



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

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – February 2008 issue)

It was 1980. I asked Amara: “We have so much of Knowledge with us. Should we not publicise about our work and spread the Knowledge we have?” Amara smiled. And I could not understand the wisdom behind his smile. Now, after 28 years, I understand the smile! He knew that people were not ready for the Knowledge that he was carrying. We had just then entered the Light Age. Now, after 28 years, we have people, though not many, ready and enthused. But, still, I see the smile on his face!

These days, I speak often about Spiritual aspirants becoming good human beings first before they aspire to become Divine beings. Amara was a perfect human being. He laughed, played and lived like any of us without any painted halo of a saint. People did not recognize him as a Rishi who was carrying on the Light Work. Amara knew about it. But he never bothered about it. He did not explain himself to anyone. He lived with Light like a true Master.

Amara lived like a recluse and was accessible only to a seeker of Light. He kept out others by his will power. He explained to us that publicity brings all types of people – the curious, cynics, intellectuals and others who are not ready to listen, understand and experience the truths. When one struggles for time and space to work, not only at the physical level but also at the higher Astral level, publicity works against the purpose. Amara knew this.

The more we know about Amara, the more remains to be known and understood.

When groups molest young women in public, I wonder why do people who are good and behave decently as individuals become beasts when they join a mob! Volumes have been written about the psychology of this phenomenon. But what strikes me primarily is the truth that such people do not have enough inner Spiritual strength to hold on to the civilizational norms.

The inner Spiritual strength does not come easily. It does not come by intellectual knowledge. It comes only with Experience. Experience of the Light; Experience of the Truth. When we experience the Truth, we have the wisdom of the Universe. We can employ the wisdom in our living. Then, we live like perfect human beings. Along with us, grows the civilization. Along with our maturing, evolves the Age. All darkness disappears because there will be Light everywhere.

To experience, we have to meditate. There is no substitute for Meditation. ■



**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.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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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 Maha Samadhi Day program at Taponagara on 29th August 2021**

### NEWS AND NOTES

- Maharshi Amara's Maha Samadhi Day was observed on 29th August 2021. Our Volunteers and the Resident Meditators of Taponagara had gathered in the newly renovated Meditation hall to meditate and to offer their respects to the Great Master. Other meditators joined from their own places through live webcast of the program.
- All structures of Taponagara and Antar Manasa are now open for Meditations from 10AM to 5PM.
- Sunday classes are not yet open for all the Meditator students to join physically in Taponagara. They are requested to continue to attend the classes online through live webcast.
- Meditation classes are yet to begin in various city centres in Bangalore.
- Meditators of the Shambala group joined through live webcast on 12th September and mindlinked and meditated to receive initiations from the Shambala Masters.
- Meditators of the RA group joined through live webcast and mindlinked and meditated on 19th September to receive special energies of RA.

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

Please visit [www.speakingtree.in](http://www.speakingtree.in) to read Gurujī's blog and watch his videos.

### MEDITATION ON SPECIAL DAYS

05	Tue	Masa Shivaratri
06	Wed	Mahalaya Amavasya New Moon Day
07	Thu	Navaratri Begins
12	Tue	Worship of Sarasvati Devi
13	Wed	Durgashtami
14	Thu	Mahanavami Ayudha pooja
15	Fri	Vijaya Dashami
20	Wed	Full Moon Day
29	Fri	Krishna Ashtami

### 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

### Special Meditation technique for Navaratri

During Navaratri, which begins on 7th October, we will be blessed with the presence of Adi Shakti. We can meditate more and receive more of Her energies. We can also be aware of Her presence. For 10 days starting from Navaratri, we can meditate with this special technique - Think of a huge globe of blue Light. Enter the globe. Experience this globe of Light, experience the energies of Adi Shakti. There is no Mantra to be repeated. This technique can be practised in place of daily Stage Meditations.

## LIGHT CHANNELLING FEEDBACK FROM SCHOOLS

(Compiled by Vaishali Joshi)

It is with lot of gratitude that I am penning this letter. It is certainly our fortune that your organisation approached us with an offer to conduct a session to train our children in Light Channelling. We have just initiated Meditation in our school and your sessions have been both timely and rewarding. Though we were initially doubtful about the extent to which it would be beneficial for the younger age group we are delighted to share with you that it is this age group that has been the most receptive. We have made Light Channelling a routine in our school and hope to continue this practice in future. Thank you once again for this invaluable opportunity.

- Ms. Deivanai, Principal, Chettinad Hari Shree Vidyalayam, Chennai

Light Channelling surely is a very, very, useful technique. Through this the young and tender minds of students remain fresh. It helps improve their memory power and concentration. We would like to make them practise this during their examination for relaxation. Thank you.

- Ms. Sweetty, Principal, Salma Matric Hr. Sec. School, Udangudi, Thoothukudi Dist.

We are practising Light Channelling every day in our school before the commencement of classes, and especially on Fridays early in the morning as classes begin early. Nowadays, we teachers have started practising Light Channelling at least for ten minutes early in the morning every day. By practising this we feel fresh and peaceful and it also improves our memory power. I myself feel free from all tensions. All of us feel very active throughout the day.

- Headmistress, Govt. Urdu Higher Primary School, Dommasandra, Anekal Taluk

On behalf of the Management, Staff and Students we thank your organisation for enlightening our students about energy and upliftment, through the power of Light, which will have a special effect in the students' life and also in their future.

- Ms. Lalitha T. A., Headmistress, Bethesda NTM School, Bangalore

We are thankful to you for coming to our school and teaching Light Channelling to the students from class seven to ten. It helps them improve their memory and health and brings peace.

