



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 16 Issue 5

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – September 2010 issue)

The world is in a fix. Poverty, violence, fanaticism, injustice, ignorance etc., have gripped the world. The political and religious leaders have failed in leading the world out of the mess they have created. Then, who will lead us? It is the Spiritual leaders. It is the Light Masters.

Let every one of us realise this: Spirituality is different from Religion. Spirituality is manifesting Love, manifesting Peace, manifesting Oneness... manifesting every positive principle that unites all humanity. Religion cannot do this. Unification cannot happen with Religion. We know this. But we cannot just wish away Religion. So, what do we do?

We wait for the Spiritual Leaders. We wait for those who have global concerns and future visions, who do not talk of revolutions but reformations, who advise us to keep Religion indoors and bring out Love which sweeps away violence, removes greed and cleanses the systems of injustice. Are there such leaders on this earth? I think there are. They are just waiting for an opportune time to speak, to counsel and to lead.

These leaders are not ordinary leaders. They carry the Universal Love and Universal Wisdom. All of them have contacts with the Light Masters in the higher worlds, whether they are consciously aware of it or not. They are not after power, money or fame. They are definitely not in the roaring yoga-wellness business.

What are they waiting for? Time. And an awakening in people that the present leaders and the systems have failed and that new leaders and systems have to emerge. When the people open their eyes and sharpen their eyes, then they will be able to identify the sane voices and visions of the New Age. That time, I feel, has arrived. The true Spiritual leaders have to emerge, unite and lead the world.

When the platform to gather the new leaders is created, every leader rushes to it to take advantage of the opportunity, to gain name and fame and to further their commerce. If this is allowed, there will be a failure again. The true Light Masters have to be carefully identified, tested for their commitment to the Light Work and then provided opportunities to work and to lead.

This is not an easy task. But leading the world is not an easy task! ■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

Phone : 99000 75280 (10 AM to 5 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.com



MEDITATION CLASSES

The Meditation classes in the city centres in Bangalore were cancelled until March 2021 in view of the Covid situation. Considering that the pandemic is not yet over and the situation is not fully in control the classes will continue to remain cancelled until further notice. We will continue to assess the situation and decide when to resume the classes.

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

Also, a guided Live Online Light Channelling session will be conducted every 3rd Sunday from 11 AM to 11.30 AM which will be open to everybody. It can be accessed through the following links:

https://www.lightagemasters.com/lc_live
<https://www.facebook.com/lightchannels>
<https://youtube.com/RevolutionByLight>

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

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

**Newletter Annual Subscription Rs. 300/-
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 '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.



Maharshi Amara's Birth Anniversary was celebrated at Taponagara on 7th February 2021.

NEWS AND NOTES

- ◆ A guided online session of Light Channelling was conducted from Taponagara on 21st March 2021. Many joined from different places in the world. The next such session will be held on 18th April 2021, from 11AM to 11.30AM.
- ◆ Orientation class will be held on Wednesday, 5th May 2021 from 11AM to 1PM. Students who wish to participate in this class may please register with Manasa office. The last date for registration is 3rd May 2021. Due to the current Covid situation, gathering of Meditators in Taponagara will not be possible. Students can join from their own places through Live Webcast.
- ◆ Shambala Group members joined from their own places on 14th March 2021 for special initiations from the Shambala Masters.
- ◆ The RA group members received special energies of RA on 21st March 2021.
- ◆ Renovation work of the Meditation hall in Taponagara has started and is expected to complete by 2nd week of April. The Covid situation persists however, and we are unable to start the Regular classes. The Regular students, who had to shift to External Guidance due to this situation last year, may renew their Registration. Their payment for renewal will be adjusted towards the Regular class fees, when the Regular classes begin.

MEDITATION ON SPECIAL DAYS

02	Fri	Good Friday
05	Mon	Krishna Ashtami
10	Sat	Masa Shivaratri
11	Sun	New Moon Day
13	Tue	Chandramana Ugadi
14	Wed	Souramana Ugadi
20	Tue	Shukla Ashtami
21	Wed	Sri Rama Navami
22	Thu	Shukla Dashami
27	Tue	Full Moon Day

PROGRAM AT TAPONAGARA

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

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
11-4-2021	Light Channel Volunteers 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.

FEEDBACK ABOUT WORLD CHANNELS DAY

(Compiled By Vaishali Joshi)

February 1st, World Channels Day was a great, wonderful and happy day. I was in a blissful state till 3rd February. I wish to dwell in this Divine state forever.

