



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 3

FEBRUARY 2019

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – February 2007 issue)

Reading books, listening to lectures, discussions, debates and even contemplation... at one level. Pilgrimages, pujas, rituals, offerings and fasts... at another level. Asanas, Pranayama and Meditation... at a higher level. Are we Spiritual with these? What is Spiritual? I would have believed and remained stuck with any of the above levels, had I not met Amara. Amara took me to the core of Spirituality, beyond these levels. To the realm of Light, where Love, Truth and Peace prevail. It was an enlightenment of the highest order. Spirituality is not merely experiencing the Light but also manifesting it naturally. All Masters attempted to lead us to this level of Spirituality. But we did not understand them and have stuck to our chosen levels. Instead of treading their paths, we deified them and began worshipping them. It is easier to worship than to follow!

Amara did not lecture, quote or preach. He spoke and lived the Truth, like a true Master. He added a new dimension to the Spiritual world without disturbing the older orders. He said beyond the known. He taught us how to unshackle ourselves from the burdens of the past. He taught us the true liberal Spiritualism.

I met Amara thirty years ago, in a cold evening of February 1977. As the years pass by, I understand him more and more. As I grow in age and experience, he becomes closer and closer. A true Guru never leaves the student, even after leaving his physical body. I do not miss Amara. He is my breath and life.

Many pigeons are living above the portico. I see them flying, fighting and taking care of their young ones. Whenever I enter my residence, I look up for the pigeons habitually. We look at each other, know each other and live as a family. My Meditations are not disturbed when they make noises!

Last week, when I looked up I saw a pigeon sitting by the side of its baby which was lying dead. The pigeon did not look at me. Its eyes were riveted on the unmoving baby. The bird sat there for three days and nights looking at its baby as if waiting for it to move and fly along with it. Sadness, helplessness and a myriad unknown emotions passed through me. One morning I did not see the bird and the baby. Nowadays, I do not look up. The pigeons are there, of course.

One dictator was urgently hanged in a very undignified way. What about the other dictators! ■


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.

Join more than a
MILLION
on the
9th WORLD CHANNELS DAY
on 1st February 2019
& channel Light from anywhere, at
anytime for at least 7 minutes.

Join the Silent Spiritual Revolution by Light
& establish World Peace starting within.
Contribute to World Peace. Heal yourself. Heal the World.
To know more about Light and Light Channelling, please follow this link:
www.lightchannels.com/wcd2019.html

**Guruji
Krishnananda**

Join more than a MILLION on 1st February, World Channels Day.
Channel Light. Heal the World. Heal yourself.

NEWS AND NOTES

- ♦ February 1, 2019 will be observed as The World Channels Day. More than a million children from thousands of schools are expected to channel Light on this day. Please join from your own places by channelling Light for 7 minutes at any convenient time on this day.
- ♦ Maharshi Amara's 100th Birth Anniversary will be celebrated in Taponagara on 3rd February 2019. You are welcome to join us on this special occasion. You may please register by 1-2-2019 in Manasa office.
- ♦ 'Thus Spoke Guruji, Vol -3', containing unpublished talks of Guruji, will be released during Maharshi Amara's 100th Birth Anniversary program at Taponagara on 03-02-2019.
- ♦ The first meeting of Shambala Group members in the year 2019 was held in Taponagara on 13th January and of the RA group members on 20th January.

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM - 12 Noon
Light Channelling:
12 Noon - 1PM
03-2-2019 Amara Jayanti Program

MEDITATION ON SPECIAL DAYS

01	Fri	Amara Jayanti World Channels Day
03	Sun	Amara Jayanti Celebration Masa Shivaratri
04	Mon	New Moon Day
12	Tue	Ratha Saptami
13	Wed	Shukla Ashtami
15	Fri	Shukla Dashami
19	Tue	Full Moon Day
27	Wed	Krishna Ashtami

**MAHARSHI AMARA'S 100th
BIRTH ANNIVERSARY PROGRAM**

03-2-2019, Sunday

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

PROGRAM AT ANEKAL

Maharshi Amara's 100th Birth Anniversary will be celebrated at our Saptarshi Dhyana Kendra on 01-02-2019 at 11.30AM.

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)

I am so happy to do Light Channelling every day. I become calm while practising it. My mind becomes peaceful and fresh. Many times I experience the Love and Peace of Light while channelling.

- Niveditha S., Std. X, Oxford English School, Bangalore

Light Channelling is so simple. I feel like doing it again and again. It helps my brain to be sharp and be bright in everything. I feel light, peaceful and loving every moment. It helps in improving my mood during studies. It reduces negativity and increases positivity in me.

