



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 12

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – December 2009 issue)

We must know the Basic Truths; the Truths at least about ourselves: who are we really? Why are we here on this earth? What happens to us after our death? Do we survive? If so, where do we go from here? Do we come back? Why? Do we meet our associates again? Do we carry our interests and talents after we leave this body? Do we carry the dreams and poetry? What happens to our likes and dislikes? Are we judged? Who judges? Are there punishments and rewards?... Oh! What a lot of questions! And these are only a few and that too only about ourselves. There are many other Truths: about creation, creator... so many!

Is it possible to get answers for all these questions? Yes, definitely possible. There are answers to some of these in our ancient knowledge. There are many answers now, channelled from the Rishis. And all the answers are available in the Universe. We have to raise the question at a deeper level and we definitely get the answer. It may be difficult to bring out the answer to the conscious self in the beginning. But it is possible with Meditations and Contemplations.

It is a Spiritual imperative that we must know the answers because our wisdom gets enriched. With this wisdom, we choose the right and live the best in this life.

After all, our Meditations, discussions and lectures, help us to really look into ourselves and find out how much of Love we really manifest in actual living; how much of accommodation we offer to others' shortcomings and imperfections. The revelations may shock us! It is very little. And 'very little' is not enough to progress in the Spiritual journey. Then, we have to change, expand and move on. Spirituality is changing, expanding and moving on.

Twenty years ago, the Berlin wall came down and the two Germanys were thrown open to each other. It was a great step; a great moment. When I look around, I find many dividing walls, within and without. We are experts in building walls! We build walls in our countries, societies, group and sadly, within ourselves.

The Light, the Light Masters and the Light Workers are demolishing the walls. But new walls come quickly. The Light Work is to go on demolishing these walls!

I have to demolish several walls here!

The Year 2009 is ending. In this year, we anchored the energies from RA, Prakasha Brahma, under the RA Meditation Hall and gathered very valuable knowledge about 2012 and Beyond.

2009 was a great year. ■



★★★★★★

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

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



Residents of Taponagara gathered in the Parking area of Tapovana on Ayudh puja day and energized the vehicles.

NEWS AND NOTES

- ♦ Guruji's Mahasamadhi day will be observed on 28-11-2021. If the situation improves and gathering in Taponagara is possible, we will communicate to the students well in advance. If gathering in Taponagara is not possible, then students may participate by mind-linking and watching the webcast of the program.
- ♦ Manasa Calendar for the year 2022 will also be released during the program. Only a limited number of copies, only for those who request for it, will be printed. Please register by 15-11-2021 to book your copy.
- ♦ A new batch of Shambala Group will begin on 9th January 2022. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this group may register with Manasa office before 31st December 2021. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2021.

GURUJI'S MAHASAMADHI PROGRAM

28-11-2021, Sunday
11AM Welcome
Talks
Special Meditation

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

MEDITATION ON SPECIAL DAYS

03	Wed	Masa Shivaratri Naraka Chaturdashi
04	Thu	New Moon Day Diwali Worship of Mahalakshmi
05	Fri	Balipadyami
11	Thu	Shukla Ashtami
13	Sat	Shukla Dashami
19	Fri	Full Moon Day Shiva Deepa Lunar Eclipse: 11.32AM – 5.33PM
20	Sat	Vishnu Deepa
23	Tue	Guruji's Mahasamadhi Day
27	Sat	Krishna Ashtami
28	Sun	Guruji's Mahasamadhi Program

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-12Noon Light Channelling: 12Noon-1PM
14-11-2021	Shambala Group meeting at 2PM through webcast
21-11-2021	Ra Group meeting at 2PM through webcast
28-11-2021	Guruji's Mahasamadhi Program through webcast

On 19th November there is Lunar Eclipse from 11.32AM – 5.33PM. Please channel Light to the whole world during the entire eclipse period.

MEMORIES AND REALISATIONS

Apoorva Deshpande

My goals on 'what I wanted to be when I grow up' would change very often.

