



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 12

NOVEMBER 2019

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – July 1992 issue)

The knowledge that is passed on to us from the Sapta Rishis is rare and undistorted. I have many Sadhaks who could appreciate its unique qualities, understand and practise. I see a rapid progress in their Sadhana. Some are very good. Some are able to touch the borders of Samadhi in such a short time! It speaks high of their effort and the efficacy of the Path and the methods. And it also underlines the importance of the close Spiritual Links, strong faith and intense Love that they have with me, their Spiritual guide. They refuse to describe me as their Spiritual guide. They call me their guru and are blindly devoted to me reminding me of my relation with my Guru. It helps.

I also came across people who admired my Lectures saying, “You explained very nicely. It is in- book. I read it long ago.” betraying their ignorance of the subject and of the book. I too read books!

I never dreamt that I would become a Spiritual guide; a guru. I wanted to become a writer; an artist. I had toiled and met with fair success. I would perhaps have pursued, specialised and turned out works of value. But all these changed on a February evening of 1977 when I met Amara, my Guru. He initiated me into Meditation, a new Life and God. Even then I had not thought of this role. I did not know.

Amara left his physical body in 1982 and everyone deserted me. I stuck to the Rishis. They nursed me and raised me with Love and care that no one gave. I was gradually sucked into this role and I do not regret it.

This role has brought me a lot of responsibility, knowledge, satisfaction and abundant Love. My students have become my children irrespective of their age. I have met my Spiritual companions of the past lives and the future relations. I have grown while helping others to grow. I am able to experience the bliss of growing out of my limitations, my negative personality and the human weaknesses. It is a very beautiful experience to divinise others and in turn get divinised. The role is good. And, big. I have to grow more and more. ■



MANASA FOUNDATION (R)

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Phone : 99000 75280 (10 AM to 5 PM)

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



MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Saturdays (7 AM - 8 AM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

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

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

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/
PRAKASHMARG(Marathi)**

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NEWSLETTER

Gift a Subscription to a friend.
Send us the name and address,
along with the Subscription
amount.



Residents of Taponagara gathered in the parking lot and performed Ayudha Pooja on 7th October 2019.

NEWS AND NOTES

- ♦ Guruji's Mahasamadhi day will be observed at Taponagara on 24-11-2019. To participate, please register with Manasa office, before 22-11-2019.
- ♦ Another Volume of the book, "Thus Spoke Guruji" containing Guruji's unpublished talks will be released during the program. Manasa Calendar for the year 2020 will also be released during the program. Only a limited number of copies, only for those who request for it, will be printed. Please register by 11-11-2019 to book your copy.
- ♦ A new batch of Shambala Group will begin on 12th January 2020. Students who wish to join the Shambala Group may register with Manasa office before 31st December 2019. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2019.

PROGRAM AT TAPONAGARA

Sunday	Lectures: 11AM - 12Noon Light Channelling: 12 Noon - 1PM
10-11-2019	Shambala Group meeting at 2PM
17-11-2019	Ra Group meeting at 2PM
24-11-2019	Guruji's Mahasamadhi Program

MEDITATION ON SPECIAL DAYS

04	Mon	Shukla Ashtami
07	Thu	Shukla Dashami
12	Tue	Full Moon Day
20	Wed	Krishna Ashtami
23	Sat	Guruji's Mahasamadhi Day
24	Sun	Guruji's Mahasamadhi Program
25	Mon	Masa Shivaratri
26	Tue	New Moon Day

**GURUJI'S MAHASAMADHI
PROGRAM
24-11-2019, Sunday**

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

PROGRAM AT ANEKAL

Guruji's Mahasamadhi Day will be observed at our Saptarshi Dhyana Kendra on Saturday, 23-11-2019 at 11.30 AM.

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

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

A LIVING PRESENCE

Usha Satishchandra

Guruji's simple 'Namaste' and a very endearing smile not only embraced each one of us but it encompassed the world too at large. That was his charisma. Such was his Love. This brief interaction with Guruji was always a home coming experience!

Over several years Guruji shared everything he had gathered, knowledge, energies and unparallel wisdom. But his sincerity, his Love and dedication to his Guru and Rishis remain exemplary. 'When you choose Rishis, you unchoose everything else.' For him it was as simple as that. This relation he nurtured with great Love. It was a relationship of the highest order, permanent and true. He extended this relationship to all of us.

