



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 2

January 2021

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – February 2006 issue)

It was 1988. February 1st 10 AM. The place was the chilly interior of a small hut in the corner of a land, now called AntarManasa.

We were seven. Friends, who never met again, now sitting on an old mat, gathered to fulfill an unknown destiny.

When I looked around, the others nodded in silent consent. Then, in a hearty unison, we all repeated 'Omkar' seven times and silently prayed to Amara and the Rishis. Then, after a brief pregnant pause, I read out a short note that I had carefully prepared overnight about Amara and his dream. Some of us had tears remembering the man of our Destiny. We agreed to carry on his work. After meditating, the others left.

When I was alone in the hut where I lived, I decided to launch 'Manasa,' which is 'Manasa Foundation' now.

Thus 'Manasa' was born on the day of 'Amara Jayanti' in 1988.

Once we decide to grow, to transform, the whole Universe helps. Guidance, assistance and help come from unknown sources. But we do not notice. We also do not make use of them properly. And many times we try to use them for different purposes. Then, the Universe withdraws and waits, till we are ready again.

Sometimes, before we are helped, we are tested. Sometimes, severely. We have to pass the tests to receive bigger gifts. Nothing comes easily.

We have to understand the Universe, which is God Himself. We have to understand his ways and laws. We have to have infinite trust in him, to realise that he would not allow us to go through the good and not-good experiences in life, unless we deserve it.

God is perfect. He is always right.

The winter moon is always bright and cool. With Amara, our life is always filled with moonshine. ■



MANASA FOUNDATION (R)

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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 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)**

**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.

*Manasa Foundation,
The Sapta Rishis Path,
wishes everyone a Peaceful & Happy*

2021

*Channel Light
from anywhere, anytime for at least 7 minutes.
Heal Yourself. Heal the World.
Guruji Krishnananda*

NEWS AND NOTES

- A new batch of Shambala Group will begin on 10th January 2021. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this group may register with Manasa office before 31st December 2020. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2020.
- Monday, 1st February 2021 will be observed as 'The World Channels Day'.
- Maharshi Amara's Jayanti will be celebrated on 7th February 2021. Since gathering in Taponagara is not possible due to the current Covid situation, the program will be organised virtually through webcast.
- On 25-12-2020, Meditators mindlinked to Taponagara from their own places and offered their Love and respect to Christ and channelled Light to the whole world.
- Copies of Manasa Calendar for 2021 are available. You may please contact Manasa office if you wish to purchase.
- The Manasa Calendar is also available on Android platform. Android users can download / update from Google Play Store by searching for 'Manasa Calendar'.

MEDITATION ON SPECIAL DAYS

06	Wed	Krishna Ashtami
11	Mon	Masa Shivaratri
13	Wed	New Moon Day
14	Thu	Uttarayana begins Makara Sankranti
21	Thu	Shukla Ashtami
23	Sat	Shukla Dashami
28	Thu	Full Moon Day

AMARA JAYANTI PROGRAM 07-02-2021, Sunday

11AM	Welcome Talks Special Meditation
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PROGRAM AT TAPONAGARA

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

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
10-1-2021	Shambala Group meeting at 2PM through webcast
17-1-2021	Ra Group meeting at 2PM through webcast

Guruji is listed as a Master on Speaking Tree now. Please visit www.speakingtree.in to read his blog and watch his videos.

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

LIGHT CHANNELLING EXPERIENCES

(Compiled By Vaishali Joshi)

I am practising Light Channelling since one month. I have seen lot of positive changes in myself. My thoughts have reduced and I can focus better on the subjects.

- Prathamesh Kulkarni, Student, Garware College, Pune

I enjoy Light Channelling very much. I used to have too much of tension. But now it is reducing slowly. While solving sums, if I did not get the answer, I would get tensed and close the book. But now I keep trying and don't give up till I get the answer.

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

When I start practising Light Channelling, I get connected to and deeply involved with Light. It gives me peace of mind and helps in concentration. It helps me to overcome my anger. When there is any problem, I practise Light Channelling and it helps me to overcome the problem.

- Dharinee T., Std. XII, SBS Mootha Girls Senior Secondary School,
West Mambalam, Chennai

Light Channelling helps me to improve my positive energy and concentration. Now, my anger has reduced a little. Thank you for teaching this technique.

