



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 6

May 2021

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – July 2003 issue)

The Monsoon is a few days away. The heat recedes now. Our life changes with the Monsoon. The Golden Age is a few years away. All the darkness vanishes with its arrival. Our life expands with the New Age. Let us meditate and await.



Some of those who read 'Doorways to Light' say "It is a fairy tale." I would have said the same if I had not met my Guru; if I had not experienced. That is why meeting our Guru and experiencing the Truth directly is so important. The Guru shows the way and the experience brings the Knowledge, the Knowledge beyond the grasp of our senses and intellect. One should not stop searching for the Truth after reading this fairy tale. One must pursue it in the mystical depths.

The greatest tragedy of the modern man is that he is disconnected from the Astral worlds; from his roots. His advances in the Material sciences are not enough. There is more Knowledge and Life beyond the Material world. Without this Knowledge we cannot claim to have made Progress.

The Astral worlds are more real and permanent. Even after this physical body and physical world perish, our existence and life continue in the Astral worlds. That is why knowing about and establishing links with the Astral worlds are of utmost importance which most of us are not aware of.

All the latest Spiritual thrust of all the awakened people now is in establishing the lost contact with the Astral worlds and the Astral Masters.



Ashadha Masa begins from 30-06-03. I will be eagerly waiting for this and its Poornima, the Guru Poornima. The earth receives special Divine energies and maximum energies are received in Guru Poornima. ■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

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)**

Newletter Annual Subscription Rs. 300/-

**DD should be sent in favour of
'Manasa Light Age Foundation'
Money Orders are not accepted**

NEWSLETTER

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



Maharshi Amara's Birth Anniversary was celebrated in the Residents' meet.

NEWS AND NOTES

- ♦ Guruji's 82nd Birth Anniversary will be celebrated on 23-5-2021. Due to the current Covid situation, gathering of Meditators in Taponagara will not be possible. The students can participate through Live webcast.
- ♦ Orientation class will be held on Wednesday, 5th May 2021 from 11AM to 1PM. Students who wish to participate in this class may please register with Manasa office. The last date for registration is 3rd May 2021. Due to the current Covid situation, gathering of Meditators in Taponagara will not be possible. Students can join from their own places through Live webcast.
- ♦ Based on requests from many students, we have now provided facility to pay Donations online on our website.

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

There is Lunar Eclipse on 26th May from 2.17PM – 7.19PM. Please channel Light to the whole world during the entire eclipse period.

MEDITATION ON SPECIAL DAYS

| | | |
|----|-----|--|
| 04 | Tue | Krishna Ashtami |
| 10 | Mon | Masa Shivaratri |
| 11 | Tue | New Moon Day |
| 14 | Fri | Akshaya Tritiya |
| 18 | Tue | Guruji's Birthday |
| 20 | Thu | Shukla Ashtami |
| 22 | Sat | Shukla Dashami |
| 23 | Sun | Guruji's Birthday Celebration |
| 26 | Wed | Buddha Poornima Lunar Eclipse: 2.17PM – 7.19PM |

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 |
| 09-5-2021 | Shambala Group meeting at 2PM |
| 16-5-2021 | Ra Group meeting at 2PM |
| 23-5-2021 | Guruji's Birth Anniversary program |
| 30-5-2021 | Akhanda Dhyana (Light Channelling): 11AM – 1PM |

GURUJI'S BIRTH ANNIVERSARY PROGRAM

| | |
|------|--|
| 11AM | 23-5-2021, Sunday Welcome Speeches Special Meditation |
|------|--|

FROM THE BEYOND

Sunil Bisarahalli

Our lives are touched in many ways by many people. The twists and turns in its flow are determined by the Masters who sculpt our lives through books, videos etc. The role of a Guru in a student's life is unmatched and irreplaceable. The influence depends on how much we open up to him and allow the influence to change us; mold us.

Each one of us, when we look back, can see the Master's guidance and protection in every major decision we took that influenced the rest of our lives. Our own journey towards "Mastery" started that day when we first saw our Master.

Guruji was one such Master who took upon himself the responsibility for not only our lives but our Spiritual growth and our mistakes as well. He understood our shortcomings and inhibitions. Starting with a few, he went on to guide thousands of people to come out of their shells and bloom to their full potential.

