



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 10

SEPTEMBER 2020

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – February 1994 issue)

A senior yogi who had toured Europe and America extensively teaching Yogasanas, spoke to me once about his efforts to include Yoga in Olympics! I could only smile my amusement. It was not the first time that I had heard about it. Many enthusiast Yogic servers had vehemently vocalized it often. And if some day, our Yogis vie with each other contorting their bodies in Olympics, I will not be surprised! But I would be very sad to see that the Yogis themselves push down Yoga to mere physical feats. Yoga may grow more popular as Asanas, as the unchecked trend indicates. But it will not be Yoga and some other word has to be coined for the exhibitionist physical activity.

Can we include Music in Olympics! The very idea would send shock waves! Including Yoga in Olympics should also shock the real Yogis who are the genuine Spiritual Masters. Yoga is more of the inner world. It is Spiritual. There are no competitions and demonstrations here. People generally talk of Yoga as Asanas! With Patanjali on every Yogi's lips, how can we allow this misconception to grow! Yoga is also Meditation, living in perfect Peace and Harmony. This has to be emphasized and publicized first among the Yogis.

Another similar misconception about Spirituality is much more difficult to be removed. Spirituality is mistaken for Religion. Spirituality is a science whereas Religion is more of faith and belief. Spirituality is universal whereas Religion is regional. Meditation is Spiritual whereas prayer or worship could be religious. Intelligent men do understand and discriminate. But it has to be explained first. And before that, the Spiritual leaders should realise this themselves first and then propagate.

Yoga is not a physical or religious activity. It is the science of expanding our consciousness to its cosmic limits. ■



MANASA FOUNDATION (R)

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MEDITATION CLASSES

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

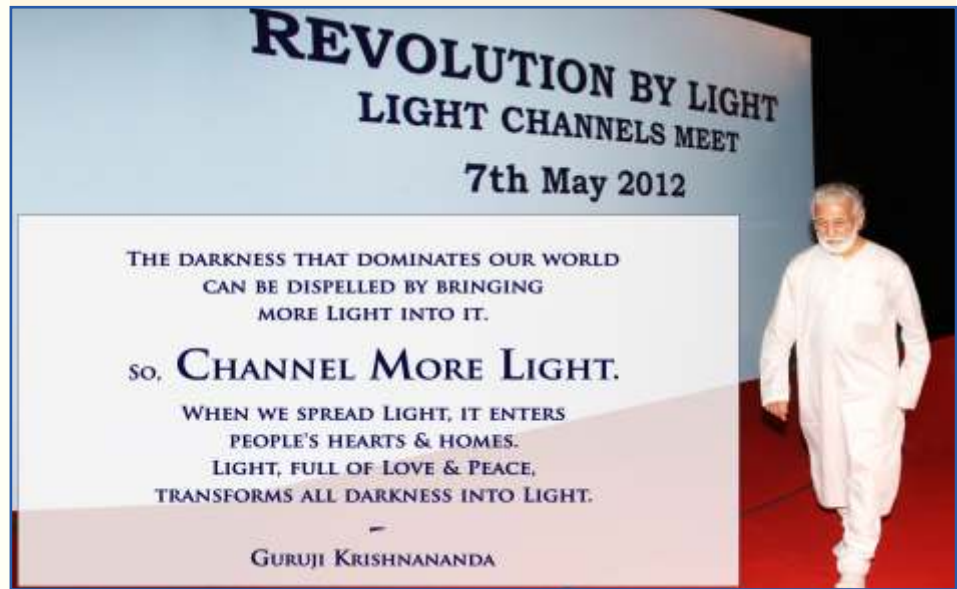
Online classes continue through webcast of Sunday classes. The Basic classes are also conducted online every Sunday from 10AM to 11AM. A new batch starts on the first Sunday of every month.

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

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PRAKASHMARG(Marathi)**
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NEWSLETTER

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



NEWS AND NOTES

- ♦ Maharshi Amara's Maha Samadhi Day will be observed on 30th August 2020. Since gathering in Taponagara is not possible due to the current Covid situation, the program will be organised virtually through webcast.
- ♦ Based on our suggestion many regular students have shifted to External Guidance. Those who are yet to shift and wish to continue their Sadhana under our guidance are requested to shift to External Guidance. Those who have paid the monthly fees for the months of April, May, June and July 2020, will be shifted to External Guidance and they need not pay fees until the end of March 2021.
- ♦ Meditation classes in Taponagara continue to remain cancelled until further notice. The Webcast of virtual Sunday classes continues.
- ♦ The Basic classes are also conducted online now. A new batch starts every first Sunday of the month. These Basic classes are conducted from 10AM to 11AM.
- ♦ On 11th August 2020, on the occasion of Sri Krishna Janmashtami Meditators mind linked to Taponagara and meditated from their homes after worshipping Lord Krishna.■

