



MAHARSHI AMARA (1919-1982)

### WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

#### LIGHT

is the Intelligent Power behind all Creation. Light is God.

#### LIGHT WORK

is assisting all life to raise its levels of Awareness and Experience for a better living.

#### LIGHT BEINGS

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

#### SAPTA RISHIS

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

#### MAHARSHI AMARA

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

#### GURUJI KRISHNANANDA

was the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

#### SAPTARSHI DHYANA YOGA

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

#### THE AFFIRMATIONS

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

# DOORWAYS

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – March 2002 issue)

The summer has come. The winds are still. The shadows under the trees welcome and comfort us.

A new season has begun. And all humanity is waiting with hopes of peaceful summers. Let us hope and pray.

When I speak of the new season and great beginnings at Taponagara, people stare at me with skepticism. I know there are imperfections here. I do not look at the people but at the possibilities; at the future. I look at the energies and at what they can do.

I see Light and the future generations of awakened souls. We always work for the future and the present is always a building block.

Those who have ventured to come and live here have contributed to the great beginning. Now, the others have to contribute; have to dare and jump into the Dream and participate in their own ways.

After reading 'Doorways to Light,' people usually wish to meet me. It is curiosity, mostly. Very rarely, people come with genuine thirst for Knowledge and Experience. I always meet these few and avoid the curious crowd.

After 'Doorways,' people have to read our other books, find answers and then come with the remaining questions.

I would like to expend my energies on guiding people to experience higher truths rather than engaging myself in futile talks and discussions.

I know, I am withdrawing from the mundane. It is necessary, to meditate more, go nearer the Rishis and bring down more Knowledge and Energies. I know, people around me do understand. I find that I can help and guide my students more at the Astral level. Many have already experienced this.

Another Shivaratri; jagarana again. But how many are aware that Lord Shiva really comes down and that we can communicate with Him and experience Him in Meditations?

We have to keep aside the block of intellect and enter the mystical depths of the Reality. We have to awaken. ■



**MANASA FOUNDATION (R)**

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## MEDITATION CLASSES

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

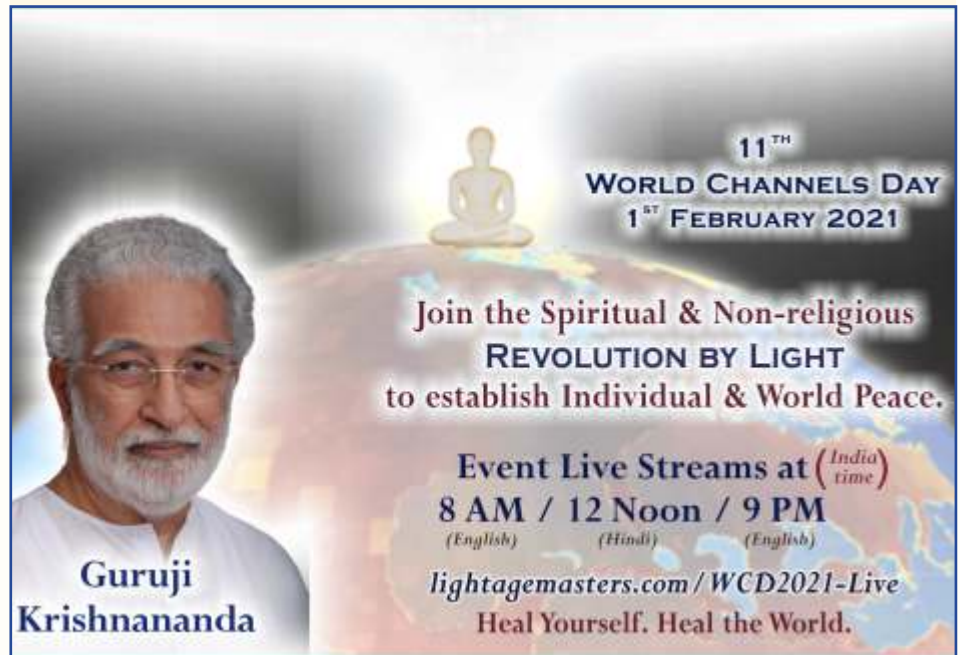
Online classes continue through webcast of Sunday classes. The Basic classes are also conducted online every Sunday from 10AM to 11AM. A new batch starts on the first Sunday of every month.

