



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 7

JUNE 2020

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## REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – December 2004 issue)

The rains are plenty. People grumble: “too much rains.” “Too much,” “too less,” “just enough”... We grumble always!

For viewing a situation, there is always other angle. I remember to have mentioned this. But, I do not know if I had mentioned about one more angle, a third angle, with a perspective from above. When we climb a hill, the houses below look like toys. When we rise spiritually, many of our acts and pursuits appear silly. That is why we have to look at our own life from a higher perspective periodically.

The third angle is a Divine angle, above the human. And the Divine is always right. We see Truth from the Divine perspective. But most of us do not attempt to rise because we have heavy egos that pull us down. Ego is a mountain between us and the Divine.

When we remove the ego, we are with the Divine. And then Sadhana ends.

Those who have read 'Doorways to Light' know before Taponagara came into existence, I lived in a nearby village in a hut struggling with life and dreaming about 'Manasa.' Recently, a friend who visited the place suggested to acquire the place. And we acquired it.

I was thinking of a name for that and after days of search found a name. Although I announced the name, I was not completely satisfied with it. Then, one day, when I was resting under a tree a name was flashed: 'Antar Manasa.' I knew it was from the Rishis!

When a place to stay and a Meditation hall come up in the place, I intend staying most of the time there. There are many memories and dreams there. It will be my resting place; my destiny, in a way.

When do we learn our lessons? At what age? I say – all the time; at any age. It does not matter when as long as we learn and are willing. Each lesson is a step towards perfection; towards God. And there are many to climb. We climb some now and the rest in the next life or lives. ■



**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

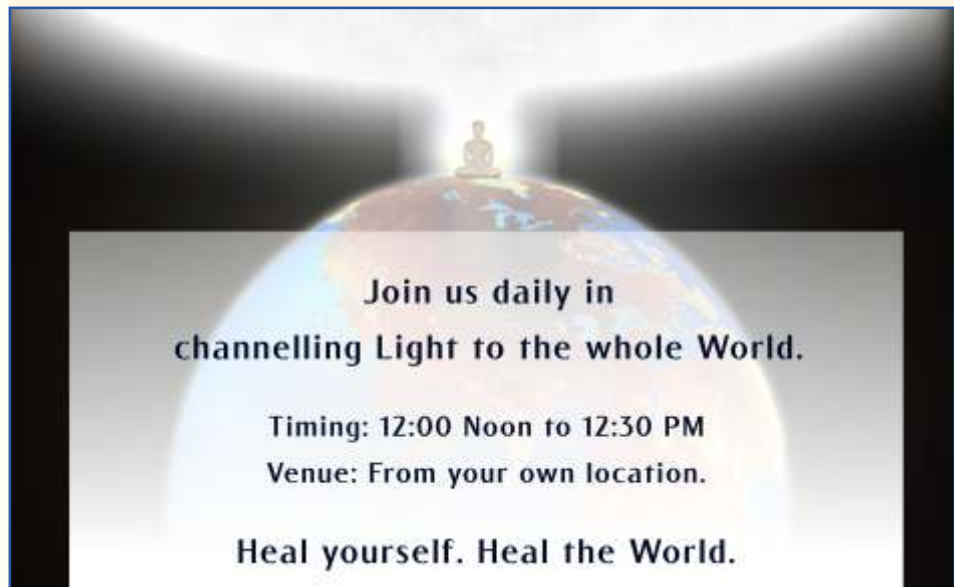
External Guidance is available by post and e-mail. Please refer column 1 on page 6 for details.

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/  
PRAKASHMARG(Marathi)**

**Newsletter Annual Subscription Rs. 300/-  
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.



Manasa Family joins in channelling Light to the whole world, every day.

