



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 2

JANUARY 2020

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REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – August 2008 issue)

Many people, more in the West, channel Knowledge from sources in the other worlds. They have made available to us more knowledge about Creation, Energies, Extra-terrestrial life, Light beings and many other realities that the physical scientists could not grasp. This knowledge has not reached the ordinary men. The religious are ignorant, as always, of the new knowledge. The Spiritual leaders are busy building their flocks and expanding their empires. It is the New Agers who are working hard to spread the knowledge and prepare humanity to enter the New Age of Light and Love.

Amara was not a channel. He did not receive the Knowledge channelled from above. He gathered it directly by himself. He travelled extensively in the higher planes and met many Rishis, the Light Beings, and Divine personalities and gathered Knowledge from them. He could also gather by himself by direct perception. He brought down rare Knowledge about Creation, Energies, life-beyond, our Cosmos, the Divine Cosmos, Divine personalities and many more realities.

There was a treasure of Knowledge on this earth about all realities. When we entered the Dark Age, 5000 years ago, we gradually lost most of the knowledge that we could not hold on because of our deteriorating faculties. Though some of the Knowledge is available now in Upanishads and other scriptures, it is not enough to set sail into the next Age. There are gaps and holes. A serious work has to be taken up urgently to bridge the gaps and fill the holes from the new Knowledge gathered all over the world and to understand the realities fully and more. This makes it easy for us to move forward into the New Age.

When I speak in the Classes, I address all, students in all stages of Sadhana; beginners to the advanced. I do not have separate classes for each category. So, I do not expect every student to understand or accept all immediately. Someday, everyone understands, perhaps.

While speaking, teaching and training, I come across different categories of students naturally: those who understand me now, those who would understand me later and those who cannot understand me at all. I also come across groups who are behind and decades away from even the present knowledge. It is they who are stunned by the new Knowledge. When I say, there is no *Rahu kala* during *Ashadha*, they get shocked! ■



★★★★★★

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)

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.



Residents of Taponagara gathered to celebrate Deepavali on 29th October 2019.

NEWS AND NOTES

- ♦ A new batch of Shambala Group will begin on 12th January 2020. 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 2019. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2019.
- ♦ Friday, 31st January 2020 will be observed as 'The World Channels Day'. Volunteers are required to approach schools and conduct Light Channelling sessions. Meditators who can volunteer to work on this day may please give their names to Shri. Manoj Chopra.
- ♦ Maharshi Amara's Jayanti will be celebrated in Taponagara on 2nd February 2020. You are welcome to join us on this special occasion. You may please register by 31-01-2020 in Manasa office.
- ♦ On 25-12-2019, Meditators gathered in the Meditation Hall at Taponagara to offer their Love and respect to Christ and channelled Light to the whole world.
- ♦ The Manasa Calendar for 2020 is also available on Android platform. Android users can download from our website or download / update from Google Play Store by searching for 'Manasa Calendar'.

MEDITATION ON SPECIAL DAYS

03	Fri	Shukla Ashtami
05	Sun	Shukla Dashami
10	Fri	Full Moon Day Lunar Eclipse: 10.37PM – 2.42AM
15	Wed	Uttarayana begins Makara Sankranti
17	Fri	Krishna Ashtami
23	Thu	Masa Shivaratri
24	Fri	New Moon Day
31	Fri	World Channels Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12Noon - 1PM
12-1-2020	Shambala Group meeting at 2PM Light Channel Volunteers meeting at 2.30PM
19-1-2020	Ra Group meeting at 2PM

AMARA JAYANTI PROGRAM

02-02-2020, Sunday

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

PROGRAM AT ANEKAL

Amara Jayanti will be celebrated at our Saptarshi Dhyana Kendra on Saturday, 01-02-2020 at 11.30 AM.

There is Lunar Eclipse on 10th January from 10.37 PM to 2.42 AM. Please channel Light to the whole world during the entire eclipse period.

SAHASRA DEEPTSAVA AT TAPONAGARA

Vaishali Joshi

Deepavali was celebrated at Taponagara on 29th October in a unique way using diyas and electrical lamps. Planning for the event began more than a week before with detailed assessment and procurement of things needed for decoration of each structure in Manasa and Antar-Manasa such as diyas, candle lights, rangoli, flowers etc.

