



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 4

March 2021

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – July 2001 issue)

The Monsoon has arrived. The summer has coolly receded back. One season has given way to another, silently. There is no clash; no resistance. Nature has no egoistic forces. There is so much of understanding and brotherhood in Nature.

Whenever I speak of the Vision, people stare at me blankly. Whenever my imagination takes strides people come in the way. Whenever I place before the gems of Truth, people say they are too simple. Whenever I trigger off an Experience, people try to analyse it and ask for the significance of each detail. Whenever I switch on the music system, people start discussing. Whenever I bring out the muse, people write accounts of cash. Whenever my throat is choked with an unclassified emotion, heaps of food are thrust upon. Whenever I want to be alone, groups of people bang the door to speak.

But when I see the Light in me, in them also, they all shine as one Light. I can only love them. They are me; my Self.

Can a student choose his teacher? Yes, and the teacher also can choose his students!

A teacher can evaluate his student. But the student cannot evaluate his teacher simply because he is yet to learn and yet to grow. If he tries to do so, I call it arrogance coupled with ignorance, no doubt.

Spiritual lessons are not learnt without humility. Only when we surrender, we receive. To surrender, we have to bring out Love. Love; Divine Love. I am speaking about this Divine Love from the beginning and thousands of Meditators opened their hearts to this Love. Whenever someone struggles to open, I always wonder "What happened to the Love that I taught and poured out?" I feel sad and pray. And wait!

We have witnessed miracles in Taponagara, in this Path of Rishis. We have always felt the thrill and joy. But we did not stop. Miracles are the points of beginning to look beyond to know the Light behind them. Miracles are milestones, not the destination. ■



MANASA FOUNDATION (R)

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MEDITATION CLASSES

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

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

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

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

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NEWSLETTER

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Live Light Channelling sessions were conducted at Taponagara on 1st February, the 11th World Channels Day.

NEWS AND NOTES

- ♦ Maharshi Amara's 102nd Birth Anniversary was celebrated at Anekal on 2nd February and at Taponagara on 7th February 2021.
- ♦ The 11th World Channels Day was celebrated on 1st February 2021. Lakhs of children from thousands of schools channelled Light on this Day. Thousands of people joined from different parts of the world through Guided Live Online Light Channelling sessions conducted from the Meditation hall at Taponagara.

MEDITATION ON SPECIAL DAYS

06	Sat	Krishna Ashtami
11	Thu	Maha Shivaratri
13	Sat	New Moon Day
21	Sun	Shukla Ashtami
23	Tue	Shukla Dashami
28	Sun	Full Moon Day Kamadahana

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
11-3-2021	Maha Shivaratri Special Meditation: 12 Noon - 1PM
14-3-2021	Shambala Group meeting at 2PM
21-3-2021	Ra Group meeting at 2PM

MAHA SHIVARATRI TECHNIQUE

Rishis bring down an Amsha of Lord Shiva on this earth in the night on Maha Shivaratri, which enters every home as a ray of Light, the next morning. His energies remain here for ten days. We can be aware of His special presence during these ten days. To experience Lord Shiva and to absorb His energies, we can practise this technique for ten days from Maha Shivaratri in place of our Stage Meditation. Imagine a huge Shiva Linga made of Blue Light in front of you. Imagine yourself entering this Shiva Linga as a speck of Light. Experience the Blue Light.

KAMADAHANA TECHNIQUE

On Sunday, 28th March 2021, at the time of moonrise, imagine a Homa Kunda in front of you. Invoke Agni Deva by saying once the Mantra 'Om Agni Devaya Namaha' and imagine fire in the Homa Kunda. Imagine the Arishadvargas – Kama (excessive desire), Krodha (anger), Lobha (greed), Moha (attachment), Mada (arrogance), Matsarya (jealousy). Imagine Kama coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. Imagine that it is burnt completely. Repeat the same for other five. Then thank Agni Deva. Afterwards, you can experience the Light in you for some time.

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.

11th WORLD CHANNELS DAY - A REPORT

Manoj Chopra

When we selflessly want to achieve something for a Universal cause, I believe the whole Universe conspires in helping us to achieve it. This is what happened on the 1st of February, the World Channels Day. On this auspicious Day, lakhs of children and adults channelled Light and brought down Love, Peace, and Hope.

