



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

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – August 2005 issue)

The Monsoon is active. The rains are heavy. There are floods. But there are no rains here. We are waiting for the rains – the people, plants and fields. We know that we will get the rains. A little later. Our hopes are alive because there is God. We have to pray and meditate more.

A person was describing how a boy died in his arms. Then, the interviewer asked him, “Where was your God at that time!” There are no one line answers to such questions. But there are answers. We have to understand many related realities. Some realities are known and many are unknown. We have to understand the truths in deep contemplations and Meditations. We have to perceive them with the help of our Intuition. We have to experience the Truth. We have to experience God who is Truth and the Power behind creation and destruction; behind life and death. It takes time.

To realise the Intelligence and justice behind life and death, we have to go beyond the human reasoning and intellect. We have to begin our search in deep Meditations.

By now, we are familiar with much of the life and teachings of Maharshi Amara who left his physical cage twenty-three years ago. We are living in the light of his wisdom. We cannot cease to be dazzled by the brilliance of his revolutionary ways to reach the Ultimate Reality, God.

He taught us to free ourselves from the tentacles of superstition and orthodoxy. We must free ourselves even from the limitations of knowledge, knowledge gained by intellect. He taught us that Realisation comes with Experience and Experience alone.

Amara gave utmost importance to Meditation as the way to the Awakening. Having received the science of Meditation directly from a great Rishi at the age of nine, Amara knew and emphasized that Meditation is the Way of the New Age. That is why he taught only Meditations and all the advanced techniques suited for the New Age.

As the day of the anniversary of his Maha Samadhi approaches, I am reminded of his eternal presence in our lives. We can brighten our lives with his light at all levels and attain benefits at all levels.

Every killing, every act of injustice and non-love, every tear shed and unshed touches our Conscience, we have to meditate more to remove the darkness in the souls. That is our work. ■



**MANASA FOUNDATION (R)**

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## MEDITATION CLASSES

The Meditation classes in the city centres in Bangalore remain cancelled. Considering the spread of Covid and the time it may take for a vaccine or medicine to be available, it is decided that classes in the city centres in Bangalore will not be held until March 2021. It will be decided based on the situation then, if the classes can be resumed from April 2021.

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

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

**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.



Guruji's renovated Samadhi Hall in Tapovana was inaugurated on 18th October 2020.

### NEWS AND NOTES

- ♦ Guruji's Mahasamadhi day will be observed on 29-11-2020. Due to the current Covid situation, gathering of Meditators will not be possible. The students can participate through Live webcast.
- ♦ Manasa Calendar for the year 2021 will also be released during the program. Only a limited number of copies, only for those who request for it, will be printed. Please register by 15-11-2020 to book your copy.
- ♦ A new batch of Shambala Group will begin on 10th January 2021. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this group may register with Manasa office before 31st December 2020. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2020.

### GURUJI'S MAHASAMADHI PROGRAM

29-11-2020, Sunday  
11AM Welcome  
Talks  
Special Meditation

### MEDITATION ON SPECIAL DAYS

09	Mon	Krishna Ashtami
13	Fri	Masa Shivaratri
14	Sat	Naraka Chaturdashi Diwali Worship of Mahalakshmi
15	Sun	New Moon Day
16	Mon	Balipadayami
22	Sun	Shukla Ashtami
23	Mon	Guruji's Mahasamadhi Day
24	Tue	Shukla Dashami
26	Mon	Vijaya Dashami
29	Sun	Guruji's Mahasamadhi Program Shiva Deepa
30	Mon	Full Moon Day Vishnu Deepa Lunar Eclipse: 1.02PM – 5.23PM

### 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
08-11-2020	Shambala Group meeting at 2PM through webcast
15-11-2020	Ra Group meeting at 2PM through webcast
29-11-2020	Guruji's Mahasamadhi Program through webcast

**On 30th November there is Lunar Eclipse from 1.02 PM – 5.23 PM. Please channel Light to the whole world during the entire eclipse period.**

## LIGHT CHANNELLING EXPERIENCES

(Compiled By Vaishali Joshi)

Light Channelling is a very effective technique. It helps me to think and act. When I am not able to get any ideas or thoughts, it makes me stay calm, think for a while and take a good and correct decision.

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

When I channel the Light, I am able to connect to It easily. I feel the vibration of Light and Peace. It has improved my sharpness.

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

Earlier, I used to fight with my friends and always be angry and sad. But after I started practising Light Channelling I feel very good, relaxed and joyful. Whenever I feel tired or confused, I connect to the Light. After that I feel fresh and as if some power has entered into me.