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

I feel very fresh and pure after I practise Light Channelling.

- Dharini R., Std. XII, SBS Mootha Girls Senior Secondary School, West
Mambalam, Chennai

Light Channelling has brought me lot of happiness and calmness.

- Chandrakala, Std. VI, Govt. Higher Primary School, Immadihalli, Bangalore

After practising Light Channelling my mind was relaxed and free. I felt the Divine Peace of Light and Love.

- Sunil B, Std. X, Holy Cross English School, New Thippasandra, Bangalore

When I practised Light Channelling, I felt relaxed and positive. When I practised it at home, I could concentrate on my studies. Thank you.

- Ashpak Meerahamed Shaikh, Std. VIII, Vishwakarma Vidyalaya English
Secondary School, Pune

After practising Light Channelling, I felt very fresh. On the same day I practised it at home also. After that, when I studied, I could remember any line which I read twice or thrice. My mind also felt relaxed.

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

I practise Light Channelling every day. Now I find that my memory has increased and anger has reduced. I have peace of mind and can concentrate better. I am able to write exams without any fear and I get good marks too. My family is also practising this technique now.

- S. Rajeshwari, Std. XI, Valliammal Girls High School, Kulasekaran Pattinam

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)

June 2006 (contd.)

When we come across something new and exciting, it's a human tendency to share it with others. This happens in the beginning. It's a very beautiful thing. Let us keep this alive.

Similarly, when we know for the first time about Meditations, Rishis etc., it is such a thrilling thing to share for the first time. We would definitely like to share it with our friends, relatives at the risk of getting laughed at! All that we are used to. Sometimes whenever people close to us are struggling with difficulties, we would like to help them. We tell them, "Why don't you take the help of this? Why don't you take the help of the Rishis directly?" There is nothing wrong. I will say, "Do it." But I would like to do it in a slightly improved way. Instead of straightaway bringing them to me, tell them, "Take up Meditations." It helps them more than us. When a person takes up Meditation, he can experience. He can understand many things. So, it helps him more than us actually. I don't say that before you bring a person to me for help, you must make him a Meditator. But this is the principle we adopt. Think about this.

I have spoken about humility many, many, times. I remember, because this one thing makes a difference. Being humble makes the difference. Being humble takes us near God. Being humble removes our ego. This is very clear, but how to practise it? It is easy and simple. Consciously avoid being arrogant, stubborn, being aggressive. Respect the other man; listen to the other person. All these are possible when we really have Love; when we love Life. When you love a person, when you love your parent, you listen to them. When you

love your Guru, you listen to him. So these are simple things and we know about it. There is another aspect to humility. Humility is not merely a weakness, never mistake it for a weakness. You are not aggressive, do not allow anybody else to be aggressive towards you. Let nobody exploit your humility. Being humble requires great strength and maturity. Remember these words. It is not easy to be humble. You should have seen my Guru – he had the strength of Himalayas. And he was humble. He had the wisdom of all the Rishis. He was humble and very strong. So this is the second part of humility. When a question is posed, "How to practise humility?", remember the second part also. We have to combine both these things and we have to devise our own ways as to how to apply, and this will vary according to the situations. Wisdom and maturity will tell us, when to keep quiet, when to allow the other man even to be aggressive. To allow the other man to be aggressive, it needs great courage and wisdom. We learn when to be strong, when to be mild. So practising humility is not simple.

Sadhana has many parts. Let us understand clearly about the three parts of Sadhana. The first part is the effort. We have to make efforts – both during Meditation and also during other times. I always say, "Meditation and positivizing." It is easy to remember. Yes, it is all the time Sadhana. We have to make efforts at all levels i.e., at the physical level, emotional level and the intellectual level. This is one part. The second part is checking our own progress. You do not have to wait to be here on third Sunday or the fourth week in the centres to be told to continue in the same stage! We can

check our own progress. We can do this every day if possible. How do we check this progress? We know it, still I tell you. Let us check our own behaviour. It reveals our progress. Let us check how much of Love we manifest in our living, in our interaction with others. Let us check the expansion in our emotions and thinking. Expansion is very important. If we are really making progress, gradually we expand in our thinking. And also let us check - up how much of the Divine we experience. These three points and the behaviour indicate our own progress. This is a part of Sadhana. This checking the progress by ourselves is very important. It is a part of Sadhana – let us remember that. The third and the most important is rectifying. When we are not making any progress, and if we are slow, we know the reasons more than anybody else. When we know the reasons, we have to rectify.

