has hurt me." This we cannot avoid. Just because we are aware of it, we have the memory, it need not make us less Spiritual. But as I said, memories cannot be got rid of. Memories are a part of our system. But the thing is, there will be anger out of this pain. We are angry because we are hurt. This anger we have to throw it out. When I say, 'we' it is we Meditators or any person who has taken up Sadhana. Unless we get over the anger, get the bitterness out of us, we cannot make any Spiritual progress. It is not easy, but when we meditate, it is possible; when we make efforts, it is possible. This is the fight. This is Sadhana, i.e., getting over the bitterness and the anger. It is not a new thing that I am talking about, but I repeat it because this is not a lecture class, this is a kind of training class. We repeat because we have to put this into practice. Let us begin to put this into practice from now onwards. We have to get over this.

If we carry this bitterness for too long, it destroys relations. When a great actor was in the hospital, the whole world prayed for him. It was very touching! And when people were praying, income-tax officials went and served him a notice! Bitterness makes a person very, very, negative and very, very, deadly also. Anyway, let us throw away this bitterness, if we have it.

Sometimes we will be in situations where we are confused; we are under terrific pressure of, may be work, and we find ourselves very helpless. If we

go to an astrologer, he will ask us to do some '*Shanti*'. These people give gems. But because these are very costly and sometimes useless, let us not go after that. The best consultant is within us. Let us turn inwards and get guidance. We always get guidance and not merely guidance, we also get help. At the human level, I have found guidance when I was in such situations. I was not only utterly confused, I was helpless and hopeless. Then what I did was, I prayed to my Guru, tried to link up to the Rishis and I geared up. I also made human efforts. It is also important. We have to sit quietly and prioritize. This is very important – prioritizing. If I have ten problems, I cannot attend to all the ten problems today at once. So, the first one that I have to attend will be the first priority. At this moment, I think of a friend. When I joined my office, he taught me one wonderful thing. He told me, "The first time, you have to sit in a counter – in a bank or a post office – you may find 20 people standing in the queue and you may get scared. Don't look at these people. You will be attending to only one person at a time, which means you have one person in front of you. So attend to him and forget the others. So at any point of time, we will be attending to one person." So, you prioritise and start attending these things, we can find ways. You may laugh at me when I say that if you are confused, your Life is aimless, etc., just keep your surroundings clean, it will give you strength. Don't ask me how? It happens. Keep your desk always orderly, keep your room clean, arrange things neatly and then sit and somehow you will find wonderful ideas coming to you and things happen! May be there is a kind of organization in the physical world and this organized approach helps us to deal with any situation, any

problem. It may be a silly thing, try this, it costs nothing and you do not have to go to an astrologer.

Last Friday, when I was meditating during these 'Friday-satsangs,' I was a little disturbed. I had to go out, there was some quarrel. I came out to see whether our people were involved. So I came back and sat down. The Meditations were wonderful in spite of my going out and coming back. I looked around and I saw many people. The number was very good and the people were meditating so wonderfully and I thought, this activity is much more satisfying. It was the most satisfying sight and the happiest sight on that day – the people were sitting like gods and meditating!

I received a call from a stranger, not a Meditator, who happened to read 'Reflections' in our newsletter and somehow was able to get connected to me. Normally, people do not get me on telephone. He said, "How beautifully you have written Reflections." Of course, I was very happy. I would have been very happy if one of our people had noticed it. In fact, I was waiting to hear a comment, not necessarily praise, but for a comment that is different from the usual.

