



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 6

MAY 2019

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – October 2004 issue)

There is a craze for meeting me and spending time with me. It is understandable. I allow the meetings, after saying 'no' several times. We meet, talk and spend part of the day. I go back to my chamber satisfied that I have done my part of the work, my duty, well. Satisfied partly. And sad. Sad because I could not pass on the treasure I had carried.

Generally, people come to talk about their problems and pains; to pour out. After listening to them with genuine concern and respect and after getting instructions from the Rishis, I advise, instruct and console. But when I try to indicate the Spiritual lessons from the problems they face and explain the ways to mend their ways spiritually so that the problems do not recur, they hurry up to end the meeting! They want a reprieve, not the remedy.

Sometimes, people come to talk about their experiences or just to talk about nothing in particular; to chitchat. Sometimes, they say, they come merely for my Darshan! My Darshan or presence could be motivating factors. But they themselves are not enough. People have to receive the knowledge, techniques and guidance to change, grow and progress spiritually. They have to receive, listen and open up. If they do not, the meeting is a waste of time.

People find satisfaction in simple ways – going to a temple, attending a lecture, meeting a guru etc. If the Spiritual journey ends only with this, no journey has been made at all. We have to take up Sadhana seriously; have to make serious effort to spiritualise.

People wonder if I say, “I want and wait for some people to come.” I would love to spend hours with them. They have so much urge to receive, to listen to. When I pour out my Spiritual heart, I experience joy, fulfilment and relief. I see the Light from the Rishis shining in them.

Finally, I always meet people; anyone. That is my job. To meet, hear, console, guide, teach... or just listen and offer my shoulders to cry. I want the people around me to understand that the doors of this temple should be kept open always.

Little do we know that our emotions and thoughts prepare us towards our Mukti. Every emotion and every thought add to or lighten our Karmic burden. Mukti is not gained somewhere there. It is gained with every positive emotion and every thought ■



MANASA FOUNDATION (R)

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Phone : 99000 75280 (10 AM to 5 PM)

e-mail : info@lightagemasters.com

website : www.lightagemasters.com

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

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.



Residents' Meet at Taponagara.

NEWS AND NOTES

- ◆ Guruji's 80th Birth Anniversary will be celebrated at Taponagara on 19-5-2019. For participation, Sadhaks may register their names by 18th May at Manasa office.
- ◆ The eleventh anniversary of our Saptarshi Dhyana Kendra at Anekal was celebrated on 15-4-2019.
- ◆ 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
12-5-2019	Shambala Group meeting at 2PM
19-5-2019	Guruji's Birth Anniversary program Ra Group meeting at 2PM

MEDITATION ON SPECIAL DAYS

03	Fri	Masa Shivaratri
04	Sat	New Moon Day
07	Tue	Akshaya Tritiya
12	Sun	Shukla Ashtami
14	Tue	Shukla Dashami
18	Sat	Guruji's Birth Anniversary Buddha Purnima
19	Sun	Guruji's Birth Anniversary Celebration
27	Mon	Krishna Ashtami

**GURUJI'S BIRTH ANNIVERSARY PROGRAM
19-5-2019, Sunday**

11AM	Welcome Speeches Special Meditation
12.30PM	Prasada

PROGRAM AT ANEKAL

Guruji's Birth Anniversary will be
celebrated at our Saptarshi Dhyana Kendra
on Saturday, 18-5-2019 at 11.30 AM.

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.

A DOORWAY

Vaishali Joshi

A Guru is the one who takes us from darkness to Light, from ignorance to knowledge, from bondage to freedom. God showers his Grace and manifests in physical form to guide the seekers of Truth. For us it was our Guruji. He was the link between the Divine and the human plane. Having access to both the realms he tried to lift us up spiritually so that we could reach and enter the Doorway.

For this he came down to our level and guided us gently on the Path; teaching Meditations; bringing down undistorted knowledge from his Guru, Maharshi Amara and the Rishis; emphasising on meditating and positivising, manifesting Love which is our true nature, and finding a right balance in both Spiritual and material life. He removed the problems and obstacles that came in the way of our Spiritual growth, and shielded us against the temptations and unfavourable forces of the material world.

