



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 8

July 2021

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – July 2011 issue)

New energies are being brought down from the higher realms by the Rishis and are spread all around the world. The Light Workers of the world are also channelling new energies. We are receiving energies from Shambala, Ra God and from the Photon Belt. These energies, however strong they are, cannot transform us directly because we have the Free-Will. The energies create and provide us opportunities to change. If we choose, they strengthen our resolve.

The struggles to correct the systems of corruption and tyranny in this country and all over the world are because people have chosen to utilize the opportunities provided by the energies of change. But the people in power remain unchanged, unchanging. Now, what happens? What happens to the revolutions? What happens to the dreams and aspirations of the people?

In the normal circumstances, the people's struggles would have been defeated and the corrupt dictatorial systems would continue their reign. But, the times are changing. We are moving into the Light Age. The events are going to bring down all systems of corruption, violence and untruth in their own way. The Change is not a choice any more. It is the destiny.

If we can have peep into the Astral plane, we can see that the Changes have occurred already. They have to manifest in the Physical plane. It is a matter of time. This is true of the events at the global level, as well as at the individual level.

The fight against corruption is not devoid of drama and misadventure. Messing up a clear approach while pushing up personal agendas may dent the body of the vehicle. But, the course set by the Energies of change cannot be diverted. A Divine agenda set by the Light Masters cannot be subverted. That is our hope.

Half a year has passed! Now, everyone is noticing and wondering about the fast pace of time. How can we explain this fast pace! How can we understand this! It is not possible. But, it is a reality that the hours of the day have been compressed. This compression will continue for a long time. ■



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

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

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

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

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

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

Newsletter Annual Subscription Rs. 300/-

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NEWSLETTER

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



Guruji's 82nd Birth Anniversary was celebrated on 23rd May 2021.

NEWS AND NOTES

- ♦ Guided Light Channelling sessions are being conducted through Live webcast every third Sunday at 11AM. Anybody can watch these sessions on www.lightagemasters.com/lc_live. There is no login required. The next such session will be on 18th July. Please share this information with your family members and friends.
- ♦ E-book version of the book "Guruji Speaks Vol – I" was released during Guruji's Birth Anniversary celebrations on 23rd May 2021.

During Ashadha Masa, which begins on 10th July we get wonderful and great energies directly from Parabrahma Loka. We can meditate more during this entire month and absorb these energies. They peak on Guru Poornima, the Full Moon day, which falls on 24-7-2021. On that day meditate as much as possible, and in the night before going to bed, imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.

MEDITATION ON SPECIAL DAYS

02	Fri	Krishna Ashtami
08	Thu	Masa Shivaratri
09	Fri	New Moon Day
10	Sat	Ashadha Masa begins
16	Fri	Dakshinayana begins
17	Sat	Shukla Ashtami
19	Mon	Shukla Dashami
24	Sat	Guru Poornima

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
11-7-2021	Shambala Group meeting at 2PM through webcast
18-7-2021	Ra Group meeting at 2PM through webcast
24-7-2021	Guru Poornima Special Meditation, 12 Noon – 1PM through webcast

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

Please visit www.speakingtree.in to read Guruji's blog and watch his videos.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Light Channelling has helped me a lot by relaxing my mind. My headaches have also come down. I am learning to be patient but I still have a long way to go. It has helped me getting rid of unwanted thoughts.

I was going through pain for the past one month. Medication did not help. But from the time I have started doing Light Channelling, the pain has reduced. Earlier, I was not able to sleep properly due to the pain, but now I am able to sleep peacefully. I thank the school for introducing this to us.

- Apoorva Sakshi, Std. X, SBS Mootha Girls Senior Secondary School, Chennai

Light Channelling was a beautiful experience that cannot be expressed in words. I felt Divine. The silence was overwhelming.

- Shweta Iyer S., Std. X, SBS Mootha Girls Senior Secondary School, Chennai

My Life has totally changed after I started practising Light Channelling. I had a lot of ego and was very short tempered but now whenever I get irritated or angry, I practise Light Channelling and get relaxed. I am an emotional person and I get hurt very quickly. But now I am becoming strong and have no fear of anything. I am lucky that I got an opportunity to learn about Light Channelling.