I remember sitting in my father's study one night to write a letter. An important matter like this, required me to sit on my father's chair to draft a letter with his pen. My crayons and pencil just didn't seem to do the job.

I wrote :

“Dear Guruji,

It is my dream to become the youngest winner of the Booker Prize and the Nobel Peace Prize in Literature. Please bless me.”

Guruji responded to me cautioning me that it would not be an easy goal to achieve, but he assured me that he would pray for me. I immediately started work on my prize winning 'novel' after receiving Guruji's letter. I was confident in my win, nothing could stop me, I had the blessings of the strongest person in the Universe.

A few months later I started to play tennis and I was convinced tennis was my calling.

“Dear Guruji,

I want to become a tennis player now and win the Wimbledon, please pray for me!”

As a child, I somehow knew that if I told Guruji, everything would fall into place. His responses were always encouraging, not once was I made to feel that my dreams were unattainable. With Guruji, I could dream!

We cling onto human relations. Psychology suggests we do this because as humans we constantly need to have a feeling of belongingness. We wish to be accepted by society. Over the years I have realised how complex and fragile human relationships can be. I felt a kind of loneliness even with a large group of people. I found myself feeling closer to Guruji than anybody else. This is the case with all of us, our relationship with Guruji supersedes all our human relations. When we sit in front of God, we are completely honest with Him. Our relationship with Guruji is similar. Whenever I would sit in front of him, I could be my truest self; a flawed human being, without ever being judged.

I may or may not have anybody else in my corner to cheer me on, but I know Guruji will always be there rooting for me! ■

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

When I was channelling Light, I saw white Light. My mind was filled with joy.

- Ranjana, Industrial Training Student, The Association of People with Disability (APD), Lingarajapuram, Bangalore

Before the Light Channelling session my mind was full of worries and was very heavy. After the session I felt light and my mind was at ease.

- Sandeep, Industrial Training Student, APD, Lingarajapuram, Bangalore

I had severe headache this morning as if someone was hammering on my head. But after the Light Channelling session the headache vanished! I am happy. I intend to do it every day.

- Srinivas, Industrial Training Student, APD, Lingarajapuram, Bangalore

Light Channelling was very good. There was peace of mind.

- Poobalan, Industrial Training Student, APD, Lingarajapuram, Bangalore

This was a very good experience. Now my mind is calm and I feel relaxed. Clearly, I could hold on to the thought of Light reaching everywhere in the world and feel the brilliance of Light everywhere.

- Mrs. Suguneshwari, Teacher, Citizen's High School, Pillana Gardens, Bangalore

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience, to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners, where just channelling and spreading the Light are enough. The Light will do everything that words cannot do.

When we channel and spread the Light, It enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms.

This is not the physical Light but the subtlest Light from which all Creation has come. This Light has everything: the Power, Wisdom and the Future. And It is everywhere, unseen.

Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.

To channel and spread the Light, imagine an Ocean of Light above you. Then imagine a beam of Light descending from this Ocean. Imagine this Light entering you, filling up your body completely. Experience this Light for a minute. Then imagine the Light coming out of your body and spreading around gradually, filling up your home, locality, country and the whole world.

This Movement was launched on 18-05-2008 by the Sapta Rishis through Guruji Krishnananda.

Spread this message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven Principles practised by the people living in Shambala. They live in Peace and Perfection without ageing.

1. Experience the Light in your Core and spread it around.
2. Experience and spread Love.
3. Experience the Oneness of Life in everyone and everything.
4. Carry on the daily activities first in mind, then verbalise them in soft whispers and then actualize them in deeds.
5. Observe the law of secrecy before achieving any goal by minimizing talks about it.
6. Gear up the body, mind and intellect to fight out the negativities.
7. Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.

THUS SPOKE GURUJI

Excerpts from Guruji's talks
(Compiled by Shobha K Rao)

September 2006 (contd.)

