



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 9

August 2021

Rs. 25

## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – June 2004 issue)

The heavy rains have brought hope to the parched hearts. Without rains and Meditations there are no hopes of Life and Living.

Dr. Malur, an Indian doctor from America meditated for 25 hours in the Kundalini Tower here. This extraordinary feat evoked awe and admiration in our Meditators. But none dared to follow it, even for a shorter period.

Admiration brings satisfaction and complacency. Only a few break these limits.

When several people go on speaking simultaneously on different subjects of absolutely no importance and least relevance, I, sitting amongst them forced by circumstances and inextricable social bonds, wonder, existentially, what am I doing here! Am I fulfilling the purpose of my birth and of this creation?

I am struggling to free myself from such devouring times to live in my world of Meditations and communion. That is why I want seclusion and solitude.

Living away from the purpose of creation is dying slowly.

Experience is more important than knowledge. We have to experience the stillness within and the expansion of Consciousness. We have to experience God. And we have to meditate to experience. Without experiencing we do not grow. The piled up intellectual knowledge and the piled up years remain mere statistics, without adding wisdom and Love to our living.

Meditation is the greatest gift to mankind from the Rishis, the ancient Masters.

Even those who trudge the path of Spirituality alone, do require a little guidance and whispers of assurance at some stage, some time. It is the job of a guru to guide, inspire and protect any Sadhak who comes to him from anywhere, anytime.

There was a discussion on BBC about the existence of God. There was even an opinion poll! Finally, the British voted that David Beckham was more influential than God! ■



★★★★★★

### 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](mailto:info@lightagemasters.com) website : [www.lightagemasters.com](http://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.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/-  
 DD should be sent in favour of  
 'Manasa Light Age Foundation'  
 Money Orders are not accepted**

### NEWSLETTER

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



Rains have brought added freshness to the greenery in Tapovana.

### NEWS AND NOTES

- ♦ Maharshi Amara's Mahasamadhi Day will be observed on 29th August 2021. If the situation improves and gathering in Taponagara is possible, we will communicate to the students well in advance. If gathering in Taponagara is not possible, then students may participate by mind-linking and watching the webcast of the program.
- ♦ Renovation work of the Meditation hall in Taponagara has begun again after lifting of lockdown.
- ♦ Students joined through live webcast to receive and channel Parabrahma's energies to celebrate Guru Poomima on 24th July.

### Special Meditation Technique for Sri Krishna Janmashtami

Imagine a huge globe of blue Light or the form of Lord Krishna made of blue Light. Enter this globe or the form as a speck of Light. You are inside Lord Krishna. Experience Him. This technique can be practised for any length of time, any number of times in a day. This technique can be practised for ten days in place of the regular Meditations.

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

### MEDITATION ON SPECIAL DAYS

01	Sun	Krishna Ashtami
07	Sat	Masa Shivaratri
08	Sun	New Moon Day
16	Mon	Shukla Ashtami
17	Tue	Shukla Dashami
20	Fri	Worship of Mahalakshmi
22	Sun	Full Moon Day
25	Wed	Maharshi Amara Mahasamadhi Day
29	Sun	Maharshi Amara Mahasamadhi Day Program
30	Mon	Sri Krishna Janmashtami

### 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: 11 AM - 12 Noon Light Channelling: 12 Noon - 1PM
29-8-2021	Amara's Mahasamadhi Program: 11 AM – 12.30PM
30-8-2021	Sri Krishna Janmashtami Special Meditation: 12Noon – 1PM

### AMARA'S MAHASAMADHI PROGRAM 29-8-2021, Sunday

11AM	Welcome Talks Special Meditation
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## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Regular practice of Light Channelling helps our students in decision-making and to organize themselves. They are also able to cope up with the day-to-day challenges and choose the right things. I use every opportunity to practise this technique. It's really good.

- Smt. Vidya, Sree Saraswathi Vidya Mandira, Chennamanakere Achkattu

I have received a lot of benefits by practising Light Channelling. I am able to study well and my memory power has increased. I feel active and very energetic and good. My anger has reduced. I have improved in English and am able to write better.