- Abhinaya S., Std. IX, Oxford English School, Bangalore

I am channelling Light every day, before I go to sleep and after getting up in the morning. I feel relaxed as the calm and soothing energy is in me all the time. Surprisingly my temper has gone down greatly.

- Triveni V., Std. IX, Oxford English School, Bangalore

Light channelling helps me to relax and refreshes my mind. It is very useful for concentration during the time of examinations. The habit of Light Channelling is helping me to lead a happy life. We practise it every Saturday in our school and it helps both in curricular and co-curricular activities.

- Student, Oxford English School, Bangalore

I started practising Light Channelling in 7th class when Manasa Foundation taught it in our school. I practise it for 7 minutes twice every day. I feel very peaceful and calm while practising it and also throughout the day. My mind is freed from problems and stress. I have gained control over my anger. My IQ level has increased. It has increased my memory power too. And I always have good thoughts on my mind.

- Akhila B., Std. X, Oxford English School, Bangalore

Light Channelling is a beautiful experience. I feel de-stressed. I am very happy and I send Light to my friends so that they can achieve their goals. It is very useful to relax the mind and body.

- Student, Oxford English School, Bangalore

When I was channelling I felt Light flowing in my body and felt very light. I am happy about this experience.

- Student, Std. V, Candour5 School, Bangalore

Light Channelling was a very nice and beautiful experience. I could concentrate and the Light was spreading all over the earth. It was excellent. My mind and body are very fresh. Thank you mam!

- Darshan T. J., Std. VII, Diana Convent, Hosapalya, Bommanahalli, Bangalore

We channel Light regularly in our school. I have benefitted a lot. My memory power has increased. I have become self-confident. My mind has become peaceful. I have progressed well in my studies.

- Savita, Vitthal Lahane, Std. X, Dnyaneshwar Balaji Murkute High School, Baner, Pune

I felt very happy and fresh while channelling Light.

- Srishti, Std. VIII, New Horizon School, RR Nagar, Bangalore

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)

November 2005 (contd.)

I have explained – problems teach us lessons. It is true. I would like to improve this statement – problems carry lessons; problems contain lessons. They automatically do not teach. We have to read the lessons. Only when we read, we know. If we do not read, we lose a lesson. That is why all the people who have problems, do not learn the lessons, because they do not read the lessons. It is as simple as that. There is one more new point – the same problem has different lessons for different people. I wanted you to think about this deeply. I have a problem, and you have the same problem. For me there is a different lesson and for you, it has a different lesson. That is why we cannot generalize. Even when we share our experiences, share our struggles, we have to keep this in mind. We are all different. My experience may have a lesson for me, but for you, it may not be the same lesson. How do we know what is the lesson? Each problem has a different lesson for us. We have to try to understand the lesson that a problem carries and contemplate, which is very important. So, sitting in a corner and contemplating is a part of Sadhana. Knowing the lesson and learning from the lesson is one thing; and again taking a corrective step is a second part which again is not an easy thing.

We go on experimenting; we also go on learning many, many, things. If we talk of too many things at the same time, you may go back saying, “Today's talk was very nice.” But, my emphasis here is that you have to carry back the lessons, you must understand the point so that you will be able to apply it in Life. That is why this is not a lecture class; this is a kind of training class. Every bit of what we speak here is meant for practice. Whatever we speak here,

first I try to put it into practice and only if it is actually possible to practise, I will let you know. Example – thinking of the Light – it is possible. I have tried it; you too have tried – people in intense Sadhana have tried and it is possible. But it is not possible to do it all the time. That is the reality. That is why we say, “Whenever you find time, think of the Light. Be aware of the Light and go on reading a paper!” I am aware of my Guru's words to explain this. He said, “Consider that there is an elderly person in the house – parent or our loved one – and we will be aware of his presence. We may be busy with our work and we will also be aware of his presence.” Similarly, we must become more and more aware of this wonderful person – God in us; He will give us the right guidance and the right inspiration. In that context, I always say, we have to make Him our companion, the closest companion who is always within us all the time. All this is possible and we have to start practicing. I also say, Meditation is also possible! We have to meditate.

I try to sometimes quote examples of events from Life; from the experiences of my Life – Spiritual Life. For me these are very important because we can draw so many lessons from these; they are of greater value than the things that we read in books because these are from the 'book of Life'.

An experience of a Meditator in Pune's class – this person was meditating and she had a vision; she saw the form of a Rishi and then after some time she saw the same form inside the teacher who was standing there. For me, this is a very great experience. It indicates, affirms that in every class, there will be a Rishi. It is a fact and it is corroborated.