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

My anger has reduced because of the practice of Light Channelling and my concentration power has increased. I never used to sit silently in one place but now I am able to do that. Also, Light has become a close friend. I call out to Light for help whenever I want and when I have some problem. I get energy from the Light, which helps me to be very fresh throughout the day. I share all my thoughts with Light and I feel that It responds telling me what is good and bad.

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

## DOORWAYS

Usha Satishchandra

“When one door closes, many open.” Guruji would often assure us. With Guruji's passing over and the boundaries of his physical proximity disappearing, he has transcended the limitations of time and space. We just have to think of him and he is very much there, very tangible and real. We would await his majestic presence every Sunday Class, for the Divine ambience he carried and created. But, he would forever be more eagerly waiting, to pour his heart out to us, to share life lessons, through the eyes of the Rishis.

Guruji has enhanced our experience such that, we can experience his presence in the beauty of, a sunrise, a sunset, in a beautiful song, the vastness of the sky, and in a blooming flower. He has touched all aspects of life. Words fall short to describe him. He has to be experienced. The picture of a gentleman in service, in a restaurant, with his warm smile and gentleness, is still lingering. I could experience his love. I could experience Guruji's manifestation!

That way, every follower of Guruji becomes a Spiritual scientist. We examine Guruji's words and living, in our lives, and in our Sadhana. We hold his Light. He has enriched us so much with his knowledge and experience, that he occupies the larger canvas of our lives. He is our world. We cannot but yearn to seek his dream for the New Age, in all details of life. Yet we need to match our actions, to recreate his world. Our conscious efforts to carry and manifest him, continues through our Meditations and positivisation. With great love and all humility, we can choose to be our Master's Doorway, to pass on his dreams, his Light. ■

## 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)

June 2006

I want you to contemplate on this point: Sometimes people ask for advice and when given, they go to an astrologer later. Let me tell you that in no way we are offended. We only feel amused sometimes and sad sometimes. I found this happening with my Guru also.

I give a typical example. One day my Guru said that he wanted to speak about a project. He was about to explain to us. I found a person, a senior member at that time, with a huge roll of paper, a kind of plan. We saw my Guru and him together and they were discussing. We were definite that a blue print of the future project was getting ready. But when that person came out of the room, we realized that he had come to discuss his house plan! Of course, my Guru talked about the project. The thing is, nobody took him seriously. That is the sad part. Here of course, people take me very seriously. My Guru was not that fortunate. People knew that he was not merely in contact, he would also meet the Rishis, he would go to Divine Lokas, meet the Divine personalities; all his Life, he had participated in the work of the Rishis. People knew all that. Even then people treated him as a person, who was very good in Spiritual matters, but not good in '*Loukika*' matters. But my Guru had the best of the solutions, the best of the answers.

To find a solution to a problem, the minimum thing we have to do is to meditate and positivise. Sometimes, even these are not enough. Meditations do not solve our problems sometimes. In spite of positivising, in spite of following all the principles, we will have some problems haunting us sometimes. At that time we have to seek the Grace of God. For this there is no technique. We have to simply pray. We have to

have faith, trust and lot of patience. Then I think, as I have seen, miracles occur. Miracles are possible. They do occur. These miracles have occurred to many of us. Miracles can happen with everyone, not only with some people. For this the approach is spirituality. We have to meditate, positivise and seek and wait for the Grace, which comes to any and every one of us. People get benefits. I have been teaching Meditations since 1988. I am seeing from that time – that after getting benefits, after life becomes smooth, everything will be fine and God will be in heaven. This is the sad part. Then we stop meditating. It is here that we have to be careful. Meditation is like breathing. We shouldn't stop at any point. If we stop, then again we go back to the same square, square A. The same problems may not recur, but we will have new problems. This world has so many problems; some will come to us.

Then I have seen that people immediately remember Meditations and Guruji and they come back! They are welcome of course, whatever be the reason. The thing is, just because they come back to Meditations, the very next moment a miracle will not happen. We have to begin again, work, meditate and wait. So, we should not take a risk and stick to Meditations throughout.

A person had two wonderful experiences. One was about Indonesia. There is this earthquake. This person had seen Indonesia collapsing. That's the word he used. And now this person has seen a lot of destruction in South India. Please don't get scared. And this destruction started from the south and it stopped when it came to Bangalore. So you can feel relieved. He saw these as the future events.

Once a person described an experience to Amara. He said, "There will be lot of trouble, firing etc., in Malleshwaram market." A group of terrorists were seen attacking. This was described in 77. Amara said, "This is a future event." It hasn't happened yet. People are able to see these future events.

