



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 7

JUNE 2019

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – July 2002 issue)

The Monsoon showers have brought down the temperature. These clouds are welcome.

Does Shambala exist? There are numerous assertions and numerous legends. Thousands of people made journeys in these several thousand years. Did anyone reach? Has anyone come back? Finding answers to these questions is not easy.

Amara had visited Shambala many times. He did not give us much information about Shambala saying that the world was not yet ready to receive Shambala. But the little knowledge that he had passed on was unique and precious.

Shambala exists. It exists in the physical and the other dimensions. It can be reached only when the Rishis take us there. Those who physically go there, stay there. Several great men have gone to Shambala and are living there now. Those who live there, live for eternity without aging. The highest of the civilizations is flourishing there. The highly evolved Shambalites are aware of this world's affairs. They come out and help many times secretly. They have prevented several wars. This is a very, very brief sketch.

I am mentioning about Shambala to reiterate that the time has come to receive Shambala and establish first within and then around us; first in the Spiritual dimension and then in the physical.

The essence of Shambala is Love, Dharma, Truth and Peace. Simple to utter but difficult to live! As we advance into the consciousness of the New Age, the new energies that enter this earth help us to receive Shambala. And after a certain time, those who cannot manifest Love, Dharma, Truth and Peace and cannot establish Shambala within will be shifted to the earths of lesser evolution.

In course of time, Shambala exists all over the physical plane and everyone lives like a god.

Sometimes, I feel that I have talked enough and written enough, and that I should withdraw to the cave of Sadhana. But I will never succumb to this temptation. There is so much to do here! And there are so many young faces!

My work does not stop. After my last breath, I continue it in the Astral and come back again. ■



★★★★★★

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.



The annual Orientation Class was held in May 2019.

NEWS AND NOTES

- ◆ Guruji's 80th Birth Anniversary was celebrated at Taponagara on 19-05-2019 and at our Saptarshi Dhyana Kendra in Anekal on 18-05-2019.
- ◆ The Orientation class was held in Taponagara on 1st May 2019. About 135 Meditators had gathered in the Meditation hall at Taponagara to participate in this class and about 75 others joined from their own places through webcast. Many could feel the presence of the Rishis and almost everybody could feel the great energies and experienced deep Peace.
- ◆ The Light Channel Volunteers are requested to re-register their names if they wish to continue the Light Channelling work. New students who wish to join the work can also register. Please register by giving your names in the Light Channelling Office. You may also register by sending a message to Shri. Manoj Chopra or by sending an email to Manasa office or to Shri. Manoj Chopra.
- ◆ Members of the Healing group are also requested to re-register their names if they wish to continue the healing work. New students who wish to join this work can also register. Please register by giving your names in the Light Channelling

Office. You may also register by sending a message to Shri. Manoj Chopra or by sending an email to Manasa office or to Shri. Manoj Chopra.

- ◆ We have Light Channelling centres where people meet once a week and channel Light. Information about these Light Channelling centres can be found on our website www.lightchannels.com. Anybody can join and participate in this noble work.

MEDITATION ON SPECIAL DAYS

01	Sat	Masa Shivaratri
03	Mon	New Moon Day
06	Thu	Lord Kalki's Birthday
10	Mon	Shukla Ashtami
12	Wed	Shukla Dashami
17	Mon	Full Moon Day
25	Tue	Krishna Ashtami

PROGRAM AT TAPONAGARA

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

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

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

LIGHT CHANNELLING EXPERIENCES & FEEDBACK FROM SCHOOLS

(Compiled By Vaishali Joshi)

Light channelling has helped our students to become more calm and quiet.

- Shri. Choughule, Principal, Smt. Satgonda Patil School, Sangli

Light Channelling has brought positive changes in our students. They have become more studious and disciplined.

- Smt. Pathan, Principal, Mahatma Gandhi Vidyalaya, Sangli

Due to Light Channelling, handling the class has become very easy and the number of students in our school has increased.

- Smt. Takker, Principal, Vidyaniketan High School, Sangli

We are very happy to inform that mass Light Channelling was organised in our school premises on the occasion of World Channels Day and all our students and teachers participated in the session. We had a very good experience. We assure you that we will try to practise the Light Channelling technique daily.

- Head Mistress, Navodaya Educational Trust Nursery, Primary & Higher Primary School, Jigani

We are going to practise Light Channelling every Saturday for ten minutes. This is a very nice technique which helps us to become calm.

