



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 10

SEPTEMBER 2019

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – January 1992 issue)

There is a craze for Instant things like Instant-coffee! Languages taught in 21 days, Asthma cured in 14 days, Body-weight reduced in 7 days! The publicity slogans promise anything and everything to boost the market. Such slogans and propaganda may attract some people in the Spiritual market also initially but there can be no Instant Nirvana or Instant Samadhi. They cannot be sold nor could they be bought. One has to toil, go through the Discipline and patiently wait for the results. This is the truth whether people get attracted or not. And this is what I try to explain to my Sadhak-friends often. Toil; Meditate; do not expect the Kundalini to rise the next day; do not expect solutions to all the problems the next week. Without the toil and without the effort if one expects Instant Samadhi, I have to say that the perception is different.

A friend commended my way of talking and writing – precise and to the point. I do not know about it. When one tries to convey things that one really means and when one avoids merely impressing others with words and Intellect, perhaps this is what others feel. I wish to be honest and true.

On 18th May 1992 I will be completing Ten years of joining the 'Ashram'. Amara initiated me into this and called me Krishnananda. I am happy that I have stuck to the Path and continued the Work. The time has come now to take another step that the Rishis are pointing to – formal Sanyasa. Only the Rishis know the future plans and other details. I am a mere tool. When I was taken into the Ashram, my Guru had instructed, "Don't wear the saffron." Now I am awaiting instructions from him.

I want everyone of my friends and Sadhaks to take part in Dhyana Yagna. This is an occasion when we can easily expand our Consciousness and really serve Him with Love silently. May this occasion bring all the Sadhaks old and new together to join in the Meditations for peace. May God bless us all.■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

Phone : 99000 75280 (10 AM to 5 PM)

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

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

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.

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NEWSLETTER

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



Guru Pournima was celebrated in Taponagara with Meditation in July.

NEWS AND NOTES

- ♦ Maharshi Amara's Maha Samadhi Day was observed in Taponagara on 25th August and at our Sapta Rishi Dhyana Kendra in Anekal on 26th August 2019.
- ♦ Sri Krishna Janmashtami was celebrated in Taponagara on 23rd August. Meditators gathered and participated in a special Meditation session after worshipping Lord Krishna.

MEDITATION ON SPECIAL DAYS

02	Mon	Worship of Gowri Devi Worship of Lord Ganesha
06	Fri	Shukla Ashtami
08	Sun	Shukla Dashami
12	Thu	Worship of Ananta Padmanabha
14	Sat	Full Moon Day
22	Sun	Krishna Ashtami
27	Fri	Masa Shivaratri
28	Sat	Mahalaya Amavasya
29	Sun	Navaratri Begins

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.

PROGRAM AT TAPONAGARA

Sundays	Lectures :
	11AM - 12 Noon
	Light Channelling:
	12 Noon - 1PM
08-9-2019	Shambala Group meeting at 2PM
15-9-2019	Ra Group meeting at 2PM
29-9-2019	Akhanda Dhyana (Light Channelling): 11AM - 1PM

**Special Meditation technique
for Navaratri**

During Navaratri, which begins on 29th September, we will be blessed with the presence of Adi Shakti. We can meditate more and receive more of Her energies. We can also be aware of Her presence. For 10 days starting from Navaratri, we can meditate with this special technique - Think of a huge globe of blue Light. Enter the globe. Experience this globe of Light, experience the energies of Adi Shakti. There is no Mantra to be repeated. This technique can be practised in place of daily Stage Meditations.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

On 14th June 2019, we conducted a Light Channelling session for Marathi teaching schools in Maryland, USA for about 40 kids and 60 adults. People were very receptive and the session went well. Their feedback after the session was very positive.

A girl kid said that she had a different feeling during the session. A Reiki practitioner mentioned that he was able to see and feel the Light during the session. An elderly lady doctor who usually has body ache said that she did not feel the pain during Light Channelling, as if the pain had stopped for that time. She really liked it and mentioned it several times to me. Another lady said that she felt very peaceful while channelling. The School teachers also mentioned that the session was very good.

- Purva & Harshad Oak, Volunteers

I was working in an MNC. I had also taken part in sports activities during that period. But suddenly due to hypertension, I had a paralytic attack and my left side is paralysed now. Life has completely changed and I need not say how my feelings are. I practise Light Channelling every day. Light has helped me to accept the situation and has motivated me to start thinking about how I should lead my life from now on and what I should do to go ahead. Thank you very much.