- Padmini, Light Channel Volunteer

This time I found that people were more willing and readily agreed to participate after knowing the special arrangements we had made to celebrate the World Channels Day. Though most of the students were not reachable, the teachers were determined to reach out to them with ingenious ways like sending the message along with midday meals packets!

With the pandemic still going on, people, generally were feeling the need of such relief. And quite a few Headmasters / Headmistresses highly appreciated this noble selfless work. Though we could not meet them physically, the warmth, love and respect reflecting in their voices were unmistakable.

Though the RLC Centre is closed for more than ten months, the lady participants there said that they were channelling Light regularly and would participate in the World Channels Day.

Technology surely is a boon to continue this work in the present times. Though I missed the school visits, there was a rare satisfaction when I realised that there was a deeper understanding about Light Channelling among the people, and a shift in the attitude towards Spirituality.

There is a desire in me to grow more in order to reach more and deeper through this wonderful opportunity.

- Nirmala Bala, Light Channel Volunteer

It's an attempt to assemble in words the profound love and affection of Amara and the Masters experienced on this World Channels Day. As we connected to the schools, there was an array of responses. Some schools readily agreed, while others agreed to participate later. It was touching that the teachers, Institution heads called back when they were free and responded. There was participation even from Pune Blind School. The day was full of bliss since morning and the Descent of Light was actually experienced.

Shri. Sharad Mahajan, Director, Mashaal Foundation said, "This technique is needed in these times when we all are facing hardship on economic, health and relationship fronts."

Sunanda Joshi, who is partially vision impaired said, "This technique is so good. I could connect immediately."

- Geeta Joshi, Light Channelling Volunteer

When I take support in Light I can face the challenges of today and tomorrow gracefully. This year I noticed that all the schools were very welcoming and went an extra mile to organise the World Channels Day program in their schools. Like every year even this year's WCD preparation had quite a lot of challenges. I fell sick and with just 15 days more to go for the WCD I had not made even one single call to the schools. I was very sad and disappointed that I was not able to contribute. Miraculously I got a call from my Area Coordinator and she gave me a good talk and a few techniques to follow. To my surprise I was healed the next day and I was able to finish the work in just 3 days. It was really miraculous.

- Anusha, Light Channel 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

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)

July 2006 (contd.)

We know that we are living in an imperfect world. People around us are imperfect, ignorant. We have to accept that. There is no point getting angry or bitter. We have to feel amused even if in our immediate surroundings we have many things like this. People are at a particular level. We feel like concluding sometimes that things will never change. We feel that the systems, like the political, religious systems, the systems in the temples will never change. They will change. Let us not stop growing just because the things are like this around us. We can grow with a smile. What do you do with a small kid? You smile, pat his back, tell him, "Don't do this", and you just take the child along with you and go on moving. We need not relate our individual Spiritual progress to these things. We need not connect to these things. When we grow like this, we will be having more of Light, more of Awareness. Then we do not have to do anything. To see that the people around us, Life around us, also gets elevated, we do not have to lecture, we do not have to preach, we do not have to hold classes. Just be like that, go on growing. My guru just remained like that. He was Light. People around him got influenced by his words, by his presence. So, when we do not relate to the imperfections around us, when we do not get bogged down, we not only grow, we also help surroundings to elevate, to grow. This is a very slow process. But this is a sure process.

I have told you many times about one or two examples, where a group of people went to some chosen

places, where there was lot of crime. Just by meditating, they were able to bring down the rate of crime. Let us be proud that we are also doing something like that here. There is a village across the road here. It is a different world. Even here, I find some kind of improvement in the last 25 years. It is a very small period, but I find changes. People are very soft towards us, they respect us. If someone is walking from the bus stop, from the main road, people who come on the vehicle, bring you here. Many of you would have had such experiences. There is such Love towards us. How is it possible? It is our Meditations that have contributed towards this. That is why more people, more groups, more Meditations and more time is required. This will bring a new world, a different world. That is what is going to happen. It will take some time. May be 100 or 200 years, it does not matter. It will happen.

There was a lot of talk on negativity recently, about negative factors, darkness etc. In fact a few weeks ago, I spoke about the questions and the answers posed about negativity. I would like to pick up one point to highlight. 'Whenever a negative thought or an emotion enters us, the moment we recognize it, we have to reject it at that level only and at that time only. We should never entertain it.' If we do not do, this one single negative emotion or one single negative thought will poison our entire system. So rejecting negativity in the beginning itself is the most important thing. It requires conscious effort definitely. We Meditators are naturally alert about such things. We can easily recognize. The moment we

recognize it, we have to reject it. We have to remember two things about this - rejecting is a part of Sadhana and it is also a test to see whether we reject it or go after it. There will be tests always. There have to be tests at every step. Be happy that there is a test, because whenever we are subjected to a test, it is an indication that Rishis or God want to give us more; that is why they make us go through a test. If you are aware of this, you will easily pass.