- Shri. Jangam, Principal, Udhgaon Technical Secondary School, Jaysinghpur

Many students who are sincerely practising this technique are getting a lot of help.

- Sister Hema, Frazer town, Tarbes Community College, Bangalore

We practise Light Channelling every day in our school for seven minutes during the prayer time. Students practise it at home also and we take feedback from them. Their parents are aware of it. It is very useful.

- Ms. Padma, Headmistress, S S P English School, Sondekoppa, Bangalore North

The Light Channelling technique is very amazing. It helps the students to develop concentration and mental balance, and to achieve positive progress. It is also very helpful to the staff members. The Management, staff and students of our school express our sincere thanks and gratitude to Manasa Foundation.

- Ms. C. V. Rajalakshmi, Head Mistress, K.V.V. High School, Bangalore

We conducted a Light Channelling session at Ushatai Gogte School, Pune during the 10th standard farewell function. The Principal said, "When my children are stepping out of school, I am giving them the best gift by organising this session."

- Geeta Joshi, Volunteer

I had taken permission for a Light Channelling session in a school. But I started feeling uneasy in the morning and had vomiting. I kept calm, and prayed to Light and the Masters. I became alright and could conduct the session well.

- Padmaja Bajpai, 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.)

We can avoid problems; we can avoid suffering; we need not suffer. God and the Rishis show us so many ways to get over our problems and avoid suffering. We have to follow their instructions completely, fully, then there will be no tragedies. We have to accept God wholly. We have to accept whatever He gives us. May be, because I accepted without complaining about the humiliation, the isolation, the pain behind it, which is difficult, they gave me all these and you! You are a gift. So, you have to follow the Rishis not selectively, but fully, wholly.

I wrote to a person recently, "Except the Spiritual talks, Spiritual people and Spiritual places, nothing else interests me." I was referring to my visit to Bombay. Sightseeing was arranged and I said, "I am not interested. I have not seen Bombay. But I am not interested. What I am interested in is, meeting my people there. There are wonderful people in Bombay waiting for me. I want to meet them purely for Spiritual purposes. Anything else pulls me down." Somehow it is a weakness, somehow I feel these days, very intensely, anything other than Spiritual, pulls me down really.

01-01-2006

When I welcomed the New Year, offered energies, Rishis gave me a very interesting vision. I saw darkness in the vision and then I immediately thought, "Oh God, this year again there is darkness." Then I saw a dark sun rising. It is difficult to explain these; you have to just imagine. From the dark sun, rays of bright light came! Then of course, there were many things.

This year is going to be a very

important year, not that other years were not, and future years would not be. This year will be very important in the sense that at the individual level, our goals get defined. All types of goals – material and Spiritual – become very clear. Somehow we will realize our limitations and also our potential. It is very important. We will know what we are capable of and when we become aware of our limitations, we will also know how to get over them. We will have even this awareness in this year. That is how we take great strides materially and spiritually. We have to make use of this knowledge, about our own limitations and capacities and even the knowledge of how to get over our limitations, shortcomings, etc. We have to be careful about one thing here – if we have to move on, we have to throw away many things. This is absolutely necessary – with a lot of baggage, we cannot climb the heights. We are aware of it. The baggage is our own weaknesses, our own prejudices etc. The one thing that always brings us down spiritually is the anger in us. A person would have hurt us in many, many, ways; we remember that and we carry these hurts and we are always angry. There will be so many hurts, so many slights and there are so many reasons to be angry. This particular type of burden, we have to throw away. This year at least, let us focus all our energies in throwing away this burden of the memories of hurts, etc. Let us begin this year by drawing a line and forgiving all those who have hurt us. Let us forgive everything and let us seek forgiveness because we too have hurt others. We have to remember that. It is not that only others have done wrong to us; we too have done

wrong to others. Let us be very honest about that. Let us forgive and let us seek forgiveness. With this we shall begin this wonderful year.