He brought Light into our everyday life, teaching us Light Channelling, and showed us a higher way to connect to and experience God. At the physical level he gave us a new angle of vision to behold the entire Creation as God, since God pervades His entire Creation. He told us to enjoy the nature, sunrise, moonrise, etc., and communicate with the animate and the inanimate things around us, thus experiencing the God in them. He emphasised on experiencing all the things in life, and thus celebrate life. He used to tell us to read books, listen to music and watch good movies which elevates us and helps us refine our emotions, thinking and our personality.

Though no longer with us physically, Guruji continues to be our Doorway to the Truth, God. From our side we have to make efforts through our Sadhana, both internal and external, to enter this Doorway and reach the Divine. ■

DESCRIBING THE INDESCRIBABLE

Shruti Sudhakar

Reminiscing the past, the days spent in the presence of our Guru – Guruji *Krishnananda*. Like his name rightly suggests, his presence was Divine and Blissful.

He had the tenderness of a child, the unconditional Love of a mother, the concern and care of a father and the understanding of a close friend. He was a perfect teacher, a perfect Guru. He had the capability, the Wisdom and the Patience to guide individuals to attain Spiritual awakening and ascension. If we could describe his life in two words, it would be 'selfless service'. The highlights of his teachings would be – Love, Freedom and Transformation.

His smile had the capacity to rekindle dampened spirits; it could brighten up anyone's day. His words gave us the required life-force, hope and Spiritual strength to move ahead during trying times. His demeanor was always pleasant. His walk was majestic, yet humble. We know he was *Kanva Maharshi* himself. Despite his greatness he showed no air of superiority. We felt elevated, loved and accepted in his presence, as he always radiated Love and Light.

To us, he was a living embodiment of the Divine. Many people would wait to catch a glimpse of him! And we, his students were privileged to have had the opportunity of growing up under his tutelage. The new students are blessed to have the privilege of understanding him and his teachings through the vast knowledge base he has left behind - not just for us, but for posterity - in the form of energies, books, recorded lectures etc. In addition to guiding us all from an Astral level, Guruji continues to guide us through his chosen set of senior guides and teachers here in Manasa Foundation.

With privilege comes responsibility: We have all known him and now on this Birth Anniversary of Guruji, it is another opportunity for us to resolve to become more like him! ■

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.)

The Rishis explained a point when I was trying to heal a person. They explained a very subtle and very fine point.

There are many laws of Karma. Some we know and many we do not know. There are many Spiritual laws. Some we know and many we do not know. In Kali Yuga, when the time itself oppresses us, the Rishis said, “*Namasmaran* is enough.” Now we are in Satya Yuga and mere *Namasmaran* is not enough. Now all laws come into effect. We are bound by many laws now. We should not interfere in others' Karmas. If we think of a person, we enter into his link. Again this link is not merely having just a link. This is a positive way. We receive his energies and thoughts. We also receive sometimes some Karmas. It is such an important point that every one of us has to remember. When we think of a person, we receive so many Karmas. When we start advising, talking about him, we take so many things. When we gossip, interfere, we receive lot of Karmas of others unknowingly. Rishis will always heal and help whether we understand or do not understand. From our part it is better we try to link up after we meditate. Does it affect the person at the physical level? No – only when we link up and have very negative thoughts about him, it is then it disturbs him even at the physical level. Somehow, a person gets agitated, disturbed, because we think of him very negatively. That is why I say the best time for linking up is after Meditations!

We are entering into another year. By the time we think of sending greeting cards, the year will be closed and another year will be waiting. The Pralaya processes

always get intensified. They are intensifying. Because we are protected, we are not having much of influence. We have to be careful. But at some point, from now on, you only have to deal with your problems. How long a child can be made to walk? Some day you have to depend on yourself. Each one of us has to become independent lights and have to become a Rishi. Let us train ourselves to take care of our own problems.

Let us be extra careful; let us not get scared. I am here only to caution you. Let us distance from our own egos. This is so important. The ego says, “I am a very principled person.” But after ten years, we shouldn't think that our ideas were stupid ideas and we wasted our life. Let us live peacefully and allow others to live peacefully.

Accepting things in life has two aspects. The first part is - whatever God gives us - good or unpleasant - we accept. But we do not just accept and keep quiet. That is the second part - when we accept, we do not complain. It does not prevent us from making efforts to overcome the difficulties. We accept because we love God; we trust Him. He would not allow us to go through a difficult part of Life unless it is necessary. So we trust Him and we accept it. God is like a parent, He takes care of us.

