



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 7

June 2021

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – February 2004 issue)

Sometimes, it is very cold. Sometimes, it is very warm. Sometimes, we are happy and sometimes, we are sad and hopeless. These are common in this plane of consciousness. In the higher planes or when we are tuned to the Divine, we are above dualities. For a Spiritual person, it is always Bliss and Peace.



I have realised that it is always an individual that makes a difference. It is always one person that begins a Revolution. One Gandhi, one Christ and one Amara.

Amara's work is yet to be understood. The knowledge he brought down is yet to be understood and his teachings are yet to be followed. But, gradually, the world will realise these and a Spiritual Revolution will change the Life and Destiny of the world, silently.

Silence, majesty and enormous inner strength are a few lessons we learnt at his feet. He taught us how to live with the world and improve quality of Life by adding our Love and Spiritual energies. Conflicts, disputes and quarrels were what we avoided and are avoiding now in our work. He taught us the truths, never revealed earlier. Amara was a great Light that shines for ages, even without his physical presence. Amara lives always.



Pralaya means change. Now, it is drastic changes at the individual, national and global levels. All changes, even the painful ones, lead us to the New Age of Love and Light.

May the Light shine. ■



MANASA FOUNDATION (R)

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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>

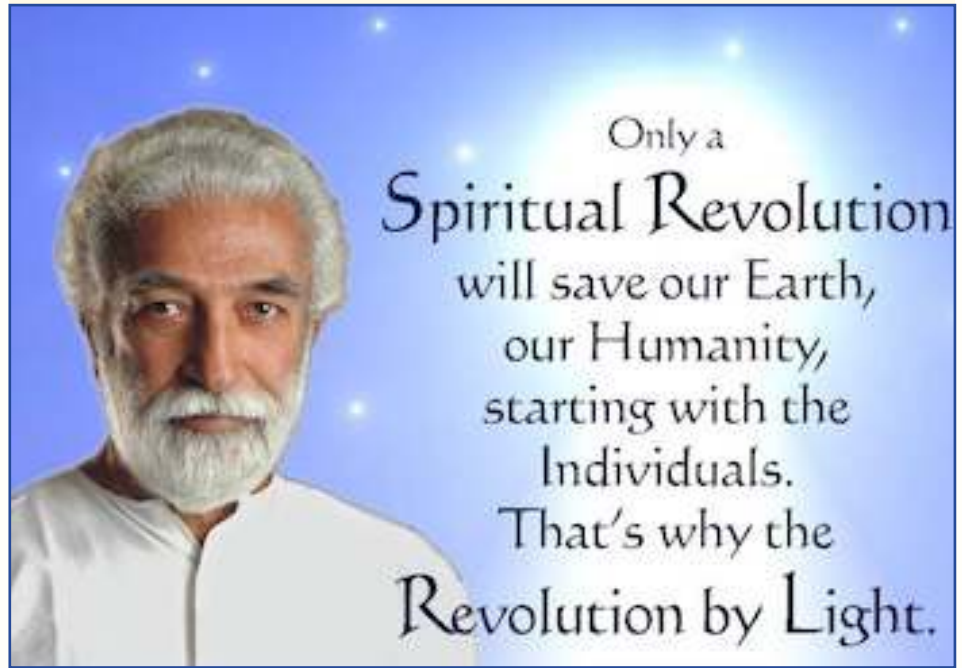
External Guidance is available by post and e-mail. Please refer column 1 on page 6 for details.

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

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NEWSLETTER

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NEWS AND NOTES

- Due to the lockdown, hundreds of Meditators joined from their own homes, to celebrate Guruji's 82nd Birth Anniversary on 23-05-2021. The special celebrations program was conducted through webcast.
- The Orientation class was held through webcast on 5th May 2021. About 220 Meditators participated in this live session. Many could feel the presence of the Rishis and experienced deep Peace.
- The Light Channel Volunteers are requested to re-register their names if they wish to continue the Light Channelling work. New students who wish to join the work can also register. Please register by sending a message to Shri. Manoj Chopra or by sending an email to Manasa office or to Shri. Manoj Chopra.
- Members of the Healing group are also requested to re-register their names if they wish to continue healing work. New students who wish to join this work can also register. Please register by sending a message to Shri. Manoj Chopra or by sending an email to Manasa office or to Shri. Manoj Chopra.