Truths are very simple. It is very important to remember. Normally we ignore. But it is better we remember and always live them. The Truth is, God gives; God gives certain things and God does not give certain things. This we have to accept. We must always remember that God knows everything and God knows the best for us – what is right for us, what is not right for us. It's easy to accept a thing given to us. When a thing is not given to us, to accept that fact is not easy. But if we have faith in God, trust in God, we do accept it. So, this is one part of it, which is, we must accept what He does not give. But we, the human beings in this plane, always go after things that have not been given to us. So, we pester Him. God is a very nice man! What He hasn't given and what we go after and pester Him for, He will give us. But the thing is, He has His own rules framed by Himself. He can't bypass them. So, He will give us these things with a little pain accompanying that. When we pester for things which were not given earlier and when we get them, we have to accept the pain or the problems that are accompanying these things. This we don't understand. It's very difficult to accept these things. Again, we go on grumbling, complaining. And we make Life miserable again.

We have to see the whole picture of things. It's better we try to visualize the whole Life, the flow of Life, like a career, like education. What are we after, what's our career? The whole picture we should have. We have to, in a similar way look at Life that is spread over the future also. It's not merely this Life, not this entire Life but even the future Lives. In what way does it help? It helps us to prioritize.

We know, we realize, what are the things that are important and what are the things that are the most important. It is then we make the right choices. And we do not waste time. Looking at the whole picture helps us to choose and also to reject. This is very important. Choosing is easy. 'Unchoosing' is not easy. But when we sincerely do it, we get help from the Higher Intelligence, God. God helps us to 'unchoose' things. At this point of time, I would like to quote Swami Vivekananda. He said, 'If in pursuit of God, one hand comes in the way, cut the hand and throw it away.' Only He can speak like that. The point is, whatever comes in the way of our goal, which becomes clear only when we try to look at the whole picture, we reject, we throw away.



This is about healing. Familiar things but they have to be thoroughly understood. When I was trying to understand a particular case, the Rishis remarked, "People have to understand healing before they take up healing." There is a wave of lot of things. 'Healing wave' is also there. People want to learn healing and start healing. There is nothing wrong in that. But the thing is, we have to understand the most important points about that.

Healing is a service. It is true. But healing is also a disservice. How? We shall understand.

Some, we have to heal and some we should leave it to God. We can't take up every case and go on healing. We can't do it. This is what we have to understand. And how do we know which is the case that we have to take up for healing, which is not the case. This is when Meditations help. We

will realize this by our own intuition. These steps in Spiritual Life, every step we take, we have to do it with great caution and responsibility. Some we have to heal, some we should not heal, simply because we will be depriving the person of the opportunity to learn a lesson. The other part is, when you heal, you will be interfering with the Karmas of the other individual. You will naturally partake of a portion of it. Sometimes, quite a lot. When you heal and the person becomes very much alright within 24 hours, naturally they will say, "Thank you, you did a great thing." You feel very, very happy about it. But be careful. You will have some problem waiting for you. There is no doubt about it. There is no escape from it.

This Karma that we have meddled with, tried to remove, will hit us. We will think, because his headache went away, I may have headache. It won't be like that. It is not even a pain in the foot. It is not even a pain at all. It could be something else. Could be anything. Could be a financial loss, a sudden loss. The Karmas are very intelligent. If you expect them to come through this door, they will come through the window! You have to expect this and meditate quite a lot. If you don't meditate, you will have a problem.

Some groups accept money after healing. In this Path, we do not accept money, do not accept anything. Once you take money, again you have to meditate much more. So, these are all the main pitfalls in healing. Healing is a very tempting thing. Let us not get discouraged. Let us try to understand what healing is. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

26-09-2021

In the last class I had mentioned that when we act positively, we will be manifesting Light. A person wrote to me that she could actually experience that, Light manifests through us when we act positively. She mentioned that sometimes we act in a way which is beyond our capacity. I think her observation is very beautiful. We act beyond our capacity, magnanimously sometimes and we may not be able to do it every time. This inspiration to act like this, very positively, very magnanimously, beyond our capacity comes from the Light. And doing this every time, at every opportunity presented to us, that is our Sadhana. That's the effort we have to make from our side. If we are able to do that it will mean that we live in Light all the time. Then we can say that our Sadhana is complete. Then it becomes a way of our living. Then we can say that living in Light comes naturally to us.