It is said that the physical world is a binding bigger than any, limiting our capacity to receive, perceive and achieve. Guruji used to say, "I am limited by this body and this physical world. The day I leave it, my capacities will increase a hundred-fold." Already defying the physical limitations, many people felt his presence at various places at the same time. He used to attend to numerous requests for his help all at once.

Once, when a couple of us were talking to him, he seemed slightly distracted. When we asked him, he reluctantly told us that, when we were discussing, someone else from another city wanted his help and so he had gone there. Such was his greatness.

Today, after almost a decade of his passing, his presence and influence are growing at a pace outdone only by his will to help and guide. We are blessed to have him as our Master. ■

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I practise Light Channelling every day in the morning for 5 minutes. It is really very effective. It not only gives enthusiasm but also makes learning process easy. Now all my activities have become easier to accomplish.

- S. Priyanka, I Yr., Valliammai Hindu Teacher Training Institute,
Kulasekaran Pattinam

I channel Light daily and I like doing it. When I spread Light I feel happy and my mind is at peace. It brings creativity and gives me capacity to study well.

- Vinodhini P., Std. VIII, Thayammal Middle School, Kulasekaran Pattinam

Light Channelling has brought me peace of mind, good health, increased memory power, briskness, good behavior and interest in studies. I always think and then act. Our class channels Light before exams.

- Sathya S., Std. VIII, Thayammal Middle School, Kulasekaran Pattinam

Channelling Light in the morning makes me fresh and brisk. It keeps me healthy and helps in better performance of activities. There is an increase in imaginative skills and thought process.

- Kalai Selvi E., Std. VIII, Thayammal Middle School, Kulasekaran Pattinam

Light Channelling has given me peace of mind, happiness, tendency to help others, love for all, efficient functioning and briskness.

- Sangeethi M., Std. VIII, Thayammal 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

We will have the maximum energies on “Guru Poonima” received directly from Parabrahma. From that day onwards let us be aware of this Light more in our daily practices. In fact a person joked here. He said, “I had told you; you have only white Light and golden Light here. What else do you have?” We have so many techniques. White Light is enough, It will change our Life. We experience Samadhi. Light is God. So here afterwards, we shall employ more techniques involving Light. We are evolving techniques. We will change all these techniques. There will be techniques involving only Light. I feel thrilled to say that we will devise techniques and give when you are ready. If there is injury on the finger, if there is a cut, you can employ a technique and within one minute there will be no injury. You won't see the cut at all. I recall from this wonderful book, “Autobiography of a Yogi”, a yogi will be walking and people will be chasing a thief, and the people mistake this yogi as the thief and they chop off his arm. He does not get angry. He just picks up the arm which has fallen and fixes it, and the arm will be normal. If you have not read it, read it. Read such books, once in two years or three years. You will find new understanding, new revelations. How did he do it? It is possible. Such techniques we would like to introduce.

About Spirituality, I have spoken many, many, times. What is Spiritual? But again when people ask questions, or sometimes when we are talking casually, a new point flashes, or the

same point appears with more clarity. Whenever I have such things, I will always share it with you. We were talking quite a lot about what is Spiritual and it struck me, “All that helps us to expand is Spiritual.” I am careful with these words. I did not say God. When you expand, ultimately you reach God only and you become God. So I do not have to use the word God. So let me repeat, all that helps us to expand is Spiritual. To expand is of course at the levels of emotion, thought, actions, etc.

Expansion is important, but during the process, we reach a point and get stuck there. We take up Meditations, go on practising and then somewhere at some stage we get stuck, we cannot go beyond a point. This getting stuck is common in every area. In business, you reach a point, you get stuck. In creative processes, this is experienced much. An artist cannot go beyond a point, gets stuck there. He feels desperate. Musicians reach a point and get stuck. The thing is, going beyond the point is the most important thing in Sadhana. Getting stuck is a natural thing. Inability to meditate regularly is natural. It is human. I am not laughing. It is human; it happens to everyone. But again you must also be aware, you must be conscious. You become aware of an urge. If not an urge, a kind of reminder from within, which says that you have to go beyond this point. We are always reminded by ourselves. There is this Divine spark in us; the God in us. It says you cannot sit like this; you have to go beyond; move on. When we are reminded like this, when we become aware like this, we have to make an effort. However our own limitations push us back and

discourage us. In spite of this, I always say, “We can go beyond this point, where we are stuck. Break the barrier.” Once you break a barrier, do not sit contented, because there will be one more barrier. There are many barriers like this. That is why it is not easy to reach the ultimate goal in Sadhana. That is why it takes lot of time, number of years, number of Lifetimes perhaps. But if you are on the journey, I say you are safe because there is another force, the force of the Rishis, which somehow takes us along. In spite of all our failures, we move on. That is a wonderful thing, an amazing and unbelievable reality. There is also a Grace; the Grace is from God only. The Rishis operate the Grace many times. This Grace leads on.