## NEWS AND NOTES

- Due to the lockdown, hundreds of Meditators joined from their own homes by mind linking and meditating specially to celebrate Guruji's 81st Birth Anniversary on 24-05-2020. The special celebration program was conducted through webcast.
- The Orientation class was held through webcast on 29th April 2020. About 230 Meditators participated in this live session. Many could feel the presence of the Rishis and almost everybody could feel the great energies and experienced deep Peace.
- The Light Channel Volunteers are requested to re-register their names if they wish to continue the Light Channelling work. New students who wish to join the work can also register. Please register by sending a message to Shri. Manoj Chopra or by sending an email to Manasa office or to Shri. Manoj Chopra.
- Members of the Healing group are also requested to re-register their names if they wish to continue the healing work. New students who wish to join this work can also register. Please register by sending a message to Shri. Manoj Chopra or by sending an email to Manasa office or to Shri. Manoj Chopra. ■

## MEDITATION ON SPECIAL DAYS

01	Mon	Shukla Dashami
05	Fri	Full Moon Day Lunar Eclipse: 11.15PM – 2.34AM
13	Sat	Krishna Ashtami
20	Sat	Masa Shivaratri
21	Sun	New Moon Day Solar Eclipse: 9.14AM – 3.04PM
22	Mon	Ashadha Masa begins
28	Sun	Shukla Ashtami
30	Tue	Shukla Dashami

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
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On 5th June there is Lunar Eclipse from 11.15PM – 2.34AM and on 21st June there is Solar Eclipse from 9.14AM – 3.04PM. Please channel Light to the whole world during the entire eclipse period.

During Ashadha Masa, which begins on 22nd June, we get wonderful and great energies directly from Parabrahma Loka. We can meditate more during this entire month and absorb these energies.

Please visit [www.speakingtree.in](http://www.speakingtree.in) to read Guruji's blog and watch his videos.

Live webcast of Sunday lectures is available for students. Please contact Manasa office through email for details.

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

On World Channels Day this year, we planned to leave our home by 8 AM for the Light Channelling sessions. As usual I got up early in the morning, but suddenly at around 5.50 AM I had severe stomach pain. I was shivering and could not work. I lay down on the bed wondering how I was going to prepare breakfast and send my daughter to school. My husband gave me a tablet for the pain, but I did not take it. I did not want to miss the opportunity on this special day. I prayed to the Light and Amaraji to relieve me of my stomach pain, so that I could attend the Light Channelling sessions. After half an hour, my pain gradually reduced and vanished after some time. I could finish all my work and was ready by 8 AM. Everything happened like a miracle by the Grace of the Light and Amaraji's blessings. We could conduct the scheduled sessions, and also in an additional school on the way back, which was another miracle.

- Supraja Chandran, Volunteer

I liked this technique very much. When I was channelling Light, I felt that I was walking on a path and saw that everyone was happy and filled with Love. Thank you for teaching this technique.

- Sparsh Ramhit Yadav, Std. IV, IES Primary English Medium School, Mumbai

During the Light Channelling session, I could feel a lot of silence and there was no other sound except the voice of the Light Channelling instructor.

- Girish, Std. VII, Prakruthi Vidya Mandir, Tumkur

Earlier I used to behave rudely with people, but after regular practice of Light Channelling, my behaviour has changed. Now I behave politely with everyone. Even if I behave rudely by chance, I apologise immediately.

- Priya Sathe, Std. VI, PCMC School, Pune

I am practising Light Channelling twice a day in the morning and evening. After channelling Light I feel very calm and happy, and my concentration and memory power have improved. When I channel, I can feel the Light passing through my body from head to toe. I feel as if I am a bird flying higher and higher.

- Swetha, Std. X, Vishwa Bharathi School, Uttarahalli, Bangalore

After practising Light Channelling, I felt very fresh and my mind was relaxed.

- Rohith, Std. VII, Prakruthi Vidya Mandir, Tumkur

In Swargiya Tu Go Gosawi Madhyamik Shala, Vithalwadi, Shri Mohol, the Light Channelling was so cool and calm, that after the session I had to ask students to open their eyes. A few students were in deep sleep also. I felt very nice energies too.

- Santosh Kore, Volunteer

While conducting the Light Channelling session in GKMP School, I observed that the children were more disciplined. All of them were sitting in neat rows and were silent, and were answering and reacting freely. The teachers performed with more enthusiasm.