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

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/  
PRAKASHMARG(Marathi)**  
Newsletter Annual Subscription Rs. 300/-  
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.



### NEWS AND NOTES

- February 1, 2021 will be celebrated as 'The World Channels Day'. Light Channelling sessions will be conducted in the Meditation hall at Manasa Foundation. Live webcast will be made available on [www.lightagemasters.com/WCD2021-Live](http://www.lightagemasters.com/WCD2021-Live). There will be three sessions as follows:  
8AM India Time – In English  
12 Noon India Time – In Hindi  
9PM India Time – In English  
You may join us in any one or all of the above Light Channelling sessions and participate in this noble effort to channel more Light to the World. You may also join us by channelling Light for 7 minutes at any convenient time of the day.
- Maharshi Amara's Jayanti will be celebrated on 7th February 2021. Due to the current Covid situation, gathering of Meditators in Taponagara will not be possible. The students can participate through Live webcast.
- About 50 Meditators participated in the Akhanda Dhyana from 6 AM to 6 PM on 27th December 2020 by channelling Light to the World. Many others participated by mindlinking to Taponagara and channelling Light from their own places.
- The first meeting of Shambala Group members in the year 2021 was held through webcast on 10th January and of the RA group members on 17th January.

### MEDITATION ON SPECIAL DAYS

01	Mon	Maharshi Amara's Birth Anniversary World Channels Day
05	Fri	Krishna Ashtami
07	Sun	Amara Jayanti Celebration
10	Wed	Masa Shivaratri
11	Thu	New Moon Day
19	Fri	Ratha Saptami
20	Sat	Shukla Ashtami
22	Mon	Shukla Dashami
27	Sat	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
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### MAHARSHI AMARA JAYANTI PROGRAM 07-02-2021, Sunday

11AM	Welcome Talks Special Meditation
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Please visit [www.speakingtree.in](http://www.speakingtree.in) to read Guruji's blog and watch his videos.

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

## THE MYSTIC MASTER

Manoj Chopra

Maharshi Amara constantly travelled astrally to several different earths and galaxies. He performed several difficult and sensational tasks assigned to him by the Rishis. He was one of the best Rishi workers. Guruji used to say that his works will become future Puranas. Despite all this, he lived an ordinary Life like any one of us. He played with children and enjoyed cricket. He was a perfect example of a balanced Life.

He had a vision for Taponagara and we are all part of his vision. His mission will not be complete until Taponagara becomes like the Shambala on Earth and all of us attain Rishihood. Amaraji has an important role on our Earth during this period of transition. He is working towards major shifts that are happening at the individual and global levels.

We wish we had seen him at the physical level. But Amaraji is approachable to all of us at a higher level. He is just a thought away. He is ready to help us with all our problems. We are a part of him, whether we grow or not. His Love for us cannot be understood from a human angle. Just like Guruji, he had no complaints against anyone. He always used to say, "I have done my duty and the rest is upon people, whether to accept me or not."

Maharshi Amara is the driving force behind the activities in Manasa. He is the inspiration behind the World Channels Day. Every year, Manasa Foundation celebrates Amaraji's birthday by organising Light Channelling sessions in many educational institutions all over India. We are taking another step this year, by webcasting the Light Channelling sessions in Manasa Foundation to the entire world. This will be a special gift to him.