Contemplate on this, “First the person, then the post.” It is always the person first, which is important, then the position he occupies. Example: Amara; the person and then the Guru. We never called him Guru. All of us called him Uncle. We have to become that person, wherever we are – in families, in offices – wherever we are placed, we can become this person. I have known people where a very junior person is respected more than a very senior person. The position becomes unimportant; the person becomes most important. I think, if a person is Spiritual, if he is honest, he is always respected. Gandhiji was never the President or the Prime Minister of this country, but he is the Father of Nation. It is the Spiritual wealth which is the real wealth. So we have to grow into that personality. That should be our target. We have to follow the principles. Sometimes, a single lie damages the entire Life. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

07-03-2021

A person wanted me to explain about Mukti. What is Mukti? It is always nice to revisit these things.

Mukti as we understand here, is going back to our source, Parabrahma Loka. That is our home. We have come down from that place to this Earth to experience the Creation here. When we go back to Parabrahma Loka that is Mukti for us. To attain Mukti we have to clear all our Karmas and we have to become eligible to go back. And when we become eligible, we journey back to Parabrahma Loka and on the way back we have to give these *Koshas* or bodies that have been gifted to us to help us experience the Creation. For example we have to give back the *Manomaya Kosha* or the mind in the Brahma Loka. We know that while journeying to this place we had received the mind in the Brahma Loka before we entered the Material Cosmos. Then we give back the *Vignanamaya Kosha* or the intellect in the Devi Loka. Similarly we give back even the Spiritual body or the *Anandamaya Kosha* in the Parabrahma Loka and then we remain as a soul, as a speck of Light with God, with Parabrahma. That is the ultimate Mukti.

But Guruji had explained that Mukti is also liberation. It is also liberation from all the bondages while we live here. Mukti is liberation from ignorance, from all the attachments and negativities. So, although we live here physically in this plane, we can be free. That is Mukti of a kind. And like I said earlier, ultimate Mukti is going back to our source.

While I was thinking about Mukti, I came across this point in Guruji's talks and I thought let me explain

some more points about Mukti. And I wish to remind this every time, I know it very clearly that whenever I talk about such things, it is only that I happen to stand here and talk but, all this applies to me and then of course it applies to all of us.

While talking about Mukti, Guruji said that it is very, very, important for us to realise that our emotions and thoughts take us towards Mukti or they take us away from Mukti. He said that Mukti is gained or lost daily, every moment in fact, every moment with our emotions and thoughts and of course actions. It is not a stage that we reach after coming out of Meditations. Mukti is gained in every thought. We can say that we move towards Mukti with every positive thought, and we move away from Mukti with every negative emotion. That is why he said that this positive living is so important. He also said and I just quote his exact words, "We must also realise that Pralaya hits us, if we don't use all the knowledge and facilities given to us for transforming ourselves, for moving towards Mukti." These are the exact words he spoke and strangely he said, "These exact words were dictated to me. Suddenly we will have problems, frustration, pains etc., and if we do not recover, we lose the opportunity of this Life. But if we follow the instructions from the Rishis to live positively, even to a small extent, we will not fail. The Rishis do not want us to fail. We have to remember always that dark forces will be waiting to enter and assault us. We must remember that the dark forces will work through our negative emotions and negative thoughts." That is why positive thinking is so important. That is why not allowing the negative emotions to take over us

is so important.

How do we do it? Of course we know it. We have to do it consciously; we have to consciously reject the negative thoughts and the emotions. Meditations help. When we relate to the positive part in others, it helps. When we ignore the negative part in others, it helps. Positivity in others inspires us. That is why I feel we can consciously relate to the positive part in others. I feel it's very inspiring, infectious. After all, this positivity in them, comes from the Divinity in them. That is the inspiration behind positive living. When we relate to the positivity in them, we will be relating to God in a way. We will be relating to God. We can avoid the tendency to judge. We will generally have a tendency to judge. When we judge, we tend to relate to the negative part in others. We know that at the core everybody is Divine. And like us, they too carry positivity and negativity in some proportion. So focussing and getting inspired by their positivity helps us strengthen our positivity and helps us to move towards Mukti. That is our ultimate goal in a way. And like I mentioned earlier, Meditations help.

