



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 15 Issue 5

APRIL 2020

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – October 2003 issue)

The rains have not covered the needs of the Summer months. Not yet. We hope the rains in the next two months take care of the Summer. We hope.

We always hope. Hoping and dreaming is our privilege.

I visited a school recently. After ten years, I spoke to another group of children. I felt reassured again that in the innocent hearts and minds of children, it is easy to awaken the Divine. I saw, when the children meditated for a few minutes, lights in them.

I was again moved by the Sincerity, Commitment and the sacrifices of the teachers, inspired and led by the devout Principal. It is rare to come across such people who have struggled hard to build the school in that desolate area. In such people, I see the dawn of the New Age of Light and Love.

A family is not just a group of people related to each other, compelled to live under one roof. It is a group of people who love and respect each other and share the smile and the tear. There is security in the collective strength of the members. There is warmth in the cradle of collective concerns. The young and the old find the joys of living and their respective needs attended to. A family is a gift to the society.

But, nowadays, we do not find the families. Modern life has broken the families driving the children to the hostels and the old people to old-age homes. Without the love and care, people go to psychiatrists with complex problems. I do not hope that the family comes alive, unless people spiritualise because Spirituality teaches loving and caring.

A family is a Spiritual necessity.

When people declare that their Spiritual leader is the only Master and their Path is the only way, they do a great dis-service to the Spiritual cause. Their Spiritual leader would not approve. ■



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**

Basic Class – 10 AM to 11 AM
Regular Class – 11 AM to 1 PM

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)**

**Newletter Annual Subscription Rs. 300/-
DD should be sent in favour of
'Manasa Light Age Foundation'
Money Orders are not accepted**

NEWSLETTER

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



Maharshi Amara's Birth Anniversary was celebrated in the Residents Meet.

NEWS AND NOTES

- ♦ Orientation class will be held in Taponagara on Wednesday, 29th April 2020 from 11AM to 1PM. The Regular and the External Students who wish to participate may please register with Manasa office for this class. The last date for registration is 27th April 2020. External Students can join from their own places through Live Webcast, which will be available only for them. All the Regular Students, who register for this class, may please attend the Orientation class in Taponagara.
- ♦ Shambala Group members gathered in Taponagara and many others joined from their own places on 8th March 2020 for special initiations from the Shambala Masters.
- ♦ On 15th March 2020 the RA group members received special energies of RA.
- ♦ Our Light Channel Volunteers have taught Light Channelling in more than 5700 schools. Close to 30 lakh children have learnt to channel Light and more than half a million children in more than 1200 schools channel Light regularly. More Volunteers are required to spread the awareness of Light Channelling. Those who wish to join this work, if they can spare about half a day in a week, may contact Manasa office. ■

MEDITATION ON SPECIAL DAYS

01	Wed	Shukla Ashtami
02	Thu	Sri Rama Navami
03	Fri	Shukla Dashami
08	Wed	Full Moon Day
10	Fri	Good Friday
13	Mon	Souramana Ugadi
15	Wed	Krishna Ashtami
21	Tue	Masa Shivaratri
22	Wed	New Moon Day
26	Sun	Akshaya Tritiya

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
12-4-2020	Light Channel Volunteers meeting at 2PM
29-4-2020	Orientation Class: 11AM - 1PM

PROGRAM AT ANEKAL

The 12th Anniversary of our Saptarshi Dhyana Kendra at Anekal will be celebrated on 6th April 2020, at 6 PM.

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.

CENTENARY CELEBRATIONS

Apoorva Deshpande

2019 was a very special year. It was Maharshi Amara's birth centenary. The Taponagara Residents Committee thought that this was the apt time to revisit his teachings. Thus the enactment of the 'Master-Pupil Talks' in the monthly Residents Meet, came into being.

Shruti Sudhakar, with the help of other residents, worked sincerely to actualise the vision of the Residents Committee. As somebody rightly said, "Shruti has an amazing quality of being able to bring everybody together and work together as a team." More than 60 residents, children and adults, took part in the skit series. Some acted, some designed the costumes and the others helped in decorating the place beautifully in accordance to the chapters of the 'Master-Pupil Talks'.

The program this month was the culmination of the series. We travelled back to the year 1977, the year Guruji first met Maharshi Amara. The acting, the props were all so amazing that one felt as if one was in Maharshi Amara's drawing room and was privy to all the questions that Guruji was asking him. Another part of the skit transported us to the Andromeda Galaxy. Maharshi Amara's meeting with the Sanat Kumara Maharshis and his meeting with Lord Suryanarayana was also recreated. Shri. Gururaj Kanade, as always, weaved magic into the skit with his brilliant sound and background displays.

