



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 8

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## REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – November 2001 issue)

Divine Love accommodates everything; accommodates all imperfection and short comings. This is a plane of imperfection.

This is also a plane of good and bad. There is always the war between the good and the bad; within and without. This is always a Dharma-kshetra; the battle ground of the two Dharmas; of two natures. Whenever the good triumphs, the evil stays back lurking in the background. The evil also has its day, when the good goes back from the stage. When its time to return to the stage arrives, the Divine comes down to the human plane to help. This is the story of the Yugas. And the time has come now for the good to triumph.

When we manifest Divine Love, we should not accommodate evil. Those who are in the side of good should fight the evil in any way they can; overtly or covertly. This is Spiritual. Spiritual is not merely being good, but also fighting the evil.

Spirituality upholds freedom at all levels and joy to all. And no violence. Whenever those truths are violated Pralaya occurs.

Pralaya is change; change for the better. Pralaya began years ago. It has now intensified at the Astral level. What occurs at the Astral level physicalises later.

All that occurs at the Astral level need not be physicalised completely. A part of it can be altered, even by processes that can be initiated by Meditational techniques.

Individual Meditations add up; help. But, for quick results, Mass-Meditations are necessary. They alter the level of vibrations and bring miraculous results.

This is the time for Meditations.

Freedom is good. Not interfering with others' freedom is better. Freedom's ultimate move is surrender. Total surrender leads to the Final Freedom. Moksha.

Confusing?

When we grasp the truths more by our intuition, there is no confusion. With Light, there is no darkness. ■



**MANASA FOUNDATION (R)**

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## 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/-  
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### NEWSLETTER

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



Renovation of Gururji's Samadhi Hall in progress.

## NEWS AND NOTES

- Due to the Corona virus pandemic, the Meditation facilities at Taponagara remain closed for visitors but Sunday classes continue through webcast.
- Meditation classes in other centres in Bangalore remain cancelled until further notice. The students from these centres may watch the Sunday webcast or the recorded video of the Sunday class during their weekly class period.
- Light Channelling sessions in our Regular Light Channelling centres remain cancelled. The Light Channels may pray to the Rishis and channel Light from their homes.
- Please help us by gifting our Newsletter subscription and books to your friends. ■

## MEDITATION ON SPECIAL DAYS

05	Sun	Guru Poornima Lunar Eclipse: 8.37AM – 11.22AM
13	Mon	Krishna Ashtami
16	Thu	Dakshinayana begins
19	Sun	Masa Shivaratri
20	Mon	New Moon Day
27	Mon	Shukla Ashtami
29	Wed	Shukla Dashami
31	Fri	Worship of Mahalakshmi

## PROGRAM AT TAPONAGARA

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

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
05-7-2020	Guru Poornima Special Meditation, after the eclipse Meditation till 1PM
12-7-2020	Shambala Group meeting at 2PM through webcast
19-7-2020	Ra Group meeting at 2PM through webcast

During Ashadha Masa, we get wonderful and great energies directly from Parabrahma Loka. We can meditate more during this entire month and absorb these energies. They peak on Guru Poornima, the Full Moon day, which falls on 05-7-2020. On that day meditate as much as possible, and in the night before going to bed, imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.

On 5th July there is Lunar Eclipse from 08.37 AM – 11.22 AM. Please channel Light to the whole world during the entire eclipse period.

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

As I was channelling Light, first I could sense a lot of energies flowing up and then for almost 5-10 minutes I felt as if I was as light as a feather. I was aware of my body and the surroundings but I could not feel any weight or anything, as if I was just a small point. Even when I opened my eyes I felt the same weightlessness.

While channelling, suddenly I also got a thought that "Light is Happy", and strangely I was feeling that even if these are times of pain and suffering there is lot of happiness and positivity in the surroundings. I could experience many energies and strong energies that day. I did not even realize how 25 minutes elapsed. I never had such an intense experience before.

- Pushkar Patki, Light Channel Volunteer

I saw a person sitting in front of me and channelling Light along with me.

- Prithviraj, Student, Bharati Vidyapeeths English Medium School, Pune

When I practise Light Channelling, I feel that those few minutes are very important. I have tension of exams, tests etc. It makes me tension-free and my mind becomes fresh.

- Bhanupriya, Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

On World Channels Day, after the Light Channelling session in a school in Sivaganga District, many students said that they had a vision of pink balls of Light. It was very touching.