It is always amusing to read mails that I receive. The general tone will be like this – I am lazy, I cannot meditate, please advise me! I say, "Don't be lazy!" The answer is in the question itself. I will be amused, I do not get annoyed or angry. I have answered this umpteen times. In every person, there is a child, and this child likes to be told! A Guru looks at the individuals as children. You are all like children. So we tell you, "Don't do it." So, we know, where we have to make efforts. Rectifying is very important. These three points, although they look very simple, try applying them. It is the application that makes the difference, not theory. Effort, introspection and rectification – three simple words change our Life. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

29-11-2020

Life was really unthinkable without Guruji, but we have lived, we have lived these eight years without his physical presence. Life is such. It continues. We miss his physical presence but he has become an integral part of our lives. That also is a fact. He has occupied our consciousness. And I feel like saying that it happened the day, the first day we met him. Since that day he has occupied our consciousness and he will continue to occupy our consciousness forever.

Generally, what happens is that we consider Masters as non-humans. When I say non-humans, I mean we consider them Divine. We feel that nothing can affect them at the human level. We forget that they are also human beings. In the human body they also have to go through the discomfort of a disease. If it happens to us we naturally complain, we grumble, we say, 'Oh my body is paining.' As a human being I think it's natural that we complain. But I did not ever see Guruji complaining. He accepted the cancer as God's wish. That was his complete surrender to the Rishis. And he accepted it without even a sign of any disappointment, any pain or any complaint. That was a great lesson for us.

I had mentioned this earlier also that he did not complain ever, but there were times when he had tears. He cried aloud also. And once he told me, "It is not because of the fact that I know about my death. It's not because of the pain but this thought that we will not be meeting at this physical level here afterwards, that pains me." Not that he was attached to us emotionally. We were, related to him at the Spiritual level and Spiritual relations are eternal. But it

was the human part, and he was a perfect human being.

He told me once, it was after the cancer was detected in August sometime, "Count 75 days from now." Somehow I did not take it seriously. I regret it really. Had we realised that Guruji was giving a clear hint that he wouldn't be there at the physical level, maybe we could have prepared better. But, somehow we were always hoping for a miracle to happen till the last moment. We forgot that the Masters follow all the laws. Anyway, these regrets have no consolation, no solution. The only solution is to grow. And for that all of us have all the guidance.

We may not have access to answers of all the questions now. We may not have access to all the knowledge. We have access to a lot of knowledge of course, but there is so much more to know. Guruji was our Google. For anything we would go and ask him. And he would give one clear answer. We may not have that type of access to knowledge. But we have all the guidance to grow. We are not deprived of that. That is what he left behind. The required knowledge, the required energies and in fact much more than what is required for us to grow. We can grow and re-establish our contact with the Rishis, so that we can have access to the reservoir of knowledge once again. That is our Sadhana and that is our goal also.

Only recently some of us, some of the volunteers were talking and somebody mentioned that now Guruji is well known, Manasa Foundation is well known. People know about Guruji in the Spiritual circle. His knowledge is spreading. His energies are spreading. The Light of knowledge, his Light of knowledge is what attracts people to Guruji. They may not join this Path

but somehow they must be following him. They must be practising what they are learning from him through his books, through his talks, through his videos. I have come to know that there are some videos on YouTube, where, others are talking about Guruji's books, Guruji's knowledge. I heard somebody talking about "Doorways to Light". This is happening in spite of no conscious efforts from our side to publicise. This is wonderful. Thanks to the Internet. It has helped us. And somehow I feel when people come across this knowledge, they are able to accept it, although this New Age knowledge is revolutionary in a way, if we compare it to the old knowledge. I remember Guruji used to say that if we try to cover the light with hands, with both the palms, it still shines through the gap between our fingers. Like that, the Light of Guruji's knowledge is spreading. It is spreading, in spite of the darkness being still very active.