Decoration of the structures started a day before with installation of electrical lamps outside; drawing of beautiful colourful rangolis inside them with tall traditional brass lamps placed in the centre, and it continued the next day. More residents joined on the morning of 29th to creatively arrange the diyas, candle lights etc., in all the structures and adorn them with flowers.

Periodic light drizzle and strong breeze could not dampen our spirits, but gave us anxious moments, making us pray fervently to the Rishis, Varun deva and Vayu deva for help. Our prayers were answered, and as the evening came on, the weather cleared and a bright Sun appeared.

Residents gathered at the amphitheatre in Antar-Manasa dressed in colourful, festive attire and the program started at 5.45PM with Light Channelling and lighting of the Inaugural lamp by Jayant sir. From there we proceeded to the adjacent old Shiva temple. After praying to Lord Shiva we proceeded with our teams to the respective structures allotted to us and lighted the diyas together. Then we reached Guruji's Samadhi Hall in Manasa, where Jayant sir lighted the lamp, and same as before, all of us proceeded to the respective allotted structures with our teams and lighted the diyas.

The joy and festive spirit in the air was palpable, and the light of more than a thousand diyas made us feel as if we were in a wonderland! The evening ended with cutting of birthday cake by those having their birthdays in October, dinner and a group photo! ■



**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

In this Path, we do not just provide the knowledge at the level of the intellect, we try to take Meditators beyond the intellect. For us the experience beyond the intellect is very important. Unless we experience, we do not understand. People explain and think that *Dnyana Yoga* is about scriptural knowledge. They think that it is mastering knowledge from *Upanishads*, *Gita* or any holy book. As we understand here, *Dnyana Yoga* is the *Yoga* of knowledge which we gain by direct experience. Here, we practice *Dnyana Yoga* in the real sense.

Here we help people to understand the point that the rituals are good, doing *pooja* is good, going on pilgrimages is good, but it is not enough; perhaps it is not necessary. We have to shift our *Sadhana* to a higher level. We say that we have to go beyond these rituals or *poojas* or pilgrimages. All these were fine during the *Kaliyuga*, the 5000-year period of darkness. But now these are not enough.

We never knew about the new possibilities. Now the Rishis tell us that with these small techniques of Meditation given here, we can experience God. Then why do we need to go to a temple? So, here in this Path the Rishis help us go beyond the rituals and the *poojas*. The Rishis try to help us to rise above these. That is why this is a different Path. Let us always remember that we should never laugh at other ways. Let us never condemn any Path. Every way is a way. We are saying here, "Let us go beyond the ways we already know."

Let us practise a higher *Yoga*. We are going to introduce lot of things. We have already introduced

Saptarshi Pranayama. We are going to introduce more of such techniques, the higher techniques. We will introduce higher techniques where no mantra is required. This looks like a paradox that we take the help of a technique to go beyond it!

Here in this Path, we try to help in overcoming certain obstacles in *Sadhana*. There are known obstacles and there are certain obstacles which are very serious and important and we have to remove them. Unless we remove these obstacles, we cannot move in *Sadhana*. Of course, the greatest obstacle is inertia, lethargy. Even *Patanjali Maharshi* spoke about it. We are trying to find the ways to get over it. We are yet to find a solution!

Distortion of knowledge is an obstacle. The truth is very simple, but sometimes, in over enthusiasm, we speak more about it and ultimately after years, we will be speaking an entirely different thing!! That is why we have to talk less. It is like a *mantra* - 'talk less'. So, picking up the right knowledge and throwing away the distorted part becomes easy when we start meditating. That is why I say that you should meditate for some time and then read *Bhagvad Gita*. Then you will know the essence of what Lord Krishna spoke and not what some speakers speak about it.

Emotionalism is another obstacle, although we have to be emotional. Even when we think of God, we have to be emotional. Love is an emotion at some level. But we have to go beyond emotions. My Guru explained that we can be away from Him and yet be closer to Him. *Amara* is physically not here, but he is in my heart. We have to reach such stages. Being emotional holds us back at a particular level and this becomes an obstacle.