- S. Velammal, Std. V, St. Joseph Xavier R C Primary School, Kulasekaran Pattinam

Light Channelling was an awesome experience. It spread warmth through me which helped me remain calm and relaxed throughout the day.

- Harsha K. P., Std. X, SBS Mootha Girls Senior Secondary School, Chennai

I had a very calm and pleasant feeling while channelling Light and it refreshed my mind. I could feel the peace and silence.

- Vidhya S., Std. IX, SBS Mootha Girls Senior Secondary School, Chennai

When I channel Light my mind becomes peaceful. I am able to connect to It easily. It has improved my sharpness.

- Padma Sree M., Std. XII, SBS Mootha Girls Senior Secondary School, Chennai

I practise Light Channelling every day for 7 minutes. Now I am able to concentrate on my studies. I don't feel lazy and sleepy. I have scored full marks in my class tests.

- Nikhil Satpute, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

## MAHARSHI AMARA

Vaishali Joshi

Many of us would have been born when Maharshi Amara was living physically on this earth. But we could not meet him. Probably we were not ready for it! But Guruji has brought him into our lives forever and with it his Love, guidance, protection and grace. All of us love him and feel very close to him.

It is difficult to comprehend the depth and magnitude of his personality and work completely with our limited faculties. Every moment of his life holds a lesson for us on how to live our life – with humility, complete surrender to and faith in the Rishis. Only a Master like him can perfectly balance living the life on this earth and carrying out the work of the Rishis in different dimensions at the same time.

About Pralaya Maharshi Amara had said, "If you know that there will be an earthquake tomorrow and everything gets destroyed, and if you are constructing a house, continue your construction till tomorrow." Meaning, whatever may be happening around us we have to be sensible always. Don't give up or lose hope.

He had said that Lord Kalki will force the change required for transition into Satya Yuga and this may cause suffering and destruction. He also spoke about Mahavatara, the special Avatara of Mahavishnu. That when the Pralaya processes reach a high point and when the time comes for them to end, the Mahavatara will take charge of the affairs of this earth and restore the Spiritual balance. He will be carrying the energies from Parabrahma with Him. And the vibrations from His body will be enough to bring Satya Yuga.

In these turbulent times the knowledge given by Maharshi Amara gives us the strength and wisdom to look at things with clarity, and the assurance that a glorious future awaits us. Let us be grateful to him for all that he is doing for us. ■

## 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)

August 2006

For us certain truths appear so simple, and we accept them very easily, but for others it is very difficult. There is a kind of Spiritual Intelligence, which is not easy to acquire just like that. It requires lifetimes of Sadhana. So we have to use the old words, till the new ones are understood. Some of the words I mention...

The New Age: We can say it is the Light Age. Kali Yuga was called the Dark Age and it is very apt to call the next Age, the Light Age.

A Rishi: Whenever we use this word, we think Rishis exist only in the *Puranas*. They are Light Beings. We have to use the English words to begin with or people may term it as a Hindu concept.

Light: Light is the Universal Intelligence with the highest wisdom and with all-encompassing Love. It is perfection. It contains all knowledge and power. We can never completely describe Light. Light is God. Incidentally, I remember that Amara used to call Vishwamitra Maharshi "Light". Incidentally again, Christ is referred to as Light. I earlier called God, Light. For us there is no difference between Vishwamitra Maharshi and God. He is such a great personality, unique in this entire Creation.

Ashrama: I would like to use a word, 'a commune', or may be a sanctuary. More than a place, I would like to describe *Ashrama* as a state of expandedness. A person in an *Ashrama* is expanded in every way, intellectually, emotionally, spiritually, to the cosmic limits. This state is *Ashrama*, not the place.

A Sanyasi: The perfect one. I have explained this many times. I don't go into details. A *Sanyasi* can be a married man. My Guru Amara was the best example of a *Sanyasi*.

A Monk: People got scared when I used this word. A monk is one, who has dedicated himself to the work of the Light, the Light work. A monk could be a married person.

