



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 9

AUGUST 2020

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – January 2006 issue)

One day, I saw a butterfly hovering over a flower. In a moment, it flew away.

Suddenly, the Universe opened its arms. New dimensions were beckoning. There were new lights and wings. And something in me expanded with higher Crescendos. In that fleeting moment, I danced, cried and flew with a thousand wings. I lived a thousand lives with a thousand dreams. I experienced Bliss in the thousand comforting arms of the Divine. I wanted to die at that moment finding fulfillment of my search of millions of life-times.

The year 2005 flew away like the butterfly and there is another already. I wonder what dreams it carries.

I wanted to do so many things in 2005. But I could do a little. It does not worry me as long as there are butterflies and dreams. I will actualize some more dreams and leave many dreams for other Light-workers to continue the work. The work does not end as long as dreaming does not end. And the Divine has stashed an endless reservoir of dreams in the human soul. It is a gift and a secret behind all human endeavours and successes, despite struggles, failures and dark clouds which are a part of Life.

Dreams do not die. Dreamers may die. But if one dies, another comes to life. Life goes on. Years roll on. We too move on, inspite of inertia, non-efforts and disbelief. Because the unseen hands of our gurus and God take us Onwards even if we are sleeping and not knowing.

Let us become aware of the butterflies, dreams and the unseen hands of the Divine.

Let us welcome and enter the womb of the New Year to be born again with more Light. ■



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

(Due to Covid situation classes in Centres are temporarily suspended)

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)**

Newsletter 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.



Namaste. Due to the pandemic, Manasa Foundation will be keeping all the Meditation Halls, in Taponagara & Anekal, closed until further notice.
Our regular Meditators can attend the weekly Sunday Meditation Class via webcast.

We request Meditators to channel Light daily from their own residences, from 12:00 PM to 12:30 PM. Or at anytime as per their convenience.

The Meditation Classes in various Centres in Bengaluru remain cancelled.

Those who wish to learn Meditation may join the External Guidance course through Online or Email correspondence.

Please email your queries to info@lightagemasters.com or Call: 9900075280

NEWS AND NOTES

- ♦ Maharshi Amara's Mahasamadhi Day will be observed on 30th August. If the situation improves and gathering in Taponagara is possible, we will communicate to the students well in advance. If gathering in Taponagara is not possible, then students may participate by mind-linking and watching the webcast of the program.
- ♦ The Meditation classes in the city centres in Bangalore remain cancelled. Considering the spread of Covid and the time it may take for a vaccine or medicine to be available, it is decided that classes in the city centres in Bangalore will not be held until March 2021. It will be decided based on the situation then, if the classes can be resumed from April 2021.
- ♦ Classes in Taponagara also remain cancelled until further notice. The Webcast of Sunday classes will continue.
- ♦ All the regular students, including the students of Taponagara Centre, are requested to shift to External Guidance. Those who have paid the monthly fees for the months of April, May, June and July 2020, will be shifted to External Guidance and they need not pay fees until the end of March 2021. We will write to them shortly with details about External Guidance. Others may please contact Manasa office for guidance on this matter.■

MEDITATION ON SPECIAL DAYS

03	Mon	Full Moon Day
11	Tue	Sri Krishna Janmashtami
18	Tue	Masa Shivaratri
19	Wed	New Moon Day
21	Fri	Worship of Gowri Devi
22	Sat	Worship of Lord Ganesha
25	Tue	Maharshi Amara Mahasamadhi Day
26	Wed	Shukla Ashtami
28	Fri	Shukla Dashami
30	Sun	Maharshi Amara Mahasamadhi Day Program
31	Mon	Worship of Ananta Padmanabha

PROGRAM AT TAPONAGARA

Currently all programs are conducted virtually through webcast only and there are no physical gatherings at Taponagara as of now.

