



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 16 Issue 1

December 2020

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – October 2000 issue)

The UN Millennium Session was a great occasion; a unique opportunity. I wanted to hear from the Heads of states gathered there, the dreams and aspirations of the entire world; the vision of the future; the Millennium vision. But I was disappointed. They spoke well. They spoke like the true leaders of their countries. But they did not speak for the world, the entire world.

UN is an assertion of collectivity. It is a conscience keeper. More than 150 countries accept it. That itself is a positive factor.

IT is bringing the countries and people closer. We know each other better and closer. If we realise that we are all particles of the same Light and begin interacting with Love which is our true nature there will be a genuine Unification. All segregation ceases. Hatred and violence vanish. Peace reigns. And the New Age dawns.

This Awareness that we all come from the same Source, one God, should be spread out wider and wider. All knowledge that unifies mankind should be brought to everyone. This is the work of the Spiritual leaders.

I expected a program, a practical way, to put such ideas into practice, to be announced in the UN sponsored religious leaders meet. But, again, I was disappointed. The leaders made good speeches and brought out nothing new; nothing practical.

But there are always the positive aspects. That different religions meet on a common platform is itself great. We can always move from this point, onwards.

When the Sadhak said that her mind wanders, the guiding saint said – “Wherever it may wander, it still remains in God.” When I heard this, I was so much moved by this revelation that I kept on churning it.

If we are truly aware that God is everywhere and then allow the mind to wander and experience Him everywhere, we are performing a higher Sadhana.

But Awareness is the key. And it comes from experience; a direct experience of the truth.

Experience God and manifest Him in life. These were the words of the Masters. Even a little of experiencing and manifestation changes our lives. ■



MANASA FOUNDATION (R)

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MEDITATION CLASSES

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.

Online classes continue through webcast of Sunday classes. The Basic classes are also conducted online every Sunday from 10AM to 11AM. A new batch starts on the first Sunday of every month.

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

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PRAKASHMARG(Marathi)**
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NEWSLETTER

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—
True Love
accommodates
everything,
even
imperfections
&
shortcomings.
—



NEWS AND NOTES

- Guruji's Mahasamadhi day will be observed on 29-11-2020. Due to the current Covid situation, gathering of Meditators will not be possible. The students can participate through Live webcast.
- Manasa Calendar for the year 2021 will be released during the program.
- A new batch of Shambala Group will begin on 10th January 2021. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this group may register with Manasa office before 31st December 2020. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2020.
- Meditators of the Shambala group joined through live webcast on 8th November and mindlinked and meditated to receive initiations from the Shambala Masters.
- Meditators of the RA group mindlinked and meditated on 15th November to receive special energies of RA.

MEDITATION ON SPECIAL DAYS

08	Tue	Krishna Ashtami
13	Sun	Masa Shivaratri
14	Mon	New Moon Day Solar Eclipse: 7.03PM – 00.23AM
15	Tue	Shoonya Masa begins
22	Tue	Shukla Ashtami
24	Thu	Shukla Dashami Christmas Eve
25	Fri	Christmas
27	Sun	Akhanda Dhyana
30	Wed	Full Moon Day

PROGRAM AT TAPONAGARA

Currently all programs are conducted virtually through webcast only and there are no physical gatherings at Taponagara as of now. Students may mindlink with Taponagara and participate from their own places.

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
25-12-2020	Christmas Special Meditation: 12 Noon - 1PM
27-12-2020	Akhanda Dhyana (Group Meditation): 6AM - 6PM

On 14th December there is Solar Eclipse from 7.03PM – 00.23AM. Please channel Light to the whole world during the entire eclipse period.

AKHANDA DHYANA

On 27-12-2020 from 6AM to 6PM. To participate students may mindlink with Taponagara and channel Light from their own places at any convenient time and as long as possible.

LIGHT CHANNELLING EXPERIENCES

(Compiled By Vaishali Joshi)

Thank you for your guidance in Light Channelling. Due to this my approach in daily activities has been more positive and it has made me more energetic. Everything around me gives me pleasant and positive vibes.

- Leena Vijay Shinde, A Light Channel

Since I have started channelling Light, I am experiencing so much of positivity in me and positivity is also being felt in my family. I have also received financial support in business, which I had never ever expected.