His mission is not complete; not as yet. He has promised to come again to complete his mission. Let us join his mission by manifesting him, by manifesting Love, Peace, and Hope. ■

## AMARA – OUR GUIDING LIGHT

Sunil Bisarahalli

Many a time, we are unaware of the enormity of our decisions. So is the case when, wanting to make some changes in our lives, we take up Meditations. Unbeknownst, Guruji, Amara and the Rishis become a part of our lives and a whole new world opens up to us.

Having Amara enter our lives is the best thing that can happen to us. He brings with him the heritage of our Rishis, eons of knowledge, thoroughly simplified techniques and a sure shot way to reach our goals.

The softness of the light of a lamp or the brilliance of a thousand suns, Amara could be both. He could talk to Gods, work for the Rishis, attend court cases and even enjoy a cricket match with a cup of tea.

He never liked limelight. He worked in the background and gave all credit to the Rishis and Gods. He humbly said, "I am a worker of the Rishis." Because of this great quality in him, he is highly respected in the Astral world by one and all.

Whether as Eknath or as Amara, he was a master in simplifying knowledge and bringing it to the common man. Amara was deep and intense. Once when I asked Guruji whether he joked with Amara as we did with him, he said, "We never joked with him. He was so serious when talking about Gods and Rishis. We were afraid of him."

He never made a casual comment or spoke lightly. He always spoke of Rishis, God and Spirituality. He also said, "Take shelter under the umbrella of Spirituality." We are all grateful that we are under the shelter of Amara.

We sing, dance and laugh even during the trying times of the pandemic because of the confidence we get from the energies, knowledge, the love and protection showered on us by Amara. What Amara brings to our life is immeasurable. ■

## LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience, to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners, where just channelling and spreading the Light are enough. The Light will do everything that words cannot do.

When we channel and spread the Light, It enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms.

This is not the physical Light but the subtlest Light from which all Creation has come. This Light has everything: the Power, Wisdom and the Future. And It is everywhere, unseen.

Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.

To channel and spread the Light, imagine an Ocean of Light above you. Then imagine a beam of Light descending from this Ocean. Imagine this Light entering you, filling up your body completely. Experience this Light for a minute. Then imagine the Light coming out of your body and spreading around gradually, filling up your home, locality, country and the whole world.

This Movement was launched on 18-05-2008 by the Sapta Rishis through Guruji Krishnananda.

Spread this message to all.

Visit [www.lightchannels.com](http://www.lightchannels.com)

## SHAMBALA PRINCIPLES

**These are the seven Principles practised by the people living in Shambala. They live in Peace and Perfection without ageing.**

1. Experience the Light in your Core and spread it around.
2. Experience and spread Love.
3. Experience the Oneness of Life in everyone and everything.
4. Carry on the daily activities first in mind, then verbalise them in soft whispers and then actualize them in deeds.
5. Observe the law of secrecy before achieving any goal by minimizing talks about it.
6. Gear up the body, mind and intellect to fight out the negativities.
7. Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.



## THUS SPOKE GURUJI

Excerpts from Guruji's talks  
(Compiled by Shobha K Rao)

June 2006 (contd.)

This point was raised last time – how do we deal with a person who is very, very, unreasonable and arrogant? We come across such persons and how do we deal with them? Remember you are a Meditator. Always carry the Light. When you are aware of the Light in you, you feel very strong. You would be silent perhaps, you would not say anything. You will not retaliate with any words, but the strength in you will vibrate. It will make a difference. You can make an experiment like this. Remember, you will be strong only when you are right. When you are right, your silence itself will act. When you are right, you have all the help, protection and support from God and from the Rishis. That is why this simple technique is so vital - Be aware of this Light. As you become more aware of the Light, the Light becomes a companion. You have to practise and experience. This companion, this Divine guide will tell us clearly, how you have to behave, how you have to act, talk and deal with the situation. Try this, you will never fail. I have tried this and I have never failed. Whenever I had to face difficult people and situations, it was easy for me to go on complaining and grumbling. I was right, they were wrong, but I just kept quiet. Later on after years, people commented, “This person was strong, but he never even grumbled.” It requires a lot of patience. What made me so strong? I did not know about this technique, but somehow I thought my Guru was with me. My Guru was with me and is with me.

