



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 4

MARCH 2019

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – June 2002 issue)

There is a cool breeze in the evening. Also a drizzle in the night. The summer is going to end soon. The burning will stop.

When there is so much of pain and suffering, when there is so much of violence and hatred around, what does a Mystic or a Master or a Meditator do? He does what he can do best; work at the Astral level to bring relief and peace. But, then, why is it that the killings continue and sufferings increase?

This is a good question and it is not easy to answer this rationally. Those who are working at the Astral plane know that much more suffering is avoided, wars prevented and the world is saved several times from the nuclear annihilation.

Many are working at the Astral plane. But they are not supported by as many at the physical plane in physicalising and channelling the beneficial effects. There are not many good Meditators. No doubt, many are taking up Meditations. But their Meditations are not long and deep enough. They meditate briefly or lightly to relax and rejuvenate enough to carry on their works at the physical plane.

We are waiting for serious Meditators. We are training our Meditators not only to benefit at the physical level, but also to channel Peace and Love.

It is difficult to convince others that one need not take up several works to serve. There are others also serving and attending to others.

Our work is to teach and train in Meditations, mainly. I am happy that we were not tempted to run schools and old age homes. We would have perhaps lost track of our main goal.

We specialise in Meditation. We have gathered a lot of knowledge in this field; have developed advanced techniques. We are happy we are doing a good job.

Without effort we do not get anything. Without Meditation, we do not grow. Meditation is a gift from the Rishis. ■



MANASA FOUNDATION (R)

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e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)
at Saptarshi Dhyana Kendra

External Guidance is available
by post and e-mail. Please refer
column 1 on page 6 for details.

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PRAKASHMARG(Marathi)**
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NEWSLETTER

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Send us the name and address,
along with the Subscription
amount.



The success of World Channels Day 2019 was
celebrated by Light Channels Volunteers.

NEWS AND NOTES

- ♦ The 100th Birth Anniversary of Maharshi Amara was celebrated at our Saptarshi Dhyana Kendra in Anekal on 1st February and at Taponagara on 3rd February 2019.
- ♦ "Thus Spoke Guruji Krishnananda – Vol 3" was released and a small bust of Maharshi Amara was made available to students during the program at Taponagara on 3rd February 2019.
- ♦ Orientation class will be held in Taponagara on Wednesday, 1st May 2019 from 11AM to 1PM. External Guidance students who have access to the webcast can also join through live webcast. Those who wish to participate may please contact Manasa office and register by 29th April 2019.

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
04-3-2019	Maha Shivaratri Special Meditation: 12 Noon - 1PM
10-3-2019	Shambala Group meeting at 2PM
17-3-2019	Ra Group meeting at 2PM
31-3-2019	Akhanda Dhyana (Light Channelling): 11AM – 1PM

MEDITATION ON SPECIAL DAYS

04	Mon	Maha Shivaratri
06	Wed	New Moon Day
14	Thu	Shukla Ashtami
16	Sat	Shukla Dashami
20	Wed	Kamadahana
21	Thu	Full Moon Day
28	Thu	Krishna Ashtami

MAHA SHIVARATRI TECHNIQUE

Rishis bring down an Amsha of Lord Shiva in the night on Maha Shivaratri, which enters every home on this earth as a ray of Light, the next morning. His energies remain here for 10 days. We can be aware of His special presence during these 10 days. To experience Lord Shiva and to absorb His energies, we can practise this technique for 10 days from Maha Shivaratri in place of our Stage Meditation. Imagine a huge Shiva linga made of Blue Light in front of you. Imagine yourself entering this Shiva linga as a speck of Light. Experience the Blue Light.

KAMADAHANA TECHNIQUE

On 20th March, Wednesday at the time of moonrise, imagine a Homa Kunda in front of you. Invoke Agni Deva by saying once the Mantra 'Om Agni Devaya Namaha' and imagine fire in the Homa Kunda. Imagine the Arishadvargas – Kama (excessive desire), Krodha (anger), Lobha (greed), Moha (attachment), Mada (arrogance), Matsarya (jealousy). Imagine Kama coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. It gets burnt completely. Repeat the same for other five. Thank Agni Deva. Afterwards, you can experience the Light in you for some time.

A REPORT ON 9TH WORLD CHANNELS DAY

Manoj Chopra

World Channels day is the day of spreading Love and Peace on Earth. It was our Maharshi Amara's dream to establish New Age on our earth. Every World Channels Day is a step forward. It is also a test for the humanity to choose Light and manifest Love which is the future of our Earth.