MEDITATION ON SPECIAL DAYS

02	Wed	Full Moon Day
10	Thu	Krishna Ashtami
16	Wed	Masa Shivaratri
17	Thu	Mahalaya Amavasya
24	Thu	Shukla Ashtami
26	Sat	Shukla Dashami

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
13-9-2020	Shambala Group meeting at 2PM through webcast
20-9-2020	Ra Group meeting at 2PM through webcast

Please visit 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)

As soon as I started channelling, I felt as if the Light took me over with Peace, Love, calmness, purity and care. After I finished I felt fresh and good. Light has taught me to be selfless. I feel more confident now and my concentration level has improved. Whenever I get into some kind of trouble, there seems to be a voice inside me that helps me and guides me. If I am doing something wrong, I feel uneasy. Light makes me realise things that I did not realize before. It gives me the courage to go through the path which I dream to travel in. I believe the Light will help in making even a small wish come true. I thank Light, the Source of all Creation; by connecting to It, I am able to feel connection with God Himself.

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

I practise Light Channelling in the morning and night, and even when I get tensed or angry, to reduce my pressure and tension. I feel very fresh and energetic the whole day. I can do many things at a time.

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

Light Channelling has helped me a lot. It improved my concentration, lowered my tension and nervousness, and boosted my confidence. Thank you.

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

The Light had feelings of joy, positivity and Peace. I could feel the silence in It. After I opened my eyes, I felt very nice and fresh.

- Tanmay Ramdas Khamkar, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

When I started channelling Light for the first time, I felt fresh and relaxed. Now I am practicing it daily when I have free time. I feel very silent. I am able control myself, and my handwriting and drawing have improved. I can also solve some of the Mathematics problems.

- Utkarsh Vikas Shinde, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

I am practising Light Channelling daily in the morning and at night before going to bed. I feel fresh and can concentrate on studies. Whenever I do this, in winter also I feel warm. And the positivity in me is also increasing automatically.

- Narendra Vilas Jogi, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

After practising Light Channelling I felt relaxed and fresh. My concentration power has increased. Earlier if anyone teased me, I used to get angry with that person but now I have become calm. I was afraid of History and Civics subjects but channelling has removed all my fear.

- Saurabh S. Pawar, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

I practise Light Channelling daily in the morning and evening for 7 minutes. I feel very fresh after doing this. During exams, every day before answering the question paper, I channelled Light and was able to solve the paper very easily. I channel Light before I start studying and it helps me to concentrate on my studies.

- Mahesh Mali, Std. VIII, Vishwakarma Vidyalaya English Secondary 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

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.)

The next 25 years will be very interesting. Don't think these are predictions. This is just a small wish list. Maybe, people who follow policies of recklessness, they take this world to the brink of war, third world war. But I don't think there will be a third world war. I don't wish. There will be wonderful changes within ourselves. For me that is very important. When the individual changes, the world will change ultimately. We are changing. We will change more; we transform. Looking back at ourselves, now we find ourselves as a different person, a more pleasant person perhaps. All these things will happen. We have a great responsibility; a great role. If that is understood, I will be very happy about it.

For the first time we are releasing translations - three booklets - Practising Shambala Principles. It's a small booklet but it contains very valuable information; very clear instructions about how to practise Shambala principles. I wouldn't have taken this work up now. My Guru said, "Why not bring out a small booklet?" From that moment onwards we were struggling. Now we are able to bring it out. I wanted to bring out a bigger one and the Rishis said, "It's enough at this point of time." When I was writing, I linked up to Rishis; I linked up to Shambala people, Lord Maitreya. I got a few points which are very new, very, very thrilling and revealing. At one point we had a doubt. I linked up to Agastya Maharshi. He gave me the clarification. Why I am mentioning this is, this small booklet is of that value. In the opening page I have written there, "This booklet carries the energies of Shambala and they are not in the papers, not in the words. They are in

the content." This is very beautifully printed. You see, when there is Love, there is always a good result.

As I have told you so many times, I had no difficulty with my Guru. I mean I accepted whatever he said. But people had difficulties, naturally perhaps. When he said, "Yesterday the Rishis had come", for me it was a reality. Recently I wrote a note to a person - for me the Rishis are more real than the physical things.