A clarification – whenever we speak about material and Spiritual world, we always emphasize that importance should be given to both these worlds. It is not that if you fail in the material world, you are a useless person; sometimes people who fail here (material world), they succeed in the Spiritual world. The emphasis here is very clear that we have to give importance to both, material and Spiritual. Sometimes, I have seen that people give importance only to the Spiritual part and neglect the material part; that is not the Rishis' way. ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

June 2019

Sometimes we go into a kind of self-condemnation mode. We feel very guilty about our past deeds and say, "I am a very bad person, I shouldn't have done it." Guruji had explained very clearly that this does not help. We may have made mistakes. We all are imperfect and we do make mistakes. Feeling a bit guilty is fine. I think it's human to feel guilty. It also means that we are conscientious. We must have remorse. But we have to be careful not to go on blaming ourselves forever. Any extremes have to be avoided. The most important thing is to accept our mistake. If we are able to accept, I think that's a big step we would have taken and moved forward. Forgiving ourselves will be the next big step. And then the most important thing is never to repeat the mistakes; that would be another big step forward. If we continue to make the same mistakes, then that will mean that we haven't realised our mistakes. We may have become aware but we haven't accepted it is what it will mean. So, self-condemnation does not help. We are a part of Light. We are not sinners.

In fact Guruji had said that if we realise our mistake and very genuinely feel sorry and if we do not repeat the mistake then the Karma related to the mistake will be cancelled, will be removed. It shows how kind and considerate God is. I think it is only the human beings who may probably never forgive us for our mistakes. They may carry the grudge forever. So if we are in a situation like this, when we feel very guilty, this knowledge which comes from the Masters, from the Rishis, should help us deal with such a feeling.

A person asked me, "We are with the Rishis, we have the healing energies here and we do self-healing.

We also send healing energies to others. Do we need to go to another healer, a Reiki healer or a Pranic healer or to an Astrologer?" I of course told him that we need not go to a healer or an Astrologer. But I also told him that if a Meditator of this Path goes to somebody and if we observe it, we don't comment, we don't even judge. There should be freedom at all the levels for a person to go to anybody. A Sadhak should be free to explore other Paths, other options for problem solving, for healing. If he finds that this Path is good, let him pursue Sadhana here. If he finds that some other Path suits him, let him pursue Sadhana there. So generally we don't say anything but because this person asked me specifically, I told him that we need not go to other healers.

We are with the Rishis. Rishis are like God Himself. Is there a power superior to them? It's not possible. We place our problem before them and we continue to make efforts at the human level to solve our problems. If we are having health issues for example we place our problem before the Rishis. We also practise self-healing and we also go to a doctor, take medicines. We know that the Rishis have stored wonderful healing energies here. We have access to these energies. We take help of all these. Then we accept the outcome or the result as God's wish. We do not stop at that. We continue to make efforts at the Spiritual level and at the human level. This is a Spiritual approach, a balanced approach.

Like I said earlier, if we are using the healing energies here, we need not go to another healer. If we go to different doctors, they prescribe different medicines. We cannot take medicines prescribed by different doctors simultaneously. There will be an overdose. It won't help us. Our system will not be able to deal with it.

Similarly going to different systems simultaneously for healing will create confusion. It also means that we do not have faith in any one system. Faith is an important part that works in healing. Our system has to accept healing energies. If we do not accept the healing energies they will not enter us. Even the healing energies give us freedom. Nothing is imposed on us. So let's say that we are confused and even if we are receiving the energies, I feel our system will not be able to assimilate the energies properly when we are trying multiple ways of healing. This is what I believe. When there is no faith, there is no complete acceptance, then energies cannot forcefully enter us. So when the energies are not assimilated properly in our system the effect naturally will not be seen. So, having faith in one system helps. —◆—

Sometimes people write to me with great hope. They will be in pain and will be caught up in very difficult situations. And in some cases, things may appear almost hopeless. I write back to them, trying to console them, assuring that the Rishis are helping and requesting them not to give up hope and to hold on to Meditations. Meditations bring miraculous results. Sometimes it takes time. We have to wait and have patience. I do not know how much my words help. People will be expecting a kind of relief. That is what helps, a relief, actual relief. So words may not be enough. I do understand that. But what can I do? I have no magical powers. I am an ordinary Sadhak like anybody else. But we have the Rishis. I sincerely pray and send Light like anyone of you would do. That is the only power we have. But that's the most powerful thing we have. It works always. As I was saying, in some cases it may take time, but there will be a relief definitely. ■

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

Six

(From March & April 1990 issues of Manasa Patra)

Within a few months of my meeting him, Amara had to shift his residence complying with the house owner's request. After not much of struggle he found out a more spacious house. Before he fixed it, he said that he had to take permission from the Rishis. I asked him if it was necessary.