There cannot be a dictionary or a readymade reckoner. Each situation is different. Life is complex, and people are complex. The same person will behave in ten different ways on the same day perhaps! You will know how to deal, if you are right, if you are strong. If you are connected to the Light, you can deal with anyone in any situation. That is why I repeat thousands of times, I don't mind repeating it again and again, “Make Light a companion.” You know what to say, what not say, what to accept, what not to accept and you will always be calm and composed. Try this.



I have spoken many times about having goals. We have to have a goal even in Spiritual pursuits. We begin with a goal, the goal may expand, and the goal has to expand. I joined Meditation just to get over my problems and my problems vanished and I am still here. I am very happy. My goals expanded. We have to begin with a goal, we have to have a goal and we also have to understand our role – this is very important. What is our role in the family, in the place of work, in society, here as *Sadhaks*, as Meditators, as a volunteer? We have to know. If we understand our role, we will never shirk our responsibilities. I will allow you to contemplate on this point. I will mention two important aspects of this role. When we realize our role, we know what we should do. We know our duties and responsibilities towards our parents, towards our organization that we work for, towards the Rishis, towards our own Sadhana. The second most important aspect is what we should not do. Enthusiasm sometimes makes us over zealous. We may try to do things

which are not required to be done by us. The perfection is in doing neither more nor less. So understanding the role is very important, particularly in Sadhana. When I know that I am a Guru, I know my responsibilities. I know, there is no limitation here at all for the responsibilities. I have to keep the doors of my heart open always to everyone and I have to understand my Guru. I cannot say, “I have given you the lessons, I have taught you, I have answered all your questions and my job is over.” My job is never over till the people reach back the source – God. That is the role of a Guru – I must realize this. A student realizes this that he is a student and he is not a Guru yet. So he will learn. At least he will not try to teach the Guru! When I realize my role in the family, I will never neglect my family. The family members will never complain, will never feel scared that this person will become a sanyasi! So have a goal and know your role.



There is also one subtle point. Things go in our way most of the times, particularly when we employ these Spiritual ways, such as being connected to God. But sometimes things do not go in our way. We feel that we failed because we did not get the particular result in the way we wanted. It is there we have to consult the Light more, listen to the Light more. The Light will tell us that the failure at this time is the right thing. When I joined my Guru and when I entered the physical place in Manovati, I was so happy. When others left my Guru, I stuck to him. My Guru, perhaps brought me out, made me go through a lot of tests. That was necessary perhaps at that time. It was not a failure, it was the right thing to happen. ■



## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

13-12-2020

The year 2020 has come to an end already. This year of the pandemic has also passed so quickly. Though this year was a very difficult year, yet in a way, this was also a year of opportunities. We understand here that problems are also opportunities. I saw a video of the great Master Eckhart Tolle recently. In the video he says that any adversity is also an opportunity. He says that an awakening, individual or global, generally takes place only after an adversity, although it need not always have to be this way. We have to look at all problems, all adversities as a kind of Spiritual gift. I agree that it is not easy to think like this. When we are going through a problem, our entire attention will be on the problem, our focus will be on the problem. Our entire personality, our consciousness will be occupied with the problem and it will be difficult for us to think that this problem is an opportunity, but it is true that after every problem, we would have grown to some degree. The degree of growth may vary from individual to individual, but we would have definitely grown.