He made us look at Life from a different angle, from a higher angle, from the angle of the Rishis. I think of an example. It was about a beggar outside the Meditation hall in one of the places where Guruji used to conduct Meditation classes. Guruji would give him a rupee or two. Somebody remarked, "Why do you give money to him? He will anyway just smoke it away." This beggar used to smoke *beedis*. Guruji of course continued to give him money, and later explained, "The beggar has every right for a little pleasure of a smoke. I can sit in a coffee shop and enjoy a hot cup of coffee. I have so many comforts. We don't know what comforts he has. If he smokes *beedi*, he has every right to this little pleasure." That is the way he would look at things, from a different angle, from a higher angle.

(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)

Guruji always made us feel very special whenever we interacted with him. He could see the Divinity in us, which is a fact, whether we believe it or not. When I first met Guruji, the thing that touched me the most was his simplicity. The authority with which he spoke on Spiritual matters made us realise that he was a Master who had experienced the Truth. He knew God. He knew God and he knew how to reach God. He would explain that it requires only a moment to surrender to God. We can surrender at this very moment. But it is possible that to reach that moment of surrender we have to prepare our entire Life or maybe many Lifetimes.

I remember he told that to understand a principle intellectually it takes no time. For example we should speak the truth. It is easy to understand at the intellectual level but to practise it, to perfect it, it may require efforts of a Lifetime.

Sometimes when people asked questions relating to their lives, about very important matters such as job or marriage or health, he would say very clearly, "Do this. Do not do this." His guidance was very practical. When I asked him once about a surgery I had to undergo, he said, "You have to go through it. Undergo it." Sometimes he would say, "Amara is here and this is what he is saying." It was simple. It was like the suggestion coming from God. He was of course always in link with the Rishis. But once I remember - and I think I had mentioned it earlier also - I wanted to consult him about an important matter concerning my job. I made a phone call in the morning and he said, "You come." I was living in Koramangala those days. By the time I

reached it must have taken one and half hour. When I met him, he guided me very clearly. He said, "When you called me, I sat in Meditation because I wanted to guide you very properly." He need not have meditated. He was always in link with the Rishis. But that was his humility. Whenever we visited some place, I observed that he would notice the beauty in that place. For example, the way the flowers were arranged, the colour of the furniture, the walls, the curtains or a rangoli drawn. And he would ignore if something was not proper. And that is how he would notice the beauty in people also. He would always connect with the beautiful side in us.

In his presence people felt at ease, relaxed and in fact people forgot all their worries. And there was something about him which we couldn't understand at that time; something which made us feel very close to him. But I feel like saying that being in his presence was like experiencing Samadhi. Master Eckhart Tolle talks about living in the now. Whenever we were with Guruji, we could live in the now. The challenge always was to continue that, to maintain that when we were not physically with him. I am sure some day we will be able to live in the moment.

I have observed that people who have stuck to Meditations, people who have stuck to Guruji, stuck to Spirituality, somehow their lives are taken care of. Things in their lives are fine. And it is so much important now in the current times that we have to hold on to this Spirituality. Maharshi Amara's words - we have to take shelter under the Spiritual umbrella. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Guruji is not here now. Then who is teaching us Meditations? Hope Guruji's Grace is still on us.

A: We know Guruji's blessings are always with us. Guruji has given us very advanced techniques. He had said that these techniques will be practised in the New Age. These will help us to experience Light. He has trained teachers, guides who are able to guide you. They may not have answers to all your questions but then you also have access to Rishis at a different level; you can get answers from them directly.

Q: Can a soul, which has left its body after death, stay on this earth even after the last rites are performed?

A: We have understood here that a soul is allowed to stay for ten days after the death of the body of the person. During these ten days the soul realizes that its period, its work on this earth is over and it prepares for its onward journey. It does not wait for all the last rites to be performed although all the ceremonies that people perform help the soul to realize that its work is over.

Q: Will listening to audio books bring the same benefits as reading a book?

A: I personally feel it will bring the same benefit because it is the content of the book that contains knowledge. When we listen to the book we receive these energies, we receive the knowledge and that enriches us. Same thing will happen when we read a book.

Q: How should I deal with strong negative thoughts?

A: I think we can deal with them by not identifying with the thoughts, by

rejecting them. They are not our thoughts. It is we who give strength to the thoughts. If we ignore them they will become weak and not bother us.

Q: Is Awareness of the Light within the body during the course of the day same as experiencing the Light?