Like every year we started our day at 6AM by offering our Love and energies to Maharshi Amara. There was profound Stillness in the atmosphere. It appeared as if the trees, sky, birds, lakes, roads etc., were perfectly tuned for the day. I felt that the Universe also joined hands to gift the great Maharshi Amara in a special way on his 100th Birth Anniversary. Around 7.15 AM the first channelling happened and the sessions continued till late evening. News of Light Channelling sessions started coming from Bangalore, Tumkur, Kouljagi, Madurai, Vishakhapatnam, Nellore, Chennai and Hyderabad. Light Channelling also was conducted in western India in Mumbai, Pune, Sangli, Solapur, Amravati and different parts of Maharashtra. Several sessions were also conducted by our Volunteers in North India – in Delhi, Rajasthan and Uttar Pradesh. More than one million children and adults channelled Light on that day. More than 2400 schools participated in this great event. I feel it was the biggest gift to Maharshi Amara on his 100th Birth Anniversary. Joy and happiness was experienced all over.

There was great excitement and enthusiasm among the Volunteers for the 9th World Channels Day. They prepared well in advance for *the day* in a special way. Many teams chalked out their plans several months in advance. They worked very hard to work as per their plan to the last detail. They did not leave any stones unturned. Their determination was higher than the mountains. Their will power and the Grace of the Rishis removed all the obstacles, which came in their way. It was also the Love and bonding of our Volunteers as one team which gave the impact to the work.

Our Volunteers visited more than thousand schools personally and requested them to join on World Channels Day. To our surprise, the schools also showed the same anticipation and enthusiasm. They welcomed our Volunteers and promised that they will participate in channelling on their own. On the World Channels Day several schools confirmed their participation by sending messages, photos and videos on Whatsapp. Several schools joined in Light Channelling in Chennai in spite of the strike there. 198 schools of a Mumbai NGO participated on World Channels Day with the help of dedicated School Coordinators. We are grateful to the authorities of Schools and Institutes and other Light Channels for their involvement and participation in our work. We are overwhelmed by their Love and support shown to us.

I always believe that it is not only the number of children or people but also the intensity of their channelling impacts the world. Above all, the presence of our Astral Masters does everything. World may look the same after 9th World Channels Day. But I am sure such mega channelling and the presence of great Masters would have wiped out tears and pain of several human beings. It would have eased out several complicated problems of the world.

Let us continue this beautiful work and fulfill the dream of our Maharshi Amara. ■

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.)

Long ago, I used the word 'Spiritual intelligence' to explain about a deeper intelligence we have. I give an example of this. We had a call from a very elderly, very educated person a few days back. He asked, 'My wife passed away. Should I continue Meditation?' Because of a kind of lack of Spiritual intelligence he asked such a question. It is not the age or the education that brings this Spiritual intelligence into the activity. Even a small, young person can have this Spiritual intelligence. Why do we take up Meditation? We take up Meditation for peace, to move towards God, towards liberation. It has nothing to do with wife or anything else and it is between us and God only. Spiritual intelligence helps us understand things clearly.

People have wonderful experiences and when they have such experiences, they get excited and would like to share with others. It is natural. I always ask this question – after this what, after the vision what, after the experience what? We forget about the experience and go on continuing with our normal Life. The truth is that every experience elevates us, expands our emotions and thoughts. We must allow this expansion to continue. That is why I always say – we have to allow the influence of Meditation to continue. We do not allow it. We feel happy and we forget about it and then the process stops. Please remember that any experience always adds, expands. We have to consciously allow this expansion. Go on thinking about this experience for days together and then you see the expansion and the beauty of expansion.

I have cautioned many, many times, about following the instructions given at the Astral level.

When you contact the Rishis, when you ask a question, you get the answer. Good, but if you receive instructions, you must cross-check. You may receive an instruction at the Astral level from me like this, "Do not meditate, it is not necessary." If you receive an instruction like this, understand that it is not from me. It may not be another person, it may be your own mind. If we do not feel like meditating, our mind takes the form of the Guru and says, "Do not meditate." Although I am putting it in a humorous way, what I am trying to convey is that do not blindly follow any instruction that comes to you astrally. We may also receive other instructions astrally – "Regularize Meditations," for example – which we do not follow! Only when we get some convenient instruction – "Do not meditate, it is not necessary," for example – we follow that! Cross check these. Do not think, you are burdening the Guru or your guide by asking such questions. I have always answered any question either placed before me or sent through emails. I have answered every letter and every email. So it is my job, it is my work, it is my pleasure to clarify and the most important thing is to take you on the right path, in a very proper way. So, always cross check with me.