I want to add that this may not take place like the person has seen in his experience. Simply because we the human beings, we the Meditators, we do make the difference. Our Meditations alter the destinies. Our Meditations prevent a lot of pain, a lot of destruction. Don't think that it is only we who are meditating. There are so many wonderful people. That's why this time the third world war hasn't taken place. It doesn't look like it will take place, but we don't know.

I was talking about the Pralaya processes and that there will be new movements. I remember we were talking of people voicing their protest. Such popular protests are a part of Pralaya. In future we will have many popular protests.

I always say, "Do not discuss your experiences with many people." You have to tell me; maybe you can tell your own close friends, family-friends. But you shouldn't go on talking about these experiences. I can't explain more. Once I remember, a person narrated his experience and that was the last experience he had. He never had any experience later. This happened in 1989. Then he would come and in a way cry, "What happened? Why am I not having experiences?" We don't know. These psychic gifts sometimes are unique. They are gifts. We have to be careful about these things. We should never speak and make a show of it. ■



## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

13-09-2020

A person had asked me about the higher self. And I had promised him that I would gather points and explain in the next class. So, I have prepared a few notes from Gurujī's talks about the higher self. It's very interesting.

Gurujī had said that we co-exist in this Loka and a higher Loka. Our existence in the higher Loka is our higher self. And he said that the Masters like Maharshi Amara co-exist in all the seven Lokas. So they will have a physical body here and they will have six more bodies in each one of the Lokas. Each one of these existences in each of the Lokas are the higher selves of the Masters. For example we know that Gurujī is known as Maharshi Alok in Satya Loka. He has mentioned in his book, "Doorways to Light", that as Maharshi Alok he is doing Tapas in a cave in Satya Loka. So, Maharshi Alok is Gurujī's Higher self.

In one of Gurujī's talks, it was explained very beautifully about the higher self. He had said that as we advance in Sadhana, our frequencies become subtler, finer and finer. When we leave the body, we continue to live in the Astral body with these finer frequencies. When we take birth again we continue to exist in this Astral body separately. This is what I understood. I could be wrong but I am saying this by just using logic. This finer body, which has been in a way gifted to us because of our Sadhana, will be there in another Loka and it will continue to exist there apart from this physical body here. As we advance further in Sadhana, there will be one more body, which will have even more finer and subtler frequencies. Like this, as we go on progressing we will

be gifted with more bodies, a maximum of seven including the physical body here. And we continue to exist in all these bodies.

This is very unusual and amazing information. When the physical body dies, we continue to live in these six bodies in the higher Lokas. Only when we attain Mukti, then the physical body and all the other six Astral bodies will be withdrawn and as a soul we will go back to God.

Gurujī explained further that when we are living here in this world, one of our higher bodies, a higher self, will be active in gathering more knowledge and energies. And imagine if we have the seventh body which is in the Satya Loka, so much of energies and knowledge it will have!

A question arises – can we contact our higher self? Gurujī once mentioned in the class that we all have existences in all the Lokas. But we will just keep aside this point for the time being. We don't know whether we all have seven bodies or not because Gurujī had said that we have to grow, we have to grow like a Master, then we will be gifted with so many bodies. So using logic I am saying that we don't know whether we have six higher existences or not. It depends on the extent to which we have grown. But assuming we have, can we contact our higher self? Can we draw energies from our higher self? Gurujī had said that it is possible. But, we have to take permission from the Rishis. He said that there should be a higher purpose, it should be for a universal cause. For that we can draw energies and knowledge from our higher self. But we have to take permission. He said that sometimes when we choose a higher Spiritual goal, and when we

are working for it and let us say we have our struggles, we are struggling here, then from our own higher self automatically energies, strength and knowledge come to us. Gurujī had in fact explained in the classes here that he himself had experienced such things in his Life. I think he had mentioned that on three occasions he received energies from his own higher self. And a very interesting thing I remember, once – I don't know how many of you were in the class that time – in the class here, he said, "There is a personality sitting next to me, he appears very familiar." He confirmed that the personality was Maharshi Alok from Satya Loka. He was here in the class. So these are wonderful possibilities.

Another interesting point about higher self is like this. When we go on meditating, naturally we go on gathering energies. Our system will contain these energies. When we meditate much more, gather a lot of energies, then these energies naturally will be stored in our system and the extra energies will be stored in the higher self. When somebody asked him, "Where do you store energies?", Gurujī had said, "In my system, in my Anandamaya Kosha and also in my higher self."