Watching the skit stirred our emotions, made us laugh and most importantly refreshed our memory with the wonderful knowledge that we were receiving.

All these wonderful people coming together and working together so harmoniously is the best example of Oneness. Guruji had said in the "Doorways to Light" that he would always leave Maharshi Amara's house feeling different about the world. Similarly, we always left the residents meet feeling a little different about the world! ■

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

The students never sat like this before in our morning assembly sessions. They were very calm today during the Light Channelling session.

- Principal, Veer Baji Pasalkar Vidya No. 1, Saswad, Purandar, Pune

During the Light Channelling session, I experienced that I became very small and went up and reached the stars.

- Deepak, Std. IV, Sobhana Memorial High School, Cox Town, Bangalore

The Light Channelling session was very peaceful and I felt that my negativities were going away.

- Shanti, Std. VII, GKMP School, Lingarajapuram, Bangalore

While channelling, the Light was very bright and I was feeling very happy and peaceful.

- Anjum, Std. VI, GKMP School, Lingarajapuram, Bangalore

Sometimes while studying at home, a lot of questions arise in my mind and then I get a headache. At such times I practise Light Channelling. My mind and head become calm, and I feel inspired to study.

- Antara Ankush Kakade, Std. IX, Ahilyadevi High School, Pune

I channel Light and I like it a lot, because I feel peaceful while channelling. It also helps me in my studies. My self-confidence has increased.

- Vaishali Salunke, Std. IX, Ahilyadevi High School, Pune

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience, to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners, where just channelling and spreading the Light are enough. The Light will do 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.

This is not the physical Light but the subtlest Light 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.

To channel and spread the Light, imagine an Ocean of Light above you. Then imagine a beam of Light descending from this Ocean. Imagine this Light entering you, filling up your body completely. Experience this Light for a minute. Then imagine the Light coming out of your body and spreading around gradually, filling up your home, locality, country and the whole world.

This Movement was launched on 18-05-2008 by the Sapta Rishis through Guruji Krishnananda.

Spread this message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven Principles practised by the people living in Shambala. 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 them in soft whispers and then actualize them in deeds.
5. Observe the law of secrecy before achieving any goal by minimizing 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)

April 2006 (Contd)

I would like to mention a point. Sometimes we presume that the Kundalini rises, and if it rises prematurely, it damages our system. We presume it is the Kundalini. The question is, is it really the Kundalini? This, we have to understand. When there is any energy, any movement from the Mooladhara area, we think it's the Kundalini always. We read in some books, in some stray cases about such a force damaging the system, but it doesn't happen to everyone. And when such a force is rising, it cannot be because of Meditations. I want you to understand this point. Meditations can arouse only the Kundalini. And if any other force rises, it is not due to Meditation. People employ so many techniques, so many things, pick up from books, pick up from stray paths. If these techniques do not involve rising of the Kundalini - like in pure Meditations that we are practising here - then they can be harmful. So, we have to be always careful when we pick up a technique or join a Path.

So, that's why we say that you can read everything, but whenever you try to practice something, it will be better if you check with us. Not all the techniques are harmful, but some are.

This is true for many or almost all of you that when you are meditating, your Kundalini rises many times. You are not even aware of it because it is such a subtle force. It doesn't make noise, and doesn't create any problems. Whenever you feel very happy in Meditations, it is because your Kundalini touches the Sahasrara, whatever be your stage of Meditation. This is a very important point, I want you to understand. It is a standard understanding that we have Knowledge about Spiritual Realities. We have lot of false Knowledge,

distorted Knowledge also! And the time has come for us and all the responsible people of this Earth, to understand the right Knowledge, bring down new knowledge, understand the Spiritual Realities.

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Recently I met a person. He was quite old, must be in his sixties. He is a friend of mine. We met after 50 years! He was in America all these years. I told him, "Visit my place." Then he asked me, "Does your place have a temple? Is there an idol? Do you worship God? Do I have to worship God?" I told him, "You don't have to do anything. You can sit in the park. You don't smoke, that's all." He said, "I was so relieved because I don't believe in God. I don't go to temples." I said, "I am used to this. I have heard this from the times of my Guru." I said, "It's your belief. I don't insist. Come here, spend time." I spent time with him, and after our interactions several times and on several occasions, I found him to be a wonderful person. He has so much of compassion, so much of Love. I thought he need not believe in God. He is not cynical. He said, "No, for me God does not exist." That's all. It's over; either this or that. But he is a good person, he is Divine. Maybe it is an exaggeration. The people in the Path, people going to temples, perhaps people living in temples, they don't have faith in God! We should be either this or that. Choose this or choose that. Be in this Path or get out. Have faith in your Guru or don't have faith in your Guru. Such things help actually. Cynicism is a very destabilizing factor.