Amara said, "When you try to convince others what you experience or know directly, it becomes difficult." For example, I know that a great Rishi is sitting here and I know that amongst you, there are so many wonderful people, who come regularly to this session, not to hear me or anybody but to have the Darshan of the Rishis. To meet the Rishis many people come. And believe me they want me to convey to you that they enjoy your company. We have such wonderful people meditating here. They enjoy this. This I can see in my own way. But I can only tell you, I can't prove. You only have to experience. Trying to prove is very difficult, because what we experience at a subtler level, can never be proved at a gross level. God can never be proved in a laboratory in terms of waves. He can never be captured. Amara made it very clear to us - your belief, your faith should be based on your experience and you don't have to convince others. He had told us not to talk about Rishis for some time. He said, "We know the Rishis exist. We know that they are a reality. But this is not the time to talk about them. People cannot understand."

We have spent 25 to 30 years from that point of time. Now, we have advanced into Satya Yuga. People do

accept these things without asking for proofs. I am explaining this because, when we try to convince others, sometimes we may feel discouraged when people do not feel convinced. It is the human nature to share. We are always eager to share. What I experience, I would like to share with others - like watching a movie, reading a book ... anything. If we see something unusual in the sky, we suddenly call, "Come, come let us see." It's in the nature of a human being. It's a good thing. Sharing is only our job and we shouldn't expect everyone to accept it. They need not.

People search for Paths and Gurus. We have to. I was very fortunate, I didn't search. I just went to Amara. He was there waiting for me. Sometimes we do search and finally we arrive. We arrive at the place of our choice and liking. Then the search is over.

At some point we have to stop searching. Otherwise we will go on searching till the end. You must know; every Path leads us to God. So you must respect every Path. Never comment; never judge.

We must stop this search. It's very important. If you are still searching, experimenting, trying to meditate here, taking up some practice somewhere else, I don't say it's entirely wrong, but my experience reveals that we get confused. Ultimately, we take up nothing. So, too much of searching, too much of rationalizing doesn't help. We have to approach a Spiritual Path with a little of irrationalism. We have to be irrational to progress in Sadhana. We cannot progress rationally. In logic you can't comprehend everything. So, get guided by your intuition. You can join any Path, I don't say this Path. Believe me, any Path leads us to God only. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

26-07-2020

This is a very challenging period, very difficult period for the humanity. There is fear naturally, there is so much of uncertainty about the future, about so many things. Nobody can say what happens to our lives. Future of children for example. What kind of life will they have? What happens to their education, their careers? What happens to the economy? What happens to the businesses, the jobs? And now the biggest immediate worry is about finding a place in the hospital if you are seriously ill. That seems to be a big challenge. We probably never faced a situation like this in our entire lives. And we cannot even run away from this anywhere to some isolated corner. We have nowhere to go. We have to face the problem.

How do we face the problem? We know, we have learnt here that we always work at two levels, at the physical level and at the Spiritual level. At the physical level we have to take all precautions, like wearing a mask, washing hands, maintaining physical distance when we meet people. The doctors also advise what we should do to boost our immunity. Then at the Spiritual level we meditate, we can meditate more if possible. We can channel more Light. And most important thing is that we can positivise consciously. We consciously try to bring out the best in us - goodness, honesty. We consciously try to vibrate Peace through our living.

Guruji spoke about this only - meditate and positivise - for 25 years. That way, we are not saying anything new. I feel we have to consciously live in alignment with the Light. There is a kind of urgency

now. Nobody probably may believe us when we speak like this. We say that this Covid-challenge will vanish if a majority of people on this earth choose honesty, goodness and Peace. I am not talking of us, people in this Path. We know and we believe in this. That is why we are here. And we have to be honest. There may be many spiritually awakened people who may believe in this idea. But I feel that the number of people who believe in this idea is not enough. If it was enough we wouldn't be having this challenge.

People probably look at this problem only from a very physical angle, maybe from the health perspective or maybe they look at it only from a scientific angle. I don't know whether people understand the Spiritual angle behind it. Although I myself have said that everybody is forced to think, why this is happening, what is the message? People probably also know at the deeper level, but maybe they are unwilling to accept it. Anyway, even if they persist with this thinking, even if they go on thinking about these questions, I somehow feel some day they will realise the truth.

But at this point, we haven't reached the tipping point where a majority realises and changes the way they are living. So a tipping point is where a certain population of this world starts living in a particular way. Then it becomes easier for the positive energies to work through them. This is what I understand. I don't claim that we understand everything. But this much we know that this is not just a physical phenomenon. The understanding we have, may be very

generic, very basic but, I believe somehow that this basic understanding is very important.