I would like to repeat a point I mentioned last week. Whenever I interact with people, visit places, I am pulled down emotionally, spiritually when the subject is not Spiritual; when the subject is not related to the Rishis and their work. That is my weakness perhaps, but that is my experience. Somehow, there are changes in my whole system – bodily, there must be changes. My system rejects many, many, things – that is why I go back to my solitude. I have realized that this is necessary. Someday, you will enter this solitude. Because I realized, I want to be closest to the contact. I may have time physically, but I would like to spend it alone with the Rishis. My whole Life, and routine changes. It is for this reason you have to spend more time with the Rishis. I see in them the vastness, the knowledge, the way they look at things and the Love for Life. Normally we have the filmy version of the Rishis always sitting in Meditation! The Rishis love Life the most. It is they who make me see the whole Creation in a butterfly. We have to remember Ramakrishna Paramahansa always – he sees a bird flying and enters into Samadhi. Rishis see God in every bit of Life and they enjoy Life and there is so much of humour in them. It is not a very dull approach to Meditations. The Rishis are so jovial! We have to spend more time with them and it makes this Life ahead so beautiful. When I spend time with the Rishis I can notice maximum beauty, experience it, because they teach us that. They somehow make this Life very beautiful, very much Divine. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

07-04-2019

While meditating sometimes we enter into a kind of blankness. Some people wrote to me, that this happens to them. We will not be sleeping, but we enter into a kind of blankness, we lose awareness of everything. This may not happen to all the Meditators all the time. But, sometimes it happens to some of us. When we enter into that blankness, we forget the technique and we become unaware of everything. The fact is that we will have no direct control over it. So naturally we think that we are not meditating. We sit and we begin the practice and then immediately we enter into blankness. And sometimes it happens even when we are yet to begin the practice of the technique.

I remember that a similar question was asked to Guruji by a person and Guruji told her very clearly not to worry about this. It is a phase in our Sadhana and as we persist with our practice we will move beyond this phase.

Meditation is silencing. When we begin the process of silencing, our awareness shifts from the physical level to the deeper levels within us. In the process of shifting it has to pass through three layers of the mind – conscious, sub-conscious and unconscious layers. Sometimes our awareness gets stuck in the unconscious layer of the mind and then we experience this blank state. We become unaware of everything and we feel we have not practised the technique at all.

Guruji had explained clearly that we need not feel guilty about this because we have no control over it. But we must persist with our Sadhana, with our practice. Then a stage will come when we will move beyond this phase and we will be

able to move into Stillness, beyond the mind and intellect. People even say that because of this experience of blankness, they lose interest in Meditations. Yes, it is true that there are sometimes dull phases in Sadhana. We have to pass through them. We have to persist, that is all. Maybe, to move quickly beyond this phase of Sadhana, we have to long more for God, long more for the Light. We meet Him in our Meditations, we experience Him. Guruji used to tell us hundreds of times that before we sit for Meditation we have to think of God with very great Love. Maybe we have to become a bit emotional about our meeting with Him. Then maybe it helps. This may help our awareness pass quickly beyond the mind, into Him. This is like a Mantra – never to give up and persist with our Sadhana.

28-04-2019

Sometimes we worry about many things in life. We even feel insecure sometimes when we think of the possibilities of what can happen to us or to our dear ones in future. I think feeling concerned about our dear ones is natural. It comes from Love. But when we become very insecure, when we worry too much then it may lead to a kind of depression. When I was thinking about it, this is what suddenly flashed to me – “The things we worry about, the insecurities we carry about our future, do these really happen in our lives?” Maybe we have to sit back and analyse our past. The thing we were worried about, did it really happen in our lives? And if it did happen, could we deal with it? Could we face it? Was it the end of life for us? Definitely it wasn't the end. Otherwise we wouldn't be sitting and analysing. If we sit and analyse like this, I feel we

probably will realise that we wasted a lot of time worrying about things that did not really happen in our lives. The stress and the pain we went through were based on our imagining a very negative future, which never actually happened.

Many times in our discussions this point would come – “We shouldn't die before our death.” We can also say, “We need not cry before we actually fail.” Again as a human being we do cry sometimes, which is fine. But we have to obviously sit back and analyse our failure, then correct ourselves and make another attempt. That is how we move on. And of course we can meditate. Meditation is the best solution for any problem, any fears, any worries, any insecurity. When we sit and analyse our own life, we will understand that God really takes care of us and if we have to face failures, disasters, He somehow gives us the strength to deal with them. Of course having more faith in ourselves and in God helps.

There is one more factor. When we worry too much, we naturally go on thinking, imagining a very bleak future. When we do this we will also be strengthening a kind of negative affirmation or a negative outcome to our life which is not actually destined for us. We have to think positively, which will strengthen a positive affirmation and will attract a positive destiny for us. With the help of Meditations and positivisation we can change our destiny.