After long hours of Meditation, after years of Meditation, we naturally gain certain things; the number of hours spent in Meditations definitely give us benefits. We gather more energies. We attain a higher degree of purity. We also attain Stillness, if not the total or absolutely total Stillness, we attain the Stillness to a greater degree and we strengthen the Spiritual processes occurring in us. If all these things happen, we should make progress. We *are* making progress. But again, we could have made much more progress. These long hours spent in Meditation should bring us Peace; a lot of Peace. These should bring us wisdom. A word from us should carry a whole book of wisdom. We should be very strong spiritually. We must be vibrating Truth. We must be manifesting Love, if not wholly, at least partly. But somehow these things *do not* happen to everybody meditating for long hours. We try to understand why. That is the research we are going to do. Why is it that we do not make the progress that we should be making with such very genuine efforts? When we allow agitations to occur or develop in us – emotional, intellectual agitations – I think all the efforts we make, go waste. When *Amara* told us such things at that time, we did not understand. He said, "One burst of anger is enough to destroy the effects of one year of Meditation." It is not that we are not aware of it. In spite of that sometimes we allow these things to happen. Here I am not judging anybody. We as individuals, have to be careful. Being alert and aware of these things *is* a part of *Sadhana*. We may fail but let us not worry. Failure is a part of *Sadhana*. Every time we fail, let us make another fresh effort. Let us be more alert and careful. That is how we learn and progress.■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

24-11-2019

A few weeks before Guruji passed away, we thought that he would live longer, as there was some improvement in his health. I told him, "Guruji, there is so much of hope now. You will live for a long time." He replied, "As far as I am concerned, I have surrendered to the Rishis. If I hope or want something, if I want my health to improve and if it does not happen, then there will be disappointment naturally. I do not want to go to the Rishis looking disappointed. I want to go to the Rishis smiling and fully ready." I thought, "Oh God, what a way of thinking and surrender!" Only a Master like him could have prepared himself like this.

He wanted to work for the Rishis till his last breath; which he did of course. He passed on profound wisdom and energies to us even from his hospital bed. When we could not hold back our tears, he consoled us and also cried with us. He would say that this human part is very precious; we must not lose this human part. He explained, "The fact that we will not be meeting like this in this physical body again, in this life again, this realization makes us emotional; it makes us sad. We will meet again of course in the next life. But that will be different." I remember that he was the one who explained so beautifully, why we have a tinge of sadness while experiencing something very profound. Think of a Sunset for example. Watching a sunset is such a profound experience. But all of us would have probably noticed that there will be a tinge of sadness while enjoying this experience. We would never have paid attention to this fact probably. But he had

explained, "We feel this way because we will be knowing that this moment is temporary. We will not see this Sunset again. Next day, it will be different, it will be a new experience." He had this amazing angle to look at Life. He had this amazing wisdom to explain the most complex things.

He was unique in the way he lived. It was the Love which made him unique. Whether it was the driver of his car or a non-meditator friend or any one of us, we all had a special relationship with him. Even those of his students, who did not meet him personally, had this special relationship with him. This relationship was based on unconditional Love. That is what made him unique. He literally vibrated Love. His smile, the way he spoke and even his replies to our emails and letters were full of Love. A person told me that she would write to Guruji and his replies would be generally very brief. But even his brief replies conveyed everything. They were complete. Sometimes the replies would be one word or two word replies and these one or two words would convey everything, much more than the words of course. He would not just use words to answer us. There would be energy sent along with the words and these energies would convey the whole. We would receive so much Love with his replies that we would feel elevated and would remain in that feeling for a long time. This person told me that she would read and re-read even his single-word replies and feel happy. His Love had so much of Power.

He shared some profound truths during the last few days. I have picked up this part to convey in his

words. He said, "I have met God. I have also met angels. I have met the Rishis and I am receiving help, Grace from all these levels. When I came to know about this problem, about cancer, I accepted it straightaway. I told the Rishis that I am ready. These details are important for you. You must accept every decision of God. God will be aware of everything that happens in our life and we can say that it is His decision for such a thing to happen in our life. So we must accept it as His decision. God loves me and I accept it straightaway. Because people do not know the truths, the universal truths, they struggle. If they understand this, there will be no problem, there will be no complaints. The greatest truths come from God. If we know this, if we realise this, we become so wise. Every time we take birth, there are lessons for every one of us to learn. That is how the human race evolves. But somehow, most of us don't learn. We have the freewill. We can choose to learn or we can refuse. God provides everyone an opportunity to learn the basic truths, the truths not only of this earth but the truths of this entire Universe. The Universe is very much concerned about us. It is monitoring. It is helping. It is helping us in a very glorious way. There is a great intelligence which manages everything."