So, the inspiration comes from Light. And I feel like saying that not just the inspiration, even the strength, the belief in ourselves, the wisdom to act positively, magnanimously comes from Light. I think this is such a beautiful observation. I remember I have mentioned in the past also about this that in Gururji's presence we could do things which otherwise we wouldn't have done. I am talking of very positive things. His presence made the difference. That is how Light inspires us. And when we actually follow this inspiration and we act guided by this wisdom then we will be manifesting Light.

This person also mentioned that when we interact with people, we have to deal with our opinions, based on the responses of these people. Isn't it like judging them? I think we have

to understand a little more here. It is true that while interacting with people, opinions begin to take shape in us. But when we conclude with our opinions and then allow our responses to be influenced by our opinions then I think we can say that it's like judging them. The best will be not to jump to a conclusion, not to conclude hastily. Of course, we cannot avoid opinions taking shape in us. I think the best will be to understand and to ignore these opinions taking shape and leave it at that. It is possible that we do not know the complete picture. The responses do not give us enough information for us to conclude. It is possible that we misunderstand. We may even have an opinion but we can just have an open mind. We can leave it open for more understanding. Then I think our responses will not be influenced by the opinions. Concluding with a negative opinion will make us closed, and we may miss noticing the Light in the other person.

I feel if the opinion is positive then it is alright, then there is no problem, because we will be relating to the Light in the person. While interacting, if we realise that the person is a wonderful person, very pure then there is no problem, although we can say that this is also like a judgment of the person, but it is alright because we will be connecting to the Light in the person. The problem comes when we judge negatively. That is when we get connected to the darker side of the person. It is possible that we are seeing our reflection, who knows? We cannot generalise of course. Every case we have to study and understand. We know that every person has positive aspects and negative aspects. They are in

different proportions. This is true about us also. We are not completely positive. It's possible we have shades of negativity in us also. Our Sadhana is to make ourselves completely positive, remove these shades of negativity also. That's why we are all here to meditate, to connect with Light, to be positive.

I remember Gururji used to tell us, "When we relate to the positive side in the other person, we relate to the Light in him or her. When we relate to the Light in the other person, we actually begin relating to God Himself." Divinity in the person connects us to the Divine. And similarly, when the opposite happens, when we get connected to the darker side, then we get connected to the dark. That's why negative judgment doesn't bring us happiness. It makes us feel horrible, miserable.



In one of the classes, we heard Gururji talking about controlling the mind. During Meditation, even otherwise, we cannot control the mind. If we try to control the mind it, doesn't help us. We will be wasting time. We will be having thoughts and then we try to push back the thoughts. It doesn't help us, because our awareness gets stuck at that level. It gets engaged in trying to resist the thoughts. This doesn't help our Meditation. We have to go beyond the mind in Meditation. So, the best is to ignore the thoughts and focus on the technique of Meditation. He also said that we cannot control the mind but we can control our emotions. Emotions have a direct impact on breathing. If we observe, when we panic, we start breathing heavily. So, if we regulate our breathing, we can control our emotions. ■

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.

THE NEW AGE GURU

Shruti Sudhakar

During my childhood, I met a person who was unlike anyone I had met before. His gentle gaze and his loving smile felt like affectionate caresses from the angelic realms. Little did I know then that he was a *Rishi* - A Master beyond perfection! A Master who had come here just for us ... just for this World ... all of which I came to understand only much later. He was none other than Guruji Krishnananda.

He came to Earth and lived like a mere mortal. He worked, cried, laughed and joked. He came here on a purpose; a purpose to serve humanity, to alleviate our grief, to remind us of our connection with the Source - through the path of Meditation.