People speak to me astrally; ask questions and many things happen. There will be interactions at that level frequently, almost daily. All these I attend very sincerely and instantaneously. If you have a problem and even before you start communicating about it, I will be aware of it. My job is simple – I pass them on to the Rishis and I do it instantaneously. I will not be aware of it at this conscious level at that time when I will be interacting or responding to people at the Astral level. I may be taking my food, or I may be joking, busy with my reading or writing or any other physical activity. But at the Astral level, this activity will be going on. I will not be aware of it at this conscious level. Because such things are too many, I do not try to know at the physical level, as it is not necessary. But sometimes, I enter that level and it will be interesting. I try to know and then wonderful things will be there. One such thing was: a person was posing a question at the Astral level and he wanted an indication that I am aware of the question and I am able to respond and he wanted an indication at the physical level. Of course, the person did not get any indication at the physical level. After three weeks when I tried to go down and tried to read, I realized that this person wanted an indication at the physical level. I did not give. The Rishis sometimes give these, I don't give. Then people think I am great. It is the Rishi who gives such indications. I wondered, what the person would have thought of me. I pose a question and I don't get the answer – the person would have been disappointed naturally. Why am I explaining this in detail is; you must understand the process. It is easy to get disillusioned at any time; and the lesson is “Do not test your Guru!” ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

23-12-2018

2018 is almost over. Many people expressed to me that they felt as if this year has passed by very quickly. The time is moving very fast. We, the people of this Path, know and we understand that the Rishis have compressed the time. Maybe Rishis want us to pass through this period of Pralaya very quickly. That's why everybody can feel it. This has been a difficult year like the previous year. But there have been very positive developments. That is my understanding. If we look what was happening in Syria for last several years, there are changes and things are different now. Of course the war has severely affected people's lives. But, things appear to be better and things can only improve further from here.

Even in Yemen there is a ceasefire now and the warring factions have decided to stop the war for now. The voice of the people seeking an end to the war is gathering strength and it cannot be ignored. Peace in the world is appearing a possibility now. We can move towards peace from here.

Similarly, in life around us here, we can see many positive and wonderful developments in Taponagara. We are growing as a community. There may be faults, and there may be issues but, I feel we are growing, we are moving in the right direction.

2019 will open us up to many new opportunities and possibilities. Guruji used to tell us that the New Age is waiting to descend and waiting for us to be ready. So we have to prepare ourselves. Maybe we have to get over the negativity within us and establish peace within and then there will be peace outside also. Maybe that is a kind of a foundation it requires for it to descend further. Guruji used to tell us that New Age

has amazing gifts for us. To receive something higher we have to let go off smaller unimportant things. We will prepare ourselves to welcome the New Year and the New Age.

I feel that time has come now to see the dream of our Masters becoming a reality – if not completely – at least partially. We can see the dawn of the New Age now. The New Age Spiritual Movement, which Maharshi Amara started, is gaining strength. For example, people are beginning to realise that being Spiritual is just being good and honest. I have read such expressions in magazines. Guruji and Maharshi Amara used to speak like this. People are realising such things as they are being guided at both physical and Astral levels. A kind of more and more awakening can be seen in people. So, these are very positive developments. I have great hope that 2019 will be a wonderful year which will take us more into the New Age.

A Meditator mentioned to me that she gets certain disturbing thoughts only during Meditation, not at other times. When we silence the intellect during Meditation, the dormant thoughts which do not bother us otherwise somehow begin to surface. I feel it's natural. We can understand with a very simple example. Imagine yourself sitting in a room. The windows are open and we can hear the noise of vehicles etc. In such a room if a pin is dropped we wouldn't hear the sound of the pin dropping. But imagine we close all the windows and establish perfect silence in the room then this drop of a pin can be heard easily. Something similar happens when we try to establish silence in the system. The otherwise dormant thoughts begin to surface and we notice them. It is natural. So we understand the

science behind it. We have to ignore even such thoughts.

A person was saying that only during Meditation sometimes very painful memories of the past surface. I feel we can try and shift our awareness towards the Stillness. In Stillness we meet God. And when we are with God, nothing can disturb us.

It should be easier for the Meditators who are meditating in higher stages to shift their awareness towards the Stillness because there is no Mantra or Dharana; their techniques are deliberately kept simple so that they can throw them away and enter into Stillness.

For those who are meditating in stages where they are still repeating a Mantra or practising Dharana, for them if such thoughts disturb them, the best will be to focus more on the Mantra. We have to practise persistently. Someday we will be able to enter into Stillness.