- Suman Vijay Parab, A Light Channel

I practise Light Channelling every day. When we invoke Light, an energy, a liveliness is created in us and as it spreads, it gives a feeling of satisfaction, of giving. I am an artist. It has helped me very effectively to expand the wings of my creativity.

- Asmita Dabholkar, A Light Channel

I have been practising Light Channelling for many days and I feel peaceful when I channel Light. It helps me to silence my thoughts and concentrate on one thing at a time.

- Sowmya S., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

When I channel Light at night and go to bed with the thought that I want to wake up early, I do wake up early without the alarm bell! Light is helping me to think peacefully and correct my mistakes. I can feel the calmness in me. I am able to reduce my temper to some extent and think positively. I experience a slow change in me.

- Selva Lakshmi T., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

Every time I practise Light Channelling, I feel very calm. There is a positive energy all around me. This is amazing!

- Poorvaja S., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

By practising Light Channelling, I feel a bit fresher in classes. I don't feel very sleepy as I used to feel before. I feel a kind of vibration while channelling.

- Swetha Srinivasan, Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

Practice of Light Channelling has brought about a good change in my behaviour and character. Practising it twice a day gives me courage for the entire day. There is also an improvement in my memory power.

- Aarathi M., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

I feel good and refreshed after practising Light Channelling. Sometimes when I feel very disturbed I practise this technique. It provides relief.

- Koulinya V., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

I feel calm after doing Light Channelling. It makes my day good without any stress.

- Aashika, Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

I am always tensed and angry, and also I cannot concentrate on one particular thing. Nowadays I am not getting tensed. Light Channelling gives me peace of mind. I thank Light a lot for bringing many good changes in me.

- Swetha S., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

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)

June 2006

This is like a theorem. When we are searching for the Truth we must have the courage to cross the boundaries, break the boundaries and go beyond the boundaries. What is a boundary? I shall explain. Let us say we have some Knowledge, information about a truth, about a subject such as Consciousness. Let us say, that is the boundary. When we are searching for the Truth, we must try to know more about this Consciousness. So we have to go beyond the known information. We have to go beyond the boundaries. Here, every boundary is meant to be crossed. Let us say the Rishis tell us about something, and just because the Rishis have said, we shouldn't think of it as the ultimate thing. In fact the Rishis encourage this; they say, "You have to dare, you have to venture, you have to go beyond us." Just because I say something, which I know at this point of time, you should not stop venturing further. After ten years, maybe either I will revise it or I will add to it. That is how it happens. We are seekers of Truth. All Sadhaks are seekers of Truth. So when we are seeking the Truth we must cross the boundaries. We must dare. We must have this courage.

What is the condition for having the contact with the Rishis? I believe it's a very simple thing. Forget the techniques. It is simply a selfless approach. We gathered here with the purpose of finding something new, to bring down something new, higher. The purpose was selfless and when we were engaged in this activity, the Rishis came to us. I have mentioned many times that the Rishis will be waiting to contact us more than we wanting to contact them. And whenever we are involved in such activity, something else also happens. Somehow, we tune up ourselves to a

higher thing, to a higher level. When this happens the contact gets established. People who teach Meditations, people who do this work of 'checkups' would have observed this. They can't explain but somehow they know there is a contact. Somehow they know an expression or a decision - like, 'continue for one more month' - is not their decision. It is a decision by a Rishi. They are aware of this presence. They are aware of this contact.

Having come to the Rishis, we claim we are the only centre on this earth directly under the Sapta Rishis. Having come to them and having taken up Sadhana directly under them, we must expand. The time has come for that. We have to expand. I have observed that people comment. If a Meditator loses temper, the other person says, "You are a Meditator. How can you get angry?" They expect us to behave in a different way. 'Naturally', I say. Underline this word – naturally. Having spent maybe years, maybe months, maybe even days with the Rishis, walking along with them, we have to be different; we have to be expanded. Expansion at all the levels; levels of emotion, intellect, action has to happen. Our behaviour has to be different, has to be improved. If no such expansion manifests, we have to ask, "What is the use of this Sadhana; what is the use of all these Meditations, if it doesn't make me behave in a different way, in a better way?" I know it's not easy. But here, we have to make conscious and more conscious efforts. It is possible, believe me. People have transformed. There are changes even in us, in every one of us. Maybe, those changes are not enough to help this expansion.