During this Pralaya time, a higher Awareness is gifted to us. We will be able to make out, this is right and this is wrong, and of course knowingly we choose the wrong, that is different. During Pralaya times, Spiritual progress is faster. When my Guru gave these techniques, he told us that normally it would take years to activate the Chakras. Now so much of time is not required because we are in the Pralaya times, it is like emergency. He said, "You can touch the Chakra, activate and move on to the next stage." We have advanced sufficiently into Pralaya times and into *Satya Yuga*. So during Pralaya times, Spiritual progress is easy and faster. Pralaya is an opportunity to change our destinies. We are not aware of this. This is the most important part of Pralaya - we can change our destiny. Third world war should have taken place by this time. All the prophets had spoken about it. Even Nostradamus spoke about it. The war has not taken place. This postponement is possible because of the number of wonderful groups meditating all over the world. A destiny is altered. All the groups are aware of this and are consciously working for this. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

01-02-2021

On behalf of our Guru, Guruji Krishnananda and Manasa Foundation I welcome you to this beautiful session of Light Channelling on this very sacred day of the 11th World Channels Day. Today lakhs of children in thousands of schools are channelling Light in India. And we are getting a response from people that many people are channelling Light in different parts of the world. All these sessions of Light Channelling are blessed by our Guru, Guruji Krishnananda and his Guru, our *Param Guru*, Maharshi Amara and other Light Masters. Their Astral presence and their blessings make these sessions very special. All the three sessions today will be blessed by the Masters.

The practice of Channelling Light was gifted to us by Guruji Krishnananda. Guruji was the direct disciple of Maharshi Amara. He learnt the science of Meditation from Maharshi Amara and he mastered it and became enlightened. He then founded Manasa Foundation in the year 1988 to continue to teach Meditations and to disseminate the knowledge he had received from his Guru. He passed on a lot knowledge he received from his Guru. He also added a lot of new knowledge. Quite a lot of knowledge that he passed on to us is captured in our books. He personally wrote many books and his book "Doorways to Light" is considered a very important book in the Spiritual area. It is available in many regional languages. It is also available in Japanese. He launched the silent, yet unique Revolution by Light on 18th May 2008. He told us that anybody can join the Revolution by Light. To join, people do not have to register with us, they do not even have to tell us, they just have to channel Light, that is all.

The World Channels Day celebration is a special way to offer our gratitude to Maharshi Amara. Today happens to be his birth anniversary. He was a great Master who worked silently for the Spiritual awakening of humanity. He was in direct contact with the Light Masters in the higher Astral Worlds. The Light Masters in the higher Astral Worlds are always engaged in the welfare activity of humanity and also in the Spiritual awakening of humanity. Maharshi Amara was a great Master but he avoided publicity. He passed on a perfect Science of Meditation. He removed many misconceptions prevalent in the Spiritual area in those days.

Guruji and Maharshi Amara are the inspiration behind our efforts in spreading and strengthening this Revolution by Light.

With an idea of service we have been teaching Light Channelling to school students since the last 11 years. Our Volunteers have visited thousands of schools and have taught Light Channelling to lakhs of children. The children and the teachers are immensely benefited by the practice of Light Channelling. They have shared their experiences with us and their experiences are captured in the book "Experiences of Light Channels". This book can be downloaded from our website. Guruji explained to us that in the practice of this unique technique, the Light we channel, is not the physical light. It is the subtlest Light from which this Creation is born. This Light is God Himself. Although we cannot see It, we can experience It. The Light Channelling technique that we will be practising not only helps us to experience the Light but, it also helps us to spread this Light to the entire world. This Light contains Peace, Love, great wisdom and healing energies. We can say that It

contains everything that is positive. When we experience the Light, we naturally experience these things which the Light contains. We experience the Peace and when we experience the Peace we become peaceful. We begin vibrating this Peace. These vibrations of Peace come out of us and they touch people around us. And then a beautiful process begins. The process of establishment of Peace gets initiated in people around us as well. This is how we can bring Light and Peace to ourselves and to the world. We can bring Peace to the Life around us.