- Swaminathan, Light Channel Volunteer

At Hire High School, Pune after the Light Channelling session commenced the stillness was immediate, and after 7-8 minutes everyone opened their eyes slowly with calmness and joy. The main teacher who was conducting the assembly continued connected and when she opened her eyes she stood dazed before the mike.

At Shivrai Pratishtan, Pune, as the introduction started there was some mischievous talk and giggle from some boys. When told gently to share with everyone they quietened and listened. There was pin drop silence. After the session, there was silence and all the students including the mischievous boys said that they liked it and would channel Light for sure, and also remind each other about it. It was touching to see the students transform, quieten. Some were shedding tears. It is a blessing to be a part of such work.

- Geeta Joshi, Light Channel Volunteer

I was afraid to stand in front of a group and talk. After channelling Light I am able to get over this fear. My negativity has also reduced.

- Student, Std. VIII, Gokul Vidya Kendra, Bangalore

In the morning I had bad thoughts. After practising Light Channelling I am feeling better. Earlier, I could not read and write Kannada. But after regular practise of Light Channelling I am slowly improving in it.

- Ronak, Std. X, St. Rohith High School, Bangalore

I felt very relaxed after practising the Light Channelling technique and all my pressures vanished.

- Shri. Dahiphale, Teacher, Jyotirao Phule Boys High School, Pune

## LIGHT CHANNELS WORLD MOVEMENT

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

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

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

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

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

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

Spread this message to all.

Visit [www.lightchannels.com](http://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.)

It's a very important point that mere deciding to take up Sadhana and even taking up Sadhana is only the first step, like opening the main door of the house. We have to pursue it and there is no end to this. The end is only when we really, really merge back into God.

It was said that Lord Buddha had his aura stretched up to miles. It's amazing! We never looked at the aura of our Guru. Perhaps it would have stretched all over Bangalore. He was such a great man. We never tried to observe such things. We were rather drowned in the words that came from him, struggling to capture whatever he told us. At that time we did not understand much. Incidentally, there are many books on aura; there is a lot of information. One or two points I mention.

An aura is a kind of emanation, a kind of glow which comes from the mind or the Manomaya Kosha. As we have the auras, even the plants have. You can see the trees. Try to see the trees. I have tried to see ... trees will have their own auras. Inanimate objects have the auras. This mike has an aura, you can see. You may not see now because of the white background. You can see the auras. What does it indicate? Every thing, every object, animate or inanimate has in itself an energy field and this emanation comes from that energy field.

Going beyond the topic of auras - everything will have the energy field and there is always a central point, the core. There is Consciousness, there is intelligence there. The core can be communicated with. We can establish a contact with the core. The core is like the soul.

Normally we say that we can invoke a rock. We invoke the core of the rock. The core is Consciousness; the core is God Himself. You can talk to the rock. When you invoke the core, you have to always offer energies. You have to gather energies and offer it to the rock as a mark of respect and of course offer Love. That's invoking. What else is invoking? It's like knocking at the door. And when you offer energies and try to talk, anything will talk back. You may not hear the voice but you receive the communication. You know it comes from that rock.

I want to remind you. I wrote in Tapas, the Newsletter at that time, that once I talked to a car. When I mentioned it, many people wrote to me that they too had similar experiences but it was not clear to them at that time that they were actually communicating with that thing. A person wrote to me. It was very, very interesting. He was a pilot and an engine of the plane broke down. He said he prayed to the plane. He said, "Don't let me down. Let no harm happen." He said that after two minutes, suddenly somehow it became alright. And somehow he recalled that he got a kind of assurance that nothing wrong was going to happen. This is how we say that God is everywhere. There is God everywhere. You can communicate to Him.

Twenty five years ago, on 18th May, I went to Manovati. Rishis established a centre - the first ever centre of the Sapta Rishis. They not only established or opened a centre, they also gave us work. They set the goals and targets. We never knew this very clearly at that time. Now when I look back, I realize, yes, they had set the goals. The first one was to establish a Meditation training