Can we ask our higher self to come down and help us? We cannot. Because it is not allowed. But the higher self will be always monitoring our Life. And like we understood earlier, it happens automatically. When it is required the higher self will come down and help us. Generally, whatever knowledge, wisdom and strength we have, with that we will be able to manage Life here. But the higher self decides when to pass on the help. If it is required, it will help us. ■

## 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.

## GURUJI – OUR ANCHOR

Vaishali Joshi

Guruji said that Pralaya is a change, a kind of transition. It is shifting ourselves into a new Consciousness. He had told us that Pralaya started in 1987. And it would continue for 49 years comprising of 7 phases of 7 years each. Now we are in the 5th 7-year phase, which is from 2015 to 2022.

He had said that not only the area of influence but also the intensity of the Pralaya will increase. We are experiencing this intensity all around us. The effects of Pralaya are harsh and each one of us is affected, tested. Only the degree varies.

Guruji has been guiding and preparing us to face this Pralaya. He said – meditate and positivise; positivise your emotions, positivise your thoughts. He said we have to change, transform. Transformation helps us to survive these Pralaya effects. Surrender to God, let Him conduct our lives.

While talking about a point that all of us cannot live in Taponagara, he said, "Taponagara can live in you, wherever you are, in whichever part of the world. You can always carry Taponagara with you." His words are all the more relevant in the present situation. We can always and at any time mind link to Taponagara and receive the energies.

Before leaving his body he promised us, "I will attend to you all individually from the Astral level." He continues to be with us and holds us up as we go through the Pralaya even in our individual lives. He knows what is best for us at any given point of time and takes care of everything in our lives to the last detail. It is his Love and Grace, which protects and shields us, and helps us sail through this Pralaya.

Guruji is the anchor in our lives. On his Mahasamadhi day let us express our gratitude for him and resolve to live in his Light. ■

## THE PERFECT MASTER

Apoorva Deshpande

Eight years have passed. I found myself staring blankly at my phone, dumbfounded, when the realisation finally sunk in. A walk inside my mind results in suppressed emotions coming to the fore. I looked up at my ceiling as if in meek protest. Why?

Meeting Guruji was the best thing to have ever happened to me. Had I not met Guruji, I would be living a very different Life, a Life without an ultimate purpose. Guruji, as we all know, was a great personality in all his previous lives, qualities of which he carried forward in this Life as well. Guruji was previously a great Pharaoh of Egypt and true to a Pharaoh's nature, he was majestic in his ways; even the way he walked was majestic in every sense of the word!

Guruji was also Kanva Maharshi, who gave us the Second Principle of Shambala. Guruji exuded Love. We have all gone to Guruji's interview room at some point or heard him and felt like all our problems have found solutions. We would immediately feel at peace with ourselves and our surroundings.

Guruji injected everybody's Life with Love, wisdom and colour. Life looked different after comprehending what the great Master would say in his classes and books.

I recently met a doctor who Guruji had visited on many occasions many years ago. The doctor may be seeing hundreds of patients a month, but he still remembered Guruji and spoke about him with a great amount of respect. The conversations between the doctor and Guruji were never probably on Spiritual topics, but at some level the doctor probably realised that Guruji is more than a mere mortal. His divinity shone through those interactions with his humility intact, and that is something that probably touched the doctor.

I've come to realise that Guruji has left his physical body, a presence, we all greatly miss, but he hasn't left us. He is still here, looking after all of us. He loves us and is just a mind-link away! ■

**QUESTIONS AND ANSWERS**

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

**Q: Does sacrifice help us to gain strength to have better connection with the Divine?**

A: An act of sacrifice is a very noble act. Sacrifice for a bigger cause, sacrifice made for others I think connects us to the Divine. I feel any selfless, noble act connects us to the Divine.

**Q: How is an *Amsha* of a deity different from His or Her energies?**

A: I cannot answer this completely because I have to know much more, I have to experience much more. I explain what I understand. An *Amsha* is a part of the source of the energy. I try to explain with an analogy, although it may not be a perfect one, but it may help to understand. Heat is energy. We experience the heat. But fire is the source of the energy. Similarly, when an *Amsha* of a Divine personality is brought down a part of that source is brought down. I remember when the Anjaneya swamy temple was being inaugurated here in Chikkagubbi, Guruji had mentioned, 'Rishis have installed an *Amsha* of Lord Anjaneya here in this temple. These are not just His energies.'

**Q: How do I know that I am aligning my Freewill with the Divine Will?**

A: I understand that to align our Freewill with the Divine Will, we have to surrender. When we are able to accept Life as it is, when we are able to accept any situation in Life, any problem, without grumbling, without complaining, I think we can say that we have aligned ourselves with the Divine Will.