Almost every person who reads the *Doorways to Light* is very much impressed; there is no doubt about it. And they always try to meet me. Most of them meet me immediately or later and I always ask out of curiosity, “What did really impress you? Which single most important factor impressed you?” People generally speak of the Astral worlds, about the Rishis, and all the fairy tale

part of it. But last week one lady told me a beautiful thing. She said, “I am amazed to know that so many people are working for our welfare and we are not aware of it. In spite of so many people working for us we are like this only, we are not changing!” Again it is true. The simple truth is that unless we decide to change, nobody else can change us; even God cannot change us; we are more powerful than God that way! We have to decide to change and then we definitely change.

I have observed that whenever we listen to a *bhajan*, we get elevated emotionally. The *bhajan* brings tears and we feel very close to God. Whenever we have a psychic experience, we feel spiritually elevated and again we feel closer to God. These are very good but these elevations are momentary. We have to rise above these emotions and experiences. These are momentary elevations. It is like sitting on a wave – a wave rises and again goes down. After these experiences, we again come down to our level. So this momentary thing, we have to make it permanent and a continuous thing. We have to be in the state of bliss; we have to be full of love all the 24 hours. We have to be in tune with the Divine all the time. This is not a new point, you know it. We have spoken about this so many times. I had just prayed to Vishwamitra Maharshi and when I was noting down this point, he came in link and said, “Emphasize this point about Yoga. People understand Yoga as union with God. We meditate and during our Meditations, we are with God, there is this union, there is this Yoga and that is partly true. We have to be in tune, in union with God all the 24 hours, and it is then the real Yoga occurs and until then it is not Yoga.” I need not emphasize this and these words are from the greatest Master.■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

03-03-2019

I always wonder and admire the way God has designed the Life on this earth. We always have something to look forward to. We always have a kind of hope. And we always have opportunities coming our way, to gather ourselves all over again and to make a fresh beginning. What do I mean by the beautiful design of life on this earth? I will explain what I mean. From tomorrow onwards we will have the presence of Lord Shiva on this earth for ten days. We can absorb Him, we can be aware of His presence, we can be with Him. We can meditate more, receive Him more. And after a few days we have the festival of Holi Poornima - another opportunity for us to purify ourselves and move closer to God. Then, after a few days we have the New Year, or Ugadi, when new energies flood this earth. We can make new beginnings again. Then we will have Sri Rama Navami, and in the month of May we have Buddha Poornima. Festivals keep coming and Divine Personalities keep coming, providing us opportunities, providing us the hope always. Such opportunities to celebrate Life, such opportunities to experience the presence of Divine personalities, such opportunities to absorb new energies and to make new beginnings, make the Life on this earth so beautiful. That is what I mean by the beautiful design. And of course there are many other beautiful things, which I haven't mentioned. I wonder and admire always the design of Life here.



If we feel that the world has wronged us, has been unfair to us, then how should we deal with that feeling? If we have this feeling and if we carry such a feeling for a long time it may turn into a kind of

bitterness in us. When I say the world, I mean the people. The world is made up of people, people around us. If we feel that the world has wronged us, this feeling comes from our understanding of how people around us deal with us. How they interact with us, how they treat us? How do we deal with this feeling? How do we get over this feeling? I don't say that this feeling is wrong. There could be reasons why we have this feeling. I feel the best we can do is that we can turn to God. In a way we can say that the people, the world helps us to turn to God, to move towards God. If we turn to God, He will give us the comfort. He will provide us everything and He will help us sublimate this feeling that we may be carrying. So that's the best thing we can do, move towards God.

Other thing we can do is, we can introspect. I think that may be the best thing to do. In Spiritual Sadhana, honest introspection is so important. When we introspect we will realise that either we have been really misunderstood or we have been truly wronged. Maybe we realise that we are also wrong and the world was just reciprocating to what we were sending out to the world. It's possible. We have learnt from Guruji that what we send out comes back to us in multiples. If we send out Love, we receive Love from the Universe. With the help of introspection, we have to try to find out why do we have such a feeling? What is the root cause? And I feel an honest introspection is the best thing. When we know the truth - whatever be the truth - we have to accept it. If we know that we are at fault, then we can correct ourselves and we can make sure that we do not repeat the mistakes again. We can correct or improve our attitudes, our responses to the world; improve whatever limitations or

shortcomings we may be carrying. We can meditate more, carry more Love, carry more Light.