04-12-2005

I was having a talk with one of our teachers and we were talking about opening more centres, having more teachers; even conducting classes through satellites. I always listen and wonder when the Rishis will allow us to do all these. I was travelling to Bangalore the next day. I carry my work, I carry Rishis even while travelling. They told me that Amara could have done a dozen miracles a day; he could have gathered millions of people; could have opened hundreds of centers all over the world. He had so much of

knowledge, power and even resources at the human level. He was a king after all. But, Amara kept quiet. Hardly a few hundred met him and when I met him, we were only 30 or 40 people. Later on, we were about 1700. Once casually he had told us that earlier he had met about 5000 people who had attained Mukti. Imagine 5000 people attaining Mukti through Amara!! But people never knew. No one knows about Chikkagubbi. It is natural. But again, nobody knew about Amara. The Rishis also told me that people in Shambala are very much advanced. They move only in spaceships; they live for eternity; they can communicate with every individual using the much more advanced communication systems. But Shambala is still shut out to the world. They further told me that Lord Kalki took birth in 1924. He still remains in Shambala. He has not made a kind of public appearance, which we are expecting from a long time. They said that all these three points pose a question, why? They said, 'There are reasons.' Only the Rishis know the timing. This centre – even when I put a hut here – had the history of nearly 60 years. It was being prepared for a great activity from 60-70 years. Shambala is waiting, Lord Kalki is waiting and we have to wait for so many things. Rishis said, 'knowing all these things, all of us have to grow and wait.' This requires very great conviction, enormous trust. Let us never get tempted to expand, to spread. When the time comes for spreading, it happens automatically. You cannot hold the Light back for a long time. When the sun rises, everyone knows about it. When the time comes, this happens. In the meantime, it is our great responsibility to grow individually to understand thoroughly and get ready for a great work. ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

13-01-2019

We are already on the 13th day of the year and it is as if the New Year began only yesterday. We know that the time is running very, very fast. Every New Year brings new energies, new opportunities and possibilities of a better destiny for individuals as well as for the globe, for the world. It is the individuals who make the world after all. The world is really about people. People create Peace or they create unhappiness, disturbance.

When I see life around us, I see many positive things. I see so much of goodness and of course there is also the other part, the opposite of goodness. We have to accept that fact also. But if there is no goodness then we cannot run this organisation. We have to live like the people of the New Age. That is the expectation from us. We are not perfect. We have many, many, levels to grow, lot of distance to cover. But, when the world around us is yet to reach the level of goodness expected for the New Age, then it becomes challenging for us to practise goodness every time. We have to practice goodness of course. There will be dilemmas sometimes when our goodness is exploited. And sometimes we have to be tough. We have to protect our self-respect, our dignity, our self-esteem. So, to that extent our responses will not be always good, always soft. Being good does not mean allowing ourselves to be exploited. When we have to face darkness, dark energies, the challenge is to remain anchored in Light so that we do not allow the negative thoughts and emotions to take birth in us as a reaction to the darkness, the dark energies.

I try to give a simple example. Hurt is something, which cannot be avoided in this world because the

world is imperfect. When somebody hurts us, then what happens within us is important. What happens emotionally within us, what happens at the thought level within us is important. If we allow the negative thoughts, negative reactions to persist within us, we too unconsciously become the channel of the dark. And if that happens then the dark energies achieve their objective – to disturb us, to make us their channel. That is their work. I have thought a lot about this and every time I have come to this conclusion that we have to grow stronger spiritually. There is no other way. Maybe we have to meditate more, we have to positivise more, carry more Light. And at such times when we are attacked by hurts and humiliations, we have to consciously fill ourselves with much more Light. When we do it, we will be choosing purity consciously, we will be rejecting the dark also consciously. We affirm, we declare our intent to the Universe. Then the Universe reciprocates, helps us in so many ways. It helps us to sublimate the dark energies, the negative thoughts and emotions. Growing stronger spiritually is the only way. When we are strong spiritually we will be in constant link with the source of all positivity, which is God Himself. Then nothing will affect us.