MEDITATION ON SPECIAL DAYS

02	Wed	Krishna Ashtami
08	Tue	Masa Shivaratri
10	Thu	New Moon Day Solar Eclipse: 1.42PM – 6.41PM
13	Sun	Lord Kalki's Birthday
18	Fri	Shukla Ashtami
20	Sun	Shukla Dashami
24	Thu	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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On 10th June there is Solar Eclipse from 1.42PM – 6.41PM. Please channel Light to the whole world during the entire eclipse period.

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)

When I have tension or feel tired I channel Light. It gives me energy and confidence.

- Shubha M., Std. X, St. Philomena Public School, Bangalore

I am feeling very calm and quiet, and very peaceful now. Many of my bad thoughts went away after channelling Light.

- Diana Fathima, Std. X, Citizen's High School, Bangalore

When I practise Light Channelling at night my mind becomes very fresh and I sleep really well. I practise it every night. I think about the Light whenever I get angry. It calms me down. It is helping me slowly.

- Nidhi Baid, Std. IX, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

I have been channelling Light for the last five days. Lots of things happened in these five days and there is a kind of silence in me. During Light Channelling I had some things on my mind. I wanted my cousin to arrive safely to our house; that my mother joins back her office from her sick leave; that my father's case comes in the court despite the problems that occurred for the past two years; that my sister feels better from her sickness. Believe me, it all happened and I am happy about it.

- S. Janani, Std. X, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

After practising Light Channelling, I am able to control my temper and be calm. I am feeling positive and I am able to enjoy whatever I do without fear.

- Priyanka K., Std. X, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

I used to fight with my brother and sister always. But after I started practising Light Channelling, my mother told me, "Your habits have changed. Now you are kind to your brother and sister." I feel good and active in school. Thank you for teaching Light Channelling.

- Nandhini Anand S., Std. IX, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

Light Channelling has really helped me. When I am really upset or about to cry, I want to be strong and so I start channelling Light. It diverts my mind and I can feel the huge energy descending on me.

Once, I had an argument with my dad. After that I started channelling Light. I was so totally into it that my mind became very calm and I was unable to open my eyes fully. I completely forgot where I was. I felt relieved and peaceful.

- Sai Sreeja M., Std. X, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

After I started practising Light Channelling my memory has increased compared to last year.

- Manoj D., Std. IX, St. Philomena Public School, Bangalore

I like to channel Light because it refreshes my mind. When I have any problem and I channel Light, the problem gets solved.

- Arpitha B. P., Std. IX, St. Philomena Public School, Bangalore

When I practised Light Channelling for the first time, I felt vibrations from head to toe.

- Chidhambara Ganapathi V., Std. IV, P. S. Middle 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)

July 2006

People send mails, write letters to me. The new entrants particularly, do this, when they are in the beginning stages of Sadhana. Last week I had several such things. They are fresh in my mind. People usually attribute every upset in their Life to taking up Meditations. For example, they say, "After I started meditating, I have headache; I have upsets." Many good things also happen. But normally people do not notice these things. I mentioned this because people do not know about Meditations. They do not understand it. They do not know about Meditations and about God. God is the most misunderstood person in the whole world! It is a very sad thing. Otherwise we would not be worshipping only idols, whereas God is within, in our hearts. Amara used to joke, "The deities in the temples will be hiding somewhere, scared of devotees, scared of priests!"

God is the most misunderstood person. Meditations are not understood. People are scared actually. Meditations bring all the joy in Life, all the benefits in Life. Even one day of Meditation brings benefits. People somehow equate Meditations to black magic, *tantriks* etc. I was very enthusiastic when I started these classes in 1988. In the very first class, half an hour's time, I wanted to give everything. That was the enthusiasm I had. So in the next class, I gave the technique of Astral travel. That particular technique involved repeating a Mantra. A person, who took this technique, practised it very sincerely. He made a mistake. He began repeating it loudly in the house. People got scared and they threatened him. They thought it was a kind of black magic, invoking spirits, etc.

Anyway, these are misunderstandings. When people come

to us, naturally they ask about Meditations. They ask questions about it. Then we can tell them, if we have really experiences like this. Meditations are doorways to joy. They are doorways to everything that is good in this Creation. They never harm, they never hurt us. That is why you cannot commit a mistake in Meditation. You pick up a technique here, practise it wrongly, nothing happens to you. But, in a *tantrik's* way, we are punished if we commit one mistake. People, who experiment with Kundalini or arousal of Kundalini, sometimes get paralyzed for Life when their brain cells are damaged. These are the ways to achieve powers. In Meditations, our achievements are only God and godhood. We would like to change, we would like to expand, experience all the best in the world, in the Creation which is God. Here you can commit mistakes and go ahead and be happy. It will never harm.