If we realise that we are not at fault but the world has really been unfair to us, then we have to realise that probably it is a test. Otherwise why would the world unnecessarily go against us? When I say world - I am repeating - I mean the people around us. We may think that the world takes us seriously but the fact is that the world has no time for us. People have their own worries, their own issues and their own problems. They probably do not have time to think even negatively about us if not positively! So probably we are being tested.

I remember Guruji's words - "God is not a sadist." He wouldn't enjoy, if we are in pain. But, there could be tests that put us in difficult situations. It is possible. He may be testing how much of Love we carry. He may be testing how much of tolerance we have. He may be testing how much we accommodate others, how much of trust we have in Him. He may be testing our surrender. In surrender we accept everything, even negativity. When I say we even accept negativity, I mean we even accept the negative responses. I remember Guruji's words - "If God has allowed this to happen to me, it must be right. He knows what is best for me."

So, whatever be the fact, if we understand and accept the truth, then it helps us to move beyond this feeling that we may be carrying, the feeling that the world has been unfair to me. With Meditations, with Love we move into God, where no negativity, no bitterness remains. Anyway, this is what I believe. Everything in this Creation, even negativity helps our journey towards God, towards perfection. ■

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 November & December 1989 issues of Manasa Patra)

It was the day after Shivaratri. The day of my scheduled visit. As I entered the God's room I noticed Vibhuti all around – on Idols, pictures, walls and on ceiling too! And the smell was so heavenly!

Amara explained without any excitement.

"The Sapta Rishis visited yesterday. And they have left a mark."

"Did anyone else see them Sir?"

"Yes my wife was here. And my sister-in-law... We all worshipped them."

"Did anyone else...?"

Amara smiled as we sat down on the thick – soft carpet.

"They generally do not materialise. Once when they materialised my friend saw and talked to them. That was nearly fifty years ago."

"Is your friend alive?"

"Very much! And he is in Bangalore!"

"Can I also see the Rishis?"

"Yes... But you have to wait."

When I left Amara, I did not forget to collect the address of his friend.

I met the friend. He was bed-ridden. An accident had crippled him. But it could not take away the glow in his eyes. He was reluctant to talk. But when I

mentioned the name of Amara, he just melted.

"I say, you do not know him. Nobody does... Do not get fooled by his simplicity. If you put your thousand Babas together they do not equal him."

"Is he a Rishi?"

"Yes. And a very great one. Just because he wears pant and shirt do not misread him..."

"When did you meet him?"

"Nearly fifty years ago. We were school mates. He looked so different even then. First I thought he was shy. But it was not so. He was silent and... bigger than his body. He used to play, joke, tease like any of us. But... He always looked so... so big... you see..."

"Have you seen the Rishis?"

"Yes."

"Physically?"

"Yes... one morning when I went to play with him I saw the windows of his room closed. I wanted to spring a surprise. I tried the door of the window and it opened. When I peeped in to shout... I saw them sitting!... All the seven sitting in a circle along with Amara! They saw me and beckoned me to go in. I did not know then that they were the Rishis."

"The Sapta Rishis!"

"Yes, the Sapta Rishis."

(To be concluded)

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: When the Rishis heal, do they interfere with our Karmas?

A: Rishis are very careful. They follow all the principles to the last letter. Rishis heal when we ask for the healing. They do not interfere in our lives, so they don't interfere with our Karmas.

Q: When someone is in trouble, can I send Light and leave it at that?

A: Send Light. The Light knows what is to be done. Light helps in every way.

Q: Can anyone who is not in this Rishis' Path channel Light?

A: Of course. Anyone can channel Light.

Q: Is there anything that we can do to our departed parents?

A: Pray to the Rishis, offer energies and send Love to the departed parents, not only on the days of death anniversaries but also on Full Moon days and New Moon days. The Rishis help us to link up to the Pitru Devatas, who carry our Love and energies offered, to the departed souls.

Q: When a soul incarnates for the first time, can it choose to take birth in a particular Yuga?

A: Yes it can choose.

Q: When the souls came down for the first time and took birth, were the human bodies primitive?