- Nirmala Bala, Volunteer

## 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.)

When I was very young, I read in books about Lord Buddha's teaching. I read, "Desire is the root cause of all miseries." Of course, we never understood what it was. As I grew, I began reading serious things, began thinking about all this ... I was aware of this statement, this Truth. But again it was there in the mind, in my system. I was aware of this fact, but it did not bother me. When I met my Guru, this began bothering me. My Guru said, "All that you know as Truth you must start living it. There is no point in listening to lectures and reading books unless you implement it." Then the problems began! It was not easy; it is not easy even now. Even for me and for anyone of us.

The world changed for me when I met my Guru. Life became very difficult but again it was so beautiful also. I have to say life began from that point of time. Because we struggled, we started to take these things very seriously. Now I realize at this stage that we have to have desires. There must have been a desire, that's why we have this Creation. Without desire, there is no life. But as I began interacting with the Rishis, I realized that we have to take our desires to the level of the desire of God. God had a desire. He created this world, this life etc. I must take my desires, my very personal individual desires to His level. I think when my desire and His desire coincide, they become one, I think it is then that 'Yoga' occurs. It is a very beautiful point - Yoga occurs when my desire and His desire become one. Then there will be no pain, there will be no suffering. One could be poor, one could be starving but he will not be suffering when there is this 'Yoga of desires'. Yesterday it was Buddha Jayanti and I wondered, "Did Lord Buddha teach this?" I

think so, he must have taught like this. I don't know ... this is my very personal understanding. He wouldn't have said, "Don't have desires." He would have said, "Don't have your desires, have His desires."



I must have told you about one Gangeshwarananda. He is no more now. Many times I have told you about him. My Guru spoke about him. My Guru had met him. As a young boy, he was grazing cows; he was not literate; he was a village boy. Then one day, he saw Lord Krishna. He had the vision; he had the Darshan of Lord Krishna. Krishna asked him, "What do you want?" He said, "Make me blind. After seeing you I don't want to see anything else." He became blind. Anyway, his life changed. Many things happened. One Darshan changes lives.



I go back, not 25 years ... I go back to 1977 when I met my Guru. Somehow, I knew that I had to take up a great responsibility. Somehow I knew, I can't explain how. I didn't tell anyone. When I went to Manovati for the first time along with Amara, I knew that I was going to live there. Of course, I never knew that I had to leave that place. I used to joke ... I would say that even my dead body will not go out of this place! But we have to accept changes as they come. Every change, good or bad, every event, every act is a gift from God. We have to accept and have no regrets about it. I realized this at that time, 25 years ago and even now I realize it very clearly, very distinctly that when we take up a responsibility, take up a job, that must be the most important objective in our life. I don't use the word sacrifice. It is a very big word. But again, we have to give up a lot of personal things, relations. I didn't give up my family like Buddha did. I love my family even now but I

am a Sanyasi now ... I have to live like a Sanyasi. On check-up days, 3rd Sundays, exactly at 10 o'clock, a Rishi comes. He comes from such a great distance. If you realize this, if you realize the importance of this event and the expectations from the Masters who have given us so much, we give up anything, we give up everything. Sometimes people mistake and we have to accept that also. We can't please everyone. The work is important. Someone had to take up this responsibility when Amara left his body. I knew it was me but I did not tell anyone. He knew perhaps, it was me, but he did not declare that I am the person after him. And I had to fulfill his expectations. I had to do it. It was like a natural course and believe me, there is nothing great in me. Anyone else in my place would have perhaps done the same thing. I am happy. I am very much contented. I remind myself more than to anybody else that I am a Sanyasi. And from this birthday onwards, I have to really enter into that Sanyasi mode. I want to be alone, which means I will be very close to you. From this moment onwards, particularly during the next two years, I think I can give the very best from my life. You will see. You can in fact take benefit of this. But I don't know, how many of you can do that. But it will be there always. I make it a point to observe myself because every word of mine, every act is noticed, observed and maybe sometimes people try to follow that. I have to be very responsible. I am trying to be very, very responsible. I am telling you all these things just because we are entering into a new phase. When the driver decides to move fast all the people in the bus also have to come. When I enter the other phase, all of you unfortunately or fortunately, have to come with me. I would love to take every one of you with me. I always do that. ■

## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

05-04-2020

None of us would have imagined that we would not be able to gather in the Meditation Hall to meditate and that we will have to conduct a virtual class like this. Thanks to the Internet we are still able to communicate. Everybody's mind is filled with the questions about these events - What is happening? Why are we facing this challenge? What is the message from the Universe? What is the message from the Rishis? These questions naturally arise. Everybody is forced to think – should we continue to live like this? Or do we have to change the way we are living? Almost everybody is shaken. People are unable to believe that this is happening. These events have caught people off guard. World has faced many calamities, many wars in the past but the impact has not been like this.

We have understood here that this world is like a body, an organism. Any pain in any part of the world impacts everybody on this earth. This we know and we have experienced earlier but not in this way, not at this scale, not with this intensity. This Corona virus pandemic has directly impacted all the human beings on this earth. Everybody is touched directly whether they are infected or not infected. Even the major events of the past did not directly touch everybody on this earth. Of course, those who were touched directly, for example those who had to go through the effects of the wars directly, they had to go through a lot of pain and suffering. That is a fact. But earlier, not every individual on this earth was affected like this. This situation is unprecedented.

What is the message from the

Rishis, from the Universe? I can only share what I understand with the help of my intuition and with the help of what we have learnt here from Guruji. I am also aware that all of you too understand things in your own way. Each one of you have your intuition. You also understand things. I happen to speak from here that is all. Maybe you can say I am your spokesperson. That's all.

A friend of mine who is not a Meditator was telling me the other day that we were so busy with life that we were unable to halt, unable to take a break, unable to stop. But now everybody is forced to take a break and everybody is forced to think - what is happening? What am I supposed to do? And he said that everybody has to turn to Spirituality. That is what people have to realise. I think when a common man, a person who is not in a Spiritual Path says like this then I think we have to say that that is the message from the Rishis. That is the message from the Universe. This is the time to choose Light. We are entering the Light Age. The Light Age demands that our living is in alignment with the Light. The Light Age demands us to live in the Light. There is no more time left now. The Light Age is at our doorsteps. We have to open the door and welcome the Light Age.

And I remember, Guruji used to say that we may not be able to live in perfect alignment with the Light right now, meaning, we may not be able to become saints overnight. That is fine. That is not expected. The expectation is that we open the doors. That is the expectation. Making a clear choice is important. When we say making a clear choice is important, what exactly do we mean by it? It means we have to choose goodness; it means we have

to choose honesty; it means we have to choose Peace; it means we have to choose Love. That is what is expected.

One may ask – how will this help me in protecting myself from the virus? It's natural to ask this question. I say we do not know how, but it helps. And I am not talking of survival here. It is not about whether we die or live. Someday all of us have to die. That's a different matter. But it is about an opportunity to choose the New Age. When we choose the Light, we act responsibly. We follow the instructions of the experts, the doctors. We take precautions at the physical level. And at the Spiritual level we make this conscious choice every time of being good, of being Spiritual. It is not enough that we make a choice once. We have to go on choosing. We have to go on choosing goodness, honesty till it becomes a habit.

What Guruji spoke on 7th May 2012 in a very special Light Channelling event is very relevant now. We know that Guruji was in clear contact with the Rishis. And with great authority and sincerity he delivered the message from the Rishis. His message was the message of hope and assurance - hope that this is not the end. In fact a glorious future awaits us. He assured us that the Rishis are there. In fact the Rishis assured us through him that they are there to guide us, to protect us. The Rishis told us through him that if we follow Spirituality, which is, if we follow being good, being honest and being peaceful, then the Rishis will have enough justification to avoid a lot of destruction.