I have queries from the people, who are already practising under the guidance of a Guru, but, somehow they come to us and ask questions. There is nothing wrong in that. Wherever it is possible, I always answer. If the person is in confusion, it is my duty to show him the light. But there is a very subtle aspect. If you are in a Path, if you are under a Guru, you have to first talk to him. A Guru is a parent. If you have any difficulty, any question, who do you go to? First you go to your father, parent. You have to go to him first. If you do not go to him and go to somebody else, somehow I feel that there is lack of faith in him. We do not trust him, or are we cross-checking him? In the last two mails, when I replied, perhaps the person, who got the reply, wouldn't have been happy. I wrote, "Ask your

Guru, approach your Guru." Approaching the Guru, the present Guru is important. Then you have to grow beyond him, but you should not bypass him. It indicates lack of trust in the Guru.

I was going through an article, a small write up. There is a lot of talk on the blogs and blockages on the blogs. The blogger wrote, "I saw retired people, sitting in parks and complaining about daughters-in-law, boasting about their children and wasting time. I would not collect such garbage in my Life." I wrote back to him, "All Life people go on collecting garbage because they do not look at the stars." We always look down at the garbage on the road and we see garbage. But, look up at the sky, there are stars and there are many things. When we look at the stars, we throw away the garbage. That is why we always say, we have to expand. How do we expand? We must look upwards always.

Practise Saptarshi Pranayama daily. Practise 7 rounds. To practise, inhale slowly. When you inhale, please also inhale white Light along with your breath. Then hold your breath as long as you can, without causing any inconvenience or discomfort to yourself. While you are holding your breath, let the Light spread in the entire system. Whenever I say system, I mean the system of the body, mind and intellect. Every time, I mention it, you must remember that the whole body gets this energy, the whole mind and the intellect gets these energies. You can physically feel that the body, mind and intellect are getting energized. Then exhale the air or breath. Light remains in the system. That is one round. Practise seven rounds daily like this. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

25-04-2021

Everybody is naturally wanting to know what is happening. Why is this happening? What is the Nature trying to tell us? What is the Universe trying to tell us? What is the virus telling us? And what do the Rishis have to say about the current situation?

We know very clearly in this Path and we have been told thousands of times about this that the humanity has to begin living in tune with the values of the New Age. This is what we have been saying for the last several years. Guruji had very beautifully explained that living in tune with the values of the New Age doesn't mean that every human being has to become a saint overnight. That is not the expectation. The expectation is that we practise goodness, honesty; that we are peaceful; that we bring out Love. From the times of Maharshi Amara, as a Path, we have been saying this. Meditations help us in this positive living. That is why Meditations are so important.

In fact, just a few days back I was interacting with a person, who mentioned a very interesting point. He said, "The virus is carrying information." When I began thinking about this I realised that the virus exists at the energy level also. The energy has intelligence and the intelligence is trying to tell us something. It is communicating with us. Where did this energy come from? The virus has to first take birth at the energy level. It has to manifest at the energy level. Then it has to come down at the physical level. So first the energy then the physical virus.

Can we say that this energy is our creation? When I say our creation, I am not referring to a specific group of people. I am referring to the

humanity in general. This virus or the energy behind this virus is a creation of the vibrations we have been generating as humanity. If we can raise the quality of our vibrations, if we as humanity can vibrate in unison with purity, then this energy behind this virus will disappear. And when that happens the virus too will disappear. That is the Spiritual solution to this challenge we are facing. Who has to operate this Spiritual solution? Of course we have to do it. The humanity has to do it. As individuals, we are part of this humanity. We have to do our bit. We have to do our part. So that is what we do at the Spiritual level. Then as humanity we also have to work at the human level, because the vibrations have not yet reached those levels that energetically we can remove the virus. Because the vibrations have not reached that level, we have to work even at the human level also. This is very important. We have to work at the physical level also.

Like I mentioned last time, we have to follow all the guidelines given by the health experts. I strongly believe that we have to vaccinate ourselves. Talking about vaccination I will just digress a little bit. A person sent me a video, which shows that many people are participating in a discussion and a doctor is speaking. The doctor says that this vaccine is not good. And I am aware that many people in this world believe that the vaccine is not good. The person who sent me the video, asked for my opinion. I told him that I have already expressed my opinion very clearly in the classes and I have vaccinated myself. So my opinion is very, very, clear. And I know that many people do not agree with me. I believe that I am guided by the Rishis, but even the Rishis will not say that you have to accept what they are saying.