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
11-8-2020	Sri Krishna Janmashtami Special Meditation: 12Noon - 1PM
30-8-2020	Amara's Mahasamadhi Program:11AM - 12.30 PM

Special Meditation Technique for Sri Krishna Janmashtami

Imagine a huge globe of blue Light or the form of Lord Krishna made of blue Light. Enter this globe or the form as a speck of Light. You are inside Lord Krishna. Experience Him. This technique can be practised for any length of time, any number of times in a day. This technique can be practised for ten days in place of the regular Meditations.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

We had a constant problem with the software in our office since 3-4 years. It was reported to the company several times but they could not set it right. On 1st Feb., after conducting Light Channelling session in a school I went to office. I tried changing the settings myself. The problem got solved and it is working very well. I am very happy about this. I thank Amara Maharshi, our Guruji and the Masters for this lovely gift.

- Samavedam Padmashree, Light Channel Volunteer

When I closed my eyes and channelled Light, I felt as if I was in some other world. Later I could focus on studies and did not have any difficulties.

- Zaheer Basha, Std. VIII, Govt. PU College (High School Section), Kadugoi, Bangalore

Light Channelling is very nice. It removes stress and negative feelings. It has improved my memory.

- Ramesh V., Std. X, Holy Cross English School, Bangalore

After practising Light Channelling I feel very fresh and have the confidence that I can do anything.

- Priya, Std. X, Madapati Hanumatha Rao Girls High School, Hyderabad

When I was channelling Light I saw a golden lotus and a person sitting in the middle of the lotus.

- Suban, Student, RLCC, Chellipillaiyarkulam, Thirunelveli District

I channel Light every day at home. Now I get full marks in Maths.

- Swapnil, Std. IV, Saraswati Model School, Dwarka

THE NEW NORMAL

Karthik N.

Through the varied mediums of internet articles, social media, television and conversations with people, I observe that Meditations and associated Spiritual practices have gained great importance in the last few years. Earlier, some were shy and secretive about their practices, while few others were proud of being Meditators. Younger generation made it fashionable. These labels associated with Meditations are fading now! We find that Meditations have become more of a natural activity now!

Though it is a fact that Meditators are a minority on this planet, the minority is growing! This rapid increase in Meditators is good, and is also essential for the well-being of this entire planet, for all species. Even simple forms of Meditations are significant as it brings sensibility, balance and maturity. They increase the positive vibrations on this Earth. And then, there are the Master Meditators, who also are increasing in numbers. These beings constantly bring down higher Spiritual energies from the subtler realms. All Meditators are helped by the Rishis and Light Workers in silent ways.

Throughout his incarnation, Maharshi Amara worked at physical and Astral levels to awaken the humanity. He initiated several processes that have paved the way for many massive Spiritual changes to become a reality. The processes initiated by him are gaining strength and are shaping the Consciousness levels on our Earth.

Maharshi Amara brought down the science of Meditations and nurtured it in our lives. He knew that it can elevate us to a better life, a higher life. In his Light, Meditation has gracefully graduated from being a “fashionable activity” to a “way of life!” ■

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)

May 2006 (contd.)

Targets for the next 25 years: All of us will be Rishis. Don't laugh. We have to become Rishis. It won't be very difficult. What all we have to do is, just submit ourselves, just surrender ourselves to the Rishis. We should never question them, never judge them, and never leave them. Simple things like this let us follow. It's possible, if we surrender, if we just follow them. But again I find that they are not taken seriously. I say, "Don't waste energy in talks", but we talk endlessly. I say, "Manifest Love", but we manifest non-love. We are aware of this, not that we are not aware of this. All these simple things that have been said are completely available in the book 'Practising Shambala Principles'. If we follow these Shambala Principles, at least one Principle, in 25 years' time, we will be Rishis! I know what I am speaking of. We have to make up our mind. 'If we are able to meet these targets it is enough. We have to build up a commune'. I am quoting Amara's words. He said that people from different parts of the world will come to see this commune that we build. Imagine! These are the targets he used to tell us about when he was alive, when he was available. He told me these things personally. And again, don't think it's the responsibility of one person like me. It's the responsibility of every one of you. Every one of you can rise. There are many other targets. But, if you achieve this one, it is enough. You may not become a Rishi but you move towards Rishihood and we will be meeting all other targets. Rishis said, "You have to channel *Satya Yuga*. When you become a Rishi, whatever the *Yuga* you may be in, you will be channelling *Satya*