I suggest two things to help expansion. They are not entirely new. Practise more of Saptarshi

Pranayama. It purifies. Then practise more of the Shambala Principles, particularly either the first Principle or the second one. Added to this, we must feel the presence of the Light inside us almost all the time. Let us try this. This Light is God Himself. This Light is another person in us, who is protecting us and also watching us. If we are aware of a person, God in us, the way we behave, the way we react will be entirely different. And then it becomes our nature to behave only in the right way. It is then that we can say, "We have become Divine." How is divinising achieved? This is how we divinise. Then we don't have to think of Him; we become Him. It is Nirvikalpa Samadhi in operation.

A point about Astral travel - You can contemplate on this.

When there is an Astral travel, there is a separation of the Astral from the physical. Then where will the mind be? The mind will be in the Astral body. The physical body won't be having any part of the mind. All the mind will be in the Astral body only. That's my understanding at this point of time.

And what is it that connects the Astral body and the physical body? It is this silver cord. The silver cord communicates. Incidentally let us note that the physical body has its own intelligence; it has its own Awareness. When it becomes aware of the danger, the body sends signals. The silver cord carries the signal to the mind then the Astral body acts by simply coming back to the physical body.

One more point we have to note. Without the Astral body or without the mind and the intellect, the physical body cannot be active. It may survive, it may exist but it cannot be active. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

11-10-2020

These are difficult times. We are going through intense Pralaya. These are the times when it is possible that we maybe going through a lot of confusion. I think of Maharshi Amara's words, "Take shelter under the Spiritual umbrella." I think this is the most important guidance we have. These words - "Take shelter under the Spiritual umbrella." - these are like our guiding Light during these challenging times. When he said this, what exactly did he mean? All of us know of course. It's very simple as we understand here. He meant - hold on to being good, being honest and peaceful.

This period is like a test I feel. We may be pushed to a corner. There may be situations, which may tempt us to do things, which are not in alignment with Spirituality. It is possible. But if somehow, we hold on to the principles, we are helped. These are the times when we are helped the most in fact. Guruji used to say that Pralaya energies help a lot. Our patience may be tested but ultimately we are helped.

This pandemic has thrown challenges at multiple levels. Every individual is affected somehow or the other. But as I mentioned, we are helped. We are experiencing special help. People have reported instances of miraculous recovery from serious health issues. Only the other day a person called me and said that his brother was very ill and might not survive. We prayed and sent healing energies. The next day he called me again and said that there was remarkable improvement in his brother's health. On the third day he called me again and he said, "Now my brother is able to get up, sit and he is able to eat!" We are getting such miraculous help.

A person, not a Meditator, a businessman, told me that his heart is

filled with gratitude towards God, because He has kept him fine. He said that 70-80% of his business is affected, but he is able to manage his Life. He said, "There are many who are in situations far worse than mine. Somehow, God has kept me very well." People have this realisation and they have a kind of gratitude. We come across such wonderful people and at another level, we see corruption continuing unabashedly. I feel that this pandemic was an opportunity for people to realise that the corruption has crossed its limits and this is a kind of a signal from the Universe that it must be stopped immediately. But, I don't think people have realised it. When that happens, if that happens, if the realisation dawns and corruption stops, this world would have undergone a huge shift in Consciousness.

I hope that we do not have to see more of such pandemics and calamities for us to realise the need for change. That is why when people ask me sometimes, "What do you think? How long will this continue?", I admit honestly that I do not know. That is a fact of course, that I do not know. It depends on how we, as the humanity, respond to this challenge. This pandemic can go away immediately, at this very moment, if there is a sudden realisation in this world. Like Maharshi Amara said, "If majority of the people in this world genuinely wish that the New Age arrives now, it will arrive now." So, this pandemic also can go away. It depends on us. That is why it cannot be predicted, when will be free of this challenge. We don't know but we are hopeful, I am hopeful that it happens soon.

25-10-2020

When we look back at Life a few decades or even a few years ago, we can realise that Life has changed a

lot. Some changes are amazing, very positive and some changes are not so positive. The Life was simpler and different then. The options were limited. Now there are many options Opportunities have grown exponentially. But the Life has become very complex. The complexity brings its own challenges and also confusion. If we compare the Awareness levels, there is a huge difference. People are more aware now. There is so much of information available now on our fingertips. And that has helped the Awareness spread to every nook and corner of the world. That's a very good thing, a very positive thing. So this is one type of Awareness.