Detachment: There is such a misunderstanding. We shouldn't use these words henceforth. People think that to practise detachment, we should just cut off. Particularly the people who have joined us, they need not cut off from this world. They need not be disconnected from their families. Detachment has been very beautifully described by the Rishis as elevating priorities. If the priority is work, the other thing becomes a lesser priority. Remember that nothing is neglected as that is also a priority. No one remains disconnected. Detachment is such that we have a higher goal. That is all. We can call our relatives at home. We can go to visit them. We are not *Sanyasis* in the old understanding.



The future religion is a 'no religion'. It is Universalism. I am unable to find a better word. This Universalism is based on Love and Truth. If there is anything that is not based on Truth, it will not remain there. It will collapse. What is based on Truth, will remain forever. I have seen that a single lie brings down a person from great Spiritual heights. Truth is so important. We have to practise Truth. Our activities in Life should be based on Truth. Future

religion will be Universalism based on Love and Truth. What is religion? It is a way of living.

Somehow these points should bring a very clear understanding and remove misconceptions, like the people who have chosen to do work, need not cut off from the families, not from the society, not from the world. When I joined my Guru, I thought we had to live in isolation and asked whether I could read a newspaper. He told us to read more. We must know what is happening around the world. When we choose the work of the Light, we enter into a bigger family, that's all. And in the bigger family, our family is included. We have to keep the concerns of the family intact. We have to address them. If there is a small problem there, we have to rush there to help. Don't think that we have been rid of these responsibilities, just because we are here. Also, 'no marriage' is not a condition. People can get married. Not getting married is purely an individual's choice. There are practical difficulties. Our first priority is work.

All relations are based on Love, mutual respect and mutual trust. They are very important. When we have the respect, we understand the other person and his difficulties. Freedom is a part of our living. Without freedom there is no growth. There must be freedom to disagree, freedom to reject. People who are wise, do not enter into an argument unnecessarily. We may discuss but never quarrel. There must be freedom for dissenting. It is absolutely necessary and I believe in this freedom. ■

## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

13-06-2021

I had mentioned that I would speak about healing. Healing, as we understand here, is a very noble act of unconditional Love. Because of the unconditional Love the Rishis have for us, they have gathered healing energies to help us. They have stored various types of healing energies and Devi Santoshi is in-charge of these energies. Guruji used to tell us that here in Taponagara, the underground Astral chambers have different types of healing energies stored in them. Whenever we send healing energies to the people who require healing, we become a medium or a channel, but the energies are actually sent by Devi Santoshi. She knows exactly what type of energy is required for a particular person and in what proportion. Although we are involved in the process of healing, we will not be aware of these details. Our contribution, although important, is limited. She is the one who actually manages the entire process. The Rishis monitor and She consults the Rishis. If we think about it, it is such a beautiful process. There is so much of Love and concern that the Rishis have for us. Our involvement in sending healing energies to others is an act of Love as well.

How does healing work? It works in several ways. Guruji used to explain that it is not just a single process like giving medicine to a person and curing him. There are multiple processes involved here. Any sickness has a Spiritual root cause. We generally say Karmas manifest as sickness. There may also be times when this could be purely physical, like seasonal sicknesses. We are not talking of such things. We are talking of sicknesses of a slightly serious nature which are due to Karmas.

Any sickness has its energy. Guruji used to say that the imbalance of

energies in our system causes sickness. We can say that the energy of the sickness causes imbalance of energies in our system. When we send healing energies, these healing energies convert these energies of sickness. That is how relief is given.

Before the person receives the healing energies, they seek permission from the person to enter him for healing. The person can either reject or accept the energies. If the person does not accept the energies then the process ends there. But when the person accepts the energies, they remove the imbalance of energies and they provide him great relief. The imbalance in energies can be corrected to give relief. But I feel for this imbalance to be removed permanently, the person himself has to make efforts to grow spiritually. The energies, God, Devi Santoshi and the Rishis can provide relief, they may provide guidance, a direction but after that the person has to do things himself. Maybe he or she has to take up Meditations. Meditations help always. The energies also educate the person. They talk to the person at a deeper level by telling him why he may have a particular problem. They tell him to make changes in himself. They probably tell him to take up Spiritual practices. If the person responds positively, then the healing will be faster. The real healing happens when the person himself takes up Sadhana. If not Sadhana, he has to at least make efforts in positivising himself.