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All truths are simple. Somehow we try to find complex explanations. That's how the management Gurus make so much of money, explaining the simple truths in a complex way, making people get confused! Maybe I have to wear a suit and explain, then

people accept the truth and value it! The simple truth is that the Truth is a part of perfection. Perfection is God. God is Truth. He is described in three beautiful words – Satchidananda, Sat-Chit-Ananda. Sat is Truth, Chit is Consciousness, Ananda is Bliss. So Sat is God, God is perfect. So, falsehood makes us imperfect. If I tell a lie, I will not be perfect. I will be practising imperfection. When we take up Sadhana, these count. Nobody may come, stand before you and say, "You told lies, you practised falsehood and you did all this." But we ourselves have to look in the mirror at any time and reduce this falsehood. We have to avoid this simply because we have to make progress in Sadhana.

May 2006

Many times while talking with people, I realize that people do not understand me because they do not listen. If you are aware that you are talking to a Guru, you are talking to a person, who claims at least that he is in link with the Rishis, you will listen to him definitely. All this and every bit is important, simply because we have to gear up ourselves. Then only we can start moving. During this process, be careful and never condemn yourselves. Everyone can grow. The perfection is latent, perfection is our nature. On the surface, temporarily, we are imperfect. But we are perfect, Divine. There is no doubt about it. May all this help you in making progress.

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We have seen, to help us, to help this Path, the requirements are very simple but they are most difficult, viz. Egolessness, total or absolute faith, dedication and Love.

First, you have to qualify to help here at this human level. Then you can do at other levels. That is the truth. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

02-02-2020

Maharshi Amara took birth 101 years ago and yet his life is and will be the guiding Light for generations to come. How aptly Vishwamitra Maharshi named him Amara.

Every time he takes birth on this earth his work starts very early in his life. His work is the work of the Rishis. He does not take much time in preparing himself for the work. I remember Guruji used to say that Masters like him do not waste any time, and they get ready very quickly. That's why at such a young age of 9 years, he was ready for the work. Guruji had told us that even when he had come as Sant Eknath he used to meet the Sapta Rishis astrally. The people, who talk about Sant Eknath in Maharashtra, may not be aware of this fact. And this information, maybe for some reason was not revealed at that time. Now we have so much knowledge about the work of the Rishis.

When he was studying in the High School, he was asked by the Rishis to take leave from school for two weeks and wait at a particular spot in Cubbon Park in Bangalore. Imagine how young he must have been at that time! He would always obey the Rishis. He went to Cubbon Park and waited at that particular spot where he was instructed to wait. A person came and took him in a private plane to Hong Kong. There another person took him in a boat to another place. Then one more person met him and they walked for two days till they reached a valley where there were lot of trees and shrubs, and there was a cave. The cave had an opening on the other side. They entered the cave and came out from the other side. They were surprised to see buildings and people there. There, Maharshi Amara met the great Kripacharya from the Mahabharata times! He looked like a person in his forties! This sounds like a fairy tale or

a scene from a James Bond movie. But this happened in real life with Maharshi Amara. That was his importance. Maharshi Amara's life was filled with such courageous and risk-taking adventures. He is after all a very, very, important person involved in the work of the Rishis. Imagine Lord Kalki meets him physically, Lord Krishna physicalizes for him!

We are associated with such an extraordinary Master. How fortunate are we! And yet in Guruji's words, "He is the personification of humility." He was always chosen to do extraordinary things for the Rishis.

I feel like mentioning another incidence. It is about a very huge diamond of great Spiritual significance, which was placed deep inside the earth at a particular place in Bangalore. It had to be moved physically to another location in Bangalore. Many great personalities with unimaginable powers and physical strength were called. They tried but the diamond wouldn't move, as it was stuck deep inside the earth. Then Maharshi Amara's help was sought. We know that Maharshi Amara had unimaginable powers and he could have done it easily. But his ways are unique. He just prayed to Goddess Bhoodevi, Mother Earth. And how Mother Earth responded to his prayers is very, very, interesting! Mother Earth created a small earthquake in Bangalore! It did not cause any damage to any property or any human being! People living in Malleswaram at that time could experience the tremors. The earthquake dislodged the diamond from where it was stuck, and it could be moved easily. This is such an interesting event which makes us wonder how much power these higher intelligences, like the Mother Earth, must be having.