- Ravindranath, Industrial Training Centre, Association for People with Disability, Lingarajapuram, Bangalore

Practice of Light Channelling has transformed my negative character into positive character within a few minutes. This was my first experience of feeling so energetic and fresh; my mind was free from any stress or tension of my board exams. Now I am confident that I will easily pass my board exams.

- Amina Chanda, Student, Lords School, Hulimavu, Bangalore

When I was channelling Light I could feel something in my brain. I think that was the Light. And after practising this technique I am feeling happy.

- Avaneesh, Student, AMC National Public School, Bannerghatta Road, Bangalore

After channelling Light I am having a lot of clarity. My thoughts are now in my control. I feel more comfortable to express myself. I was disturbed since morning, but now I feel more cool, calm and comfortable.

- Pankaj Kumar, Student, AMC National Public School, Bannerghatta Road, Bangalore

I get angry almost all the time with almost everything, even every day things like; coming to school and studying in a class of 32 students. After practising Light Channelling I felt fresh and I became cool. I feel it is amazing and very useful.

- Shreyas H. S., Student, AMC National Public School, Bannerghatta Road, Bangalore

After attending the Light Channelling session, I felt free of tension and pain, felt relaxed and at peace. While practising it, I felt my whole body was filled with positive energy from inside.

- Pankaj M Sharma, Student, AMC National Public School, Bannerghatta Road, Bangalore

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. They live in Peace and Perfection without ageing.

- 1 Experience the Light in your Core and spread it around.
- 2 Experience and spread Love.
- 3 Experience the Oneness of Life in everyone and everything.
- 4 Carry on the daily activities first in mind, then verbalise it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising talks about it.
- 6 Gear up the body, mind and intellect to fight out the negativities.
- 7 Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.

THUS SPOKE GURUJI

Excerpts from Guruji's talks
(Compiled by Shobha K Rao)

01-02-2006 (Amara Jayanti)

Amara made the most valuable contribution to the Spiritual world when he brought down the knowledge of this Creation, the knowledge of our origin and goal. I refer to the knowledge available in the book "Descent of Soul". After Upanishads, nobody brought down such valuable knowledge directly from the higher plane. This we have to remember and that is the foundation of 'Manasa'.

With this knowledge, we have definite answers for the questions that are usually asked viz., who are we, why are we here, where do we go from here? Perhaps, nowhere can we find answers so clear. And of course Amara has given a lot of knowledge; and he continues to provide us wonderful knowledge, which is relevant. The beauty is that we will be receiving it gradually in small doses in every class, but we will not be aware of it. Those who are alert can make out when we look back, that we have received so much. Amara had lot of plans. His dreams and plans spread over 400 years. His dreams and projects are that of the Sapta Rishis. Here we have to observe one beautiful thing – there is no difference between Amara and the Sapta Rishis and there is no difference between the great Masters – the Sapta Rishis and God Himself. If Amara says something, it is like God saying it; when Sapta Rishis say something, it is as if God is saying something. This, we have to understand.

What are the future plans? They are very simple. We continue to work at one level. It is easy to work at the surface level, gather lot of people. But we gather at different levels. It is difficult to work at the higher level; there is no glamour. But it is the work done at this higher level that will take us into the New Age. It is the work

that is done at this level that enlightens so many in future and this work is for future generations. That is why it is so important; that is why it has to be done silently, if not, secretly. Who can see a flower blooming? Nobody sees it, but it happens. One early morning there is a flower. So the work of the Rishis will be seen like that. One may not see the growth. That is how the Rishis work. We know many people in this world are not aware of the work of the Rishis, but that is how they work. Nobody knew about Amara when he was alive; only a small number knew him. And most of them would have forgotten him because we have so many other paths and glamorous places now. But the work that he did was the foundation for Satya Yuga and this is no exaggeration! I am not saying this just because he is my Guru. In fact I am understating things. The Rishis work at two levels – at the level of the individual and at the global level. The work is to spread this knowledge – the knowledge of Satya Yuga. The pure knowledge is made available to remove the confusion seen everywhere. There is so much that we have gathered in these 5000 years, which is not necessary, so much which is irrelevant. We have to leave behind all that and hold on to the pure knowledge which enlightens us. The work is spreading this knowledge and establishing direct links with the Rishis, with the Astral planes. This knowledge is helping everyone to have these links re-established. That is the most important work that we are going to do in future. And the Rishis work at two levels, as I told you – at the level of the individual, equipping the individual with lot of knowledge, energy and strength. This strength is so necessary because there are too many sweeping waves and only when you are strong, you stand firm and move on. You will be strong when you know things definitely. Knowledge brings not merely wisdom but also