A few Karmas are cleared by the healing energies. The Rishis do it in their own way. This is necessary to give relief. The people who are involved in the process of healing have to accept a part of the Karmas of the person. This will be a very small part and we can meditate and clear this part. That is why we say that if you

wish to take up healing, you have to meditate regularly. When the person makes the choice and decides to grow spiritually then that itself helps him clear the Karmas. With persistent efforts the person can heal himself completely.

By sending healing energies can we prevent death? By sending healing energies can we be sure that the person is going to be cured completely? We cannot. It does not mean that the healing is not effective. It does not mean that we are inefficient. There are other realities. We cannot stop death. If we cannot completely cure the person then why heal at all? We have to do it because it gives relief and it gives a direction to the person. In many cases when the time of death has come, the healing energies help the person, the soul, to leave the body easily, without fear, without any struggle.

Guruji said that for our personal healing, Meditations are enough. Our Meditations not only heal us, they also heal people who come in contact with us. This is such a beautiful point.

I share with you a technique which Guruji gave us. This technique may be used for self-healing and also to heal people close to you. Again, like we have understood in the entire class today, let us not go on healing others indiscriminately. We have to imagine an ocean of Light. Then we can pray to the Light to heal us. We then have to take the Light from this ocean of Light. Let the Light enter our system, our body and let us experience this Light in every cell of our system – the body, the mind and the intellect. Imagine that our system is completely filled with this Light. We can then have a strong thought, an affirmation, that we are getting healed. The part of the system, which requires healing, is getting healed. We can practise 7 rounds like this. ■

## 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.

## QUEST FOR KNOWLEDGE

### Karthik N.

Sometime ago, I was conversing with a friend on the phone, while taking a walk. We were discussing Spirituality and *Karmas*. Over the years he had read books, both from ancient Masters and the modern ones. He explained to me what he understood. He also confessed that he was confused and raised more questions on the subject. Hoping to ease his confusion, I shared the gist of "*Descent of Soul*" in about ten minutes. He listened carefully. Sensing the clarity in the knowledge that I presented, he was dumbstruck! He exclaimed on the other end of the phone – "How are you able to explain vast and complicated concepts in such simple words, that too in a short time?!" He wanted to know more!

Simple yet profound was the Knowledge brought down by Maharshi Amara, that even a casual conversation over a short walk could clear years of confusion in a person! Amara was adept at deciphering Higher Knowledge and presenting it in simple words.

Pondering over my friend's quest for Knowledge, I realized that even I shared a similar quest. In fact, it is in all of us! However, for meditators in our Path, the abundance of Knowledge that gushed forth from Amara and Guruji quenched our thirst easily.

Searching for the meaning and purpose of Life, humanity has spent millennia in the pursuit of Higher Knowledge. Knowledge is essential, which is why the Rishis have gathered so much and passed on to us through generations. Meditators in our Path understand this key point.

Amara cautioned us on the limitations of the Intellect. He always encouraged us to develop our inner faculties and perceive the Truth directly. For this, He taught us the powerful tool of Meditations. He taught us how to receive the Knowledge directly and make it our own.

As we move deeper into the New Age, this pursuit should remain as the undercurrent for all of us in this Path. Knowledge empowers. Higher Knowledge liberates. ■

## THE TREE

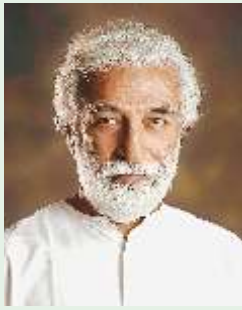
### Apoorva Deshpande

When I think of Maharshi Amara, I think of a majestic tree, spanning several hundred acres.