The pandemic affected everybody on earth in some way or the other. We can say that it was a global problem and almost for everybody it was also an individual problem. For some the intensity of the problem was too severe and for others it was not that severe. The global problems create a collective opportunity in a way. This was an opportunity for people to rise collectively. This was an opportunity for a kind of shift, a shift in global Awareness, collective Awareness. People had to turn inwards to find answers to many questions. I think everybody would have asked to himself, "Why is this happening?" When a majority of people ask such

questions to themselves, when they turn inwards, there will be a Spiritual effect, which results in collective awakening. This process of global awakening, collective awakening is gathering strength. Our movement towards the New Age is gathering pace. Of course many suffered and even now suffering continues for many, and it is painful to witness these things, but there is always a hope that things will be better.

As far as this organisation is concerned, we had to stop our classes in the centres in Bangalore, but thanks to the Internet, we could continue the classes online, through live webcast. We could also continue the Basic classes through live Internet sessions. We could complete the renovation of Guruji's Samadhi in Tapovana. We could continue all the works in spite of the challenges. We are grateful to the Masters for helping us continue this work.

Every New Year brings new energies, new opportunities and new hope. We hope that the year 2021 will be a wonderful year, which will take us one step closer to the New Age.



I wish to share a very interesting finding I came across. One of our students forwarded a link through one of our volunteers about an experiment conducted in a University in Germany in 1997. A person who is a Meditator was asked to meditate in a completely closed, dark chamber, where light could not enter. The technique involved sending Light to another person who required healing. The Meditator went on sending Light to the person who required healing. A very sensitive equipment was kept in front of the Meditator, which could sense the photons or particles of physical light flowing. They found that the equipment was showing a

flow of 100,000 photons per second, coming out from the chest of the Meditator. They also checked the flow of the photon activity when the person was not meditating, was not sending Light for healing. They found a negligible amount of light of only 20 photons per second, coming out of the chest of the Meditator. This is really an amazing finding!

We know that when we send Light to others we will be sending a very subtle energy, not the physical energy, and we believe that it cannot be measured. But Guruji had said that when we channel Light, our bodies act as transformers. He had explained that the Light we channel is very subtle, but when it enters our bodies and comes out of our bodies it becomes slightly grosser so that it can be absorbed by people. This experiment suggests that Light does become grosser. Otherwise how would the equipment used in the above mentioned experiment sense the light? The person was sitting in a dark chamber, and there was no way the light could have entered the chamber. But when the Meditator practised the technique, the number of photons coming out from his chest increased. This is a very interesting experiment.

I believe that this change in frequency of Light, while we channel the Light, must be happening not only at the level of the body but also at the level of the mind and intellect. When we channel Light, our mind and intellect also act like transformers and spread the energies. The people receiving the Light, receive the energies at all the levels. Such experiments strengthen our conviction in the efficacy of Spiritual practices and also help people with a scientific approach to understand things scientifically. ■

## 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.

## THE TRANSCENDENTAL MASTER

### Shruti Sudhakar

Ambarisha Varma Desai was born in Bangalore on the 1st of February 1919, in a royal family of Kaujalagi. He was one of the most superior Rishis to have lived on Earth. Although he himself was a great Rishi, he always addressed himself as a 'Rishi Worker'. The Rishis fondly called him 'Amara'. He was among the rare few who walked the walk – he taught by example about Love, Humility and other higher ways of living.

Guruji Krishnananda was the direct disciple of Maharshi Amara. Guruji met Amara in 1977 and later learned from him that he has been associated with Amara for lifetimes.

Maharshi Amara always kept a low profile and deliberately stayed away from publicity. He was once considered for the position of an Ambassador which he declined, to continue his work with the Rishis on the physical and Astral planes. He could have easily gathered crowds with his powers, but again, his focus was on the work assigned to him by the Rishis Council, and gathering mere curious audience would only disturb his work. However, he kept himself open to genuine seekers and taught Meditation to thousands and also helped thousands attain *Mukti*. He had access to not just the past, present and future of individuals, but also that of nations and the world.

Guruji was privy to the Astral ventures of the Master. In his book "Astral Ventures of a Modern Rishi", Guruji has mentioned about some of the works of the Master and his Astral adventures. Some people, after reading the book were amazed and some even exclaimed that the experiences mentioned in this little book were nothing short of an adventure-thriller story.