strength. This we have to understand. That is why we are equipping the individual with more knowledge and energies. Removing the darkness in the individual will be the top most priority hereafter. We have to work at the global level in spreading the subtle energies that help open up. People have opened up; there is awareness that there is something beyond this life at the surface level. In spite of this highly disappointing, discouraging corrupt life around us, there is a hope in people, of a better future. It is illogical – we do not see hope when we look around but, when you talk to people, you find that they have hope. How do people have such hopes? It is because there are these energies working in them and there are processes in the individuals that have been initiated by the Rishis. The Rishis work at the global level in energizing and enlightening everyone.

I feel this is very important, i.e., a kind of unification has to take place. This is not happening. Maybe we are a little early to expect this to happen. When I say, 'unification', I mean the whole humanity should become one, should feel as one organism. The Rishis were telling that the whole Creation is one organism. That is why, sitting here, you can communicate to any soul in any galaxy, millions of light years away, because there is always this link; no separate link is necessary to be established. So this entire humanity should become one organism. We should all feel one then the Satya Yuga begins. This unification can begin with small groups like ours. The great thing is that Unification is happening – I see this and I am very happy about this. We are happy because we do not look at the people. We look at the processes that are going on in every individual. We are very happy about that. One may not meditate regularly. But we see this process going on and that is the truth. ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

28-04-2019

I was talking with one of our Light Channel Volunteers. She mentioned to me a very interesting observation. She said, "I realised that we do not always make use of the treasure we have." She was talking in reference to the Light Channelling work. Many schools she visited did not give permission to conduct Light Channelling as they had certain issues. She felt that Light Channelling could have helped them to resolve the issues that they were dealing with then. Then I realised how true it is.

We have so much of knowledge, so much of treasure here given to us by the Masters. We have such wonderful energies, such beautiful techniques. We just have to apply these, that is all. And there is so much of treasure within us. We have everything within us. Guruji used to say that we have energies of all the Divine Personalities, energies of Brahma, Vishnu, Mahesh; even energies of Devi, Parabrahma. We have everything inside us. With the help of these great energies we can find solution to any problem.



We discussed one more very interesting point. When Masters take birth, do they have to acquire Rishihood again? For example, a Rishi takes birth, does he have to do Sadhana all over again to become a Rishi or to attain Rishihood? As I understand, the fact is that our past Sadhana helps us. It will be with us. All the Sadhana will be behind a Rishi when he takes birth. So, naturally his present personality will reflect all this Sadhana that is behind him, even if he has not begun his Sadhana at the human level on this earth. Imagine the Spiritual condition of a Rishi. It's equal to God only. They take up Sadhana again to realise certain things in the new body,

maybe for self-realisation. And they are guided by a human Guru. But even before that the Light within them will be shining.

Let us take the examples of genuine Masters like Amaraji and Guruji. As I understand they were born Masters. At the human level they respect all the laws, they follow all the laws. They live a very normal life like anybody else. And they naturally go to school and learn like a normal child. They also experience the limitations of the human body as others do. But their tuning with God at the deepest level, naturally brings them to Spirituality. Even they are offered multiple choices by life here. They are Masters. They choose the right things. To give an example, Maharshi Amara was offered the job of an ambassador of a country for India; which of course he did not accept and he focussed on the work of the Rishis. In the human body, they improve and perfect their living and perfect the manifesting of the Divine. These things they perfect and they grow even more. But they are always Masters. They remain Masters. We know Amaraji could travel astrally at the age of nine when he met the Sapta Rishis. We can imagine how much of Sadhana he must be having behind him. Similarly, Guruji lived a life of honesty and integrity even before he met Amaraji. He followed all the values even before he met Amaraji. So he was a Master even before he formally began his Spiritual Sadhana. Of course after meeting Amaraji many things changed. It is true that a human Guru is required even to shape the lives of Masters. But they are born Masters.