And there is another type of Awareness – the Spiritual Awareness. Even that is widespread now. Even spiritually, I feel that people are more aware. There is more clarity about Spiritual pursuits. A few decades back, we used to think that Meditations were meant for only certain types of people, not for us. Now Meditations are easily accepted. In fact Meditations are becoming a part of our lives now. This is a very big change and a very positive change. Many, many, misconceptions about religious and Spiritual practices have just vanished. Of course, ignorance is still there but there is more Awareness.

But, there are other types of changes also, which are not so positive. Back then, corruption was not so widespread. It has now reached a kind of monstrous proportion. But I feel and I hope that it has become so huge that it is moving towards its end and hopefully it gets destroyed completely. Once that happens, then - like I said last time - the humanity would have taken a major leap towards the New Age.

(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)

Talking about corruption, I remembered what Guruji had mentioned. He had said, "We think corruption means taking bribes but there is much more to corruption. For me, corruption is being impure, unnatural. For me corruption is not doing my job properly. I am a Meditator. If I am not meditating properly, then I have to say that I am corrupt. Our nature is Love. If we manifest non-love then we have to say that we are corrupt. If we promise something to somebody, and consciously do not fulfil the promise, then we have to say that we are corrupt. That way there is corruption everywhere."

Interestingly, he said that we should not be careful in trying to project an image to others, while dealing with others, interacting with others. We have to be what we are. We have to be natural. If we are careful, we will be projecting a false image. Then we have to say that we are corrupt.

This corruption is a very negative development, but I believe and hope that it is on its way out.

There is another thing we are seeing of late. We know that the information, knowledge is easily available on the Internet. But there is another factor. How much of knowledge available is true and how much is not true? It's very confusing. I believe this confusion is created by the dark forces by feeding misinformation. We have to use our intuition to know what is genuine and what is not. We can take help of the light of knowledge we have here, passed on by the Rishis, to know the truth.

So, we have a lot of positive things and lot of not so positive things. This is because the dark forces do not give up easily. They fight, and they can fight as long as they find human channels. Once they stop finding human channels they will become weak and they will

naturally not exist here. The human beings have to choose, they have to reject the darkness, then there will be no more channels left for the dark forces.

We as human beings can choose Light by choosing goodness, by choosing Peace, by choosing honesty. If we can somehow make people aware of this simple fact that we just have to choose to remove the darkness from this earth, we can be in the New Age immediately.

We see that people sell certain items in the name of Spirituality. They sell crystals and stones and sometimes protective shields! They say that these stones and crystals carry wonderful energies. One of our Meditators was offered a protective shield, a physical item. It was for a price. People even sell very complex *pujas*. Helplessness of people is exploited. Guruji had explained that our system can hold a lot of energy. Crystals and stones do have energies but nothing in comparison with what we can hold in our system. Our goodness, our purity helps us hold more energies. If we manifest Love, we can hold more energies. We need not even meditate and we can hold a lot of wonderful energies. I have met wonderful people who are not Meditators, but they carry wonderful energies. They carry honesty and purity. This goodness, this purity protects us. This creates a protective shield around us and no negative force, no dark energy can enter us. We don't need any crystals or stones or any physical items as shields.

Anyway. I hope we sail through these challenging and confusing times and I hope the truth shines for everybody to see and choose. With the kind of happenings we see around, we may feel that the New Age is far, far, away. But when we meet amazing people holding on to honesty and purity, they keep our hope alive that the New Age is not really very far away. ■

QUESTIONS AND ANSWERS

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

Q: Since a year, my Meditations are not good and there are a lot of thoughts. Why is this happening?

A: There could be several reasons for not having good Meditations. One fundamental reason could be that we practise the technique of Meditation mechanically. Then at other times, how much of Love we are able to bring into our living? These aspects I think impact the quality of our Meditations. Everybody faces the problem of disturbance due to thoughts. I feel one of the main reasons could be that our involvement in the world is quite a lot. Maybe we have to involve less with the unimportant details of Life and involve more with God.

Q: Why is it that we start seeing all negative patterns of our behaviour again in us when we are not meditating?

A: Meditations bring a kind of equanimity in us. Our emotions get refined. We will not have extreme emotions. This person seems to have observed that when he is not meditating he goes through extreme emotions. We can carry Light, we can keep ourselves calm, we can try to be aware of the presence of Light, we can try to be connected to the Divine. Even when we are unable to meditate, if we can remain connected to the Divine, we will not have these extreme emotions and negative patterns of behaviour will not come up.