He continued further, "We like some people. We dislike some people. Then we hate some people. This is a time when we have to rise above all such things. This life is an opportunity. This time is an opportunity. Get over the ordinary human parts. God Himself is the most important universal Truth. We have to accept Him. He is our Creator." ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes one year's Newsletter subscription.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Sri Jayant Deshpande.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

JOURNEY WITH THE MASTER

Guruji Krishnananda
Eleven

(From October & November 1990 issues of Manasa Patra)

One day Amara called me. He was glowing with strange excitement.

"I found my Life's fulfillment yesterday!"

I listened to him with breathless attention.

"It was evening. The pain was unbearable. There was no one in the house. M had also gone out on an urgent errand a few minutes ago. It was then that I heard the flute. Such a melody! I wondered which artiste it could be! Which Radio Station? It was coming through the window. As I turned towards it, M came in. She was furious!"

"She began complaining about several unrelated things. I tried to pacify her. But she wanted to go away! leave us! I did not know what to do. M entered the bath room to wash off the cow dung that she had stepped on. It was quiet again in the room. It was then that I heard the flute again. But it was coming from the bath room! Strange! I called out for M. There was no response. Then I got up slowly and moved towards the bath room."

"I saw dung marks on the floor. Then they began glowing! M was not there in the bath room! No sound of flute also! I could not understand. I returned to my cot. Then I saw a bright light and Lord Krishna moving from it! He sat on the bed and smiled. My pain vanished. He spoke about many things and disappeared."

"Krishna gave Darshan.. Spoke..."

Amara entered silence as if he was having the Darshan again now. I sat spellbound in the glow of his experience.

February 16, 1980. By 2 PM we

had gathered at Amara's place at the village. We were about seven hundred in number. A shamiana was erected and carpets were spread. Everything was ready for the Special Meditation during the total Solar eclipse from 2.24 PM to 4.35 PM.

At 2.22 PM Amara gave clear instructions about the Meditation that was to be practised in several spells. He also remarked – "This is not the first time that we are gathering here. About 51,000 years ago we were here, every one of us, and participated in such a work of Rishis bringing a Special Energy from Parabrahma. We will receive this on behalf of all the human beings and pass it on to them when they are ready. This is the foundation for the Kingdom of God promised by Jesus and the *Satya Yuga*. This is a great day."

After the Meditation we were all so full of inexplicable quiet and fullness that no one talked. We returned silently. On the way back I noticed two cloud-like formations of circles in the sky and wondered what they could be. Papers published photographs of them next day. In Madurai people had witnessed a Golden coloured light along with the circles. When I asked Amara if these were the Special Energy that the Rishis brought down yesterday, he said "Yes, only a tip of it."

One of my friends wanted to photograph the Special Meditation session and he sought permission from Amara. Amara permitted. He requested my friend not to include him in the Photographs. But my friend was too enthusiastic. He clicked Amara several times. When he got the prints, he found that Amara was not in the pictures. Only a black mass in his place stared at him. I narrated this to Amara. He smiled! ■

QUESTIONS AND ANSWERS

(Jayant Deshpande)
(Compiled by Shobha K Rao)

Q: Some people harm themselves knowingly. Ex: a person with diabetes knows the fact that he has to be careful about his diet, but he goes on neglecting it. Why does this happen?

A: The person has to explain. Guruji had told us that in this plane of living, there is a kind of natural resistance within us. It is the inertia, a force which will try to discourage us from doing anything we want to do. We have to strengthen our willpower to do what we have decided to do, to overcome this resisting force. Guruji always advised people to treat themselves at two levels mainly. Firstly, at the level of the body we have to follow a proper treatment as advised by the doctors. We have to take medicines on time; we have to take care of our diet and health. Secondly at the Spiritual level, we have to heal ourselves with the help of self-healing techniques, with the help of Light. We can also meditate. Meditations burn our Karmas. So, we will also be trying to remove the root cause of the sickness by trying to burn the Karmas.

Q: Instead of blue Light I see golden Light. Hope this is not a problem.

A: In Meditations we do not try to see the Light. We will be aware of Light, that is all. Without consciously trying to see the Light, if you see a different colour, it is alright.