In Meditation, we try to establish Stillness in our system. We experience God, if not completely, we touch Him, we experience Him partly we can say. This experience, even if it is a momentary experience, it brings us enormous Spiritual strength, lot of wisdom and this experience motivates us to live positively. It motivates us towards positivity. When we come out of our Meditations, if we can hold on to this motivation and allow it to influence our living, we can say that we will be moving towards Mukti. ■

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.

SILENCE

Usha Satishchandra

With the Pandemic, we feel all activities have come to a standstill, as we are unable to gather physically. We miss the physical proximity. For years, our Meditation Classes have been vibrant with activity, both at the physical and Astral levels. Now a kind of silence has set in.

In Meditation we begin with silence. Withdrawing from physical activity, we move inwards to experience silence and Light. There is dignity, majesty and depth in silence. Silence is important at all levels. This gives us direct access to experience the Divine. Whenever we are in Taponagara, practising silence helps us to absorb more energy. The current ambience at Taponagara is a state to experience this heightened Spiritual activity.

Guruji would often speak about the gift of silence. His most awaited moment was the day where there would be no talks and we would sit quietly and Meditate for longer duration. He explained, "When you try to establish contact with the Light Masters or God you must be in communication entirely." Guruji manifested this even when he was talking with someone. He always was so intensely, passionately and wholeheartedly involved with whatever he was attending to in the moment. Guruji's Samadhi Hall envisages this. You come alive with his total presence and finest communication.

Guruji has moved to his innermost chambers of silence and Light. He continues to work relentlessly, to communicate more and manifest more and guide us at all levels. It is for us to enter this silence and achieve this stature. It is indeed Guruji's training, a lesson to explore the path of silence for the Absolute Experience! ■

"YOU ARE IN MY CORE"

Apoorva Deshpande

Many a times we break into a cold sweat, our chest starts to throb and the walls around us start to close in. In a sliver of a moment of calm, amidst all the chaos; in that minuscule moment of sanity we happen to close our eyes and happen to see an image so calming that we get lost in that image and all that it stands for. In that split second, we are able to talk to the image. The image reassures us and gives us the strength that we lack in those critical moments.

When we open our eyes after that tiny second, it feels like a long time has passed, and it feels like we are freed from the shackles of the issue that was troubling us in the first place. All we feel is the Love from Guruji, wave after wave drenching the shore with his Love.

Sometimes we come across a point in Guruji's speech or in one of the many books he has written, and that point will somehow very beautifully answer the questions that have been in our stormy minds. The answers help our boat sail to safe shores. Cynics may say that we came across the soothing words by accident, but as Guruji used to say, "There are no accidents." It is his unconditional Love for all of us that helps us stumble upon the knowledge we need at that very moment.

Many a times we misunderstand our Guru; we look at him as we look at any human being. Maybe that is where we err. As Guruji said, "I believe and I know the distance with anyone is the same, which is, there is no distance. Everyone is closest to me. You have to experience. So from me this is the distance, minimum or no distance. All of you, you are in my core. I am not exaggerating." ■

QUESTIONS AND ANSWERS

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

Q: When people criticize me for my failures I go through periods of depression. How to come out of these depressive moments?

A: All of us go through such moments of lows in our Life. There could be different reasons for it. I think we have to grow stronger spiritually to deal with such situations. We have to believe in ourselves. We know that we are a part of God. Others may make us feel very small but we are not small. Our failures sometimes make us go through such moments of depression. We have to again internalize, understand that any failure is not an end and we can make the failure a beginning. Then we can gather ourselves all over again with a renewed force and we can try to overcome this failure. And we can do well after that. We have to also try and understand that there are lessons, there will be learnings from all the experiences of Life. Success or failure is not really in our hands. Only making efforts is in our hand. We have to also develop great trust in God. If He has made us go through failures and painful experiences in Life, that must be the right thing for us. We have to accept any problem, any failure as a reality. So if we totally accept whatever we are going through then it helps to deal with depression. Meditations are very important.

Q: Sometimes we meet people who affect our thought pattern. Their presence drains our energy, brings down our confidence level. Why is it so? And again how do we protect ourselves?