Yuga. You will be channelling Light, which contains knowledge, wisdom, energies ... everything that is Divine, everything that is the best in the Creation. You will be channelling Love. You will be channelling Peace. You will be channelling healing energies". Healing energies are not different from the energies of Love, the vibrations of Love. There are many such targets but as I said, we will be achieving all these targets. It's a great responsibility and also a great opportunity. So, 25 years later - although, I may not be available in this physical body, I will be watching you!

We have to begin with faith. Where intellect ends, faith operates. We have to begin from that moment. Faith is very important. For us, Rishis are the beginning. Without the Rishis we are nothing, we are zeroes. We are aware of it. With the faith in the Rishis, we begin our work and Sadhana and without that faith we cannot do anything - neither Sadhana, nor work here.

I know all of you have this faith. I had this faith when I met my Guru. I have said this many times, thousands of times - every word he spoke was like a Veda to me. Now I realize, at that time I did not know these details. We had met earlier, we had worked together. My Guru and I are just like twin souls, I am so proud to say this. That faith we have to develop. Not even once I questioned him, not even once! Even when people were criticizing my Guru and commenting, I felt sorry for them but I didn't speak ... I never questioned my Guru. If we have this faith in the Rishis, - I don't say have it in me - it's enough. We will meet all our targets - targets set

by the Rishis, targets set by our own selves. Anyway, 25 years is not a small period.

During the last 25 years, the world has changed a lot. I make it a point to observe. It's my job. There is a new Awareness. Without elaborating much, you can see that there is a new voice. Somehow, people have begun to voice their protest against Adharma. And people have joined in great numbers. They are forcing ... doing the right thing and undoing the wrong. You will see these things increasing. It is only then there will be changes at the political levels. Even now you can see this - the protests. Such mass movements will increase. This is part of Pralaya. I am aware of this. I am aware of the Pralaya processes and I am very happy about them. Pralaya is not destruction. We have been saying from the beginning. There are changes which we did not expect. We thought there would be war, but there is no war. There are flash points but they don't trigger off wars. America is warning Iran, Iran is warning America! Even then I don't think there will be a war. Even if there is a war it will be a localized one. I didn't expect these changes personally. Pralaya processes are doing wonderful things. There are new leaders. There are Spiritual leaders. There are people who interpret Gita in the modern languages but again even apart from this there is another class. They may not call themselves Gurus, but they are the leaders. I call them the New Age leaders. I don't call them Gurus. There are a number of people like this. People who watch, they notice them, they recognize them. These are all the changes. In these 25 years, the world has moved wonderfully well spiritually. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

14-06-2020

The period between the eclipses is a wonderful period for Sadhana. This is a period when we can make very fast Spiritual progress. I remember Guruji used to tell us that the Spiritual progress that usually may take lifetimes, can be made in a few years in this period, if we make the right efforts. And of course we have wonderful energies now available during these times between the eclipses.

I feel not only can we make fast Spiritual progress, but there will be very fast development in every area of Life. It could be technology, medicine or science, and we can see it happening. Hopefully we will have a vaccine soon which otherwise generally takes years. Apart from very fast development, changes also take place very fast, sudden changes, for good of course, for good in every area of life. Corruption and greed may still be rampant but it is just a question of time and we will soon be in a corruption-free world. Of course how soon it happens depends on us, depends on the people.