- Kajal Bhandari, Std. X, SBS Mootha Girls Senior Secondary School, Chennai

Light Channelling has helped to bring silence in me. I have understood the power of silence. It is infinitely greater than lectures, talks, advices, orations and discourses. It made me understand myself better. I experienced inexplicable joy and indescribable happiness.

- Vedhalakshmi S., Std. X, SBS Mootha Girls Senior Secondary School, Chennai

Channelling Light is fun as well as relaxing. I feel engulfed by the Divine Light. I have been practising Light Channelling for a few days now and I feel much calmer and relaxed. It makes me feel good and positive that I am doing a little something for our Mother Earth. I am going to continue this practice and try to be a better person.

- Roma Baid, Std. X, SBS Mootha Girls Senior Secondary School, Chennai

I am practising Light Channelling daily after waking up and before going to sleep. I had short temper and if there was a small fight or if anyone teased me, I used to get violent. But now I say sorry and politely tell them not to tease me.

- Sophiya C., Std. X, SBS Mootha Girls Senior Secondary School, Chennai

While channelling Light I felt that I was becoming weightless and after channelling I became very calm and happy.

- Ajith Kumar, Std. X, Citizen's High School, Pillana Gardens, Bangalore

We are practising Light Channelling for 7 minutes twice a day in our school. One day I walked for a long distance with my father. That day I was feeling very tired at night and had pain in my legs. My mother told me to pray to God so that I would get good sleep. I remembered about Light Channelling and practised it for ten minutes. Later I slept well.

- Shivaraj, Std. X, St. Rohith High School, Bangalore

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)

August 2006

A person wrote me a very unusual letter. He has lot of problems. He is physically handicapped and has all types of diseases. At the end of the letter, he wrote, "I am not asking you to cure any of these diseases. I am not asking you to even give relief from these. I just want to know why I am suffering. I would like to know my past." I make two observations here. One – look at this person – he is not asking for relief – he wants to know why he is suffering. He says, "Your Grace is enough." Look at that faith. He says, he wants to know why? People usually ask about their future. They want to know what happens after 10 years; Will my daughter get a MMBS seat? etc. People are naturally curious to know the future. But people ask about the past. Why? I find this in many instances. Then the Rishis told me – when I was making notes – that this is the indication that we are advancing into the New Age. We begin to ask questions, "Why am I here?" Then we realize that we are here just to experience. We are visitors here. Then people make very genuine efforts to go back. I am very happy about this. I am seeing and I am watching this process, these kind of Spiritual movements from more than 30 years. I find great changes. I can believe by my own experience, that we are entering into Satya Yuga. I cannot explain more than this.

Kindly think and contemplate about this. In Meditations, sometimes, we enter into a time which is vertical; then we lose Awareness of this linear time. Suddenly, we become aware of new things. And when we come back to the Awareness of this level, we try to relate them to this Life and we will not be able to do it. Then we think it is a weird experience. Do not conclude that all inexplicable experiences that we have, are just fantasies or our imaginations. No; all that we cannot explain are also

realities. We are unable to understand this in this framework and reason. But they are realities. Someday we understand them and someday we consciously enter into those zones and consciously try to know the new worlds. I think the time has come for such adventures and we are trying to understand these and how to tackle these. Whenever we have such information, we shall share with you.

I am repeating this, "Sadhana is not about solving our problems." We know that. But the problems are realities. We have to deal with them. But when we shift the focus of Sadhana to our transformation and such goals, all our problems get solved. I was talking to a person who could not agree with me and understand. She was a journalist. I told her, "You take up Meditations, everything happens to you." She asked, "Will this killing stop?" I told her, "Ultimately, yes." The point is let us focus on the higher goals, then all the other things will be taken care of. We have to always remember that behind us, there is a great power, a great intelligence with great compassion and Love. It is God Himself and the Rishis. We cannot differentiate between God and the Rishis. Whenever I speak of the Rishis, it is as if I speak of God Himself. So because we are aware of such things, let us focus on such higher things, let us transform ourselves. Then everything around us transforms; all our problems get solved.