A: I know there are people like that, who do affect our confidence. With their utterances, their talks, their behaviour, they try to damage our self-esteem. The only way is to grow

stronger; then we know how to protect ourselves. We have to remember that we are a part of God and we shouldn't allow our self-esteem to be damaged. I know it takes time. Initially it's difficult. I feel Meditations are so important, especially during these times, because we have to deal with our own limitations and that which is in the world outside. Meditations bring us the Spiritual strength and the wisdom and when we are strong then we are respected; then nobody will dare affect our self-esteem. Sometimes we feel drained, exhausted in some people's presence. I think if this happens, we need not worry about it. We can always meditate and carry Light always. When we are connected to the infinite source of energy, it doesn't matter if our energies are sucked out of us. We can gather energies once again.

Q: In our deep Meditation, do we go beyond the Cosmic mind also?

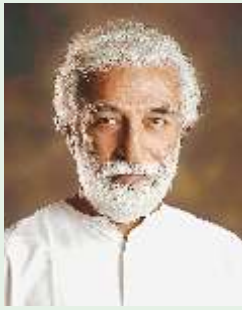
A: Yes, we go beyond the individual mind and also the Cosmic mind. When our awareness really goes beyond the mind, we can say it goes beyond even that mind. When we achieve the state of Stillness, our Awareness would have gone beyond everything and we would be experiencing God.

Q: In our deep Meditation does our individual Stillness merge with the Universal Stillness?

A: Our Awareness experiences this individual Stillness at our core. And as the Awareness goes on expanding, it also experiences the Stillness at the core of the Universe. They don't merge, but our Awareness experiences both the 'Stillnesses', at some stage, as we go on expanding, growing. ■

LIST OF OUR PUBLICATIONS

| | |
|--|------------|
| Doorways to Light | 200/- |
| New Age Realities | 200/- |
| Higher Communication & Other Realities | 100/- |
| Light Body & Other Realities | 100/- |
| Master-Pupil Talks | 60/- |
| Master-Pupil Talks - Vol 2 | 75/- |
| iGurujii Vol 1,3,4 & 7 | each 150/- |
| iGurujii - Vol 2 | 120/- |
| iGurujii - Vol 5 | 100/- |
| iGurujii - Vol 6 | 75/- |
| Living in the Light of My Guru | 220/- |
| How to Meditate | 50/- |
| Dhyana Yoga | 50/- |
| Descent of Soul | 50/- |
| Practising Shambala Principles | 50/- |
| Astral Ventures of A Modern Rishi | 50/- |
| Channelled Knowledge from the Rishis-Vol 2 | 150/- |
| Channelled Knowledge from the Rishis-Vol 3 & 4 | each 200/- |
| Gurujii Speaks Part - I & II | each 200/- |
| Gurujii Speaks (Vol 3) | 150/- |
| Gurujii Speaks (Vol 4) | 250/- |
| Gurujii Speaks (Vol 5 & 7) | each 200/- |
| The Book of Reflections - Vol 1 & 2 | each 200/- |
| The Book of Reflections - Vol 3 | 150/- |
| Meditators on Meditations | 75/- |
| Meditators on Experiences | 75/- |
| Meditational Experiences - Vol 1 & 2 | each 150/- |
| Awareness | 60/- |
| Living in Light | 10/- |
| Light | 10/- |
| Quotes from the Rishis - Vol 1 & 2 | each 100/- |
| Pyramid Revelations | 100/- |
| Thus Spoke Gurujii Krishnananda - Vol 1 & 4 | each 200/- |
| Thus Spoke Gurujii Krishnananda - Vol 2 & 3 | each 250/- |
| ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು | 150/- |
| ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ | 150/- |
| ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2 | 150/- |
| ಗುರು-ಶಿಷ್ಯ ಸಂಭಾಷಣೆ | 60/- |
| ಐ-ಗುರೂಜಿ ಭಾಗ 1 | 150/- |
| ಐ-ಗುರೂಜಿ ಭಾಗ 2 | 120/- |
| ಹೌಸ ಯುಗದ ವಾಸ್ತವಗಳು | 120/- |
| ಉನ್ನತ ಸಂಪರ್ಕಗಳು | 100/- |
| ಅನಿಸಿಕೆಗಳು | 120/- |
| ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ | 50/- |
| ಧ್ಯಾನ ಯೋಗ | 50/- |
| ಆತ್ಮದ ಅವರೋಹಣ | 50/- |
| ಶಂಬಲ ನಿರೂಪಣೆ ಅಭ್ಯಾಸ | 50/- |
| ಅಧುನಿಕ ಋಷಿಗಳಿಂದ ಅತಿಂದ್ರಿಯ ಸಾಹಸಗಳು | 50/- |
| ಗುರೂಜಿ ನಾ ಕಂದಂತೆ | 30/- |
| ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು | 10/- |
| ಬೆಳಕು | 10/- |
| ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ | 250/- |
| ಕಾವ್ಯಕಂಠ ವಿಸ್ತೃತ ಗಣಪತಿ ಮಂತ್ರಗಳು | 100/- |
| ಅನೇಕಶಿಷ್ಯರ ಅಪರೂಪದ ವಸ್ತುಗಳು | 120/- |
| ಬೆಳಕಿನ ಶಂಕರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು | 100/- |
| प्रकाशवाट (Marathi) | 150/- |
| आयुगुरुजी (Marathi) | 100/- |
| ध्यान कैसे करवे (Marathi) | 50/- |
| ध्यानयोग (Marathi) | 50/- |
| आत्म्याचे पृथ्वीवर अवतरण (Marathi) | 50/- |
| शंबला तत्वांचा अभ्यास (Marathi) | 50/- |
| एका आधुनिक ऋषीचे | |
| सूक्ष्मजगतील पराक्रम (Marathi) | 50/- |
| प्रकाशमय जीवन (Marathi) | 10/- |
| प्रकाश (Marathi) | 10/- |
| उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi) | 100/- |
| 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/- |
| ಊನಿಯಿನ್ ಲಾಯಿಲಿಕನ್ | 200/- |
| தரியான ಯோகம் | 50/- |
| ஆத்மாவின் அவரோಹಣம் | 50/- |
| நவீನ ரಿஷಿ ஒருவரின் சூಕ್ಷ್ಮ சாகசங்கள் | 50/- |
| சம்பலா நியமங்களின் அபிப்பாயசங்கள் | 50/- |
| ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್ | 50/- |
| ಕಾಂತಿಕಿ ದ್ವಾರಮುಲು | 100/- |