One more factor we have to understand. When there is so much of turmoil, so much of pain on this earth, it is not possible that our lives will be very smooth and perfect. We are a part of this world. We cannot completely isolate ourselves from the vibrations of pain in the world. ■

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

Four

(From December 1989 & January 1990 issues of Manasa Patra)

Amara's Friend continued, "Yes, the Sapta Rishis. They looked so bright, tall and different from anyone I had seen. They were kind. Their smile was so intimate. They did not talk to me. Amara talked. He said I should not have peeped in. He explained they were all discussing an important issue and warned that I should not talk about this to anyone. I bowed before them. But when I raised my head they were not there!"

"Did you see them again?"

"Yes... But I do not know if I can talk about these things!..."

He was silent for a while as if trying to listen to someone.

"You come again. After a week. I shall tell you a lot."

But when I went to meet him after a week equipped this time with a Tape recorder, he was no more! I was sad. On the way back I wondered if he knew about his death.

Amara's friend was a Christian. When I met Amara the next day he threw a knowing glance and without any preliminaries went on.

"He was a very good person. We were very close friends. After leaving the body he came here. I took him to the Rishis' head quarters. It is only there that he came to know about himself. He was one of the twelve disciples of Christ."

"Did you know about it Sir?"

"Yes. But I was not permitted to reveal."

"Why Sir?"

"It would have affected his life and work."

"Where is he now Sir?"

"With the Rishis in Satya Loka... Waiting for Christ to take birth again."

I was all ears as Amara continued.

"You see Christ was a Rishi, a very great one. He is going to come again and his disciples also take birth to assist him."

"When will this occur Sir?"

"Any time from now on."

"Will we meet him?"

"Yes. But you have to prepare yourself. Meditate and become pure... Several other Rishis also take birth. But this one will shine brighter."

"Jesus was described as the only Son of God."

"He was undoubtedly the only Son of God who could reach the frontiers of the Supreme God... Parabrahma."

Amara gave so many details and I hesitate to reveal them only to avoid controversies. And I see they are not important. What is important is the path that the Masters show by their light.

(to be concluded)

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: When people reject the Spiritual energies, is it because they hold on to negativities?

A: Of course yes. One of the factors is people holding on to their negativities. People also make a conscious choice to reject the Spiritual energies at the Astral level. When these energies are rejected, then the people behind this process keep quiet, allowing the Pralaya energies to take over. Then we have to go through many learning processes.

Q: When a soul incarnates for the first time it can choose to take birth in a particular Yuga. Was this the reason for a low population in Kali Yuga? Why would people choose to come down to earth during Kali Yuga?

A: This is one of the reasons. People do not choose to come down during Kali Yuga. Many also go out of this earth in this period to other earths. And once this Dark Age is over, they come back again.

Q: Do animals develop ego?

A: No. Animals don't have egos.

Q: I notice Orbs sometimes. What kind of energies do they carry?

A: We have to study each Orb. They may carry different energies. Orbs are not always energy carriers. Astral beings are also sometimes seen as Orbs.

Q: How do we know when our egos creep in?

A: The ego does not creep in. You can make out by your own behaviour when the ego comes with a bang.

Q: When you send healing energies, to which source do you link up?

A: There is a Goddess. She is Santoshi Devi. She is in charge of several types of Healing energies.

So we always link up to Her, pray to Her. She will provide the right type of Healing energy.

Q: A boy is healed and is miraculously saved from death. Now his mother has a tumour. Is there any connection between these two?

A: Yes. The mother prayed, could be at the Astral level. She said, 'I will take over the Karmas.' So this boy is saved. His mother has tumour because of the Karmas that she has taken over. She has to meditate intensely to get over this.

Q: In this case of the boy, were his Karmas completely transferred?

A: No. Transference of only part of the Karmas is permitted. In this case some of the Karmas were transferred to the mother and some were postponed, some cleared by the Rishis and some Karmas the boy has to go through.

Q: When we offer energies to the Divine personalities or the Rishis, do these energies help them?

A: These Divine personalities and the Rishis have huge fields of energy. We offer energies for our own satisfaction, out of respect. It's just a token, symbolic that's all.

Q: You explained once that Masters choose suffering to remind themselves of God. Is this necessary?