Sometimes, we pick up techniques from the books and practise. It is curiosity. When I say, "Do not do it", the tendency is to try to do it. It is a natural human tendency. Most of the times, we will not be having any problems. One reason I attribute to it, is that if you take up a technique, practise it a lot, you will have problems. Any technique, when we do not practise a lot, then we are in

the safe areas, safe zone. Sometimes, even if we mildly practise, it will harm. One important reason is this – all the techniques, methods printed in the books are always not from the groups that work for God. Meaning, there are also dark groups. They are also very intelligent. They work in a subtle way. They speak of many things very nicely and also present techniques which sometimes damage us. You may wonder how it damages. With great difficulty we gather some energy with our Meditations and this energy gets destroyed. We have a shield, built up by ourselves with help from the Rishis. There will be punctures in the shield, there will be damages. Then we have to begin from the beginning. Rishis have to do lot of work. So let us spare them the trouble.

Last week, I wanted to meditate a lot. I know we have the energies of the Goddess here for ten days and I wanted to absorb a lot. But, I could meditate only for ten minutes. And during these ten minutes, I was told a lot of things. I then realized, it is not the length of Meditation, it is not even our effort in Meditation, it is always the Grace. If the Rishis want to talk, they will always talk whether you have the contact or not.

It is very clear that we are entering into a New Age, Satya Yuga. The word 'New Age' is much abused and exploited also. Sometimes, a lot of perversion is attached to this word. There are many New Age groups. We have to study them and understand them. It is a pity that whenever we use this word, people do not associate good things with these groups. It is very sad to note this.

Whenever we use the word Satya Yuga, I have heard people saying that it is a Hindu concept, a Hindu belief. To explain the reality of the New Age, the Golden Age, and describe it, these words are not suitable, or not enough. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

23-05-2021

Guruji's Life is probably the best example or the best guiding Light for any Spiritual seeker. We know that he had to face adversity very early on in his life, but he was never bitter about it. He has mentioned in "Doorways to Light" that the adversity helped him cultivate his inner Life. Here we know, we understand very clearly that adversity is an opportunity for awakening; only if we make proper use of it and do not waste the opportunity by going on grumbling and complaining. Guruji did not grumble, did not complain and he was never bitter.

He read a lot of literature – English and Kannada – to cultivate his inner Life. And he also wrote. He wrote many novels and short stories. He also painted. Unfortunately we do not have all these. But we have what he wrote later after meeting Maharshi Amara. We have "Doorways to Light" and we have many other books written by him. These books are a treasure, not only for us but for all of humanity.

Guruji used to tell us that his Life was planned by Vishwamitra Maharshi. He wouldn't ask a single question why his Life was the way it was. Whatever the Rishis designed for him, he would accept without asking a single question. His faith in the Rishis was rock solid, unshakable and his surrender to them was complete. When people asked him, "Why some Masters take birth in poor families, and have to go through so much adversity and even humiliation? Why do they choose a life like that?" He would say that it helps them to remember God always. It helps them to remain connected to God always. Guruji's life, full of challenges and struggles was designed by Vishwamitra Maharshi. And there must have been reasons

why Vishwamitra Maharshi chose a Life full of challenges and struggles for Guruji.

I feel although a difficult track of Life was chosen by Vishwamitra Maharshi, he wouldn't have wished so much of hardship for Guruji. Some hardship was probably unavoidable and a lot probably could have been avoided. This is what I feel now. There were people who perhaps chose to be very difficult with Guruji. They need not have been like that. They could have chosen to be supportive of Guruji. We know that Life is a journey of million possibilities. Because people chose to be difficult, additional problems and adversities were added to his Life which was anyway designed for lot of challenges. This is one part.

I feel that generally any Master's Life will always be full of challenges. It is because they will be trying to bring about a huge change, a shift in Consciousness, as they say. They will be trying to remove the darkness of ignorance which will be so widespread in societies, that people find it difficult to accept new ideas, revolutionary ideas. And because they find it difficult to accept, people themselves become an obstacle. The change that the Masters are trying to bring about has to manifest in people. What is shift in Consciousness otherwise? The shift in Consciousness has to manifest in people, has to be seen in people, in their behaviour, in the way they live. Sometimes even good people, perhaps unknowingly, unconsciously become obstacles. That is why the work becomes so difficult. Sometimes Guruji would humorously say, "You are my tests."

Consider the Life of the great Master Jesus Christ or Sant Eknath. How difficult it was! Guruji said that the Masters choose a difficult life

because it helps them remain connected to God always.

We know that Guruji had to live in a hut, for months together. The hut had a thatched roof. Once he was resting, lying down. He told us that as he looked up, he saw a snake crawling. At the human level how scary and demoralising such an experience would have been! Although Guruji was always connected and was guided by the Rishis intuitively, I feel that even Masters have the freewill to choose a different Life. They have the freewill to go back to the world, specially when conditions are so demoralising. But of course Masters like Guruji always make the right choice. They are born Masters.