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 was not practising Shambala Principles for some time, but since the last 3 months, I have been practising one Shambala Principle every day. Since then, and especially since the last eclipse and *Shoonya Masa*, I have noticed a lot of changes in me. Generally, I have become more positive. I am more disciplined and organized. More than anything, I feel the Masters and Gururji are guiding me in all areas of my Life.

I am generally happier now and the reason is change in internal circumstances. My external circumstances have not changed much. I am less judgemental now and it has helped me a lot.

- Ravi Kishore P

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

- VidyaVirkar

I have been slowly learning to let go of negative thoughts and replace them with positive ones. I am trying to focus on the 'now' rather than getting stuck in the past or carrying past baggages.

- Veena K V

Whenever I am caught up in a difficult situation or whenever I am upset with something, I immediately start channelling Light without abandoning my work. After a few minutes, somehow, everything becomes normal, heart becomes light and people around me send positive vibrations. This helps me to increase the quality of my

positivisation in my daily Life.

- Sulochana Ramaswamy

Yes, I am calm and composed in any situation. I feel an internal strength and ability to deal with any situation now. I am not agitated easily and my acceptance and ability to forgive and forget has increased a lot.

- Ranjive Nair

I am happy and contented in spite of challenges. There is a deep understanding that any positive and long lasting change in one's Life can be experienced only through Meditations. There is an Awareness which helps me see the larger picture and helps me tide over temporary disappointments.

- Amita Pradeep

While meditating on 9th March 2021, I saw the renovated structure of Gururji's Samadhi completely filled with bright White Light. The Light slowly reduced, took the form of a flame of a lamp and disappeared. Then, I entered the Samadhi temple. Even there it was fully filled with bright white Light. The *Kumbh* in which Gururji's ashes are stored was a shining golden pot, glittering with pearls and colorful stones. This was a wonderful vision that I had!

I had another wonderful vision, when I sat for Meditation in Gururji's Samadhi temple. I saw all the Navadurgas in meditating posture. One Devi was fully clad in golden attire with *Kavacha*. She had a golden face, golden hair and a smile on her face. Next to her was a very dark Devi with Trishul propping out. She had *Vibhuti* on her forehead with a vertical single eye in the centre filled with blue light. I was able to see only her right hand and right side of her face. Till the end of my Meditation, I could see the Devi clad in gold.

- Kanchanalatha