(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)

Guruji assured us that nobody will be left behind. Everybody is contacted at the Astral level and is being guided. That is why people who have no idea about the existence of the Rishis, about the existence of the Astral worlds, even they seem to know what the Universe is trying to communicate through this crisis. Not that the Universe created this. The Universe does not want us to suffer. This is the creation of the human beings only. You know that we have the freewill. We have the freewill even to violate the Spiritual laws. When we violate the Spiritual laws, we naturally attract the consequences.

We were told about this before 2012. That year, I feel, was an opportunity. We don't know what exactly happened. Probably only in the future we will know what happened in 2012. Did we make use of the opportunity? I feel like saying we could not make use of the opportunity. But then the opportunities never end in God's world. We are blessed with endless opportunities. Even when we don't choose the Light, we will be given opportunities to choose Light again. We have the opportunity now. That is what I believe. There is a kind of urgency now to spiritualise. Guruji had been saying this for several years. He was the messenger of the Rishis. He spoke about the New Age and the urgency of changing. He had spoken about the collapse of the systems. But when he spoke

about the collapse, he also assured us that when the collapse happens there may be chaos for some time, but the new Divine systems will replace the old corrupt systems.

Since the Rishis have assured us, we need not worry at all or panic, but we can begin living in the Light now. What I am speaking of is not new at all. We have heard such things from Guruji hundreds of times. We know that the ultimate future of this world is the New Age. That is the destiny we are all awaiting. But what happens in the near future, or how we reach that ultimate destiny is in our hands. Do we go through very painful corrective experiences or do we reach there gracefully? It depends on us. Do we ourselves remove the corrupt systems and establish the new Divine systems or do we hold on to the corrupt systems and collapse along with the corrupt systems? It depends on us.

What is it that as individuals we can do? As I said earlier, we have to choose goodness, honesty, Peace, Love. When we do this we will be helping the world in our own significant way. This is the focus. This is what I believe and understand. The world will not end. The world does not end. We will learn to live with the Corona virus. If we change, we will walk gracefully towards the New Age. But if we resist the change or choose to hold on to the dark ways of living we may have to move to another earth where conditions are still suitable for our attitudes. We have to make a clear choice. ■

**QUESTIONS AND ANSWERS**

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

**Q: I don't know why my energy levels have gone down drastically. I feel very nervous and insecure. Please guide me.**

A: It is difficult to answer such questions because many details will not be known to us. We can only talk in very general terms. Our emotions and thoughts can drain us if they are not on the positive side. We know that negative emotions and thoughts make us feel depressed. They consume lot of energy and maybe we go through such feelings of insecurity. When we feel insecure, we have to remember these words of Gururji, "God takes care of every individual, everybody. I can see this." This we have to understand and accept. Then we will not feel insecure. We have to meditate and positivise. All of us do go through difficult situations at some time or the other in our life. But it is also a fact that we do come out of these situations. We always get help.

**Q: How do we develop more faith in the Guru or in God?**

A: I place before you what I understand and the process I went through. As I understand, faith comes from knowing the Truth. It comes from a kind of deeper knowing. If we can experience the Truth then naturally it helps us to develop faith. If we can experience God, then we know that God is almighty; He is supreme. He is the highest Intelligence. He is a reservoir of unconditional Love. When we know all this we naturally have faith in Him. But to know this we have to experience Him. To experience

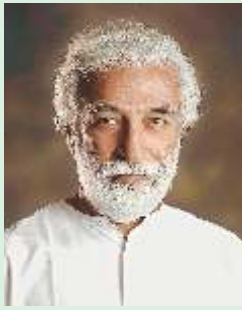
Him we have to meditate. And of course we can know this intuitively also. I believe that we can know Him intuitively, if not completely, we do know to some extent. And that helps us to develop faith. When we begin our Spiritual journey or Sadhana we have to have faith in the process, in the system that we are following, that we are practising. If it is difficult to have faith, we should at least have an open mind, to experiment, to try. We should have an open mind to experiment with Meditations. When we have an open mind, Meditations help us to experience. Then as we go on experiencing, as we go on knowing more, we will develop faith.