"Absolutely, I cannot do anything without their approval. I am a worker under them. My whole life is at their disposal. And it runs as they run it."

I knew that Amara was a Rishi himself. Then where was the necessity?

"It should not be viewed like that. My role here is that of a worker and I have to follow the discipline."

Even on later occasions he repeated this. He described himself as a Tool in the hands of Rishis, adding that it was very difficult to remain a Tool, keeping the Ego down. I never saw him allowing his Ego to raise its head. And this is what impressed me most. A person so tall, powerful and great, was so humble! After his passing away, I met many people. Yogis, saints, gurus.... But no one measured up to him. With their bloated Egos, they looked so small and shallow that they evoked only contempt.

It was not just humility that made him look singularly tall. His child-like innocence, kindness, patience with difficult people, his majestic calmness like that of a silent ocean, his love that conquered every one and his capacity to accommodate everyone in himself... I can go on like this and yet fail to paint him full. Who can paint a dawn, a sunset or the moonlit mountains with snowy caps!

With the permission of the Rishis, Amara moved to the other house. His

casual remark that the Rishis brought him here, because many people around may be Meditators, proved true. We were around thirty and hundreds joined us here later.

One evening I found him sitting alone in front of the house. He appeared anxious and sad! I wondered. Reading me, Amara explained.

"You see, we have brought all the Idols. But the forces living in the Idols are in the old house yet. The Rishis are yet to shift them."

That night my son had a dream. He saw seven stars moving from north to south. I telephoned Amara in the morning. He confirmed shifting of the forces in the previous night. He was so happy!

I never again saw him sad or anxious, although many waves of human sufferings hit him many times.

The drawing room would always be full of Sadhaks, particularly in the evenings. Huddled in chairs, keeping all our problems out of our minds, focussing all our attention on the person gracefully sitting in a corner and waiting with all our ears open to receive every word he majestically brought out, we sat.

Amara looked around twice and spoke with an unusually raised voice.

"Fifty-one thousand years ago, you sat like this in the very same place and asked similar questions. Again today you are here with same doubts, same weaknesses and in the same condition. There is no change. And this is not the second time! In every 51,000 year cycle you sat like this. Where is the end?"

(to be concluded)

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: You say that the Golden Age started in 1978 but the world around seems still seeped in Kali Yuga. Please comment.

A: Golden Age started in 1974 not 1978. The truth is simple. From 1974 we are in a New Age but we are in the transitory period. The change is not complete yet, so naturally we find the remnants of the Kali Yuga. But we can also see many changes for good occurring. From 1974 the number of Meditators has increased. There is an awakening. People are intolerant about corruption not merely in Economics and Politics, but corruption everywhere. The energies of the New Age are working. There are many wonderful things happening.

Q: A lot of people who take up Meditation are interested in Siddhis, money-making etc. Are these not distractions to the real Spiritual goal which is liberation? Where have we gone wrong?

A: Siddhis are not important. We have to accept that most of the people have allowed a monstrous industry, a kind of Yoga industry to grow. This is what is wrong. We have commercialized Spirituality. We have to remove the commerce part because even now there are wonderful people teaching things. Their voices are muffled. They are pushed to the background. That is what is wrong.

Q: After we reach the state of contentment, what next?

A: Reaching contentment at the material level is fine. But, Spiritual goals are ever expanding. Once you achieve a Spiritual goal, there is another goal inviting us, waiting to be

achieved. So there should be no contentment in Spiritual areas.