With such a relationship comes greater responsibility and unending commitment. Guruji was aware of a Universal Principle working in him. He allowed this Principle to occupy his entire being to protect, guide and help people in difficulties. He would bring relief, attending to the individual at all levels. He never complained or grumbled. For him celebrating Life was celebrating God's Presence on Earth. With such Divine experiences, he worked tirelessly to establish all this in us.

It is seven years since Guruji left his physical body. He continues to live in all of us. Several years have passed, but the day I joined Meditation Classes still remains fresh in my memory. A young Volunteer, with a warm smile and 'Namaste' greeted me. Perhaps in that moment I could capture 'Manasa' and Guruji's persona. Words fall short to describe a Master who works through us, through his thoughts and hopes. Guruji in brief is Life unfolded in all its manifestation. But to capture his entire essence is beyond my comprehension! ■

PERFECTION, PERFECTED!

Apoorva Deshpande

As I washed the vessels and my maid-woes away, my mind drifted towards a conversation I had with a person. She told me that people who had met Guruji were lucky to meet such a great Spiritual Master. I agreed, but I could not stop thinking about what a fine human being Guruji was, the finest I have ever come across.

He always stressed on the importance of living this Life fully. He had an infectious Love for Life, that easily rubbed off on people. He was always in link with the Rishis and Maharshi Amara, and also truly LIVED this life. Whether it was laughing out loud whilst watching a satirical show, or getting engrossed in a tennis match, or unconsciously tapping his hands as he listened to classical music, Guruji loved to live. Guruji would often tell us that this Creation is temporary and living this Life fully and tending to our responsibilities is being Spiritual.

Whilst growing up, I would pen down all my childish curiosities to Guruji. I would wait with bated breath for his replies in his signature green ink. He would reply all my questions very earnestly. What makes a Master like him reply to childish letters of an 8 year old?!

Whenever I would meet Guruji, his first question to me would be, "What book are you currently reading?", and when I would tell him, he would tell me about other books worth reading by the same author. He was a storehouse of knowledge. He also had great Love for animals. He would never throw a biscuit at a dog. I always saw him bending down to give biscuits to dogs. It was such a small gesture but it spoke volumes.

Years have rolled by, but I still feel a void in my life. A void of a perfect human being that was Guruji. But I see glimpses of him in all the lives he has touched! ■

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)

March 2006

The measuring or assessing of our Sadhana, particularly during the check-ups here is done at two different levels – at the human level or the common sense level and at another level done by the Rishis. If a Meditator meditates for 7 days a week, we tell him that it is good but, he has to continue in the same stage. The Rishis do their assessment at a different level. They study the changes in the quality of our emotions and thoughts. They also study the experiences. We have genuine experiences, psychic experiences and the experiences of the soul. They study all these things. They also note the changes in our behaviour, and our interacting with others. Although we do not see them, they see us, monitor us. They also study how much of Love we are able to manifest, how much of vairagya we are able to manifest, how honest are we. These are very important parameters. If we make changes in these areas, then even one day of Meditation is accepted. They study how much of Light we can absorb, how much of Light we can hold and how much of Light we can transmit or send out. Transmitting Light is very important. The Rishis also study several processes that get initiated when we begin Meditations. You may wonder, how many things they observe. They observe everything, every bit. Based on this, they draw conclusions and our Spiritual progress is measured.

When a person sits before the teacher for check-up, the teacher may not know anything; he may not have established a perfect contact with the Rishis. It is not necessary. The Rishis know how to pass on their assessment, how to tell the teacher to either shift a person to the next stage or not to shift. The teacher will be

guided.

I, by chance, came across a quotation by a French Writer, Andre Jeet. He says, "I repeat the same thing because you did not listen to me!" I found this as very convenient for me because I repeat things. I also would like to add, "I go on repeating things because I am not understood in the way that I expect you to understand me." I am not exaggerating. I will tell you one or two examples. Sometimes a person asks me a question when we have talks, interviews. I answer the question, but even before I complete, even when I am in the middle of the explanation, the person asks the next question. This means that he wouldn't be listening to me at all! Asking the question is the most important thing, but we do not want to know the answers. The other example is that whenever people come to me with their problems, I always refer them to the Rishis. That is all I can do; I do not have any powers. I pray to the Rishis and they attend to the problem. It could be related to sickness, a request for healing or any other problem. Sometimes I don't even pray. I have observed that when a person tells me about his problems, I note that the Rishis would be already attending to the problem. Then where is the necessity of praying? The Rishis would be knowing and attending to it and that is why I do not pray. The moment a thought is born in you, the thought of asking for the help from the Rishis, the Rishis note that thought and from that point onwards they start attending to that. You don't have to tell me. You pray to Rishis; you do not have to specifically ask for the help. The moment they see a problem in our students, they attend to it. In this background, I say that I don't even pray. When I mentioned this, some people thought that I don't care