Guruji told us that experiencing *Samadhi* is our goal, however, he gave equal importance to this world we are living in and the worlds beyond. He helped us understand who we are; our origin. He told us that we are Souls who have come down to experience Life. He explained the importance of living Life fully. He spoke about good music, movies, literature and art. "Let us allow these experiences to sink in deeper. When we read, we understand *Sadhana* better. Reading is next to Meditation", he said. He further explained, "Similarly, we have to experience the emotional part of music. This is when music stirs the soul. We have to experience Love; then life changes." He explained that hobbies like music and painting sublimate our emotions and thoughts. He told us that all these help us understand our *Sadhana* better.

He spoke about the sky, sunset and birds with the same intensity and importance with which he spoke about the changes in politics or society. He told us that running away to caves and living away from society is easy, but living harmoniously with people and experiencing life is what is important; what real Spirituality is. Being a New Age Guru, he gave us an expanded understanding about *Sadhana* and Life! ■

GURUJI: THE OG

Swastika Kanade

OG is a millennial slang that stands for 'Original Gangster', often used to describe somebody who is exceptionally cool and awesome. Guruji was the OG, who stood for all things good and positive. He did not need sunglasses to look rad. He was the epitome of coolness with his majestic walk and rib-tickling humour. Move over gold chains and baseball caps, OG's like Guruji needed just a tidy white kurta to make a fashion statement. His arrival did not have to be announced, the OG's presence is felt. His aura was magnetic. His 100 Watt smile could brighten anybody's mood. He was a gangster who terrorised arrogance with his humility. Us students are his gang members and we must fill up the coffers with Light and love. We love him for the abundance of everything positive that he has gifted us with, and shielded us from all that is not.

Guruji was a gentle giant. Not in size, but stature. He was a giant, with an immense amount of Light, love and peace. Like a sky-high mountain: still, ever-present and full of life. He not only carried it perpetually but spread it in infinity with others. His presence in all our lives; whether we have met him in person or not, is colossal and irreplaceable. He is with us at all times, all we have to do is connect to him, Yet, it is natural to miss his physical presence amongst us. Let us follow his words, "Celebrating life is celebrating God's presence on Earth." Celebrating his glorious life is celebrating his presence with us. For if anyone were to ask me; yes, I have met God - G for Guruji, G for God. ■

QUESTIONS AND ANSWERS

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

Q: When I used to go to temples earlier, I would experience the energies. But now when I go to the temple, I experience only Light. Am I experiencing the energies as Light or am I experiencing the same Light which I experience in my daily Stage Meditation?

A: As I understand he is experiencing the energies of the deity, the Divine personality in the temple. But, the fact is that whenever we experience energies from any Divine personality, we also get connected to the Light. A Divine personality is like a gateway or a doorway to Light. Any Spiritual energy is a doorway to Light. When we try to experience the energy, we automatically get connected to the Light and we experience both. That's why it is very difficult to differentiate whether it is the energy or is it Light. After all, everything has come from Light.

Q: What is Hiranyagarbha?

A: *Hiranyagarbha* must be a Sanskrit word. I do not know Sanskrit but I tried to find if Gururji had spoken about it. Gururji had mentioned that *Hiranya* refers to the Creation, and *garbha*, is the womb. So, *Hiranyagarbha* is the womb of Creation. Everything has come out from the Consciousness. We can say that the Consciousness is *Hiranyagarbha*. This is what I understand. We don't know in what context people use this word. Sometimes they refer to Lord Brahma as *Hiranyagarbha* because the Material Cosmos has come out of Lord Brahma. He is the creator of the Material Cosmos. He is the source or we can say the womb of the Material Cosmos. So, he is referred to as *Hiranyagarbha*.

Q: How do we know that the communication we have received from the Masters is from them and not from our own mind?

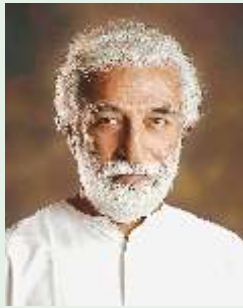
A: Our intuition will guide us. It will tell us whether this message is from the mind or from the Masters. And the only way to perfect contacting the Masters is practice, practice and more practice.