The surfacing of truth continues. You must be watching the news. The new technology is helping. Anger against injustice is growing. We never thought that in the US there will be such widespread protests. And the protests in the US seem to be spreading all over the world. Guruji had told us in fact that the protests will increase. The anger in people against Adharma, against injustice will go on increasing and it will be so strong and so widespread that its vibrations will wipe out Adharma. These things can be seen happening. If we look at what is happening in the US for example, there is so much of pressure now on the lawmakers to reform the law enforcement systems. I was thinking what Guruji used to

tell us - Divine systems will replace the corrupt or imperfect systems. This is an opportunity to bring in better systems, Divine systems. Not that protests had not happened earlier. Protests have been happening there but this time it is different. I was reading somewhere that it is not only people from a certain section of society who are participating in the protests, but people from all sections of society are participating in the protests. So, there is a kind of a unified voice against this unjust system.

I feel similarly, gradually the imperfections of other systems also get exposed. For example we can see it happening in the health care systems, particularly in India. These systems will have to change. They will have to improve. It appears there is no choice. And we can see it happening in other areas, education for example. Better systems are bound to replace the current imperfect systems. And this is happening very, very, fast now. What would have taken decades happens now in a few months or in a few years.

Now, when such things are happening in the world, naturally this question comes to our mind, "What is our role? What do we do? What do we do as individuals to help these transitional processes?" I feel 'help' is a big word. If we help ourselves, meaning if we focus on our own transformation, then we will be helping these transitional processes. We need not think of changing the world. That is the job of the Rishis. They are doing it. We can focus on ourselves. We focus on our transformation. And when we do that, it becomes the best way to help these transitional processes. Through us many things can be channelled, wonderful energies can be channelled and we can become a

wonderful tool in the hands of the Rishis.



The techniques for people meditating in the higher stages of Meditation here in this Path involve no Mantra or Dharana. Of course, some techniques involve Mantra and Dharana, and higher techniques involve no Mantra, and even higher techniques involve no Dharana also. Dharana as we know is a discipline related to the intellect. When we practise Dharana, we imagine Light or any other form that we are told to imagine. After that we need not hold on to this imagining. This is very clear. And if we are practising a technique which involves no Mantra and no Dharana, we begin by becoming aware that we are Light and then we do nothing. We just surrender. But because we are asked to imagine Light in the beginning, we get confused and think that this is the practice of Dharana. And the tendency will be to go on imagining Light throughout our Meditation. If we go on imagining, we will be engaging the intellect in the process. And it may be difficult for our awareness to shift beyond the intellect. So when we are practising a technique where Mantra and Dharana are not involved, let us understand that imagining means becoming aware. When we are told - imagine you are Light, it actually means, be aware that you are Light. We become aware and then we do nothing. We surrender. Somebody may ask, "How do we just sit doing nothing?" When we sit doing nothing, our awareness shifts to higher layers of Consciousness. And when that happens, we will be experiencing God, if not completely, at least partially we will be experiencing God. And that experience will be quite engaging. Only when we practise, we know that it is possible. ■

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.

ETERNAL HOPE

Keerthi Bisarahalli

Amara means eternal, that which has no end. Rishis, probably gave him the name because he lives on in our hearts through his humility, simplicity, unwavering faith in the Rishis, his devotion to Rishis' work and his unconditional love for humanity.

Maharshi Amara brought the Spiritual truths enunciated in the Vedas and Upanishads to us all, not only through his simple teachings but also by living them. He brought the Vedas, Upanishads and Puranas from mere revered epics to everyday living; from 'shravana, pathana and manana to jeevana'. He made each one of us understand that it is possible to live every truth, every Spiritual principle explained therein by making them an integral part of our life. Maharshi Amara and Spirituality are so interwoven that it is impossible to tell them apart.

Maharshi Amara said, "Take shelter under the umbrella of Spirituality." Daily Meditations and transformation is the way to sail through these trying times. It is the only way to live with hope and smile. He will always be there for us. Our effort is in living his teachings and having faith even when it is seemingly shaken.