about their problems! It is not so. I don't pray because there is no necessity. It is not that I do not want to pray, or I don't care about it.

Every one of us here is special, even those people who are new, who may be sitting for the first time in our classes. That is why this place attracts you. We are the 'chosen people'. Because it is through us, the knowledge, the energies and Satya Yuga is being channelled. That is how we participate in this work of the Rishis. We cannot involve directly in the work here; we have our own responsibilities. If you smile at a person with great Love, you are working for the Rishis, you are helping the Rishis. In every smile of ours, Satya Yuga is channelled. It is very important to know and remember that we are special. Sometimes, when we struggle with the details of living, struggle with our negativities or with negativity of others, we feel lost. At such times remember, you are a special person. The awareness of this specialty will make you a different person. We will behave in an entirely different way.

Last time I said, "Stillness is silence and also calmness. It is only in Stillness that we receive knowledge." We have to be still to receive communication; to receive energies; to contemplate. It is only in Stillness that certain processes occur. That is why we sit for Meditation to allow these processes to occur. Some processes continue even after Meditations, but some processes occur only when we are still, not even when we are meditating. In Meditation when we are really silent or still, these processes occur. Stillness is so important. When we fail in Sadhana, when we think we are not moving forward at all, let us check-up how much of Stillness we are observing or practising. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

08-09-2019

Many times I feel, I have mentioned this earlier also, that I should stop talking. We can gather here and just meditate for these two hours. We receive so much in Meditations. But then I am also aware that there are new students and we have to explain many things to them. What we have gathered during our association with Guruji in so many years has to be shared with others. And everything cannot be shared in a short time. We have to go on sharing. And there will be new students always. Someday, probably there will be no need for talks like this to pass on things at the human level. Until then we have to go on explaining.

I was thinking about a phase in Sadhana when we feel stagnated. Whenever I try to think about such things, I try to understand in my own way, why does this happen, and what can be done to go beyond this phase, to overcome this problem. A stage comes when we feel as if we are not moving at all. We feel as if we are in the same place. If we are meditating regularly and in spite of that if we have this feeling, then probably we have to check whether we are able to make efforts in other areas of our Sadhana. Sadhana is not only Meditations. Here we understand this very clearly. The other equally important part of Sadhana is positive living. Maybe our efforts are not enough in that part of Sadhana. We know here that Guruji gave so much of importance to this living part. He said that we have to live this life fully.

Manifesting the influence of Meditations in our living is such an important part of Sadhana. What is manifesting? I came across a very beautiful observation made by Guruji in one of his talks about

manifesting. We say so many times that we have to manifest Love, we have to manifest Divinity. What exactly is this? As I have understood from Guruji, manifesting is bringing out. It is to bring out in our living. It is to bring into practice. We have the Divine Love within us. Divine Love is our nature. If we can bring this into practice then we can say that we are manifesting Love.

Guruji explained that at different stages of our life, at different stages of our Spiritual evolution, we manifest the Divine in different ways. He gave some examples. He said that when we are children, we manifest the Divine as innocence. Innocence comes from the Divinity. In the teenage, it gets manifested as adventure. Then as we grow into adulthood, we manifest this as strength. The strength comes from Divinity. And as we grow older, naturally the experiences of life make us wiser. We manifest this Divinity as wisdom. And in all these stages, Divine is manifested as Love. Guruji explained further that forgiveness is another aspect of Divinity. If we carry certain things within us, if we are holding on to hatred for example, then it means that we haven't forgiven. Sometimes we get angry with ourselves. Getting angry is fine, but it should not last longer, that's all. We shouldn't start hating ourselves. We have to forgive ourselves also. After all, we are a part of God. He said that if we cannot forgive, we cannot expand, we cannot grow. Manifesting goodness for example is manifesting Divinity. So, manifesting is bringing into practice.