Q: What is the eligibility for the Shambala group? How does Sadhana in this group help?

A: These classes are held once in two months. We should be able to spare that much time for the Sadhana of Shambala group related practices. Our Sadhana in this group prepares us to live like the people of Shambala. This is what Gururji explained to us. It prepares us to become the citizens of the New Age. Naturally it helps us to make faster Spiritual progress. Gururji had told us that there are 18 gates to Shambala. And the Masters from Shambala initiate us during each class of the Shambala group. Each initiation is like crossing a gate to Shambala. So, a student should do minimum of 18 classes which will take three years. But, anybody is free to withdraw, at any stage. These initiations continue even after we complete three years of Sadhana in this group. The Astral presence of the Masters from Shambala is the most important factor of these classes, and that is the most motivating factor for us to continue in this group. The External students can join these classes through live webcast. Those who cannot join through live webcast, can just mind link when the class is going on here in Taponagara. They get the same benefits that the students who gather here get. ■

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/-
iGururji Vol 1,3,4 & 7	each 150/-
iGururji - Vol 2	120/-
iGururji - Vol 5	100/-
iGururji - 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/-
Gururji Speaks Part - I & II	each 200/-
Gururji Speaks (Vol 3)	150/-
Gururji Speaks (Vol 4)	250/-
Gururji Speaks (Vol 5 & 7)	each 200/-
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GURURJI 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**)

By the grace of Gururji and the Rishis, I am able to hold onto and practice positivity in most day-to-day situations. Though, Meditations were not regular, I felt I was taken care of at every step.

- **Sudeep Jayaram Shetty**

Playing the spectator as long as I can, without trying to attach myself emotionally, has helped me a lot.

- **Smitha Shetty**

I have observed positive changes in my thoughts, emotions and regular actions. I feel confident. In my day-to-day life many times I have observed that things are automatically happening as I think they should happen.

- **Dilip Tipnis**

Reaching 48 minutes in Meditation is like experiencing a sense of true Peace, Stillness, contentment and joy.

- **Swapna Tembe**

Recently, I was sitting relaxed with my eyes closed after the morning Meditation. Suddenly I saw a Shiva Linga with a garland of Rudraksha on it. As I was looking at the Shiva Linga a person came from behind me and put his left hand around me on my shoulder and placed his right hand horizontally on my forehead near the Agna Chakra. Then all of a sudden, I started feeling a huge flow of energy there. I could also feel streaks of light blue Light for about 3-4 minutes and I was mentally chanting, "Om Namaha Shivaya." And praying, "Lord Shiva, please give me shelter at your feet." The above experience was very much beyond imagination and very beautiful. I offer heartfelt gratitude to this Path, Gururji and the Rishis.

- **Ninad Soman**

When I was able to travel during

Covid times, I understood the meaning of Surrender... I would pray to the Rishis and Light before my flights, and in spite of the initial cancellations, delays, I would always reach my destination safely, without any sort of questions. I am at Peace within... and I found for myself that positivising and carrying Light within is the key to the present scenario.

- **Nandita Patel**

Rishis are guiding me. Today in Meditation I experienced myself, experienced the Rishis, experienced Lord Krishna. I did not want to return to this world. Each cell in my body was vibrating at a higher level. I did not want to open my eyes. After opening my eyes, I thought it might have been 15-20 minutes, but one hour had passed. I cannot express it in words, it has to be experienced. There is lot of beauty in this experience. Everything seemed Divine and full of Love. During Meditation, for some time I felt that I was fully filled with Love and it is overflowing through me. I didn't feel like doing anything else. I had become Love, absorbed in Love. My frequency had increased a lot. It is difficult to capture this in words.

While practising the technique of spreading Love, I was radiating Love very efficiently and enormous Love was flowing through me. I was reaching everyone in the form of pure Love. I had become full of Love.

On the day of Initiation, Meditation was lovely. I felt strengthened. I felt even my body was radiating Light enormously. Light was coming out of me like lava from a volcano. That whole day I was experiencing Light and energies.

- **Nabha Bele**