We the people of this world probably do not think that we as individuals are responsible for this problem. If we think that we as individuals are responsible, then we will at least at the individual level try to consciously practise Love and Peace. It is very important to understand the scientific part. It helps so much but it is very, very, important to understand the other part also, the Spiritual part, because that is what will ultimately help us get rid of this problem permanently. I can say all this only because Guruji had explained very clearly to us about these times, about Pralaya. He is the one who had given these deductions about dealing the problems at both the levels, physical level and at the Spiritual level. Both are important. Hygiene is important. We cannot say that because I meditate nothing will happen to me even if I roam around without taking any precautions. I remember Guruji used to personally monitor his sugar levels. And he used to take his medicines regularly. He never said that he meditates and he need not worry about his Diabetes. Physical body is also a Divine creation after all and follows laws, physical laws. We can say Divine Laws. Physical body is also a system - a beautiful physical system, a Divine system. There are physical laws which the body follows. And it is also integrated with the mind, the intellect and the Spiritual body and the Soul. What happens in the other parts of this system, affects the body. This also is true. That is why physical precautions and Spiritual efforts - both are important.

(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)

Many of us may wonder, we know all this, why not we spread this knowledge to the whole world. The fact is we are doing it already. This knowledge is available to the whole world. We have our limitations of course. We are not that popular but we have provided a lot of knowledge on the internet, on our website, on social media, in our books, there is so much. All this is for the world.

Like I said we have limitations at this level. But the Rishis are working at another level where there are no such limitations. They must be talking to every individual and explaining the importance of Spiritual living now. But the strange thing is we have this freewill. It's a gift from God. We are free to choose. So, we are free to choose a Spiritual way of living or we are free to continue to live holding on to the unspiritual way of living. The new Spiritual energies flooding the earth are such that, if we hold on to the unspiritual way of living we will have to face many problems, many difficulties; not because the energies punish us. The energies in fact are very kind but, we attract the effect of our actions much faster now.

I am reiterating that it is not about life and death, it is not about getting infected or not getting infected. Anything is possible in spite of all the precautions that we take. We know that some of the doctors, health workers got infected and some of them even died. Hats off to such wonderful souls who sacrificed their lives while trying to save us. So, I am not talking of survival here, but I am talking about choosing Light because that is required now.

Light channelled by all of us, Light

channelled by lakhs of school children will not go waste. We don't know what would have happened if we were not channelling this Light. So, because so many are channelling Light we can say that the impact, the disturbance is less.

And there is another factor, although we spread the Light, the Light does not impose itself on people. Like I mentioned earlier, people have the freewill and the Light respects the freewill. After all Light only has given them the freewill. And then there are people who are still not ready to give up the ways of Kali Yuga. There is corruption even in these testing times. There are people who are exploiting this situation for profit making. There are people who are exploiting the fear, the helplessness in people. A Meditator remarked, when this is happening, how will this Covid go away?! I agree with him. The problem is, because we oversimplify things here and we explain things in very simple terms, maybe we are not taken seriously.

And honestly it is not that the situation is hopeless. It is not so. There is hope. It is a fact that majority of people are recovering. There is help from the Rishis, from the Universe. The work on vaccine development is happening very fast and there is very big hope that we will have a vaccine soon. And I believe and I have great hope that the vaccine will come out, a solution will come out soon. And such things are not possible without the help of the Rishis. Rishis must be helping these scientists who are working on a solution. I hope that we not only have a vaccine soon but I hope that people also accept the Spiritual vaccine, which is Divine Love which will shift the awareness of the humanity to a higher level.■

QUESTIONS AND ANSWERS

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

Q: How do we consciously forgive more?

A: When we forgive, we forgive completely. We cannot forgive partially. That is not forgiving at all. How do we forgive always? If we can understand that the other person also is a part of God, that the other person may be at a different level of Spiritual evolution, then, we can understand him or her and then we can forgive easily. We have to also understand that we have to forgive for our own Spiritual growth, otherwise we remain stuck at one level only. I agree it is difficult sometimes, but it is always possible. The hurt is a reality. We cannot just wish it away. All of us do get hurt. But holding on to it does not help us in any way. It holds us back. Forgiving liberates us. It may take time, but I think ultimately we have to forgive. It is beneficial to us only. In the world of God there is justice. If we can trust God, I think we can forgive. I feel we have to grow stronger spiritually. A strong person will forgive. I feel that growing stronger spiritually is the solution for everything. When we are strong spiritually we are in touch with God, in link with God. We have to grow stronger. And how do we grow stronger? Of course, Meditations, Meditations and more Meditations and efforts in positivism.