For the past 11 years, this activity was more or less confined to school children and teachers. This year, due to the pandemic, it was looking impossible to do any activity. We did not want our Volunteers to risk their health and visit the schools physically. Moreover, most of the schools were open in a partial capacity and were conducting classes online. Despite all these challenges, we wanted to celebrate the World Channels Day. We were aware that due to the pandemic there was loss to human life and jobs. The entire world was looming with uncertainties and hopelessness. We intended to heal Mother Earth and support the world by channelling Divine Light. We sincerely prayed to the 'LIGHT' and sought Its help. We were gifted with the idea of conducting Live Light Channelling sessions for the world and passing on recorded videos of Light Channelling instructions to the schools. At first we thought of recording our sessions in English and Kannada, but due to requests from Maharashtra and North India, we decided to record the sessions in Hindi and Marathi also. An enthusiastic Volunteer of ours also recorded the session in Tamil, which received a huge response in Tamil Nadu.

Our Area Coordinators and Volunteers welcomed the new idea of sending the recorded sessions to schools. Our Volunteers made thousands of phone calls and sent messages to schools all over India. They worked systematically and conveyed our message accurately.

We were overwhelmed by the support from the teachers and School Authorities. They accepted our idea of playing these recorded sessions and they promised to join us in celebrating World Channels Day in this unique way.

World Channels Day was a very blissful day. The Live session started at 8 AM in English and was followed by a Hindi session at Noon. The last session was at 9 PM in English. All three sessions were webcasted all over the world. Thousands of people joined the Live sessions and channelled Light. Lakhs of children from more than 1300 schools also celebrated World Channels Day by channelling Light. The Schools appreciated our idea of conducting Light Channelling through our recorded videos. Hundreds of schools voluntarily sent photographs of their students channelling Light in online and offline sessions. Several people felt immense peace and joy after channelling Light. This feedback inspired the whole team even more.

Our Volunteers' Love for the work is the driving force behind the success of World Channels Day. Their passion for this work converted crises into opportunities. It was also a selfless effort by lakhs of children, teachers and adults to heal Mother Earth and to make it a better place to live. ■

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

A person wanted to spend 24 hours with me. People like to spend more time with me. I understand this. Then I began thinking about it - was it curiosity or did he want to see what I do. Although I look at these things in a humorous way, I do not laugh at them. I went back in time, to the time we spent 5000 years ago, when people were in gurukulas. They were with their gurus and his family for 24 hours. It was a wonderful thing, but there was also one more thing - the gurus used to observe these people for 24 hours as well! If you want to know more about me, I want to know more about you! I do not discourage this, but I want to say one thing to all of you - "There is so much of knowledge given to us. Use all this. Exhaust all the answers given to you. You try to implement, understand, and make your own knowledge, then come to me. I am ready. You can stay with me. I have nothing to hide. In being transparent, in being honest, there is so much pleasure. This I have always enjoyed."

From tomorrow, the *Ashadha Masa* begins. During this one month, we receive energies from Parabrahma. This is the time when we have to meditate more. If you cannot meditate more, absorb more of Him; be aware of His presence; be aware of the energies pouring on this Earth. On Guru Poornima, we receive the maximum energies. Let us prepare ourselves for Guru Poornima, and from tomorrow, let us strengthen our Sadhana. Also be aware that during *Ashadha Masa*, there is nothing like *Rahu Kala* or *Yamaganda Kala*; every moment is a Divine moment. People, ancient seers and the Rishis knew about these things. They wanted to use every moment in Sadhana. That is

why they did not engage themselves in arranging marriages, which would take a lot of time. They did not take up any extra activity at all. Gradually as time passed, people mistook that *Ashadha Masa* is not auspicious for marriage. Let us be aware of this. For a Meditator, any *masa*, any moment is a Divine moment because you have the Light in you and you carry all auspiciousness within yourself. So, let us make use of this *Ashadha Masa*.

Ignorance is our own attachments, many things, wanted and unwanted, extra things we carry, which hold us back. Baggage sometimes is our ignorance. When we build a temple, first the structure is built, then the idol, then the deity. The deity is energy. The energies are invoked, gathered and installed in the idol. Thus the idol becomes important. As we go on worshipping, more energies are gathered and these energies sink under the ground. As years pass, there will be a huge field of energy under the ground, under the idol. The deity, the God is energy. Whenever we pray, we get the energy from the field of energy. The idol represents the huge field of energy, the God, the deity. Just because you touch the idol, the idol does not get polluted. When a human being touches the idol, there is no desecration. Purity is in the mind and how do you remove the impurities? How do you sanctify it again? By rituals? Sometimes, they say that it requires two years to cleanse the idol. Is one touch such a powerful touch?!