Anyway, coming back to the point which I was trying to understand, about this feeling of stagnation in Sadhana – we expect certain things as an outcome of our Meditations. We probably expect

experiences, maybe visions. We expect maybe miracles in our lives; we naturally expect good health and a problem-free, smooth life. When these things do not happen in the way we want them to happen, then we feel disappointed. Maybe, then we start feeling that our Sadhana is getting stagnated. These are the times, I feel, when more efforts are required from our side. Maybe, the efforts we are making are not enough. When we have to shift to a higher level, naturally more efforts are required. Guruji used to in fact say that to stay at the same level, wherever we are, it requires a lot of effort. So, imagine the effort required to move to a higher level. So, more efforts are necessary. What else, I wonder!

If our Meditations are irregular, we can naturally increase our efforts to bring regularity in our Meditations. Then, like I explained earlier, we have to live positively. When we make such conscious efforts, then naturally the quality of our Meditations will increase. Then we may not have this feeling of stagnation. We naturally move ahead. I feel this is the only way. We know that any sincere effort is reciprocated by the Universe. In all these years, with whatever little efforts we have made, we have reached this far, because of the Grace from the Rishis, from the Universe, from God. If we increase our efforts, make sincere efforts we will naturally receive more Grace. Grace is always there, but we become eligible to receive more Grace. And it will help us to move ahead.

There is another small factor. The Rishis may not give us what we expect, because they want to give something higher to us, and for that we have to persist and wait, have patience and of course have faith. Then some day we will move ahead. ■

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
Nine

(From July & August 1990 issues of Manasa Patra)

We were happy. Amara's wonderful capability of seeing from here did not evoke any astonishment. We knew he can do that and much more. What we did not know at that time was, Amara took over others' sickness, misfortunes and karmas. It was only during his last days when he suffered with several diseases that we realised. I volunteered to ease him out.

"I am young. I can withstand. Please transfer your pain."

"I cannot do that."

"Why?"

He smiled but did not explain.

Amara did not call anyone a disciple. He did not name his successor. But I knew that I was the chosen one. There are other ways; other channels.

On his death-bed he spoke to me for 45 minutes and I was the last that he spoke to.

And he met me later several times.

I always wondered about Amara's reluctance to expand the group. He had even forbidden us to mention about the Rishis to others. I felt that so much of knowledge was not reaching the wider circles of humanity. So I pleaded with him. He sat silently for a long

time and then spoke in a confiding tone tinged with sadness.

"I also wish that many people take up this Path of Rishis.... all the people. But many people are not yet ready to take up Meditations. They are yet to come out of the lower forms of Sadhana. Publicity will no doubt draw crowds. But how long mere curiosity can hold on! We want genuine Sadhaks, not miracle-mongers."

I understood the point. He also explained that there were too many prophets; false prophets! They had to try their roles also!

Amara explained that the Rishis selected the people and drew them to him. I felt elated that I was chosen by the Rishis. I realised I had a bigger role to play but did not venture to seek details. I waited.

One day someone asked about who would carry on the work after him. He said, "Rishis!" I could not understand. He elaborated.

"I expect all the Sadhaks to attain Rishihood. They will carry on. Someone at least."

I wondered if that someone was myself! When I looked at Amara he smiled!

(to be concluded)

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Do the Rishis cause destruction?

A: By this time we understand clearly that it is the human beings who attract destruction. Rishis will never cause destruction. They always want to save us from destruction. They always want to avoid destruction. I don't know how many times the third world war was prevented by the Masters. They have passed on so much of knowledge and energies only to help us to spiritualise and grow, only to help us change so that we can crossover to the New Age without any destruction.

Q: Can a failed relationship be due to our Karmas?

A: I don't think we can blame our Karmas for it. Usually when things do not go according to our plans, whenever there are upsets, whenever we face problems, we tend to blame our Karmas. Karmas may manifest as problems, as obstacles, but they do not themselves create failures or upsets. They may sometimes come as challenges. Failed relationships are because of egos, because of non-love. We have to accept people as they are.

Q: I am unable to imagine the colour of Light that is specified in the technique. Will my Meditation be effective?