Q: Does surrendering mean being passive?

A: Absolutely not. Being passive, before surrendering or after surrendering is unspiritual. We have to be active. It's not just meditating, but we have to manifest the life force in any way and every way. We can't be passive at any time.

Q: Can there be a gap between the preliminaries and actual Meditation?

A: I don't visualize a situation where after practising preliminaries we require a gap. Yes, there could be a gap of few minutes.

Q: How can we develop a non-judgmental attitude towards people who commit dreadful crimes?

A: Don't be non-judgmental. It's a principle to be non-judgmental. I understand. We will not find fault with a friend, a neighbour or a relative even if they are wrong. Do you condone a person cheating another person? We have to be judgmental about any criminal act. We have to reject. We have to pray to God, "Please punish him." One principle, one law cannot be applied everywhere.

Q: When we send Light to someone do we have to channel Light before that?

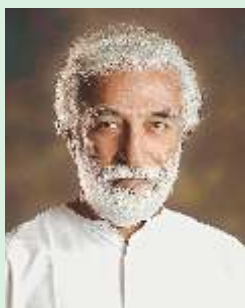
A: It is not necessary.

Q: What is the difference between Meditation and Tapas?

A: Meditation is silencing. 'Tapas' is shining. We shine when we are pure. First we meditate then we enter into the next stage of Tapas.

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
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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/-
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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)

There have been several instances where things have happened and my heart immediately said, "God is so kind!" Sometimes I talk to God asking Him, "How am I going to deal with the situation?" Then He resolves it! When I feel low, He enlivens me.

Several people have hurt me. If it were not for Guruji, I would have died long ago for sure, without any exaggeration! He has held me numerous times in all these years and has nurtured my heart. I mention this now, as I am feeling lighter within. 80% of bitterness in my heart has vanished now. Every morning, before starting my day, I invite Guruji to live in my heart, and during the day I try to remember this as much as I can. This helps me.

- Nikhil Gandhi

I always have a ball of white Light above me, whenever I am travelling or when I am just staring at the sky and it makes sure I see 'Its' presence.

Many a times, I feel the presence of the Rishis at home and this has brought about a huge shift in my life.

- Swapna Tembe

I totally agree with Guruji that if we have sincere intentions to do good, help comes from above always! Miracles are happening daily in my life and I am also helped to understand why something has happened in my life today!!

Only the Grace of God and Guruji can ensure that we are guided and helped in overcoming obstacles in life!! God is great and guides us through Guruji and the Rishis. I am indeed very lucky to be in this Path. Thank you and God Bless all at

Manasa.

- Pratima Vadgama

On a particular Sunday evening, I opened my heart to Guruji and Maharshi Amara, as it was filled with fear and insecurity due to peculiar circumstances. In Meditation I found myself standing in the 'Samadhi mandir' of Guruji in my subtle body. I received a subtle but clear message, "Fear and insecurity will be part of your life until the body and entire being becomes Light." My fear and insecurity receded gradually and I emerged out of the peculiar situation. Now I try to bring in more Light into my Life.

- Rajendra Rangnekar

In an Astral travel I saw my Astral body entering the Sphinx and great pyramids of Egypt. Then I started racing towards the space and saw our earth behind. In an instant I was back to earth and after some time regained body consciousness. When I was in space for a brief moment I felt great freedom.

When I was meditating in the Aurobindo ashram in Pondicherry, I felt expanded and I remembered Guruji for support. I felt as if someone established a telepathic link and I got a message, "My Guru is my strength."

I have observed that purification is happening at all levels. I have a sense of Restfulness. I am in between great changes and I have unwavering faith in the Rishis and the Path. I sense maturity at all levels and my prayers, my desires and ambitions have been elevated. My connection with Rishis, Guruji, Maharshi Amara and Master V has deepened.

- Anusha Mallanna