Maharshi Amara was very practical in his teachings. He said, "Have faith in God, but lock your car!" Spirituality is living with common sense. He always protects us, heals us but urges us to consult a doctor whenever we are sick.

Although the entire earth is facing the same challenges, we have the added advantage of knowing that Maharshi Amara is there for us in every moment of our life. He is our biggest hope. It is our privilege and duty to pass on the hope to our family, friends and then to the whole world.

Maharshi Amara is our eternal hope! ■

MAHARSHI AMARA - HOME

Apoorva Deshpande

The word Amara, may be a noun, a proper noun to be precise but to me Maharshi Amara transcends all the rules of the English language. For me, Maharshi Amara is a feeling, an emotion.

How would one define Maharshi Amara? There isn't one single emotion that I can attach to the great Master; there are a multitude of emotions that are Amara!

Maharshi Amara is a feeling of comfort, a feeling of your hair being ruffled after a long tiring day. Maharshi Amara is a feeling of reassurance with his smile, tenderly comforting you in your darkest of moments. Maharshi Amara is a feeling of calm, a kind of calmness that you only experience when you are sitting by the beach as the sun paints the sky in a million different colours. Maharshi Amara is a feeling of a warm embrace; a feeling of your mother giving you a tight hug. Maharshi Amara is a feeling of security and solace; he is the lighthouse on a stormy night at sea.

Maharshi Amara is a feeling of unconditional Love. One can feel his Love by just looking at Him or connecting to Him. Maharshi Amara is a feeling of a deep unwavering friendship, a friendship where you can be your most vulnerable self and not be judged. He is a feeling of magnanimity, a certain magnanimity that we have seen in our Guruji. He is a feeling of Bliss, a kind of Bliss one experiences when listening to a soul stirring song.

Maharshi Amara is a feeling of breaking free from the shackles of life and finally finding your purpose. He is a feeling of hope when there is none.

Maharshi Amara is a feeling of an unexpected gentle breeze on a scorching hot day but most importantly, Maharshi Amara is a feeling of belonging, a feeling of home! Maharshi Amara is home. ■

QUESTIONS AND ANSWERS

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

Q: If the Astral body is younger does it indicate better Spiritual growth?

A: I do not think so. Age is not related to our Spiritual growth. Age may give us more experience, but that doesn't necessarily make us Spiritual. I have seen very old people getting angry easily. It depends on the individual. Maharshi Amara became a Rishi just at the age of 12.

Q: Is it the ego or intellect that stops us from developing faith?

A: I feel the ego can create doubts. Intellect will keep us engaged in a lot of analysis and logical thinking etc. Faith is beyond logic. It comes from knowing, knowing directly through experience or through intuitive knowing. If we know directly then even the intellect or the ego cannot really come in the way of our developing faith. To know directly, we have to meditate.

Q: What is Divine Will?

A: Divine Will is God's Will.

Q: We acquire good or bad Karmas based on our actions in this Life, and this baggage is carried to the next Life also. And this process continues. Then how can we stop acquiring Karmas?

A: When we take up Spiritual Sadhana, we transform gradually. We know that being Spiritual is being good, honest and peaceful. So, as we change and become more Spiritual, we stop acquiring bad Karmas. We may continue to acquire good Karmas. As our transformation continues, we reach a stage of surrender. Then we surrender, even our good acts, to God. We realize that we are just mediums and it is God who works through us. We begin living in

total alignment with God and we stop acquiring even the good Karmas.

Q: Can the souls, who stay here because of the accidental death, cause trouble to others?

A: It depends on the souls. I think evil souls can cause trouble but it's not that easy. Meditators do not have to worry. If we meditate regularly, nobody can trouble us. Even otherwise it's not easy. There are laws. There is protection. Evil souls cannot disturb us easily. If a person is strong spiritually - he may not even be a Meditator - an evil soul cannot disturb him.