Q: If any soul in Kali Yuga does not wish to take re-birth in any Yuga, whether it is possible to fulfill his wish or will a supreme power insist on taking birth again and who decides about the right or wrong Karmas?

A: Of course it is possible. It is possible to get Mukti. But we have to work for it. We have to meditate, positivise, grow, clear all our

Karmas and become eligible for Mukti. We have the freewill. There is a system that evaluates and decides about such things, whether it's right Karma or wrong Karma.

Q: Can a message be sent to such souls who would have taken birth somewhere else?

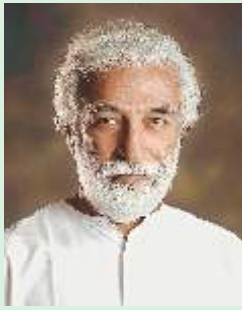
A: I remember Gururji had mentioned once that it is not permitted. It cannot be sent. But our Love and energies can be sent to them.

Q: Is eating non-veg a barrier in Spiritual Path?

A: We know that there are no restrictions imposed on us in this Path. There are no restrictions on eating, drinking etc. And we are told that as we progress spiritually all these habits that come in the way of our Spiritual growth, just drop off. Gururji had said that when we meditate, our Awareness has to pass through different layers of the mind, before it goes beyond the mind. Before it crosses the layers of mind it has to pass through a state between the sub-conscious and the unconscious. And that state - Gururji had explained - is called 'jadatva' or inertia. We have to pass through this state necessarily, every time we sit for Meditation, to experience higher things. He said that as long as we are in that state of *jadatva*, there will be no Spiritual processes going on in the system. We will be actually sleeping during that time. Overeating, excessive drinking and eating non-vegetarian food makes it difficult for our Awareness to crossover from the sub-conscious to the higher layers. But if we persist with our practice, whatever comes in the way of our experiencing higher things, just drops off. ■

LIST OF OUR PUBLICATIONS

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iGururji - Vol 2	120/-
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GURURJI 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)

Recently, I felt very disturbed for a few days, and I felt that all the negativity was surfacing. To bring out 'Amruta', churning is very important, and the poison comes out first. I think that was happening in me. Even though the negatives were surfacing, I was trying to stay calm and composed. Thanks to Light and the Rishis for their blessings. I know that the Light is taking care of us during this pandemic.

- Pooja B

In these times I am blessed to the last detail in my life. All I am doing is trying my best to accept every moment fully, in surrender. Everything flows beautifully. We are fully taken care of. I am blessed to rise from the level of a dry leaf in a storm to the current strength. This is happening because I hold on to the ever flowing Grace.

- Maithreyi Sasank

I am calm in the most adverse situations and contented within myself. My sense of awareness has increased as I feel I am able to stay calm, without reacting with anger even if there is external provocation.

- Amita Pradeep

I am more confident as a person now, and feel that I am able to do things which I used to find difficult earlier, all because of the Grace of Sapta Rishis, Amaraji and Gururji.

- Karthik Sharma

I just realized that the level of contentment in life has increased to a greater level; there hasn't been a day in this lockdown phase when I have got bored. In fact I am enjoying this kind of life without too many formalities on the material level. I am realising that I am here to heal my life and to forgive all beings. I have become more sensitive to inanimate things around me. I keep

expressing my gratitude to them for making my life so smooth and easy.

One day as I started meditating, I got transformed into an ocean. It all happened so suddenly, like in a jiffy. I was filled with immense joy. This state stayed for a while.

- Bhavana Vichhivora

After the subsiding of the pandemic the entire world should live with new ideas, new attitude, peace and prosperity. The choice is with us whether to lead a negative life and perish or to meditate, spread Light, or adjust our respective lives by any other way to bring in the much desired positivity and survive. Pralaya is not the end but the beginning of a new era, new Life full of everything that is green and positive.

- Rajendra Rangnekar

All my being, thoughts, emotions, body language are trying to move towards positivity. Anything that disturbs peace is passed on to the Rishis. Prayers for positive outcomes are on. The wait is in joy and surrender as the faith in manifestations and Rishis is full.

- Geeta Joshi

Some time has passed by, 'Light Experiencing' during the practice of techniques feels all the same - the Stillness, the silence and desire for nothing else, other than the Light.

- Nandita Vijayan

The change I see in myself is almost complete acceptance of any situation. It comes naturally and my anger has almost disappeared. I have the inner strength to speak up without being rude, and I can put my point of view across amicably, which earlier would have been a burst of anger.

- Nandita Patel