I wish to share some points for contemplation. These are points for me and for all of us. These came up in some context, while I was talking with one of our Volunteers. We have heard these points from Guruji

probably in one of the "I-Guruji" sessions, if I remember correctly.

The points are like this – It doesn't require much time to learn the technique of Meditation. To learn or understand it intellectually, a few minutes are enough. They are very simple techniques. But to practise the technique and to perfect the practice it requires whole life. To learn a Shambala Principle for example, it requires hardly any time to understand it intellectually, but to perfect the practice of Shambala Principles we have to practice these our entire life.

Let us take the example of the first principle of Shambala. Apart from the Meditation technique of spreading Ananda, the other associated principle is – be calm always. First we have to understand and accept that being calm always is the right thing because it comes from the greatest Master. Then we have to begin practising it. Our habitual ways of living, may make it difficult for us to practise initially but, as we persist with our practice we will be successful in practising it. And even after that, we have to hold on to this practice our entire life.

While we continued talking on other Spiritual matters, another point was mentioned by the Volunteer – "To be with Guruji was like being with God. These were very precious and very sacred moments. How fortunate we are to have spent time with him!" Many of the Taponagarites and many other people are very fortunate to have spent time with Guruji like that. These were the moments spent with God. We can only be very, very, grateful for having been given such an opportunity. We need not talk about it or boast about it but we can be grateful and whatever we have observed in him we can try to bring it in our lives.■

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
Seven

(From April & May 1990 issues of Manasa Patra)

It is not the words but the voice behind that dried our throats and made us feel guilty. The strange thing was that Amara had not spoken like this earlier. He appeared tough and uncompromising.

I stared at him intently and could see a golden yellow halo around his head. It was again unusual. When I came out of my observation I heard him saying –

“The great Rishis themselves have explained you the Vedas and Upanishads a number of times in different cycles. Every time you promised that you would complete Sadhana, you failed... This time, do not fail... Do not fail... Now you may go.”

We got up with least noise and rushed out.

It was several weeks later that we learnt that on that day a great Rishi had visited Amara and it was his thoughts that Amara had voiced.

When I learnt the name of the Rishi, a thrill passed through my body. It thrills even to recall that I was there in his presence.

Amara taught us the Science of Meditation and gave us knowledge about Creation, Worlds, Time, our origin, the purpose of our life here and about Liberation. We could find answers to the basic questions of life, like who we are, why are we here, what is our goal. We gathered so much that we could not have gathered in a thousand years of search and Tapas in Himalayan caves. Amara taught us many other things that helped our Spiritual progress. He taught us Astral Travel.

Astral Travel appeared very much exciting. But I found it not so

easy. I sought the secrets of its success and Amara did not hesitate to impart. He helped the separation of my Astral body from the physical in the beginning and took me along with him during longer journeys. He used to fix up targets also. After some time the Rishis arranged special Astral meetings at different places like Chamundi Hills and Tirupati.

Once we had to go to a place under the sea. We were warned that it would be difficult. I prepared myself from the morning and was excited.

It was eleven in the night. I followed all the instructions carefully and waited. Then nothing happened. I realised my folly and suppressed my excitement. I tried to sleep because the Astral Travel occurs during sleep. But I could not sleep for quite some time. Then suddenly I realised that I was hovering over the Pacific Ocean which was dark and terribly frightening. It was darkness all around.

I knew that there were others but could not see them. I was aware of the presence of a Rishi, but again could not see him. Two minutes must have elapsed. Then suddenly I was under the sea! In a big hall near, a Rishi was seated on a decorated chair. There were others also. It was like a durbar.

I searched for Amara and located him near the throne. It was a special day and a special occasion. I could not believe that people lived under a sky, under the water! I did not know how long I stayed there. But when I returned to my body, I woke up with excitement and could not sleep again.

(to be concluded)

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Astrological predictions are going wrong. Is it because of the fast pace of time?

A: No. A true astrologer can really predict very properly. Sometimes they go wrong. There is another factor during these times. The planetary chart indicates that we suffer or go through the effects of the Karma of the previous lives. But when we begin meditating, we will be changing to a different track, which the astrologers may not be able to see, as they calculate based on the birth chart, planetary chart. So it has nothing to do with the time.

Q: Once we channel Light, does the Light channel itself and spread afterwards, without we consciously channelling?

A: No. A conscious participation is required for channelling. You can't ask the Light, 'You channel, I will get busy with other work.' It won't happen.