centre. The next one was to build a Cosmic Tower. I think in these 25 years, we have achieved this. I think we have achieved the goals set by the Rishis. And again, after 25 years, the same day - 18th May - we established this Study Centre. First I called it a Research Centre. Now we are calling it as the Study Centre. It is neither a Research Centre nor a Study Centre. It is much more than that. Here, I know a very great work will be taken up. From this Centre the whole of mankind gets benefited although it is a very tiny one at this time. Here we cannot follow any conventional methods. We have to evolve new ways, new methods. In this Centre, we try to get the knowledge from above, convert it into thoughts, words. This knowledge we will make it available to everyone. We will find, rather we will evolve ways and techniques to make use of the knowledge. Not only shall we get the knowledge from above, but we will also gather what is already available here; systematize it. It's a very great work. Such opportunities come only once in 51000 years. After establishing this Centre, after 25 years, now I am a little conscious; Rishis have set goals for the next 25 years. First we have to build up a commune here. I couldn't do it. Building up a commune is not easy; it's not mere building houses. It's not mere living in a place together. It is coming closer in heart. It's not easy. I don't blame anyone actually. We are yet to grow, yet to evolve. This is a project of more than 400 years and we have spent only 25 years. So Rishis have great patience. No comments. No judgments. But again as a human being I feel a little disappointed. In the next years, maybe we will build a better commune. Let's hope. ■

## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

24-05-2020

We all know how much Guruji loved music. He had so much of knowledge about music and he used to play the *tabla* very well. We know that he even composed beautiful *bhajans* and some of the *bhajans* are now recorded in the Arpana CD. In our initial interactions once we were just talking about music and I was amazed to know, that apart from Hindustani classical he also liked old Hindi melodies. I used to think that a person from South India will not appreciate Hindi songs. When he mentioned about Talat Mahmood, Sehgal, Ghulam Ali and Jagjit Singh, I was really clean bowled. We all know how much he liked Pandit Bheemsen Joshi. He mentioned that listening to Pandit Bheemsen Joshi is like meditating. He even appreciated and liked western classical and he knew so much about it. He had a unique taste for finer things in any area; it could be music, literature, art, cinema, theatre, anything creative. And he introduced us to the best in all these areas.

Once we were causally talking about the music systems. Having come from a middle class background I was naturally conservative in my thinking and I used to think that we shouldn't have expensive things. He said, "If you can afford something and if you wish to have it, there is nothing wrong. It is not unspiritual." He suggested that I buy a better music system, a slightly expensive one as it would enhance the experience of listening to music. I told him that I won't be able to do justice to it, as I was very busy those days with my job and did not have much time to listen to music. Then what he said really amazed me. He said, "Even if you listen to it for 5 minutes it will be a quality experience, an enhanced experience. We will not miss the subtle, finer things. Sometimes there

will be some parts where sound of some instruments will be very soft, those playing in the background. All these we can enjoy." I was amazed! A Spiritual Guru who teaches Meditations talks about music with such subtle and minute observations! I followed his suggestions and I must say it enhanced my experience of music. I am not saying that we must have expensive systems to enjoy music. We need not have. My idea behind sharing this perspective of Guruji is to highlight his wisdom, a very practical approach to living. Luxury or comforts are not bad as long as we do not get attached to them. And denying comforts to ourselves does not necessarily make us Spiritual.

Another point of view of Guruji, which I have mentioned several times. He said, "Nobody is condemned forever." I repeat this again and again in the classes because I know the value of these four words. Many times we condemn ourselves for what we have done in the past. These words give so much of relief and hope. This self-condemnation makes us feel so miserable and takes us towards a kind of hopelessness because, the past cannot be undone. He told us that the past cannot be undone but we can correct ourselves. And it is amazing that God gives us another opportunity to correct our responses when a similar situation faces us again. I think such things are possible only in God's world. And thank God, there is only one world which is God's world.

In this connection I remember two incidences. When we went to Nagpur with Guruji for the first time, people welcomed him in the traditional way. They performed '*padapoojas*'. Guruji never approved of such things, but he could not stop them because they had prepared with so much of Love and reverence. He did not want

to hurt them. Not hurting them was more important - a higher principle - than going through the awkward feeling of accepting *padapoojas*. But he explained later in the classes here that doing *padapoojas* is fine, it is easy, but it does not help us spiritually. Worshipping the Guru like a God is easy but it does not help our Spiritual Sadhana. The only thing that helps is bringing Guru's teachings into practice.