There is also another aspect - human beings manage the temples, human beings manage God in temples! Occasionally we read in papers that even in big temples, when money in the *hundis* is being counted, some of it is stolen. There is corruption - putting

it mildly and diplomatically - right in front of the idol! I fail to understand, does it not pollute the atmosphere? A person said, "Just because of a touch, the aura of the deity got damaged." I was thinking about this. It is very sad because it is our ignorance. Is God angry? I very sincerely wanted to know. I was not even meditating to enter into a deeper state to understand this. Then I had a vision. It was a wonderful vision. My Guru, the Rishis, teach us in their wonderful ways. I saw the idol and there was so much of Light around it. I saw that the aura was not damaged. I understood in my own humble way that the God was not angry! The *poojaris* were perhaps! From times immemorial, these priests are telling us that this is right, this is wrong, you must not be allowed into the temple, you can touch, you should not touch, etc. Poor God, He has no say at all! The priests have not grown and there is so much of ignorance. We have nothing against these people as individuals. Ignorance becomes a baggage in Spiritual progress. Lord *Ayyappa* is still there. His energies will be there. The idol is only a symbol. When you have the knowledge that God is Light, you can access this Light. You can access this knowledge, when you close your eyes and meditate. This knowledge, this Awareness removes the ignorance, removes the baggage. Knowledge lessens the baggage of attachments and silly things. In Meditation, in Samadhi, we experience God. We do not have to go on any pilgrimage, to any temple, and we do not have to touch the idol and enter into controversies! We must go on silently on our own journey. All this ignorance gets washed away. It is a matter of time. We are entering into Satya Yuga. There will be all awareness; there is so much of purity. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

03-01-2021

This is the first class of the New Year and on behalf of Manasa Foundation I wish each one of you a very, very, Happy New Year. We have heard from Guruji on several occasions that the New Year always brings new energies, new opportunities and a new hope. The New Year also brings many, many, possibilities. We now have the vaccine, it gives the world such a big hope. There is hope. I can sense that there is hope in people when I read messages sent by people or when I read articles, newsletters, and the newspaper. There is a hope in me as well and I am sure it is in all of us.

A person requested me to share some information about the Akashic records. I have picked up the information from our books. What are the Akashic records? They are the recordings of all lives at a higher level of Consciousness. They are the recordings of our emotions and thoughts. What is the purpose of Akashic records? The purpose is to record all emotions, thoughts and events which are required for various reasons. I could find one of the reasons explained by Guruji. When we leave the body and go back to the areas where we are supposed to go, let us say Yamadharma Loka, there a decision has to be taken about our next Life. What happens after this? Guruji mentioned that there are personalities who are in charge of these processes, who decide about our life, our destiny. They refer to the Akashic records and take decisions on what kind of Life we require to continue our journey so that we attain liberation in the shortest possible time. At every level help is given to us, to help us become free. This is as

far as the individual journey is concerned; there must be other purposes of Akashic records involving global welfare. The records may help the Masters take certain decisions involving matters of global welfare, based on the earlier events. Maybe when they refer to the earlier events they may get certain insights. This is what I understand. Akashic records are the recordings of events. For example I think of the lives of Maharshi Amara and Guruji. We do not know everything about Maharshi Amara's Life. Guruji used to tell us that everything about his Astral ventures is not known to us. Whatever we know about his lives we know through Guruji. They are like guiding lights for us. They help us so much. Imagine if we have access to all their lives, how much it will help us and also the future generations! It is not possible to access the Akashic records just like that. There has to be a higher purpose behind it.

Guruji had explained that the Sanskrit word Akasha does not just mean space or sky. He said that Akasha is the ocean of Consciousness. He said that this ocean of Consciousness fills up the entire Material Cosmos. Interestingly, this ocean of Consciousness exists at all the levels. When we say that it exists at all the levels, we mean that it exists at the physical, Astral and the Causal levels, and also levels unknown to us. It exists everywhere.

He said that this ocean of Consciousness or Akasha contains mind and intellect. He explained that in the mind and the intellect, the emotions and thoughts are recorded. You can say that the Akasha contains the Cosmic mind or Cosmic intellect.