Q: If I send Light to a person will he get liberated?

A: Liberation or Mukti is a very big thing. A soul's liberation cannot be decided by what others do. Just because somebody sends Light to us, we cannot get liberated. We have to work for our Mukti. But the Light sent by others will have an impact on us. It can help us initiate the process. But

ultimately only our efforts make us eligible for Mukti.

Q: How should we protect ourselves from getting influenced by the negativity? Is there any shield to protect?

A: Yes all of us have shields given by the Rishis. Here, in this Path when a student reaches the stages of Experiencing Light, he is given a shield by the Rishis. This shield is a shield of energy or shield of Light let us say, which protects us from dark energies. Even if a shield is not given, every person will have his own shield based on his Spiritual condition. He will have a shield of his own goodness and honesty. We can strengthen this shield by keeping ourselves pure.

Q: How do you explain the yearning for God? Where does this come from?

A: I feel the yearning comes from Love. If we Love God intensely, we yearn for Him.

Q: Do we choose God or God chooses us?

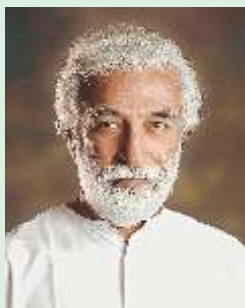
A: I think we have to choose God. As far as God is concerned, He has already chosen us. His doors are open eternally for us. We have to begin our journey towards Him.

Q: When people around us follow rituals and ignore our views what should we do?

A: I think we cannot do anything. We have to wait. What we are trying to learn here is that we know the higher ways. When we know the higher ways then why follow the old ways is what we are trying to say. We are not saying that they are wrong but we have to allow others to understand this. We have to allow time for them to learn and understand and accept. ■

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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.

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 Guruji lived from 1987 to 1992.

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I know one thing for sure, despite lack of progress and this long period of stagnancy, the experiences and gifts I have received from Guruji, Amaraji and the Masters, would always propel me forward in Life. I am grateful for each and everything in my life. It is because of their blessings and energies, I have managed to sustain such adverse times and maintain my sanity. Thank you very much.

- Satvajay Thokal

I would say that ever since I joined Manasa, after reading "Doorways to Light", my life has started changing. In every true sense, I am now a new person altogether via the Meditations, books of Guruji and his guidance.

In the last six months, I read many of Guruji's books and was totally amazed at the depth of information he has shared. I am being awakened to a newer depth of truths after reading every single book. I do not have words to describe and I am totally grateful for being in this Path.

- Prem Anand

One day, when I was sending Light to all the chaos on earth, suddenly I had the Awareness of our earth becoming smaller and smaller, and I perceived the entire Cosmos. I realized that problems of our earth are so insignificant and how narrow our day to day thinking is. I felt like our lives can be lived so much more largely in an expanded way.

My mind started spiralling and I felt like every universe is like an atom of infinite universes; it was difficult to fathom. I felt like infinity is a paradox, which cannot be perceived but just exists, and that each of us are like mini universes. There is no difference between the spark and the ocean of

Consciousness, between us and God; that everything is like an endless reflection of the one Consciousness. We don't need to expand or contract, we just need to be still and the techniques are just to tire the mind to reach Stillness.

- A Sadhak

I have become more calm, grounded and content in my life. I feel a constant connection with the Rishis, and feel their protection and guidance throughout the day. I have become more aware of my purpose and I am taking steps to fulfil it.

- Tanvi Bhatt

Things, which meant Life to me earlier, are redefined now. My acceptance towards my own life is increasing and I have more faith now in Light and Guruji. There are severe tests of patience in progress. Also, there is big chaos in my professional life, but somehow my faith is increasing and all these disturbances are turning out to be opportunities for a better life ahead. I do not know how I can communicate the current state I am going through. However chaotic or disturbing it maybe, but it is wonderful!

- Pushkar Patki

Due to the Covid pandemic, the life situation has changed a lot of things in Life... but this Path and guidance from Guruji has helped me cope and understand it all simply and go with the flow calmly.

The Sapta Rishis Path and Guruji and Maharshi Amara's guidance have helped us understand, that one has to have good intentions always, then nothing is a problem, because God guides us always then!

- Pratima Vadgama