**Q: How much does the Divine Will override the Freewill meaning will the Divine Will override our**

**Freewill?**

A: As I understand Divine Will will never override our Freewill, otherwise Freewill cannot be called Freewill. Freewill is a gift from God and this remains with us forever, even after we surrender. And those who are able to surrender, they are Masters, as they remain in the state of surrender always. That is the beauty of the Spiritual world. An opportunity is available to everybody, and everybody has the potential. There is guidance, there is help, everything is available.

**Q: Why are our negativities not burnt or reduced in regular Meditations?**

A: In Meditations, we try to silence our system, then our Awareness shifts to higher layers of Consciousness. We get a lot of energies and wisdom. This experience of the Divine, if not a complete experience, even a partial one, motivates us to move towards positivity, towards Light. And the energies that we receive in Meditations actually burn out the negativity. But if we choose to hold on to negativity then this will be of no help actually because we have the Freewill. So the fact is that Meditations do help, but we have to let go off the negativity consciously.

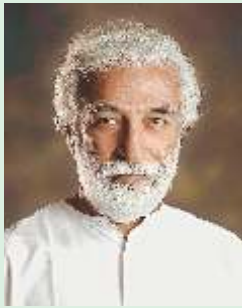
**Q: What does it really mean, being in the state of surrender?**

A: I think it means being in tune with the Light and with the Spiritual principles all the 24 hours. If we are in a state of surrender, we will act, behave, make choices, vibrate Love all the time, in a way that God would do if He was living in our bodies. Then we can say that we are completely in tune. We become Light. We become God. I think that is how great Masters live. ■

**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/-
iGuruji Vol 1,3,4 & 7	each 150/-
iGuruji - Vol 2	120/-
iGuruji - Vol 5	100/-
iGuruji - 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/-
Guruji Speaks Part - I & II	each 200/-
Guruji Speaks (Vol 3)	150/-
Guruji Speaks (Vol 4)	250/-
Guruji Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
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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)

One day early in the morning at 5.30 AM I went to have my bath. It was dark inside the bathroom. When I came out there was a flash of light and the whole room was lit. I thought my son had put on the light. But he was in deep slumber. This light was there for about twenty minutes and then suddenly it went off. Initially I was bewildered. Then I realised and became very excited and experienced it. I enjoyed the Light. It was a great experience for me.

- Rathnakala Pakkala

I have surrendered everything to Gururji, God and the Rishis. So, I have started accepting all the situations in Life. I feel as if someone is continuously guiding me and I am happy that Gururji and Rishis have brought me to this Path. I also wish to grow to the level of Rishihood.

- Prem Anand

When I was taking rest after Meditation, I saw myself going into the garden in our house to pluck flowers for *Puja*. When I raised my hand to pluck red roses, I saw blue Light everywhere. The jasmine flowers, the hibiscus tree adjacent to it, everything had disappeared and there was only blue Light. I was surprised. The building opposite was also not visible and everything had become Light.

- Kranti Dhamdhare

On Aug 29th, during Meditation, my whole body felt solid like stone and I could feel a lot of energy flowing down in my body. I could not move and could not even think, there was so much energy flowing in my body. It was a very great experience for me, which lasted for about 30 minutes.

- Koustubh Waikar

Whenever I am in anxiety, in some problem, I engulf myself with Light. I know Light is supreme God, Light will save me, protect me and help in coming

out of the problem. Where no one else can help, Light will always be there, Gururji's Grace, Sapta Rishis' blessings will always be there. I am blessed to be in the Path of Light – Gracious Light!

- Garima Sharma

I find myself getting affected by the happenings around the world – the pandemic, natural disasters, political upheavals. But then, I try to anchor myself in Light and remind myself that we are in the midst of this transition period, which is difficult, and then I am able to be calm.

- Priyamvada Godse

During Meditation, I sometimes feel empty and sometimes expanded. Once I felt I was as big as the room, but I was empty/did not exist.

I am more peaceful and don't feel like talking. Thoughts have reduced during other times too, when I am not meditating. I remember that I am Light more times than before.

- Pankaja Kadwad

My reactions to situations are becoming subtler day by day. I find minute differences in the way I react to happenings around me. In some of the occasions I don't react at all.

- Rajalakshmi R

My awareness about my Life habits that are adding to my inertia, is staring me in the eye and I am slowly working millimetre by millimetre. My intuition is improving, but I am unable to change from a night person to a morning person. I feel this is the change that Gururji was warning us about all the time.

People with whom I had shared Light Channelling in the past are now approaching me to re-teach them and have opened up a lot. My journey to opening up to new experiences is improving.

- Smitha Shetty