These records are like impressions. Guruji said that every thought and emotion will have energy and this energy creates vibrations and it gets recorded as an impression in the Akashic records. These records or impressions remain for a long, long, time. For this earth, they may remain till the end of the Manvantara. The emotions and thoughts of a soul who has attained Mukti and has gone back to his source, his or her emotions and thoughts will be erased. Can these records and impressions be accessed? Can somebody read these recorded emotions and thoughts? Guruji had said that it is possible but there should be a higher purpose for it, and the Rishis can do it of course. After all everything that the Rishis do is for a higher purpose only. But if I want to access my emotions and thoughts, I do not have to necessarily access the Akashic records because they are recorded in my own system. Even the emotions and thoughts of my previous lives will be available in my own system, in the unconscious mind. So I do not have to access the Akashic records.

While reading, while gathering information about the Akashic records, I came across one very interesting event which Guruji had mentioned. It is not directly linked to Akashic records but there is a connection and I thought of sharing with you. He had mentioned that sometimes some people, see people who have already left this world. Our parents or relatives for example, who may have departed from this world. We know that once people die and leave the body they are allowed to be on this earth only for ten days. After that they will be guided to another place.

(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)

Only in cases of suicide or accidents the soul may not immediately be able to go back. But even at such times, if we come across such cases and if we pray to the Rishis, the Rishis guide such souls back to the proper places. So, after years sometimes, we see the people who had a natural death. How is it possible? Because the soul, the person will not be here. Guruji had explained that the impressions of a person, his thoughts and emotions will be left behind even when he is not physically here. And these emotions and thoughts will be in the form of energies or vibrations. These vibrations or these energies will remain in the place he was living, and gradually they will be absorbed by the walls and the objects in that place. He said that these energies have intelligence and there is a central point. Under certain circumstances the core of these energies can manifest as the person himself. So the core of the energy will appear as the person himself. Though the person is not here, some people will be able to see that person. Guruji said very clearly that it will not be that person but we will see the form. And sometimes the memories in us take a form. I think when we have the person's memories in our mind, in the sub-conscious mind, then sometimes we dream and we see the person because the memories take the form. Guruji also said that the people who are not on this earth, who have left this world will not be aware of the communication we will be receiving from them. This communication will be coming from this energy only and the departed souls will not be aware of it.

How long will these impressions that are left behind, remain like that? Guruji said that as long as the structures and the objects remain, the energies and vibrations will remain. When the structure and the objects are destroyed, the impressions will come out of them. They will still not be destroyed or removed. They will remain at some other level, at a subtler level. The energies will further shift to a more subtler level. At some level they will remain recorded permanently in the Akashic records till the end of this Manvantara. There is quite a lot of information in our book "Higher Communication and other Realities".

There are special chambers in Akasha, where the records are stored. Entire histories of all the Earths, Stars, galaxies and thereby the history of the Material Cosmos is stored in separate sections of the Akashic records. When an Earth is destroyed, its records are erased. And when the entire Creation is withdrawn, all Akashic records are destroyed.



Last time I had spoken about the unmanifested part of God inside us. I was requested that I should share the technique again. I had mentioned the technique but probably it was not clear. Guruji in fact said that we need not worry about the technique. He said just be aware of the Chidakasha, this unmanifested part of God in the mid-chest area, a small sky, a fist sized sky. But if you wish to practice a technique we can practise this technique. It's like this: We have to imagine a fist sized sky in our mid-chest area. We have to imagine and try to experience it. And he said, he cautioned us not to do it for more than 3 minutes. ■

QUESTIONS AND ANSWERS

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

Q: I am unable to experience Light in spite of sincere practice of the technique. I imagine Light but I am unable to see the Light. Why?

A: Firstly, we cannot see the Light, because It is very subtle. We are asked to imagine the Light. That is the beginning. Thereafter we have to surrender ourselves to the Light and then the Light takes over. We will not be able to see the Light, as It is not the physical light. When we practise the technique, we have to have more Love for Light. It is like a personality. It is God Himself. We have to be a bit emotional about Him.

Q: Can we practise the oneness technique with our beloved ones? Can the benefit of the technique be passed on to all the people?

A: This is a wonderful idea, a very noble idea. If we practise a technique we receive the benefit, we transform and manifest more Love. We vibrate more Love and Peace, all of which will touch the people around us and may help them. So, indirectly we can help them. Each individual has to make the choice for himself. The best way to help others is to grow spiritually. Of course we can also send Light to them.