Q: I am meditating regularly but I get tired very easily, very fast and I have very low energy levels. Kindly guide me as to what I should do to feel better.

A: Meditations always help and

always have only a positive impact on us. If you feel tired I think you have to consult a doctor, take medicines, practise self-healing and continue Meditations.

Q: Sometimes I feel that I sleep while meditating. Please suggest a way.

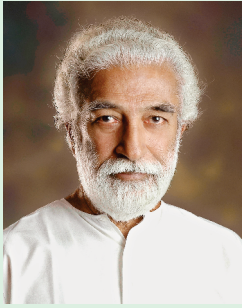
A: Guruji had suggested certain things. He had said that firstly you have to check your Trataka. Sometimes our Trataka shifts and that may make us feel drowsy. If our Trataka is not straight, we can correct it and continue Meditations. There is another factor. When we meditate, in silence our Awareness passes through the sub-conscious and unconscious layers of the mind before reaching the areas of pure Consciousness. When our Awareness reaches the unconscious layer, we feel sleepy. We can quickly pass through this layer by having more Love for Meditations, more Love for the Light. We can have deeper longing for experiencing the Divine. Love always helps.

Q: It is said that a particular technique helps us to grow faster. Is this true or do all the Paths help us grow with the same speed?

A: As I understand, how much of Love we have, how much of Love we are able to manifest, that determines how fast we grow. Although it is a fact that the Path helps, the technique helps; the Path shows us a way, but the individual has to make efforts. The individual has to practise, has to follow the principles. We may be doing Sadhana in any Path, if we have a very genuine urge to grow and if we make efforts we will definitely grow. ■

LIST OF OUR PUBLICATIONS

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Light	10/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

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)

The joy of Meditations is becoming a habit and I don't feel too good if I miss out on my daily Meditations. I am able to go into silence faster and it is deeper. I am beginning to feel the Presence in the quiet. Surrender too is coming naturally. Most important of all is that a sense of detachment in me is very strong and I am not interested in anything except the Source, His service, His remembrance, His work, awareness and prayer. And the whole being is diverted towards Him.

- Rebonny Ray

Rishis, Guruji, Maharshi Amara and Master V are always around pouring Light, affection and showing ways. I choose to be with goodness, compassion, Light, patience and hope for the good of all. The blessed journey continues in all abundance.

- Geeta Joshi

My two-year-old dog became quite sick and was admitted to the animal hospital for several days with suspected Pancreatitis. The blood tests showed that there was internal infection. I prayed to Santoshi Devi for healing, and the healing energies were channelled to the dog. When the ultrasound was eventually carried out there was no sign of internal infection. She immediately started to recover, despite the vet saying that it will be a long process. And soon she recovered fully!

A family friend had burst appendix and peritonitis. Unfortunately, after she was discharged from the hospital she continued to deteriorate. They had to re-operate on her but as she was very weak, the operation had to be put off. I prayed to Santoshi Devi and the healing energies were channelled to her. Much to the surprise of everyone, she started

to recover and did not need surgery again. I am grateful to the Rishis and Guruji for their help. Those who are close to me are now starting to believe in these unexplained situations; which to me is the Rishis' Grace, their help!

- Anne Chapman

I am seeing visions of future events in my Meditations, future events of that day or events of a few days ahead. I am practising the technique of contacting the Rishis and every time I do that I feel I am receiving a lot of energies and Love from them.

I had an experience one day in my Meditation. I started getting thoughts of all the pain, suffering and disappointment faced by me and people close to me, and instead of feeling disturbed by it, I felt the beauty in these experiences. I felt like I was viewing life from an elevated place, where good and bad don't exist and everything felt beautiful. It is very difficult to put this in words, but I felt true beauty. For the first time I felt I saw how God views this world, loving everything and differentiating nothing.

My trust in Rishis is deeper now. I feel the freedom and joy in surrender. I feel protected always and have overcome lot of fears and worries. I easily love and accept everyone and everything. I am able to recognize the voice of my ego and try to ignore it. The only thing that really matters to me now is, Light and the closeness with Rishis. This simple shift in priority has made me very happy, carefree and brought me peace. Every time I come to a crossroad where I face a difficulty, I just remember what is important and I am instantly relieved.

- A Meditator