A: It is not so. The bodies were evolved enough to hold us, the souls

Q: Do Ramayana and Mahabharata repeat in every cycle?

A: Ramayana and Mahabharata are major events. They do recur in every cycle.

Q: It is said that even grass will not move without the will of God. Then what happens to the Freewill?

A: The Freewill operates all the time. We create our destinies although there is a track of destiny that we have to follow or live because of our previous lives' Karmas. We can change or alter it.

Q: Are the Ra energies liquid in nature?

A: No.

Q: Is a soul mate required?

A: It's for the individual to decide.

Q: If I have a soul mate will there be a problem in Sadhana?

A: You alone are responsible for your Sadhana

Q: If my soul mate is also a Meditator does it help me?

A: Of course it helps you.

Q: To pursue Sadhana do I have to detach from my soul mate?

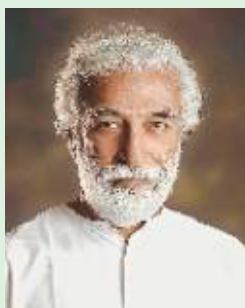
A: Soul mates have to journey together in spite of the problems and differences. You can detach from the world, from your office, but not from your soul mate.

Q: To experience the formless God do we have to negate the forms of God?

A: The right expression would be to 'go beyond the form', and not 'negate'. It is not easy to experience the formless. So we choose any form and go beyond the form to experience Light; then we can even go beyond the Light, as Light is also a form. This is the most important revelation. We don't know what is beyond Light. We have to go there and experience. ■

LIST OF OUR PUBLICATIONS

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Light	10/-
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Thus Spoke Gurujī Krishnananda - Vol 2	250/-
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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)

It has become easy for me to let go of negative emotions. I experience a lot of peace and calmness inside me. I see changes in myself, my husband and my daughter and an all round improvement in the quality of my life and thoughts.

- Kalavathi Ravikumar

While doing Stage Meditation, sometimes I feel that the whole Universe is filled with Light and I am one tiny particle in It. Thanks to all the Masters.

- Vijayalakshmi R

My friend narrated one of the events that had happened with his mother and I recalled that it was one of the memory flashes I had. I felt as if I had seen that event happen!

- Reena Raikar

Meditations have become comfortable again. I am with the Light every day. I feel extremely blessed to be in this Path. I am becoming calmer and wiser with every passing week.

- Alistair Stubbs

I have realized that the 'I' has no meaning. We have to do work with Love. Doing work with Divine Love is so different; the receiver feels the Divine Love and the 'whole climate' changes.

- Neelamegam

I am positivising slowly, however, the intensity in the last two months was high as compared to the last few years. I feel life is beautiful despite several difficulties. Sometimes, I am able to enjoy the present moment. Living in the present has made me aware of the surroundings, my feelings and also my actions. I talk to God sometimes during the day. This has rarely occurred in the past few years.

I feel 2019 has special gifts. I feel this because positivising has become easy. I feel a lot of help is being given by Gurujee,

God and Light.

- Nikhil Gandhi

It was a small trip to a nearby tailor when a vehicle hit me. It also hit a car and then a tempo. It struck me that I had seen the same sequence in a dream some days back. I literally let go of my 'two wheeler' and remember falling in a dark hole. I came back to senses immediately in spite of bleeding from the head. Each and every thing was taken care of by the Rishis, including the maid.

- Geeta Joshi

I have now become my own sternest critic, and carefully observe and contemplate upon my lapses. I then remind myself of Amara Maharshi's statement that when we decide to change, it can happen "in an instant". By applying this simple yet powerful dictum, I have begun the road to reduce my lapses even further, thereby positivising my emotions, thoughts, and deeds more and more.

- Vidya Virkar

I have been trying to talk to the Rishis daily. Once while praying I said, "Rishis, I don't want to ask anything from you. I just want your love that's all." That very moment I felt a strong flow of vibrations throughout my body. It was blissful! I understood that there is an infinite source of energy which is always there with us. I felt it. I thanked the Rishis.

There was an instance in the book 'Gurujee Speaks', where Gurujee mentioned about connecting to the Universal Stillness. I tried it and it was magnificent! Even the technique of experiencing the sky is so wonderful. Before I began practising the techniques, expansion, vastness, Infinity, emoting in an expanded manner were just words. Now I am just beginning to understand these words.

- Satvajay Thokal