A: As we have understood, we do not have to see the Light because we know we cannot see It. The Light is not a physical light. It's subtle and at a different frequency. We have to be aware of It, that is all. The Meditation will be effective. It helps us to take the first step towards that direction, to surrender to God or to the higher forces and then they take over.

Q: Why people at a certain stage in their lives slip so badly? What action of a Meditator leads to his downfall?

A: As I understand, it is always the ego. As we make progress in any area of life, we have to keep the ego under check. If we forget the grace behind our progress, if we are unable to see the help we have received from the Universe for whatever we are doing, if we are unable to see the blessings behind our success, we will be feeding our ego. Then it makes us do things, which we should not be doing, and there will be downfall. That is why Gururji gave so much of importance to humility. It is so important in any area of life. If we remain humble as we make progress, then we will not fall.

Q: Does disassociating with hypocrites and selfish people attract such a downfall?

A: In fact associating with such people may cause downfall. But the fact is that it is always we who are responsible for our downfall. Whether we associate or not associate with them, we cannot blame them for our downfall. We have to blame ourselves for our downfall.

Q: Does my standing up for self, invite such a situation?

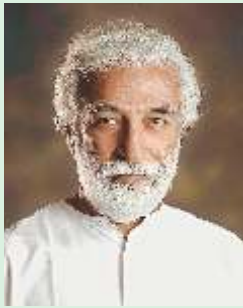
A: In fact standing up for self will help. It cannot cause downfall. Also situations good or bad cannot cause downfall. They are tests. Situations are also opportunities to rise. So they cannot cause downfall. It is always we.

Q: How do we deal with unhappiness and stress?

A: We have to begin with Meditations and as we advance we slowly begin to accept the situation in life as God's wish. Of course we also gather strength, lot of wisdom to deal with the situations. ■

LIST OF OUR PUBLICATIONS

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Light	10/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I feel a lot of Love for everyone, and generally talk lovingly with all the people, birds and animals I encounter. The birds that come to my balcony have been particularly responsive, and sometimes a crow or two come to greet me and wait for me to step out and say "Hi!" I feel I am bursting with Love when I do this, and I feel they can feel it too!

- Vidya Virkar

I was finding it difficult to deal with certain insecurities. The difficult part was the emotional ordeal. I started following the techniques given in the "Orientation class". I started practising one technique daily and no sooner than I thought, I was out of this situation! The insecurities were there but the pain wasn't there! This is one of the greatest miracles in my life!

This is a complete Path. The tools of transformation and salvation are given to us in advance. It took me years to realize that practicing techniques given in the Orientation class could have such wonderful impact on our lives. It's hard to believe that despite so many difficulties, I can easily find beauty in life! Words are inadequate to express my gratitude. I am eternally grateful to Guruji, Rishis and God for being there for me and guiding me.

- Nikhil Gandhi

I feel calm and so much at peace. I go into Samadhi and lose track of time and technique. I am not able to argue with people, instead I just feel sorry for them. I am now more aware of my mistakes and therefore more conscious of never to repeat them. My Meditations become much more regular during work holidays.

- Pratibha Patel

Recently, I was handling a suicide case of a close relative. The elderly relatives of the deceased were senior citizens with multiple health issues and were stuck with the lengthy police interrogation. I prayed to the Masters and requested for help and channelled Light as the situation was going out of control. I felt a subtle guidance from within prompting me to take swift and right actions. Very soon, a policeman in plain clothes approached me, gave us a patient listening and helped us to come out of the difficult situation!

While coming to Taponagara on 15-8-2019, I observed utter chaos at all the counters of Air India, with long queues. I started channelling Light with a prayer that I must not lose the opportunity to visit Taponagara and meditate there. To my utter surprise, the airline attendant gave me the boarding pass first, despite many requests from other passengers!

- Rajendra Rangnekar

Effect of things on me is much lesser. There is some unknown knowing which says, "Now Light will take care, just surrender to it. You are not alone."

- Deepa

A big change in me is that I am grateful for every moment I am alive, and I have accepted to let nature take its course with everything – people, situations and whatever takes place outside. Inside, I can feel a kind of stillness, a kind of detachment, a feeling which is very difficult to put in words. I am ever so grateful to the Rishis, Amaraji and Guruji for always guiding me, and protecting me whenever needed. These days, thank you is all I can say to them.

- Nandita Patel