Q: Is dissolution necessary for new growth?

A: Perhaps logic says so, but dissolution or destruction is not required for growth.

Q: How can we dream about the future and also be in the present?

A: When we dream, we enter such a time zone where there is neither present, nor past, nor future. Maybe there is a mixture of more than one stage. So we can't say that we will be in the present and dream about the future. Even technically it's not possible.

Q: What are the impacts of the recent two eclipses?

A: The most important factor is the Shifts in Consciousness. People

are unable to cope up with these shifts, as they take us to a very high level of existence and we hold on to the lower levels, which gives rise to conflicts. When we struggle, we get a support and push from the Rishis. These eclipses open up new opportunities for us to choose and move on into the New Age. Of course we always have new energies. These eclipses strengthen the positive forces all over the world, beginning from the individual level. There will be more awakenings which change our lives, as individuals reject all the negativities. They crave for purity at every level. There will be further awakening in people who are already awakened. They become aware of much more higher things clearly. There will be more Meditators. There will be more surfacing at every level. We deal with the negativities by positivising. We have to connect to the good part of the other individuals. These energies help clearing of certain heavy Karmas, which would normally take quite a long time.

Q: Will there be more new diseases as we advance into the New Age?

A: Possibly, yes. We do not know. There are more healers and the new healing energies work through these healers much more efficiently. So we are not to worry about the new diseases.

Q: Will there be more divorces?

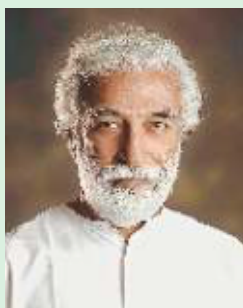
A: I don't think so. As we advance, we begin living more sensibly. We begin to accommodate others.

Q: Will there be more atheists?

A: No. ■

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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)

On 15th July morning, when I was cleaning the kitchen, I slipped and fell. There was pain in my legs, shoulders and I had hit my forehead on the door. I managed to sit and started taking in Light only for a few minutes. Miraculously I felt no pain. I got up effortlessly and resumed my work. I thanked Guruji. He is helping us to be aware of Light all the time.

- Sujatha V

I am more focused and my concentration is better. The Meditations are deeper and definitely more enjoyable. I am enjoying complete silence. Meditations are becoming a part of me now. Daily problems are getting solved. I carry Light always and I am joyful too. Confidence, trust, belief and reliability on Light is growing. Now, I am able to detach from hurdles and obstacles and get into a witnessing mode.

- Rebony Ray

Intuition is becoming more polished, many miracles are happening. It's as if the Universe is taking care of everything without my asking. Our property dispute got settled. Garbage from our street has been cleared, which was a big pain. Light knows everything.

- Deepa

There always appears to be some positive change in phases. I am more aware of the importance of having an open attitude and a broader perspective.

- Nirmala J

I am at peace and as I have totally surrendered to Light, acceptance of any situation has become easier, even during trying times; it's as if the jolts come with a buffer!

- Nandita Patel

I am more in control of myself and able to plan out my next day very well. I am contented as far as material things are

concerned, and intuition has improved.

- Shanta Ambady

I feel a difference in the Energies from the beginning of this year. I am at peace after I found my purpose in life. I hope and pray to Guruji that I can remain that way. I will work harder as my efforts are not enough to get me to my goal. Thank you for your compassion and patience.

I try harder to find solutions and do not give up. When I read a Spiritual book, I can connect easily to the Energies contained in them. Also, I hear and see Guruji in some parts of the book! I have become more sensitive to Energy now.

- Nandita Vijayan

Whenever I am a little bit worried about any day-to-day problem I talk with Light and feel relaxed. Light is helping me in every situation.

- Pallavi Desai

Reading "Doorways" always brings me back to what I truly need to focus on – positivising, being more mindful and carrying Light. I have been trying hard to bring my mind back to the present and that brings me a lot of calm! I have become more mindful of my Meditation practice. I remind myself that I need to commit myself totally to Sadhana in order to grow.

- Shriya Sasank

I have absolutely no apprehensions. I am experiencing stillness and emptiness. Everything seems to be dissolving into the vast silence.

- Sangeeta Pati

Most of the times during Meditation I see flashes of Light, clouds and the vast sky. One day I saw myself above the blue sky and behind the sky was the bright white Light which was trying to penetrate through it.

- Vidya JH