Just as a tree shields young saplings growing under it, Maharshi Amara protects us. He gives us time and space, never once infringing on our space. This tree that is Maharshi Amara, silently helps us, the saplings, solving problems that we might not even foresee. It is with this majestic tree's help that the saplings start to thrive. Just like the majestic tree, Maharshi Amara provides us with nutrients in the form of knowledge, which gives us the strength to grow. He helps in strengthening our roots, so we may thrive on our own.

The mighty tree shields the saplings growing under it from the harsh summer sun. There are moments aplenty when we are shielded by the blow of many uncomfortable situations in our Life by just surrendering our problems to Maharshi Amara. It is almost as if he cushions the blow for us, or takes the blow for us and passes on only a part of it to us.

The tree provides the support that the fragile stems need to be able to survive and not break by a strong gust of wind. This majestic tree encourages the saplings to grow. It gives the saplings the freedom to choose a path they wish to tread on. There is never any control. There is only freedom and unconditional Love. The majestic tree wishes to see the saplings flourish into the best versions of themselves. There is never any judgement. The majestic tree waits, it waits and it continues to provide all the support the saplings need to reach heights that the majestic wise tree has reached or even surpass it. And until the saplings grow, the majestic tree will always continue to support the saplings, protect them and shower them with Love, pure Love. ■



**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)

The one thing I noticed during this entire period is that, in spite of absolute adverse conditions in the family like, hospitalisation, a constant stressful situation and a Covid-death, I was at peace inside, as I could carry Light and I channelled Light practically all the time.

- Nandita Patel

When I started practising Shambala Principles, practising the Oneness technique was the most challenging to me. Experiencing Oneness with people other than our family members and close friends is a difficult task. As advised by our guides, I persisted, adding more Love. After a period of time, I could feel my emotions expanding and the Oneness technique became my favourite one!

- Sulochana Ramaswamy

On the night of Buddha Poonima, I prayed to the Rishis and filled myself with Light and went to sleep. In the morning when I got up I realised that I woke up from a deep sleep. It took me quite some time to relate to the physical world outside. When I tried to recall the experience, a hazy form of Lord Buddha appeared in my mind, it looked very bright. He was in his physical form, in a saffron attire, sitting in Meditation. I could not recall anything more.

- Pundalik Dhakorkar

In the second week of April, when I was seated in the garden as per my daily routine, I saw a tree and wondered why it was barren. There was not a single leaf on the tree. I started offering Light to this tree and to a Tuberose (*Nishigandha*) sapling. I wished the tree to become green again and I wished the Tuberose plant to grow. And I was surprised to see the tree flourishing

back to green, in full capacity by 20th April!

- Nikhil Gandhi

The night before the Orientation class, I had fever and kept getting up as I was worried I would oversleep and miss the class. But somehow, I was able to get up early, attend the class and work the whole day feeling totally well and very peaceful, with no trace of any illness or fever. I felt as if Deshpandeji was glowing; as if there were forces trying to stop the class and the Rishis had stepped in. This class was even more special. At a personal level the fight between Light and dark forces has intensified more and the techniques mentioned in the class were the key to help us in this fight. It was like a personal message to us from the Rishis and I am most grateful.

- Gayatri Bhatia

I recently went through the most difficult experience in my Life. It broke my heart and I went through immense pain and suffering; my mind became silent, I became very still. In that moment I experienced something profound. My heart opened up like never before and I experienced Love. Love flowed effortlessly. I experienced and loved everything, people around me, animate beings and inanimate objects and the whole Creation. Love had the quality of an innocent child. I observed that when I was experiencing Love, I could not be angry or have any negativity in spite of unpleasant events and people in my Life. I forgave and loved everyone.

- A Sadhak

I thank Gurujee for being there for me and my family. We could not have gone through these months without him and his blessings. In spite of the fact that we were going through many challenges, just the thought of Gurujee being there gives a huge relief from stress.

- Vibha Bhagat