Guruji used to tell us that Maharshi

Amara had so much of knowledge, but in spite of knowing so much, in spite of having a kind of Divine wisdom, he never imposed his ideas on others. He never argued, he never disputed others' views, even if they were entirely wrong. He never condemned anyone or their extreme point of view. Somehow, I have seen that Guruji was exactly like him. He manifested Maharshi Amara in every detail. If we seriously think about such things, we will know how easily we sometimes get into judging and condemning others. Somehow, we easily look at the faults instead of relating to the positive side in them.

Guruji would explain that all Spiritual goals, even the very high Spiritual goal can be achieved in this very lifetime, if we make the required effort and follow every instruction of the Master, the Guru. And Maharshi Amara was the living example.

It is unfortunate that during Kali Yuga many things were distorted. I think these distortions were introduced by the dark forces. Now with the help of the Masters, these distortions are being removed gradually. And as we advance in time, all distortions will be removed. Even the violence and corruption that we are seeing now, will vanish gradually. About this, Guruji used to say, "It's not a fool's hope. It is a hope of a wise man. There will be Light tomorrow." Maharshi Amara ingrained such hope in us. And the World Channels Day is a proof that it is not a fool's hope.

Maharshi Amara used to explain that true worship is when we follow the Master, when we practise his teachings. Thank God, Guruji made us realise such things so clearly. We are not worshipping, doing *aratis*, *pujas* etc. We are trying to understand the Master and trying to practise what he has taught us.

(Contd. on Page 6)

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.

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

(Contd. from page 5)

In this Path, so much of importance is given to living this life fully; to balancing. Maharshi Amara would say, "We cannot go after only the material or the Spiritual goal. We should never disrespect money. Never disrespect the material life. But do not go after them exclusively." It is not a sin to have material comforts. It is not against Spirituality. I remember Guruji used to tell us, "If you can afford to buy a plane for yourself, if you need it, you can go ahead and buy it, it is not against Spirituality."

Sometimes some Masters speak in a different way and we cannot understand them. But Maharshi Amara and Guruji have explained things very practically. People explain the truth of a very different, of a very higher level. But we the people living on this earth cannot think of the truths at the higher level and link that to the life here. It is difficult. But Maharshi Amara bridged that gap. I will explain with a simple example which was given by Guruji. Many Masters earlier would have said that this world is an illusion. But Maharshi Amara explained that the world is an illusion at the highest level. But when we come down to this level, this very life, this human life, it is very real. It is not an illusion. Maybe it's a temporary reality, but it is real. And Guruji would say, "When you are hungry, you experience this reality. You feel it." Such things have been explained so beautifully, to help us understand the truths very clearly.

He would say that living is more important than thinking and emoting. We can even go on talking beautifully, intellectually, but when it comes to living with people, dealing with them, interacting with them, how we do it defines whether we are truly Spiritual.

Maharshi Amara had mentioned another very interesting point. God is

the only relative who remains with us forever. Other relations are temporary. We have to understand this fact, that God is the only permanent relative who remains with us forever, is a reality. If we understand, it helps us. He is always with us. Even when we think or feel that we are alone, He is with us, a companion forever. And Guruji mentioned that Guru is the other one who is a permanent companion. We always meet again; unless, we ourselves decide to leave the Guru. About Maharshi Amara, Guruji said that they always meet, every time, in every lifetime.

Guruji said further, "You don't have to pray to him." We all pray. I also pray honestly. It gives a kind of satisfaction to us, but we don't have to. Maharshi Amara is always watching us, monitoring us and helping us. That makes him Maharshi Amara, the Eternal. He is always with us.

On the World Channels Day, we offered this gift of Light channelling done by more than a million children, to Maharshi Amara. Maharshi Amara must be very pleased. Maharshi Amara must be very happy because of the Love, the sincerity, the commitment of our volunteers towards the work of the Rishis. I wonder many times, what motivates them. I know of course that it is their Love, their commitment to Guruji. I feel humbled by this sincere and enthusiastic effort. I express my gratitude towards these wonderful volunteers and all the Light Channels who are helping us in strengthening this Light Channels World Movement. I also express my gratitude towards all the volunteers who are involved in this work, and volunteers who maintain this place so clean and decorate it so beautifully and make this experience of this program a beautiful experience. I express my gratitude to all of you, who are supporting this work. Thank you. ■

QUESTIONS AND ANSWERS

(Shri. Jayant Deshpande)
(Compiled by Shobha K Rao)

Q: I am unable to channel Light and spread Ananda. Please guide.