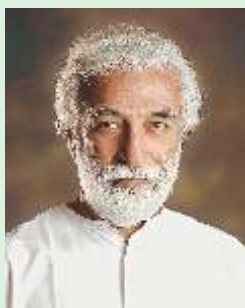
A: No. It is not necessary.

Q: Are the bodies of the ordinary and the highly intelligent people the same?

A: Yes. Maybe the brains are different. ■

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/-
iGurujī Vol 1,3,4 & 7	each 150/-
iGurujī - Vol 2	120/-
iGurujī - Vol 5	100/-
iGurujī - 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/-
Gurujī Speaks Part - I & II	each 200/-
Gurujī Speaks (Vol 3)	150/-
Gurujī Speaks (Vol 4)	250/-
Gurujī 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 Gurujī Krishnananda - Vol 1	200/-
Thus Spoke Gurujī Krishnananda - Vol 2	250/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಸುಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಸುಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರುಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರುಜಿ ಭಾಗ 2	120/-
ಪೊಸ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಅತ್ಯದ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	50/-
ಆಧುನಿಕ ಸುಷಿಗಳಿಗೆ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
ಗುರುಜಿ ಪಾ ಕಂದಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸ್ತೃತ ಗಣಪತಿ ಮುನಿಗಳು	100/-
ಅನೇಕಶತಕ ಅಪರೂಪದ ವಕ್ತೃಗಳು	120/-
ಬೆಳಕಿನ ಶರೀರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयुर्गुरुजी (Marathi)	100/-
ध्यान कसे करावे (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/-
தீயானம் செய்வது எப்படி.	50/-
ஒளியின் வாயில்கள்	200/-
தீயான யோகம்	50/-
ஆத்மாவின் அவரோகணம்	50/-
நவீன ரிஷி ஒருவரின் சூஷ்ம சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-
ಧ್ಯಾನಂ ವಿದ್ಯುಷಂ ಎಲ್	50/-
ಸಾಂತಿಕೆ ದ್ವಾರಮುಖ	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.

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 is a much stronger intent to prioritize Meditations. I am a lot more aware that I must manifest Love in all situations. I have identified suddenly many areas for improvement. I was not even aware of them earlier!

- Nimmi

There was a situation where a person committed a mistake but my response was unusual. I would generally get very angry, but this time something different happened. I just smiled and told that person, 'It's alright.' I could not believe it! I am aware of the Grace that is bestowed upon me daily and I feel grateful for it.

- Satvajay Thokal

Every Light Channelling session has been a sublime one! I feel absolute peace and joy when I channel Light and also feel strong currents of energy coursing through my body and spine multiple times, throughout these 7-10 minutes of channelling sessions.

- Tanvi Bhatt

I have come to the understanding that everything works as per God's wish and if my little wish is in tune with His, then things really work very smoothly.

- Pundalik Dhakorkar

I feel very happy and blessed for being your student. I have been practicing Light Channelling for two years and I have experienced a lot of changes in my personal life. I wake up in the company of colourful, small, beautiful lights surrounding me. This vision keeps me peaceful and happy the whole day. I have completed sixty-four years but after doing the Saptarshi Pranayama I feel like a young lady of fifty! Thanks to the Rishis for their teachings and guidance.

I am a student of Shambala class as well. I feel rejuvenated after each initiation. Each and every cell of my body becomes light and peaceful. The environment in the whole house also becomes peaceful and soothing.

- Nasreen Begum

On 23-3-2019, in the night in my dream, I was in Taponagara, attending an Astral class with other students. Gurujee spoke first and then we listened to Jayantji. So much of knowledge was given, but I could not recall anything later. After the class a lady took me to 'Antar-Manasa' and later to a temple where there were no idols. We both prayed. After this experience I felt that I had received great strength and Love from Gurujee. I convey my heartfelt thanks to Jayantji and everyone at Taponagara from whom we receive the Rishis' Love.

- Amrutha Oblesha

When I was going on my scooter, I got an intuitive feeling to maintain the speed of 40 kmph, which thankfully I did! And suddenly my vehicle just stopped a few metres away from another vehicle. There would have been a terrifying accident! Even at the speed of 40, I could have lost my life or suffered a lifelong brain injury. There wasn't a scratch on my vehicle! I thanked Gurujee, God and Light for saving both of us and moved on.

We can live a fulfilled life if we are in sync with God, and that can happen only when we have a lot of Love towards God. I just hope I can soon put this theory into practice for 24 hours of the day.

- Nikhil Gandhi