Does believing in God make us Spiritual? Or does not believing in God make us un-spiritual. May be there are people who do not believe in God's existence and yet somehow they are good and they are honest. We can say that these people are Spiritual. And there may be people who believe in God but may not be that good and honest. Then we have to say that they are not Spiritual. Of course it helps people like us who are pursuing Sadhana to grow faster if we believe in God. In the beginning not believing also is fine. But we have to have an open mind. That is important. When we believe, we understand God as the greatest intelligence, we know Him as an ideal, we have a goal and we want to be like Him. If we have a human Guru, it helps much more as he represents God. Ultimately everybody realises the existence of God. ■

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.

THE UNSEEN PRESENCE

Keerthi Bisarahalli

Amara is an integral part of our lives. Although none of us or at least most of us have not met Amara physically, he is as real to us as Guruji. Every time we have a problem or we need an advice we pray to Amara and find a solution. Every prayer, every whisper, every sigh is heard by him and is attended to. The solution we get from him may not be exactly the way we would have expected. But there definitely is relief or a solution. Being a Master, he always provides the best solution taking into account our Karmas, our Spiritual progress, our learning curve and such other factors into consideration. Invariably, it is always filled with love.

Amara had great powers. His speciality was in moving towards a destination in space where there is no direction and with tremendous speed!

He could talk to Gods and Goddesses. Every day he would have stories to share with his disciples about his Astral expeditions. He followed every instruction of the Rishis. When he was asked to sit on a stool, he did so for hours. When people made fun of him, he too laughed, but he did not get up from there until he was told to do so. He was the very personification of humility and simplicity. He not only expounded the Spiritual principles to his disciples, but also demonstrated them in his everyday living. He taught that Spirituality can be a part of our daily life. He emphasised the importance of Meditation and transformation in the life of a Spiritual seeker.

Amara said, "Humility is the measure of Spiritual progress." When a student complained that his mind wanders during Meditation, he said, "No matter where it wanders, it is still in God." Such were his lofty thoughts. Yet, to all his disciples he was "Uncle". The very thought of Amara, warms our hearts, brings hope to our lives and a smile on our face.

Even after a hundred years, Amara lives on! ■

THE ETERNAL LIGHT

Vaishali Joshi

A Hundred years back, an Amsha of Lord Krishna descended on this earth in the form of Maharshi Amara. Humble to the core, he became a worker of the Rishis, assisting them in guiding the humanity and equipping this earth to enter into the New Age. He maintained a low profile and kept away from limelight to silently carry out the works of Rishis. In adherence to the Divine Plan, he worked at different levels. At the physical level he brought down undistorted knowledge and energies, and guided all those who came to him for Spiritual guidance. At the Astral level he participated in various activities of the Rishis required for laying the foundation of Satya Yuga on this earth. He was equally at ease with Gods, Divine Personalities and human beings at the same time.

He laid the foundation for Taponagara, the Centre of the Sapta Rishis on this earth, and manifested it through Guruji, making it a storehouse of knowledge and energies to guide the future generations. And he draws all the people who come here by his Will, giving us an opportunity to become a part of this huge project of the Rishis, each in our own limited ways. He gives us this opportunity without judging us and overlooking our limitations.

He gave our Guruji the guiding principles, which form the basis for this Path of the Sapta Rishis. And he has been gently guiding us on this Path with great patience and love, removing the problems and obstacles that come in the way of our Spiritual growth, shielding us from unfavourable forces. He is a part of our life as a Guru and a parent. He is the eternal Light in our lives.

On his centennial birth anniversary let us express our gratitude to this Great Master by living in his Light, following his teachings and treading the Path shown by him. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is one experience not enough to have a lasting faith?

A: Experience is not required to have genuine faith. Where there is Love there is Trust and Faith. Love establishes a kind of connection, with people, God and the Rishis.

Q: Is the source of experience important?

A: No. Experience is important not the source.

Q: Is it true that if we are seeking something then something also will be seeking us?

A: It is partly true. The Universe or God is waiting to give us many things, but we do not know about it, because either we are not ready to receive, or we are asking for something different. We must begin to interact with the Universe. Trust blindly. Our life will be entirely different.

Q: How does one deal with continuous disappointments?

A: We have to find our ways. The first thing is never to lose hope and reorganize your efforts. There is always another turn. You can also check up to see if what you are pursuing is the right thing at that time. Meditate regularly, you will get guidance and help. We must learn to receive the help from the Universe, by spiritualising, by being good, honest and patient. Trust the Universe. You will see that you can come out of any type of difficulty.