A: We have heard from Gururji that if we sit down to channel Light with a pure intention, that intention itself is enough. The Light responds to our genuine intention and our system also cooperates when we have such a pure intention. The same principle applies for spreading of Ananda, which is a very subtle energy. We cannot see it but we can feel it. So if we have a genuine intention we will be spreading Light and also Ananda.

Q: Is it possible to know the age of our Astral body? Is it necessary? How does it help Sadhana?

A: As I understand it is not necessary and it is difficult to know our age unless we have the capacity to see things in the Astral level. I feel more than knowing the age of our Astral body, what helps Sadhana is becoming sincere in our pursuit of the Truth.

Q: If a person has control over his emotions does it indicate that he has a healthier Astral body?

A: I feel control may not be the word to use here. But if a person has refined and positive emotions, it indicates that he or she has a pure mind. His intellect also will be pure. And purity naturally brings good health. His Astral body also will be healthy. As we understand, the whole thing is integrated.

Q: Sometimes we are cheated. We lose money. Is this due to our Karmas?

A: We have taken birth in this world and in this world we have good people, we also have not so good people and unfortunately we also

have people who cheat. When we come across such people, we do get fooled and cheated sometimes. Our goodness is exploited. But I don't think it is linked to Karmas. It is an experience. When we have taken birth in this world, where good and bad have equal opportunities, we cannot remain completely untouched by bad experiences.

Q: I have been having a nagging headache. Could this be due to damp and depressive weather? Could it also be due to rising of vibrations which I can feel during quieter moments and also when I meditate?

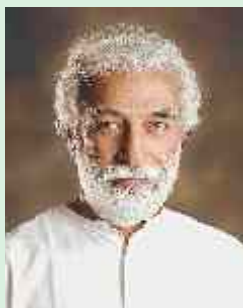
A: As we understand rising of vibrations will always bring a lot of peace. There will be no pain. In fact if there is headache it will go away. Meditations never bring pain of any sort. In fact Meditations help us to remove pain and suffering.

Q: Whenever I have a good experience my ego grows and it affects my Sadhana. How do I overcome this? How do I develop humility?

A: As I understand, a genuine Spiritual experience will not bloat our ego. It will in fact make us humble. If we are really after the Truth, we have to ignore the visions we see in Meditation and continue our pursuit of the Truth. When we really experience the Truth, when we really experience God, we realize that God is so vast, so huge and infinite and we are just a tiny part of Him. We become humble. We also realize that the spark that shines inside me, in me, shines in everybody, in everything. So naturally we will respect everybody and everything. Where is the question of ego then?

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGururji Vol 1,3,4 & 7	each 150/-
iGururji - Vol 2	120/-
iGururji - Vol 5	100/-
iGururji - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

TAPONAGARA

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 Gururji 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 have been growing a lot as a spectator. I see a lot of resistance from within for change. One of my biggest challenges is to forgive and help the people who were not fair to me. I keep surrendering myself to Gururji and the Sapta Rishis and try to do what I am supposed to do. But the ego keeps popping up. I am in a situation where I have to change internally to grow. I have been taking micro steps to overcome this resistance. On the other hand I feel tremendous gratitude with all that is happening around me.

- Smitha Shetty

This is a period of great blessing when I am blessed to serve my parents, spend time with my daughters, brother and family. I found time to meditate together with my family and be in the Spiritual company of my family. It has been a blessed time together. The practice of Shambala principles happens more effectively each time a difficulty arises and surrender has been my sole effort. I really welcomed wholeheartedly the challenges, because they help me practise the principles and learn. I thank you Gururji, Maharshi Amara, Rishis and Manasa for being with me.

- Maitreyi Sasank

I have been sincerely listening to the Sunday talks posted on the website - Thank you. They are extremely helpful and somehow, I get to listen to exactly what I need to

hear that day! The day I was battling with extreme anger and pain, the talk was about Forgiveness. It's quite amazing!

- Shriya Sasank

I feel Gururji's blessings in my everyday life. Our family problems are getting solved and my daughter's wedding preparations are happening only with his grace. Everyone is doing something good for us! I can never thank him enough!

- Vibha Bhagat

Suddenly, by the grace of the Rishis and Gururji, my Meditations have become regular and the quality has improved exceptionally, since January, perhaps after the eclipses. Experience of Light is more regular. I feel that my capacity to hold Light has grown immensely. The experience of Peace, Love and compassion has increased in ordinary day to day situations. Surprisingly, the anger and fear do not rise at all. Since the time, I am a student, I feel that the current time is the high point for me.

- Sudeep Jayaram Shetty

Aspiration for higher thoughts, emotions and actions has grown. Every day reveals a hidden part within me which needs to be worked on and it seems to be never ending!

- Deepthy R