A: I feel Awareness of the Light in the body really helps us carry Light. We have heard from Guruji many times, "Carry Light always." We can be aware of that Light. It helps us to carry Light. We get connected to the Light. Experiencing is something that happens next.

Q: A person said – "When I offer energies, I think I am offering dark energies. What should I do?"

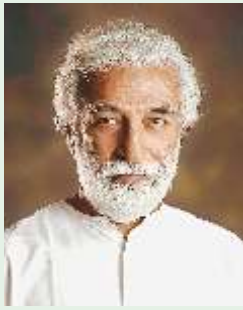
A: I feel we have to ignore such thoughts.

Q: While meditating my mind is filled with this thought that I am a bad person. What should I do?

A: We have to ignore such thoughts. And we have to know that we are not bad. We are a part of God Himself. It's the ego which suggests such things. Maybe it feels guilty of something wrong we have done and maybe it judges us and it passes a judgment on our action, our behaviour. We cannot change what we have already done, but we can change ourselves. That opportunity is never taken away from us. We are pure at the core but our entire outer personality also can become pure, full of Love. We can change. God forgives. Feeling guilty, crying about it does not help but forgiving ourselves and not repeating those mistakes is what helps. We have to consciously follow this approach. ■

LIST OF OUR PUBLICATIONS

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Light Body & Other Realities	100/-
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iGuruji Vol 1,3,4 & 7	each 150/-
iGuruji - Vol 2	120/-
iGuruji - Vol 5	100/-
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Light	10/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

established in 1988 by Guruji 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 Guruji 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)

Due to the Covid pandemic, house work has increased manifold for us ladies. The aim in Life is to be a good human being and I have kept it as a daily goal. This has helped me cope with the demands of Life, without feeling guilty, because I wasn't able to meditate for most of the past six months! Guruji always used to say, "Meditate for one hour, but, you have to try and live the Meditations for other 23 hours." So, I tried to live the 23 hours because I was not able to meditate most of the time. I just strengthened my shield at times and practised Saptarshi Pranayama. I carried Light, listened to bhajans or kept in tune with God in my own way while doing house work. I have God's Grace with me, which has helped me to come to this Path under Guruji's guidance. Thank you all at Manasa.

- Pratima Vadgama

I had my final post-graduation exams in October. It was a very stressful month. But practice of Meditations, channelling and the first Principle of Shambala helped me a lot to cope with the stress. And I could also do well in the exams. I feel blessed and I am grateful to Guruji and the Rishis.

- Pooja B

In Meditation, I always feel alive and I feel every Chakra is activated and it gives out its own energy and I do feel this energy in the body. I feel each petal of the Chakra opening and releasing energies.

I am experiencing Stillness in my Life. Many times, there is a sense of calm around me and the presence of the Rishis is very loving. I love doing Shambala Meditation. It is very grounding and pleasing.

- Swapna Tembe

The last few months have been hectic, with work from home adding to the rigor. But somehow feeling contented and grateful for everything. Channelling Light has been one constant throughout.

It's like the inner compass showing the way, no matter what the situation is on the outside.

- Deepthy R

I experienced the collective consciousness of man when I was taking a walk on the terrace and was looking at the skyline of our city.

I understand the importance of balance and humility. I am working towards it. Acceptance has increased in me. I am able to recognize my shortcomings and I am working towards positivising and purifying myself. I am experiencing a kind of intensity in Life, in everything I do, feel and experience.

- A Sadhak

I continue to be always helped and guided by Guruji and the Rishis whenever it is needed. I feel that Guruji is always looking over me. I continue to experience a constant inner happiness and feel at peace always. When this inner peace is disturbed which is not often, I can recognise it and connect to Light again.

- Anne Chapman

There are moments of complete contentment and some anxiety-ridden ones too. One thing that's always been my rock, is meditating everyday without fail and listening to the Sunday talks. They instantly calm me down. I have noticed in myself some new changes like 'letting go of things'.

- Shriya Sasank

I have become more calm and composed than earlier. Most of the times, I am able to identify that I am getting angry, while I get angry, and cool down and handle situation in a calm way. I want this to happen always.

- Karthik Sharma

On some days Meditation is a peaceful and blissful experience. I can feel moments of expanded Consciousness and Oneness with Light.

- Tanvi Bhatt