I felt very guilty about these *padapoojas* because I could have stopped the people from performing them. Guruji could not have stopped them, but I could have briefed them in advance and could have prepared them. I thought, 'Oh God, I have to now live with this feeling for my entire life'. But God gave me another opportunity. Guruji went to Nagpur again, and I could prepare, brief the people very properly this time. And people received him really properly, with reverence and Love. They did not perform *padapoojas*. They are not Meditators of this Path but even they learnt in the process that such things do not help. This is how the Masters help the people grow and remove many misconceptions about Spiritual Sadhana.

Anyway, even now, there are moments in my life which I regret, which I would like to forget. I would like to say sorry to people, but it is too late. How do I reconcile with this? Guruji has given another way. We need not say sorry in person if we cannot, but we can say sorry silently to God, silently to the person with God as the witness. These are some of the profound things Guruji taught us, to help us reconcile with our past. It is also true about others' mistakes. They shouldn't be condemned and judged forever. Like I have a chance to correct myself even they have a chance to correct themselves.

(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)

Another such profound thing comes to my mind. He said, "You live positively, you manifest Love and you will be working for the Rishis." Many times people feel sad that they are unable to settle down here in Taponagara. People feel sad that they are unable to work for the Rishis. At that time I try to explain this point to them, not just to console them, but to tell them the truth. When we vibrate positivity, Love and Peace, we will be channelling wonderful energies. We become their channels. More than living in Taponagara, tuning with Taponagara is important. Apart from such profound things and the wisdom from the Rishis, he passed on volumes of knowledge which even the future generations will be benefitted with. He taught us so much through his living.

I wonder whether there are such Gurus with such multi-faceted personality, who would take the pain to teach us all the dimensions of Spiritual living with such passion. We are lucky to have one.

In these difficult times, we wish so much that Guruji was around physically. But he had prepared us in a way for the challenges the world is going through currently. He had told us that before we enter the New Age, we may have to go through a period of turmoil, a period of intense Pralaya. We may have to see very painful things, even many deaths. We may have to see systems collapsing and a period of chaos and uncertainty because of these collapses.

He had assured us that we will be helped. He had clearly explained to us - why these events take place. We are entering the New Age and the Rishis are flooding the earth with wonderful new energies, which provide great opportunities. We can make very fast

Spiritual progress. The effect of these new energies is such that the Karmic effect of our actions will be very fast, meaning we will have to go through the effect of our actions very quickly in this life itself, maybe in a few days or even in a period shorter than that. So when the humanity as a whole does not accept the new energies and continues to hold on to the darker ways of living, it will have to go through the effects of its actions very quickly. In my understanding this is the general explanation of why the humanity as a whole is going through these challenges now. But this is also a period when we can realize our mistakes, we can genuinely feel sorry and we can say sorry to God and our Karmas will be cleared. The energies that way are very kind. We have to hold on to the hope, because from this chaos, good emerges. We can see that happening.

People are also realizing the importance of Meditations. One of our Meditator friends shared with me a video of a discussion between very experienced and highly qualified doctors and a Spiritual Guru. These doctors are doing research on the effect of Meditations on human body. They observed that just a few days of Meditations, resulted in activation of genes, which helps in fighting any viral infection in our system. It helps in generating anti-oxidant responses within the body, which help a lot if a patient is infected and has problem with absorption of oxygen in his system. This type of research is so important and the findings are so valuable. Just a few days of Meditations help so much. Imagine if we are regular in our Sadhana, how much we are helped. So much is happening now, with so much of speed. This is the time to seriously bring into practice the amazing things we have learnt here. ■

**QUESTIONS AND ANSWERS**

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

**Q: Can you give me some guidance on how to achieve Stillness?**

A: Guruji has answered this question several times and I just repeat what Guruji had said. When we meditate we try to silence this system. When this system is silent our Awareness goes beyond this system of the body, mind and intellect. And then we enter the areas where we experience the Stillness. To achieve complete silencing of the system during Meditations, we have to practise stillness when we are not meditating. Guruji had said that we cannot be still but we can be calm. Calmness is a part of Stillness. While living in the world, at the level of the body, we can avoid making unnecessary and sudden movements. Our movements will be slow and majestic. Then at the level of the mind, we can avoid getting agitated. Then at the level of the intellect, we can have only positive and expanded thinking. At the time of Meditations there will be thoughts. It takes a long time to go beyond thoughts. We just try to ignore them. When we try to ignore them, we slowly move our Awareness beyond the thoughts. Thoughts will be there for a long time. To get over these thoughts or to move into the areas beyond the thoughts, we have to meditate for a longer time. To achieve Stillness we have to meditate for a longer time. There is another factor. While meditating our Awareness has to go beyond the unconscious layer of mind. While passing through the unconscious layer of the mind generally we tend to sleep. We