When the world is at a particular level of awareness, for us to live at a higher level of awareness is difficult. That's the challenge. But then that exactly is our work. That exactly is what we have chosen. Otherwise why do we gather here? Masters live at a higher level of awareness at any time. They set an example and we have chosen to walk on their footsteps. We can be the guiding Light. That is the opportunity for us in these challenging times. And of course we

have all the equipment, the tools, the knowledge, the energies. We cannot complain about the world. We have to accept the world and we have taken the responsibility of leading the world. I know that these are very big words. But I am only reiterating what Guruji used to tell us. Even before we took birth, we knew that the world is like this, and we consciously chose to come down. I am not talking only of the volunteers involved in the work. I am talking of all of us. We can lead not by giving lectures, but by following the principles given by Guruji and actually living them. If we can do it, then the Rishis will be able to do so much more through us; because we become their channel of wonderful energies which spread all over the world. Imagine the work that can be done silently. The world will probably never know our contribution. It does not matter. The Universe will know. God will know. Rishis will know. We have such a big responsibility.

In these times of intense Pralaya there are challenges and there is help. There is Grace. I believe that we have crossed a very important milestone to advance further into the New Age. It is just a feeling. It cannot be proved. Only the future times will reveal our progress. This belief comes from the fact that Guruji had spoken about this period between 2012 and 2018. We have crossed the year 2018. We have crossed a milestone. We can of course observe that the intensification of the Pralaya processes continues. When we consciously choose the wrong things then Pralaya corrects us. The corrective part cannot be kind. And the severity will only increase here after. We need not feel scared. We have the wisdom, the help from the Masters. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes one year's Newsletter subscription.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Sri Jayant Deshpande.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

JOURNEY WITH THE MASTER

Guruji Krishnananda

(From August & September 1989 issues of Manasa Patra)

It was 1977. February. Evening, cool and pleasant.

A grand sunset hidden behind the concrete jungle of buildings spread its colours over the sky unmindful of people who never raised their heads and forgot the sky. The evening had a special message unread; unheard; unseen! Mystery is always fascinating.

I walked along with my friend into a suburban house. The maid ushered us into a well furnished Hall and silently withdrew. And we waited in perfect silence through which the paintings, carpets, jars, tiny objects of art etc., began speaking in unheard whispers. I was surprised at the absence of the framed portraits or thickly painted idols of Gods. I glanced at my friend who beamed a smile and enjoyed the suspense.

We had come here to meet a person who as my friend had described was in contact with the unseen Rishis. My friend had already met him and was already initiated by him into Meditation. I was interested in Meditation and the man.

A curtain moved and a tall person emerged out. He greeted us with majesty and a smile. His greetings of folded hands somehow did not match with his modern attire – pants and slack. He sat before us and stared. Thin hair, bespectacled, heavy and... I did not waste much interest on him as I was eager to meet the holy man and shifted my glance to the still curtains.

My friend then introduced me to Amara.

Amara! The man! The one who was in contact with the Rishis! No saffron clothes, no holy beads... no air of Gurus! I was wondering as he smiled. It was then that my eyes opened and a faint ray of recognition emerged. Where had I met him! I was struggling. And then he spoke.

"Yes. We have met... many times in previous lives."

I was certain that we had met earlier. But previous lives! I wanted to laugh it off as anyone would have. But there was

something behind those simple words that I could not understand well at the time. I accepted them because *he* spoke out, accepting that he cannot speak but the Truth and only the Truth.

"I was expecting you."

I visualised Ramakrishna addressing these words to Vivekananda and was even thrilled placing myself along with Vivekananda. There was no drama. He spoke so naturally and sincerely, without any excitement.

"You naturally want to learn Meditation again."

I nodded. But why did he say "again"!

"We learn and practise in each life time. And also attain... But we do not complete the Sadhana. So...."

Yes. I was beginning to understand. "Your case is again different."

I wanted to know more, but he abruptly stopped and intently gazed at me as if reading the pages.

My body warmed up with subdued excitement and strange emotions silently stirring the deep oceans.

"Please come tomorrow at the same time. I will fix up an appointment with the Rishis."

I could not understand and he quickly added,

"You see, it is not I who will initiate you into Meditation. The Rishis will initiate you. I work only as a Mediator. I have no powers."

He rose up and smiled a silent goodbye.

While walking to the nearby bus stop I tried to gather up my wits and personality. And my friend was describing Amara.

Amara came from a royal family – the Desais of Kaujalagi. He was born and grew in Bangalore. Married; a daughter....