Q: Does speaking sarcastically amount to speaking lies?

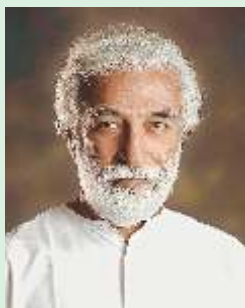
A: I wanted the person to elaborate a bit and he elaborated beautifully. He says when a person speaks ironically, he often intends to convey a meaning exactly opposite to the literal meaning of the words. It is very difficult to say that the person is lying. Through sarcasm he is in a way conveying the truth. Communication is not mere words. It is more than that. But I feel speaking like this is not in good taste.

Q: When we are protected by Divine energy how can negative energy affect us?

A: Divine energy protects us from the negative energies. We are also given a shield when we reach a particular stage in sadhana, which protects us from negative energies. If we hold on to negativity, we create a hole in the shield provided to us and negative energies can enter through the hole and disturb us. We have to positivise consciously to remove negativity from within. ■

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/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
Living in the Light of My Guru	220/-
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Descent of Soul	50/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

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 Gurujee lived from 1987 to 1992.

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

The past six months have been the worst for me in terms of Sadhana due to ill health. My health is improving now. All credit goes to the miraculous blessings and energies from Gurujee, Amaraji and the Rishis. God has sheltered me from a lot of adversity by keeping me secure under their roof. I am eternally grateful to them. I had never imagined that I would witness such improvement. I have no complaints whatsoever despite a lot of setbacks and problems. I think God is beside me whenever I am attempting to take steps forward. I will resume everything with renewed zeal from this very moment.

- Satvajay Thokal

I have been working from home and enjoying this time with my family. The work front has been a series of tests ranging from testing my humility to my resilience. I am developing more resilience and consciously increasing efforts to calm the mind. I feel I am slowly opening up to new experiences. I feel confident that I am protected and loved by Gurujee and the Sapta Rishis and can sail comfortably because of their Grace.

- Smitha Shetty

It has been a blessed and special journey and could feel a very deep connection. Also when I sit for chanting the Mantra in Meditation, I just get lost in between and again come back.

- Sumit P Gupta

Meditations are giving me the courage to pass through this difficult stage. I feel that experiencing the Light has improved and I am trying to have that vibe for as much time as possible. I am continuing to pursue this opportunity (life) and improve myself in all my balanced goals. I am doing fine by Gurujee's Grace and guidance, but there is still a long way to go!

- Mohanchandrabanu

I am leading an intuitive life and I am grateful for the clarity I get, to move in life. Meditation has certainly made all the difference.

- Sulochana Ramaswamy

A great contentment has descended on me and despite the lockdown and very restricted movement out of the house, I feel totally unfettered. I realize this is because in Meditation we experience the vastness and infinity that is God. So the soul adventures every day even as the body stays confined to the house.

- Vidya Virkar

I had a bad habit and was struggling to overcome it for many years. I tried all possible ways earlier but it came back like a boomerang. A month before, I sought help from Rishis and Gurujee. I said in my heart, "Please help me overcome this habit." It's like a miracle that the habit vanished from me. It's like suddenly someone cut the anchors of the ship and set it free. I waited for more than a month to see if any traces of it come back. But no traces are left. I am feeling a relief in my heart after being out of that habit. I am so much grateful and thankful to our Gurujee and Rishis.

- Prem Anand N

I feel a great change. Earlier I was very quick to react and judge anyone, but now after taking up Meditation, I listen carefully and try not to judge anyone.

- Geeta Sharma

While meditating I am calm and focussed, and feel white Light in my whole body. I am able to feel the Light and its power and feel happiness inside. I feel Light at every Chakra point and lose count of time while meditating.

Whenever I request for any help from Gurujee or Light, I am getting it and I am grateful for that.

- Karthik Sharma