Similarly, when we experience the Light we experience the Love It contains. It has immense unconditional Love. We also experience the positivity It contains. Then we begin vibrating these vibrations of Love and positivity. These vibrations touch others and these people also begin vibrating with Love and positivity. The Light destroys all negativity in us and strengthens the positivity in us. It makes us pure. Guruji used to say that purity has its own power. When we are pure we are stronger. When we are pure, positive and peaceful, we can do things in a better way. This must be everybody's experience. Whatever positive activity we may be involved in, we can do it better. It could be anything. It could be our office work, our studies, it could be a sport we are playing, it could be any creative activity we are involved in. It could even be some work in our house.

The Light helps us. It gives us the wisdom to choose the right things, to do the right things. It also gives us the inner strength to hold on to our choices. It gives us the wisdom and inner strength to always pursue honesty, to always pursue the Truth.

(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)

Light has always been around us, It was around us and It will continue to be around us. Somehow, we were not aware of It. We never knew that we could experience It, that we could take Its help. We just have to become aware of Its presence, that is all. The Light Channelling technique helps us to remain aware of the presence of Light. One may ask, "When the Light is around us all the time, why do we need to spread It?" This Light is present in a very subtle form everywhere. But when we receive It with Awareness and with a pure intent and when the Light passes through us, It becomes slightly grosser, so that It can be absorbed by others, although they may not even be aware of It. When this happens, then in them too, begins the process of purification and positivisation.

This unique technique helps us to experience the Light and it helps us to experience God. It helps us transform. It helps us become a very positive person. And as our vibrations spread and when more and more people participate in this Revolution by Light, then the Revolution gathers strength. As the Revolution spreads and gathers strength, it strengthens the vibrations of Peace and positivity on this Earth. And when the world is vibrating more with positivity, with Peace, with Love, with purity, then there will be no problems in the world and there will be no diseases. Then no pandemic can touch us. We can have a healthy society. This is how Light helps us. The Light brings infinite possibilities along with Itself for us and for the world. We just have to accept this Light in our lives and we have to seek Its help.

With this background let us begin

the practise of Light Channelling. I will guide you. Today, this is our way of expressing our gratitude towards our *Param Guru*, Maharshi Amara. Let us also dedicate this practice today to the people who have been helping us during this pandemic - the doctors, the frontline healthcare workers, the scientists, the people affected by Covid, the Covid warriors, the delivery boys, the people running many public and private services, the bankers, the govt. officials, the teachers, the shopkeepers... and there are many more - it is difficult to name everybody here.

Let us dedicate this Light Channelling practice to them. Let us pray that we overcome this challenge posed by the pandemic and we spread the vibrations of Peace and also spread healing energies which are very much required for the whole world.

Let us begin the practice now. Let us close our eyes. Let us imagine an ocean of Light above us. Let us pray to this Light to come down and spread to the entire world through us. Let us have a strong intent that the Light comes down and spreads. Let us imagine that a beam of Light comes down from this ocean of Light and enters us through our head and It fills up our bodies completely. Let us experience the Light. Now let us imagine that the Light comes out of our bodies and spreads in all the directions to the whole world. We can be aware of this process and we go on experiencing the Light. We will do this for roughly 7 minutes. On behalf of Manasa Foundation I express my gratitude towards each one of you for participating in this event and helping us strengthen the Revolution by Light. ■

QUESTIONS AND ANSWERS

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

Q: How to improve the quality of our Meditations?

A: By doing things which will take us closer to God. What can take us closer to Him? Maybe we have to think of these things. And what do we do at other times when we are not meditating, that can either take us closer to God or take us away from God. If our emotions are pure, if our thoughts are positive and expanded, if our acts are good, positive, then God likes these things. These help us go closer to Him. And these things will have an influence on our Meditations. When we begin to vibrate Love, when we are peaceful within and spread Peace outside, we naturally go closer to God. So, we can do all these things. Before we sit for Meditation, if we can strengthen our wish to experience Him, if we can think of Him with great Love, if we can relate to Him with great Love, I think that helps.

Q: During Meditation for a brief moment one may experience silence or one may feel as if he is drifting into another world. What is this drifting into another world?

A: We know the process of Meditation. When we try to silence this system of body, mind and intellect, our Awareness rises beyond the level of body, mind and intellect. We can say that it goes beyond this world. Because it goes beyond this world, maybe we have this feeling that we are drifting into another world. This is what I understand.

Q: Will the Rishis be disappointed if the quality of our Meditations is not up to the mark?

A: No, I don't think so. I remember Gururji would tell us that the Rishis look at the efforts we make. How beautiful it is!