Q: How can we manage our relationships with others sensibly?

A: I believe seriously that if you carry Love to the Universe, to others, you can manage any relationship. Do not intrude others' space. While interacting with others, let us sometimes shift our focus to the life beyond this earth, to the Presence. Mere

awareness of something higher than this horizontal living, makes us so different and this life becomes so beautiful.

Q: I heard that this earth will be in Satya Yuga permanently. Then what happens to this centre, which opens once in 51000 years?

A: If such a thing happens, we will close this centre, but the work will continue. People who are working here for the transition into the New Age will work on other earths. But it is yet to be decided, whether this earth remains in Satya Yuga permanently.

Q: Is it possible that a Meditator works for the Rishis at the physical level but does not listen to them at the Astral level?

A: Yes it is possible. People who won't listen to Rishis somehow naturally they cannot be here. Very rarely it happens. It is natural that we have to listen to the Rishis at any level.

Q: How do we know that we have been chosen for the Astral classes?

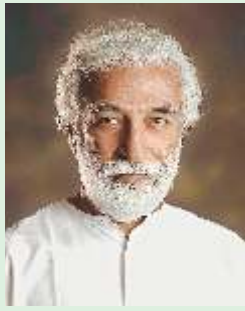
A: When we begin attending the Astral classes, it will reflect in our life. There will be gradual transformation. Suddenly life becomes so beautiful, so interesting, health improves and problems vanish. We stop grumbling, complaining. When such changes occur in us we can presume safely that we are attending classes at the Astral level. Our intuition will also tell us that we are attending Astral classes.

Q: Can manifestation of non-love be motivated by love?

A: No. Love motivates only love, not 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/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

established in 1988 by Gurujee Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city.

MANASA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Gurujee lived from 1987 to 1992.

STUDY CENTRE

is a unique Centre for Studies on Spiritual Realities at Antar Manasa, guided by the Rishis.

JYOTHI PROJECT

is mainly for the village children. They are helped in their school studies and are taught Shlokas, Bhajans, hygiene, General Knowledge and Computers. They are also encouraged to express themselves creatively through story-telling, drawing and painting.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APPEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I had a major vision loss in my left eye. The doctors diagnosed it as a rare condition where the retina gets damaged, due to which there is a sudden painless loss of vision. I practiced Lord Suryanarayana's technique and the Healing technique given in the booklet 'Living in Light'. After some days, the doctor examined me and told me that the left eye had become normal and it was getting healed! A miracle had really happened due to the Grace and kindness of the Rishis. I offered my gratitude to them.

- Satvajay Thokal

I am at peace and much calmer. I go easily with the flow of things. I find it difficult to get angry now. Things that would have angered me previously don't even bother me. My outlook on life has changed and I just get on with things rather than worry about them.

- Pratibha Patel

Some of my friends and I went on a short trip. I channelled Light to the car before we left. It was night journey and after driving half way, my friend felt sleepy for a second and lost the control of the car and was about to hit a bus which was ahead of us. A major accident would have happened. I feel it was the Light and the Rishis who saved us. I offered my thanks to Light, Rishis and Gurujee.

- Pooja B

In any situation, when I don't do something that I had planned to do, I don't get angry or frustrated as I used to get earlier. But now I remain calm and peaceful and tell myself, "It's ok, you have another chance another day to do it."

The day after a trip to Mysore on November 10th 2018, I got up with a

severe headache and was not able to move my head. After some time, I channelled Light for 15-20 minutes. When I began channelling Light, after 5 minutes I felt as if my headache was being washed away gradually by white Light and this feeling was amazing! After the session, my headache had completely gone and I felt so happy. I am very grateful to Light.

- Kumar Tumkur Nagendra

The three main changes I find in myself are positivity at all times, lot of love for everyone around and a deep sense of peace. All these three changes have equipped me to deal with the ups and downs of life easily. I am able to practise loving detachment and 'let go' of things without any effort. Living in the present and enjoying silence has become a part of me.

- Payal Varma

Since a few months whenever I get questions in my mind, I close my eyes and remember Gurujee, but I see Jayantji's face; and 99% of the answers are received from the Rishis.

When I sit for a long session of Meditation, for four and half hours, I do not feel hungry though I am a Diabetic. My blood sugar levels remain normal.

I experience deep Stillness during Meditation; and within and without my body a web of Light and energy is formed.

I always experience that Jayantji is monitoring me; and all my actions are happening as per his directions. I am grateful to him for all the good things happening in my Life. I offer my heartfelt gratitude to him.

- Geetika Mehrotra