Guruji always chose the work of the Rishis. And thanks to him, we are in this Path today, Path of the Rishis. Thanks to him, we have access to such great treasure here – knowledge, the wisdom of the Rishis and the energies provided by the Rishis. Thanks to him we have a system in place, a solid platform from where we can continue teaching Meditations. If Guruji hadn't done it for us I don't think it would have been possible.

Through his Life he taught commitment to the work of the Rishis. He taught us perseverance, faith and unconditional Love. He was also very practical. God showered His grace and provided Guruji with some comforts and better living conditions. He used to tell us, "Now I am living in better conditions, if I have to go back to the hut it will be really very difficult." Not that he wouldn't have accepted if that were the situation.

He would tell us, "We are human beings. We have to keep this humanness alive. First human then Divine." We can also say in my understanding now that being human is being Divine.

(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)

He was a treasure of Knowledge. He knew so much. He had read so much. He had watched so many movies, documentaries. His understanding was so deep. Talking to him was like talking to God. We could open up to him completely. He could talk to Gods. He could talk to the Rishis, in the same way that he would interact with us. It was the Divine Love that he carried, he vibrated, which must have made this possible.

He would tell us many times, that to contact the Rishis we do not need a technique. When we talk to them with great Love, when we try to contact them with great Love, they respond. That must be the reason that he could also interact with animals and inanimate beings. I remember whenever a new vehicle was bought, we would bring it to him for his blessings. We would offer energies to the vehicle and we would request Guruji to energise the vehicle. At every such occasion Guruji would talk to the vehicle, and he would tell us that the vehicle is very happy to be here. He would always say, "There is nothing special in me. You can also do it." We know that, that was his humility. To reach such stages we have to have great Love and we have to make huge efforts. Our Sadhana is to reach such a stage.

He had said that there is no time now to postpone our decision, no time to postpone our choices. We have to choose now. We have to either choose Light or not choose Light. We may not be able to completely transform now. That is alright. See how beautifully Guruji has explained to us. We don't have to become a Rishi overnight. That is not what is expected from us. We just

have to decide to transform. We have to choose Light that is all. The transformation is a process. It takes time. Let it take its own time but let us make the choice right now. I feel that once we make the choice, then this difficult phase of Pralaya can end. When a majority of people in the world choose alignment with Light, then this difficult phase of Pralaya can end and then the constructive phase of the Golden Age of Love and Peace can begin. Now, a lot of time and energy goes in fighting the negativity within and outside. Once we make the choice, this fight will be over. The fight within will be over and the fight outside will also be over. Then the build up of the New Age, a beautiful process of building up of the New Age can begin, inside and outside. I hope we reach that phase soon.

Today, the people who have given their names to join the healing group, those who have given their names to continue in the healing group and also for the Light Channelling work, will be initiated. Both the groups will be initiated. We will pray to Guruji and seek his blessings. He will initiate us in these groups.

Healing should be done judiciously. We wish to heal everybody but we have to be very practical about it. Healing is very noble and serious work. It requires taking a bit of Karmas of the person we are healing. With Meditations we can clear these Karmas but our capacities are limited. Let us be very practical about it. We cannot heal everybody in the world. It is not possible. Let us channel Light instead. When we channel Light the Light carries the healing energy. It reaches them. ■

QUESTIONS AND ANSWERS

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

Q: Should we maintain a distance from negative people?

A: First of all how do we declare that a person is negative? If it is possible then we can maintain distance. But sometimes it may not be possible. It is not practically possible every time. Of course we have heard from Guruji that we can carry Light, connect to Light and then interact with the person, and try to relate to the positive aspect in him or her. Every person will have positive and negative in some proportion. Not everybody is completely negative. Everybody carries divinity in them. We can connect to that part in them. Maintaining a distance is fine but a strong dislike or hatred may not help us. If we can carry Love, then this Love will somehow connect us to the divinity in the person and then there will be no problem.

Q: Can going to places full of negativity affect us?