They look at the efforts we make, not at what we achieve, not even at the progress. Maybe they know that when we make sincere efforts, the result is anyway guaranteed. So they will not be disappointed. They may feel disappointed if we manifest non-love, if we spread unhappiness in spite of being with them.

Q: We come here with a destiny. If we are part of Rishis' initial plan, do we acquire Karmas, if we were to abandon the Rishis midway?

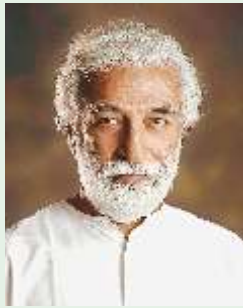
A: I do not know if we acquire Karmas, but we choose a different destiny. We have the freewill always. If we are with the Rishis, we have the whole world with us, we have God with us. If we choose a destiny away from the Rishis, we choose a destiny away from God. This is what I feel. Some day we will have to come back. Again this will not be imposed. We ourselves will decide to come back. Nothing is ever imposed by the Rishis.

Q: How do we ensure that we will be with the Rishis in every lifetime?

A: We know that Meditations are not enough. We have to manifest Love. We also have the freewill to remain with them or to go away. The Rishis will never hold us back and they will never send us out. They go on giving opportunities. But from our side, to be with them, we have to make consistent efforts in applying whatever we are learning here. Rishis accommodate everything, but, if we consciously do things opposite to the principles being taught here, then I feel we ourselves will go away. I feel we need not have fear about such things. We will be with the Rishis. All that is required is just to be simple and good, that's all. ■

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प्रकाशवाट (Marathi)	150/-
आयुगुरुजी (Marathi)	100/-
ध्यान कैसे करवे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
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सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
தரியானம் செய்வது எப்படி	50/-
ஒளியின் வாயில்கள்	200/-
தரியான யோகம்	50/-
ஆத்மாவின் அவரோகணம்	50/-
நவீன ரிஷி ஒருவரின் சூಕ್ಷ்ம சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಕಾಂತಿಕೆ ದ್ವಾರಮುಲು	100/-



GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

established in 1988 by Gurujee 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 Gurujee 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)

My uncle, who was our business partner and family friend for the last fifty years, suffered a brain stroke on my birthday in November and died in the month of December. This incident disturbed us and had a deep impact on my parents to the extent that they both fell ill. I could see how my continuous practice of Meditation has strengthened me from inside and is giving me courage to live with an open heart.

- Sumit Partap Gupta

My manuscript was accepted and published in an International Journal. It is only because of the Grace and Love of the Almighty God and Light. I used to send Light to the journal with prayers for the publication of my paper. Thank you very much Gurujee and Sapta Rishis.

- Garima Sharma

Now I have become even more organized than before. Every detail is planned beforehand. I am able to pack so much more into my day!

- Shanta Ambady

A friend shared that her husband had to stay at home due to health reasons. He was on medication and was in a depressed state. We shared with her the booklet "Living in Light" and the Light Channelling video. After a few days she told us that, since the time our book reached her place, there has been a drastic change in the energy levels and her husband's medication has been reduced. She conveyed her good wishes. Such events inspire and touch.

- Geeta Joshi

I am going through many positive changes these days regarding my health, happiness, relations and whole Life. I am feeling very, very, positive, happy,

passionate, full of Love, and excitement for Life. I am so grateful to Rishis and Gurujee for this expansion of Life, which I used to feel in childhood. I want to live more and more and share more Love.

- Meena Rana

During Meditation and when I become aware of myself as an energy field, I experience myself as an energy field that expands and contracts in a continuous soothing experience. When the peak touches, the expansion grows larger and larger and starts creating gaps in between which is a space that has nothing. This gap again starts growing longer and longer, that's when there is a beauty to this Meditation. Touch of this is God, which is only Peace. A state to rely on forever.

- Vidya Viswamitra

Every time I meditate, I feel the Peace, the balance, the Stillness, the deep understanding within me.

- Swapna Tembe

A very happy experience was when I was trying to practise contacting the Rishis and I tried to establish contact with Gurujee. I was feeling very agitated and stressed that day and was feeling quite desperate and mentally cried out to Gurujee. The very next second, I felt enormous Peace and Love wash over me and all that anxiety suddenly disappeared! There was absolute Peace. I will never forget it!

Daily Shambala Meditations have changed my Life. There is so much more Peace and contentment in my daily Life. And after every Meditation, I feel extremely sleepy but totally content! I have also started practising being aware of Light and it gives me great joy!

- Shriya Sasank