I was reading on the app of a prominent news channel, that the vaccination drive in Israel and UK has brought forth very clear conclusion that the vaccination is working. People in Israel can go out without wearing masks, because more than a certain percentage of people have been vaccinated. And incidentally yesterday was the first day after many, many, months when not a single death was reported in Israel due to Covid. What other proof do we need?

My belief is that the vaccination is not about whether as an individual I need it or not. I may say I have a very strong immunity and I don't need it. But when I participate in the vaccination drive, I am participating in a global effort to fight this battle. That's why I feel it is important. It's not about the individual choice at all. A united effort by the humanity at the Spiritual level and also at the human level will bring results. Somehow, we do not have this united approach. If we observe any smaller groups, forget the humanity as a whole, we will find that people have almost polarised opinions about any matter. And this division, this kind of division it works for the benefit of the dark forces. That is their very basis for survival. The division helps them survive.

Anyway, coming back to this point, "Why is this happening?" I feel, ultimately, we as humanity have to take the responsibility of its creation. There may be other details, like, "Where it began first? Was it deliberately spread? Are the dark forces behind this spreading of virus?" There are so many theories floating around. All these are possible. We do not know the truth behind this.

(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)

But whatever be the truth, if the collective vibrations of the humanity were pure, were positively stronger, then the dark forces would not have been successful in creating this. I think this responsibility we have to take. Our acts, our emotions, our thoughts could have avoided this pandemic.

Anyway, what can we do now? As individuals we want to know. Whatever has happened has happened, what can we do now? Like I mentioned, we come back to the same point, which we have been talking since several years. At the Spiritual level let us manifest Light, let us manifest Love and at the human level follow the guidelines. Just by doing this I think we will be doing our part, we will be playing our role properly. We can of course spread more Light. All this we can do. When we become purer and purer, become stronger spiritually, then we begin to vibrate more and our Spiritual vibrations touch others. And that is how the Spiritual vibrations on this earth become stronger and stronger. When that happens, this energy associated with the virus will vanish. That is the solution. This is my understanding of the entire process of this pandemic.

Today the energy has manifested as this virus or pandemic. Tomorrow it will manifest as something else, some other problem, some other adversity until we as humanity begin vibrating Light in unison. Till that time this adversity will keep coming in some form or the other.

Another question comes to our mind, "Why am I going through this as an individual? I am good, I am very honest, I am leading a very positive life, I am meditating, I am following all

the principles, then why me?" I only think of what Guruji used to tell us, "When the whole world is suffering so much, when there is so much of disturbance in the world, can we remain untouched by all this?" I think it is not possible. We are a part of this world. We are connected. And we too have to share a bit of the disturbance. That is why, in spite of being good, we too get affected. And when I say disturbance, I am not talking only about getting infected; getting infected just follows the physical law. We get exposed to the infection and we get infected at the physical level. The body follows the physical law. Even if we are pure, we can get infected. I am saying that this pandemic definitely touches us in some way or the other. If not directly it touches us indirectly.

The disturbance gives us an opportunity to turn inwards once again and assess our emotions, our acts, our thoughts. And when we turn inwards, when we assess, then we may realise many things. It helps us to grow. I feel we have to do this type of self-analysis only to grow, not to condemn ourselves, not to get into this trap of enjoying a kind of self-pity. We have to remember that this type of analysis is only for our growth.

So, yes the virus is telling us something. It brings the possibility of not only individual awakening but also mass awakening. Not that this type of chaos or adversity is necessary for individual or mass awakening. But it helps. If we had made use of the opportunities provided to us earlier, then we wouldn't have had to face this adversity. That's why I come back to the same point again and again and again that ultimately, we have to take responsibility for this virus. ■

QUESTIONS AND ANSWERS

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

Q: Psychologists speak about clock time and psychological time. The psychological time is related to getting stuck in the problem or in a hurt. Is compression of time related to this?

A: I do not think so. They are different. Everybody feels the compression of time, not just the people dealing with psychological issues. Everybody is experiencing now that we don't have enough time. As we know, the clock time remains 24 hours in a day, but somehow we know that we do not have that much time. It is very difficult to explain how this happens. We cannot explain it scientifically, logically. I don't know how the Rishis do it. They are Masters, they can do anything. They have accelerated the pace of time. We can feel it.

Q: How to make use of the compression of time?

A: I think the Rishis want us to withdraw our focus from unimportant activities and focus on transformation and Sadhana. They want us to focus on positive living. That is how we can make use of this time.