A: It depends on us. Generally we will not go to places full of negativity. But if we happen to go to such a place for some reason, it is not necessary that we will be affected. We have to be strong. If we are strong we will not be affected. If we are very strongly aligned to our goal, then we will only be drawn to the places that help us in our journey in reaching our goal. This happens automatically. If our goal is to grow spiritually, we will naturally be drawn to positive places, to people who are positive. Maybe as a test, we may be put in a situation where we have to be in a place, which as this

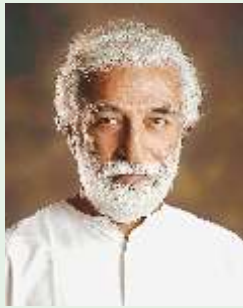
person says, is full of negativity. But our alignment with Light will ensure that we are not affected. I think the only Mantra is we have to grow stronger. We have to meditate, understand Spirituality thoroughly and align with Light to grow stronger. That's the best way to deal with negativity.

Q: Will the curse of a weak person be effective? Meaning if the person is weak and if he curses us, will the curse have any effect?

A: I understand a curse as a bad intention of a person that something bad should happen to me. I feel a weak person can also have a strong intention. It does not really matter whether the person is weak or strong but how strongly he feels is important. Also, has the person, who has cursed, been wronged? Has injustice been done to him is another factor that will play a role. This wish or intention of another person will have an energy which will be directed towards us. I feel if we are strong spiritually, we will have a shield, and these energies will not be able to affect us. As I understand, the curse of a person should have the approval of the Universe. If it is not in alignment with the Universal justice, it cannot manifest completely as intended. It has to be approved by God. We, the Meditators need not worry about such things. Generally people who carry such bad intentions, also manifest these intentions through their acts, through their behaviour, which will disturb us at the human level. We have to deal with it in our own way. The best is to feel sorry for such people and reciprocate only with Love. ■

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Master-Pupil Talks - Vol 2	75/-
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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)

I have felt the presence of God/Guru at every step. I now feel a sense of detachment, calm and surrender which has enveloped me. There is also a lot of silence within me and I can focus very well. I love to silently sit in my Pooja Room and meditate.

- Reboni Ray

Situations in Life are challenging, but Meditation is helping me in handling them without much anxiety. On Sundays, I feel that Gururji is answering all my questions.

- Nithya Natarajan

Today's experiences in the Orientation class were completely different from any other year or all these years. As I sat for the Sun Meditation, I felt subtle energies entering my body and filling up my entire system. Experiencing the energies of Lord Kalki was so beautiful. I felt a continuous spiral of Golden energy forming on the silhouette of my energy and physical body. It felt like I was being protected at all levels.

During the Ra Meditation, I could not feel myself. I was just Light. It was the most profound experience ever. As I sat for experiencing and spreading Ananda, I felt deep Stillness. I could not even feel my breath. Then, I saw the form of Lord Buddha in the middle of my chest.

During such tumultuous times, this Orientation class has given me an even stronger anchor point.

- Jas Bhatia

Maharshi Amara was there taking the

Orientation Class. I could not see anyone other than him. I saw him take the class, but Jayant Sir's voice was speaking out. This continued till the last practice. After that, I saw and heard Jayant Sir take the class. Maybe Maharshi Amara came to help and see it through because of the technical issues.

A small scientific thrill – I checked my pulse on the oximeter at exactly 11AM just before the Orientation class began. My oxygen reading was 98 and my pulse was 84. I checked again at 1.30PM after the Orientation Class. My oxygen level was 100 and my pulse was 64!

Thank you for the class, I got to see Maharshi Amara for the first time.

- Nandita Vijayan

One evening I suddenly saw Lord Krishna walking down from the sky and He stood there in front of our door. Within a few seconds everything around turned into Light. Tears were flowing from my eyes profusely. I just ran and hugged Him. I became one with Him. I did not feel like coming back to this Life. It was such a deep experience. I felt I did not need anything else. He gave me *Darshan* of Lord Panduranga of Pandharpur. I felt I was in Pandharpur, inside the Temple *Garbhagriha*. He then waved His hand above, towards the sky and showed me a beautiful and magnificent sunrise. I saw rays of Light coming from the Sun and filling our Earth. Lord Krishna said, "Do not get upset. This is the beautiful future coming." He went on expanding in Light form. I experienced Him and Light wholly. I feel the Sunrise is a sign of the fast approaching *Satya Yuga*. I am happy, as I see *Vithoba* everywhere as if He is in every particle of our house.

- Rakhee Chopra