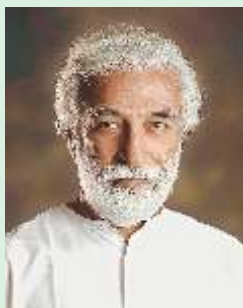
fall asleep. To go beyond this layer we have to meditate longer. Another factor Guruji had mentioned that purity is necessary for us to experience Stillness. Achieving Stillness is a very significant milestone in our Spiritual journey. And it is not easy but it is not impossible also.

**Q: I come across many negative people. They may affect me. What should I do?**

A: I think we have to grow stronger spiritually. When we are strong, nothing can affect us. And to grow stronger, we have to meditate and positivise. We always come back to this Mantra, “meditate and positivise”. If people are negative, we can understand it and we can accept it as a reality, as a fact, but we need not allow them to influence us. When we are strong we will not allow them to influence us. And of course we will not try to change them. We will accept them as they are. Eventually everybody changes. We can send Light. When we grow stronger spiritually and vibrate Love, vibrate positivity, vibrate Peace, it is quite possible that we influence them. That is why I feel sometimes that just living is enough. It is not only working in the office or working as a volunteer or working for the Light Channelling team, but just by living we can work for the Rishis. So to protect ourselves from negativity we have to grow stronger. When we are strong we will also be aligned to the Rishis. This alignment brings protection. We also have a shield given by the Rishis. We have to go on strengthening this shield.■

**LIST OF OUR PUBLICATIONS**

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iGuruji - Vol 2	120/-
iGuruji - Vol 5	100/-
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Awareness	60/-
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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)

I had an amazing experience on Guruji's birthday. Guruji was in all smiles. I received abundant Love and Light from him. I saw him laughing heartily and chatting with some of us. Patting us on our back, he assured and reassured that he is very much here and will be with all of us for the rest of our life and lifetimes to come. I am blessed to be in this Path and to have him as my Guru. Thank you Sir, Guruji, Rishis and the Universe for all your wonderful presence in my life.

- Kanchanalatha

The Orientation class experiences were very nice. This was my first Orientation class. What a superb Divine energy Jayant Sir was spreading on us, I cannot express it! For two days I was feeling cool and fine. Practising Shambala Principle One with you made a lot of difference. Our whole house was flooded with happy vibes and peace. I felt like it was a festival day on Orientation Practice Day. Thanks a lot Sir to you and everybody behind the stage work.

- Nasreen Begum

Once during Meditation, I just saw myself standing in front of a door which had wonderful carving work done all over it and was quite huge in size. But, I was surprised to notice that neither there was any hard surface beneath my feet, nor any supporting walls to the door. The door was ajar and through the opening I could see the Light, thick white Light. I realised that on the other side of the door there was nothing but Light. This experience was wonderful!

- Vidya J H

I experience surrender and gratitude every moment. What else can I ask for? I feel truly blissful; there are no words to describe it.

- Shantha Kumari H S

Thank you so much for today's Orientation class. We are very grateful to you and Manasa team for all the efforts you are taking to conduct such classes. I was feeling very energetic after the class today, especially after practising the RA energies technique. In the contact session I felt as if the link was established with Rishis immediately. And I received the answers as soon as I closed my eyes.

- Nikhil Samudra

My Family members are changing. My sister reads 'Master-Pupil Talks' and loves Amara Maharshi's wisdom. My uncles are trying to renovate an old temple of the village deity. I see the Rishis' guidance behind these happenings.

- Arunkumar Telapolu

I faced a significant roadblock in the last couple of months. The task at hand seemed extremely simple and straightforward; however after the first two attempts failed, the third and final attempt was the only chance at salvaging the situation. I did whatever was required and requested for Guruji's intervention. They say faith can move mountains. In my case, a miracle happened and the roadblock was removed. I feel truly blessed.

- Vinamra Longani

I continue to experience a constant inner happiness and feel at peace always. Guruji and Light continue to be my permanent companions. I always turn to Light and Guruji and I know that I am never alone. During the covid-19 lockdown, I am happy to be in my own company. I would have previously wanted to seek external interaction, but I now have amazingly found solace in the company of Light.

- Anne Chapman