Q: How do we manifest Life Force?

A: Life force as explained by Gururji is a very special energy that we get from Lord Mahavishnu. He told us that after the Material Cosmos was created, energies were brought down from different Divine Lokas and one such great energy that was brought down and is available in the entire Material Cosmos is Life Force. This Life Force is present everywhere - even in the places where there is no Life. Gururji also used to say that it is

present in our dreams. The dreams that we carry, come from the Life Force.

Gururji used to tell us to manifest Life Force. We have to celebrate life. It is this Life Force that makes us joyous, happy and cheerful. It makes us enthusiastic. This is what sometimes puts us in a mood of singing or dancing. All these things come from Life Force. Gururji used to tell us that we should not suppress the Life Force. We feel alive when this Life Force is active in us. We will be absorbing this Life Force when we spend time with nature, when we look at the sky, when we spend time with children. Being a bit mischievous is part of manifesting the Life Force. Mischievous adds beautiful colours to our Life. Life will be enjoyable and not boring and dry. Not allowing our failures to make us feel dejected and an attitude of never giving up comes from the Life Force. Always being hopeful, being active and dynamic comes from Life Force. Being passive is the opposite of manifesting the Life Force.

Q: How do we overcome non-love?

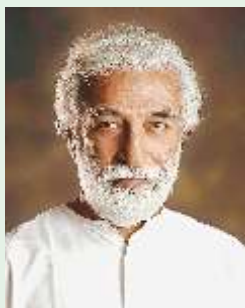
A: By filling ourselves with Love, by manifesting Love. When we carry Love, when we manifest Love then non-love has no place in us.

Q: I am meditating regularly but sometimes after getting up in the morning I feel very weak the whole day. I am not able to do any work properly.

A: I feel this has nothing to do with Meditations. This maybe a physical issue, a medical issue, you have to consult a doctor. ■

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ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿರೂಪಣೆ ಅಭ್ಯಾಸ	50/-
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ಗುರುಜಿ ನಾ ಕಂದಂತ್	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸ್ತೃತ ಗಣಪತಿ ಮಂತ್ರಗಳು	100/-
ಅನೇಕಶಿಷ್ಯರ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ಬೆಳಕಿನ ಶಂಕರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयुगुरुजी (Marathi)	100/-
ध्यान कैसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
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सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
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गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
தரியானம் செய்வது எப்படி	50/-
ஒளியின் வாயில்கள்	200/-
தரியான யோகம்	50/-
ஆத்மாவின் அவரோகணம்	50/-
நவீன ரிஷி ஒருவரின் சூஷ்ம சாகசங்கள்	50/-
சம்பலா நியாமங்களின் அப்பியாசங்கள்	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಕಾಂತಿಕಿ ದ್ವಾರಮುಲ	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 have an extreme fear of getting dental treatment done. I avoid going to the dentist until it is absolutely necessary. I had to go for treatment when I had severe toothache and swelling. As I sat in the chair, I could see all kinds of instruments, and fear started filling me up. But I was able to become aware of the fear. As the treatment continued, I almost had a panic attack. I felt like I could not breathe. I connected to Light, and I was able to sit through the treatment calmly. This is a very big achievement for me. I felt so happy and grateful.

I am a teacher and I have been able to be more creative in my field. I have also been able to connect with my students in a better way.

This year came to show me so many things - surfacing of my shortcomings as an individual, the shortcomings and failures of the society, the nation and the world. This gave us opportunities to work on them, and also to manifest

qualities of compassion and deep Love for everyone around. I am very grateful to God, Gurujee, Rishis and you for all the Love and guidance received.

- Priyamvada Godse

I have observed that I have been very stressed with office work. However, after practising Meditations I am able to get assistance in my day to day activities. I really feel that the Rishis are monitoring and uplifting us in every aspect of our Life - Spiritual and material. Gradually, there is a change in me after being in the Sapta Rishis Path of Meditation. I am filled with positive energies. I am really very blessed to be in this Path. After receiving the calendar for 2021, I have been able to practise Light Channelling for a longer duration. I am able to feel the energies strongly. I wanted to express my happiness for the same.

- Lavanya B

FORM IV

(See Rule 8 of Press and Regulations of Book Act)

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	Bangalore	S.B. Shyamala Devi
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