How do we develop faith in the Guru? I think it's the same process. When we come to a Guru, somehow intuitively we know that he is our Guru. I think that is what happened to most of us who are associated with Gururji. We met Gururji and somehow that was enough. In that short meeting we knew that he is our Guru. How did we know it? Intuitively we knew it and we had faith in him from that point onwards. So the faith develops because of knowing.

Many of us have met him in the past lives, so we know him but, let us say somebody is meeting him for the first time. Then what happens? The same thing applies. We can have an open mind. And slowly with association we know more. And if we find him to be a genuine Guru then we naturally develop faith.■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGururji Vol 1,3,4 & 7	each 150/-
iGururji - Vol 2	120/-
iGururji - Vol 5	100/-
iGururji - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Gururji Speaks Part - I & II	each 200/-
Gururji Speaks (Vol 3)	150/-
Gururji Speaks (Vol 4)	250/-
Gururji Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
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**GURUJI KRISHNANANDA (1939 - 2012)**

### **MANASA FOUNDATION (R)**

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

### **TAPONAGARA**

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

### **ANTAR MANASA**

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Gururji lived from 1987 to 1992.

### **STUDY CENTRE**

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

### **JYOTHI PROJECT**

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

### **VISITORS**

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

### **APPEAL**

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

## **SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL**

(Compiled by Shobha K Rao)

On 3rd April, while I was watching TV in the evening, suddenly the remote stopped working. I tried changing the cells, but it did not work. I was thinking that I may have to buy a new remote, but this was not possible until the lockdown was lifted as it was not an essential service. I thought I may have to spend the rest of the lockdown period without watching TV. Then I sent Light to the remote and prayed, "I cannot get help right now. Even if there is a fault in you please work till I can get help." Then I tried again. And it started working!! I realised that proper functioning of the communication gadgets was so important during these times. I thanked the Light for Its Grace!!

- Vaishali Joshi

I usually react very quickly to negative experiences. I am trying to carry more Love towards people, remembering their good qualities. I am trying to be thankful and more accommodative.

- Purva Phadke

A student studying in the 7th class, who comes for tuitions had difficulty in reading, as he was unable to recognize and frame words with alphabets. He would always make mistakes with spellings. So I made him channel Light before and after the tuitions every day and now he is able to read and write fluently; he is able to concentrate in his studies. His handwriting has also improved. I thank Gururji and Rishis for everything. I also thank Jayant Sir who is continuously guiding all of us.

- Sujatha R

Every day for the past few days a new challenge is experienced, and with the current lockdown, we cannot get help from outside... but by the grace of the Rishis, Amaraji and Gururji, what initially seemed like a huge unsolvable issue, gets sorted out... and the routine

though disturbed goes on. I am more and more at peace.

The change in me is that I am immensely calm, and in spite of these trying times, there is an absolute reassurance that I will be alright and this too shall pass.

- Nandita Patel

One day in Meditation I could sense Lord Shiva's energies around, as if He was sitting in front of me and sending blessings and energies. Soon, it felt as if a lot more Gods and Goddesses joined in, sending energies. It went on for a couple of minutes. It all seemed to culminate when Master V sealed a ball of Light around me indicating that all has been cleansed. I felt as if I was re-born!

- Jaspreet Bhatia

One day while practising Light Channelling during day time, I had a vision in which there was Light everywhere. Some people were gracefully embracing Light and some were quite literally running away from "It".

- Subbaiah V

The knowledge and understanding available in our Path is serving as a strong foundation in remaining peaceful and hopeful in this lockdown situation. Now I am able to experience more positivity and I am more grateful for everything in my life. I am utilizing this time for positivising and acquiring new skills like visualisation and goal-setting. I am able to experience the grace of Gururji and all Masters showering on me and my family. I am grateful to them.

I will always be grateful to you Jayant Sir, for the kind of support and guidance you have given me in my difficult times and I will always try to keep myself eligible for this.

- Saurabh Joshi