Q: Since there is only one mind and we have to tune to that mind or Consciousness, does any of the negativity in the Consciousness or in this one mind disturb our calm?

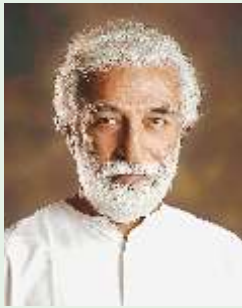
A: We know that all of us have this individual mind, which comes from that 'one mind' as this person says. But the Consciousness is different as we understand here. Consciousness, Guruji had explained, is a Divine matter and everything emerged from this Consciousness. So even this 'one

mind' this person is referring to, comes from the Consciousness only. This Consciousness is subtler than the mind. It is very subtle and vibrates at a very high frequency. In the Consciousness there are no negativities, and if we tune up to the Consciousness, we will be tuning up to God Himself. There will be no disturbance. There will be no problem. There will be no negativity.

Negativity in this world can definitely disturb us. When we read the newspaper or when we watch the TV and when we watch this news of violence and injustice, it definitely perturbs us. Even the vibrations of violence and injustice that are there on this earth disturb us. They affect us. Again we have to take help from the Light. We have to carry Light and we have to spend time in understanding the Spiritual realities. I think this is very important. We have to understand the Spiritual realities of the time for example. Such chaos, such disturbance, such surfacing of negativity is expected during these times. These are times of intense Pralaya. These are expected. If we understand this, it helps us to deal with it. We have to understand that the future is glorious. All this will help us in accepting the conditions on this earth. It does not mean that we just accept everything and keep quiet. We are helpless at the physical level. We can't do much physically but we can channel Light. We will go on channeling Light and we will go on improving ourselves, growing spiritually. And mentally we will go on rejecting the negativity, the violence etc. All this will help us deal with negativity and not allow ourselves to be disturbed. ■

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ಕಾಂತಿಕೆ ದ್ವಾರಮುಲು	100/-



GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

TAPONAGARA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I am able to stay calm in difficult situations. I am able to resolve others' complaints without getting irked. Instead of relying on people, I am able to find my guardian in the 'Light' that surrounds me. I have become more accommodative of the environment around me.

- Sukanya Choudhary

On the positive side I am able to understand more clearly the necessity of carrying compassion and Love within. I am becoming more aware of my different mental states and swings. This awareness is helping me a lot to clearly set up goals for myself. These are very wonderful teaching times and I always remember Gurujee telling us about a Secret Mirror where we can see our actual selves. I feel I am getting to look into that mirror very often now!

- Pushkar Patki

Thank you for your reply to my last practice report. It made me reflect on my Sadhana. For the past three months I have been making sincere efforts to get back into the groove. I feel I am more or less where I used to be before, still trying though. I have been experiencing a lot more joy and contentment this quarter. I feel more connected to Gurujee. There has been a surge of joy and energies in me. A feeling of fulfillment has been with me.

- Nirmala J

We got the resident visa after putting in lot of effort. We did not want to travel during the pandemic. My father is 86 and mother close to 80. Throughout this period there was only outpouring of grace. Rishis take care of us like our parents. There were many, many, small pointers and miracles. It has been a wonderful journey. I have learnt a lot, I

was guided to just hold on to 'Practicing Shambala principles' and 'Doorways to Light'. Gurujee and Rishis are always with us. Thank you Jayantiji and Manasa for everything.

- Maithreyi Sasank

Recently I went to a physiotherapist for taking treatment for Arthritis. He was surprised to know that I am having this problem for the past eight years and yet able to move about. He said that there should be something in which I have deep faith. Though he does not believe in God, he asked me, 'Which God do you believe in?' I told him that I meditate and also told him about Gurujee. Then he replied, 'It is his Grace on you.'

- Pallavi Desai

I sincerely thank the Healing Group, Rishis and Deshpandeji for their non-judgmental support and Healing Energies sent to me in the month of March. There are such Divine people living in human form in Taponagara who inspire me to be my best self every day.

- Nandita Vijayan

I thank Gurujee for being there for me and my family. We could not have gone through these months without him and his blessings. In spite of the problems we are facing, just thinking of Gurujee helps in reducing the stress.

- Vibha Bhagat

In this period, I experienced a lot of surfacing, both good things, like a lot of love and compassion and not so good things, like anger and fear. The anger and the fear made me realise how much more effort I need to put into my Sadhana. But, I am happy that these things were brought to my notice, and now that I am aware, I can work on them.

- Priyamvada Godse