Amara, true to his name, stays imperishable and eternal in our hearts and continues to be accessible to seekers to this day! ■

## THE ONLY TRUTH

### Apoorva Deshpande

"I do not know Him. I have only heard His name, and that has fixed my mind upon Him.", said Sri Ramakrishna about Lord Krishna. As we know, Maharshi Amara was Sri Ramakrishna in his previous life.

I continued to read albeit mechanically. My mind refused to register the words I was reading. My mind would meander back to the words uttered by Sri Ramakrishna about Lord Krishna; especially the first five words. "I do not know Him." - these words are enough to encapsulate the humility of the great Master.

Whenever I read, "Doorways to Light", I always have goosebumps when I read about Lord Krishna coming into Maharshi Amara's room to heal him. I cry involuntary tears when I read about Lord Krishna embracing Maharshi Amara. Masters such as Guruji and Maharshi Amara are always in link with God and yet they say, "I do not know Him."

I wondered about how I would react if I were to ever see Lord Krishna. I would probably wear it as a badge of honour for the whole world to see, and if the world managed to miss it, I would probably find a way to bring it up in every conversation. That is what makes me a common person and makes Maharshi Amara the great Master that he is.

I smiled at how one sentence was making me think along so many lines. Guruji has mentioned many a time how every word that Maharshi Amara uttered was like a Veda. We have only met Maharshi Amara through Guruji, yet our mind, our soul, our entire being is "fixed upon him". It is probably Guruji's infectious Love for Maharshi Amara that made us fall in Love with him.

We may not have met him, but his word is the gospel. We may not have met him, but we have not a shred of doubt that what Maharshi Amara said is the Truth, the higher Truth, the only Truth. ■

**QUESTIONS AND ANSWERS**

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

**Q: Do we acquire Karmas when we raise goats?**

A: There are people who raise goats and then they sell them, knowing very well that the goats will be slaughtered. I do not think they acquire Karmas. They are doing this for a living. It is a profession. Guruji had also clarified that a butcher does not acquire Karmas.

**Q: How do the Rishis answer our prayers? And how do we know that our prayers are being heard? And what do we do when circumstances do not change after a lot of efforts and prayers?**

A: Prayers are always heard. Guruji used to say that even a whisper is heard by God. Even if we do not pray, He knows what we need, and He helps. We have to meditate more, positivise more. We have to make more efforts and wait. At the right time the situation will change.

**Q: If a departed soul has already taken birth, will the Love and energies offered to him, reach him?**

A: The Love and energies we offer to the departed souls, reach them, even if they have taken birth again. Guruji had explained that there are *Pitru devatas*, who carry the energies and pass on to the souls, wherever they may be.

**Q: During the stay of the soul here for ten days after the death of a person, can the soul come in contact with the people and cause disturbance to its loved ones?**

A: The guides who come from *Yamadharma Loka* will not allow such things to happen. But I believe that one can contact the soul with great Love, when the soul is here for ten days. With Love everything is possible.

When some people known to Guruji had left their bodies, Guruji could talk with them. Sometimes, in rare cases, *Sadhaks* who wanted to communicate with the departed souls after the ten day period, could do so through Guruji. Such things are possible only with the Rishis and only if there is a higher purpose. The souls are generally happy after leaving the body. They become aware of many things at the subtler level. They become aware of many Astral realities and will not be bothered about matters pertaining to this Earth.

**Q: Is it right on our part to become angry for wrong done to us by others purposefully?**

A: Yes, I think we have to get angry against injustice. We may or may not be able to express it. That is a different matter. But we have to get angry. We have to reject the unjust mentally, not the person.

**Q: Are the soul mates supposed to be married? Are they of same age?**

A: Generally the soul mates do marry. They need not be of exact same age.