I reached home wondering about Rishis. On that night I woke up several times from strange dreams.

(To be concluded)

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: During rain, thundering and lightening can we meditate, channel Light or practise any other technique?

A: You may do it.

Q: Is every Light Channelling session attended by the Rishis?

A: They may not literally come there but every session is monitored by the Rishis. Many Astral beings, many Light beings come to these Light Channelling sessions.

Q: Orbs have been noticed during the Light Channelling sessions. Are they the Light beings?

A: No, the Orbs seen are energies. The Light beings are in a different frequency. You don't see them as Orbs unless they want to be seen.

Q: Do our negativities come in the way of channeling Light?

A: No. In fact when we channel Light our negativities may reduce.

Q: Meditators are given shields. How are the non-Meditators protected?

A: The others are protected. They may not have shields like the Meditators, but there is protection. God takes care of everyone. It is their own goodness, their honesty that protects them.

Q: How do the Rishis manifest life force?

A: The Rishis try to manifest the life force through us. They help in our creative activities. Whenever we feel depressed, face failures and lose hope, the Rishis inject the life force and bring hope. It is with their help we begin our efforts again, we smile and build our lives.

Q: Does everything in this Universe move in circular patterns?

A: Yes and also elliptical patterns. The thing is we have to think, contemplate quite a lot on these things. Everything will be moving. There is movement.

Q: Are the experiences from the sub-conscious mind the mental projections?

A: We can say it is the mind, which gives us or helps us go through these experiences, the dreams. Experiences from the sub-conscious mind are called dreams. Dreams are from the mind only.

Q: Does new knowledge come down during every cycle of Yugas?

A: Yes. At the end of a cycle of Yugas, during the dark period, we lose lot of knowledge. Most of the Vedas are lost. As we enter the next Age, we regain this knowledge and get more perhaps.

Q: Are angels enlightened beings?

A: Yes.

Q: Is there something like the laws of Love?

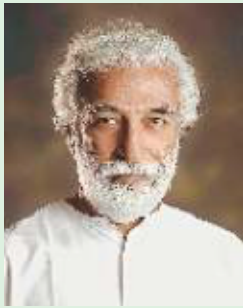
A: I believe that Love operates at a level beyond all types of laws. There are neither laws nor conditions in Love.

Q: Is it better to be diplomatic than being truthful, to avoid hurting a person?

A: Truth hurts, but truth also educates. Don't try to please people. If you speak the truth, you may lose a relation. That is the risk. Speak the truth always, even if it hurts; don't be diplomatic. The truth has its own energy. The person will understand. ■

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प्रकाश (Hindi)	10/-
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ಸಂಪೂರ್ಣ ಶ್ರೀಯಾಂಜನದ ಅಂಶಗಳು	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಾಡಂ ಎಲ್	50/-
ಸಾಂಠಿತಿ ದ್ವಾರಮುಖ	100/-



GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I am able to work confidently. I remain calm in any situation. I know that I am 100% under the protection of Rishis and Guruji.

- Mridula Malpani

In Shillong where I reside now, the winter is very severe, but after taking up Meditation I don't feel cold, even when the electricity fails and the heaters get shut.

- Geetika Mehrotra

The transition was filled with challenging times and it was extremely turbulent. But when we have the blessings and Grace from the Masters there is no force in Creation which can cause us any trouble. There is this awareness of something far greater, beyond the capacity to comprehend, which supports you at every step.

I have witnessed numerous problems in last three months but I have never thought that I am left all alone without any help.

"The Rishis know what is best for us."

Guruji and even Jayant Sir has mentioned this so many times. Now I am beginning to adapt it in my current life. When I do this, I get instant strength and relief to face any problem or any testing situation.

- Satvajay Thokal

I can now sense the changes that are taking place within me. Now I attempt to find solutions to all my problems from the Spiritual field that is present inside me.

- Pundalik Dhakorkar

Change seems to be constant with the experience getting deeper each time. There is more silence, detachment and forgiveness. The ability to bounce back from situations is much better.

- Nimmi J

Even though I face a lot of financial problems and tough situations, I am able to maintain good health and keep myself calm. This is possible only because of Meditations.

- Jayashri Vasudev

FORM IV

(See Rule 8 of Press and regulations of Book Act)

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		I, S.B. Shyamala Devi, hereby declare that the particulars given above are true to the best of my knowledge and belief.
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	Bangalore	S.B. Shyamala Devi
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