**Q: Does a person sometimes get married to a person other than his or her soul mate? Does it happen?**

A: What we have learnt from Guruji is that generally the soul mates meet and get married but there could be exceptional situations when they do not get married or they marry somebody else.

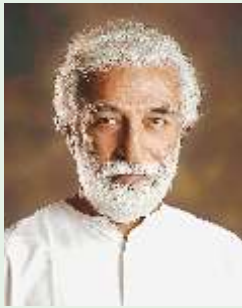
**Q: What is Universal Stillness?**

A: In the core of this Solar system there is Stillness. Similarly, in the core of this galaxy there is Stillness. Similarly, at the core of this Universe there is Stillness. Maybe this Stillness at the core of the Universe is called the Universal Stillness. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGuruji Vol 1,3,4 & 7	each 150/-
iGuruji - Vol 2	120/-
iGuruji - Vol 5	100/-
iGuruji - Vol 6	75/-
Living in the Light of My Guru	220/-
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Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Guruji Speaks Part - I & II	each 200/-
Guruji Speaks (Vol 3)	150/-
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Awareness	60/-
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Light	10/-
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**GURUJI KRISHNANANDA (1939 - 2012)**

### MANASA FOUNDATION (R)

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

#### TAPONAGARA

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

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

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

#### ANTAR MANASA

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

#### STUDY CENTRE

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

#### JYOTHI PROJECT

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

#### VISITORS

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

#### APPEAL

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

## SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

One day, at the start of my Stage Meditation I was feeling deeply emotional. I cannot recall whether I was a bit sad, or just wanting to immerse myself in God. With all my heart I spoke to God and said, "Dear God, please simply, simply take me into your arms!" Even as I did my Trataka and closed my eyes I felt I was physically swept up, bundled up actually, and taken up into God's arms! It was the most unbelievable sensation and so very wonderful! With one sweep I simply melted into Him and went into deep Meditation.

I have become more and more aware of God everywhere and in everything. This awareness has made me more connected to things around me. I have also become quieter, but in spite of this new phase of fewer interactions I feel contented and full! In Meditation, I get connected to a deep stillness and vastness at one level, along with awareness of my surroundings at another level.

- Vidya Virkar

I had given a small amount to Manasa Foundation as donation. To my surprise the very next week I was rewarded with the same amount, and in fact little more, as an appreciation for one of my office tasks that I had handled. This was never expected! I really feel that Rishis are monitoring us and are uplifting us in every aspect of Life. I feel very blessed to be in the Sapta Rishis Path.

I was terribly stuck with one of my assignments that I had with one of the customers. I started channelling Light late at night, and luckily, with the blessings, I received all the pre-requirements for the task. I literally felt very happy and realized that we are being guided and protected not only at the

Spiritual level but also in every aspect of our material Life.

- Lavanya B

I tried sending Love to my younger daughter who is a very sensitive child. She gets overly affected by other people's emotions, and then her eating gets affected. I am worried that she might develop eating disorder. I have started sending Light to her every day and she is improving in her eating habits.

- Heena Raikar

I am completely calm. I experience Love and Peace always. Even if the situation outside tries to trigger me, I am undisturbed 99% of the times.

- Prem Anand N

I had not seen any picture of Gururji with a smile. Whenever I used to see Gururji's photo, I used to feel that he is angry with me. Later, I found a video on You tube in which Gururji was seen with a beautiful smile. When I saw that, I immediately received a thought, "I am not angry with you." I could sense a lot of Love and compassion in his look. This brought in so much relief and ecstasy at the same time. It was another enforcement that this Divine personality is watching over us and I felt so blessed. Along with this I also realized the power of our thoughts.

- Ashwini K

When Meditations are stabilized in our daily life, space and time change significantly. The presence of God in each and every atom around us, everywhere, makes us realise that every place is sacred and belongs to everybody. In the same way when we feel the presence of God in the present moment, then each moment becomes important and sacred.

- Sulochana Ramaswamy