- Smt. Sadhana Sunil Parab, Headmistress, Gandhi Balmandir High School, Kurla, Mumbai

The Light Channelling program is amazing. It helps students to get good concentration and mental balance to achieve positive progress. It is very helpful to Staff members also. The Management, Staff and Students of our school express sincere thanks and gratitude towards Light. We wish it continues for the whole Universe and for the progress of our nation.

- Ms. Rajani C. V., Headmistress, K.V.V. High School, Bangalore

The students who are returning after the pandemic are not feeling alright. I think that this technique may make them feel at ease and help them to feel normal.

- Shailaja, Coordinator, The Association of People with Disability, Lingarajapuram, Bangalore

After the Light Channelling session I felt relaxed. There was no tension at all. My mind was at ease.

- Navaneetha Krishnan, Industrial Training Student, APD, Lingarajapuram, 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](http://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

Tradition is such a wonderful thing. We cannot reject these things. There are many silly things also as part of the tradition. We are understanding this part now; our common sense tells us, and we are able to simply throw these silly things out. This has become possible, simply because there is a new Awareness. This Awareness is a growing reality. We have to understand this. In 1988, when I began my first class, I had to begin with this opening remark, "I belong to this '*Parampara*' of the Rishis. For me, they are a reality and you need not accept them." I thought, after some time, if not after that particular class, people would question me about them, would talk and laugh about them. Strangely, nobody did. Some would not have accepted the existence of the Rishis straightaway. But gradually somehow, people accepted that the Rishis are here. Thanks to the Internet. Now you can find that there are so many people involved in this Light work, who are in touch with the people in the Astral world. We can call them Rishis, Light beings or angels. But these personalities do exist. This is possible because of this new Awareness.



The media, the print and also the electronic media, naturally go after the sensational things. It is natural as they have to survive. There is glamour, sensationalism, which appears natural for the media. We also enjoy, accept. The point is they do not have time and patience to find out and know that there are many other things on this earth. Many wonderful things are happening, which also should be part of the news. This also has to be

presented to the world, but somehow, these are ignored. These things are not glamorous, not sensational. We know what these events are. These events are about the Light works, Light beings, Astral worlds. They are so important because this knowledge is going to have a great impact. It is going to influence our daily living and so it is important. But the media at present ignores this. So, what is to be done is to spread this knowledge. Thankfully there is another alternative – the Internet. Publishing books is an option but not many read books. We have the Internet, a great gift to mankind. We have that alternative and it is because of the net, so many people are coming to know about these things. But the Rishis tell us that there is another way. They say that the other way, the fastest and the most efficient way is '*Astral communication*'. At the Astral level, we can spread this knowledge. Straightaway, everyone may not understand this knowledge given at the Astral level. It does not matter; it will get registered in their deeper mind and it becomes so familiar, and suddenly when there is an occasion they accept these things. It becomes easy for the people to understand and accept. So, at the Astral level, we have to go on spreading this knowledge and these truths.

Sometimes, there are strange demands from people. I meet them to explain the truth and to answer their genuine questions concerning *Meditations* and *Sadhana*. Sometimes, there are very funny situations, and also sometimes very awkward demands. Once, a person wanted to stay with me for 24 hours continuously. It does not help him in any way. It will embarrass me and also

him perhaps. This type of ignorance we have to remove, of course slowly, as painlessly as possible. I feel sorry when people come from such great distances and tell me, "I just wanted to meet you, have your *darshan*, that is all." We have to move on from there. We have a treasure here to offer. People do not know that they can carry this. And mere *darshan* could be a triggering point, I totally agree, but we have to educate them, more and more. I had to oblige this unusual request from the same person. We talked for hours when they stayed here for one week. The thing is, we should not stop there. We have to proceed further, take up Meditation, get this knowledge, grow, etc. Three years passed and this person tells me now, "You have to create faith in me!" It is very funny! I told him bluntly, "I will never try to create faith. It is not my job. If you have faith, stay here, if you do not have faith, go away." Many times, we have to speak these things bluntly!

I can tell you lot of things, of course very amusing. The point is we must move on from a point. The point is, the time has come for us to keep away the niceties and tell things plainly and bluntly.

With two eclipses and knowing what changes are going to take place, the time has come to act, to move. The transition is there, the *Pralaya* is there. How long can we go on pleasing and playing? That is the point I am trying to make. We provided opportunities to grow, rise; most of them are not being utilized. Perhaps I am too much ambitious and expect too much. But that is the job of a Guru to expect too much from everyone. The idea is to bring seriousness, to make people understand *Sadhana*. ■



## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

29-08-2021

Whenever we think of Maharshi Amara we have this feeling of warmth. We feel strange closeness and intimacy with Maharshi Amara. We haven't met him yet we have this feeling. He is somebody we can open up to, we can pour out our heart to, we can reach out to at any time. Somehow we have this faith that he will understand us and help us and bring us out of problems. This has been our experience.

I was wondering why do we have this feeling, this closeness, this intimacy with Maharshi Amara. It must be his Love for us. It is possible that there is a past connection, we have been together for several lifetimes. I also feel that we feel so close to him because he represents God. He is a doorway, he is a doorway to God. I feel a doorway is also God. After all only God operates through the doorway. Without the doorway how do we reach God?

So he is a doorway; he is like God; he is God. That's why we feel so close to him.

Guruji had said that Maharshi Amara is Truth and Truth is eternal. Maharshi Amara is eternal. And Guruji said he is not just eternal, he is an eternal hope for us. Maharshi Amara is hope where there cannot be hope. I have experienced this myself. I have seen people coming out of hopelessness. Without his grace such things are not possible. Whenever people tell me, call me when they are in distress, this is what I tell them because I have seen it. I have experienced it and I tell them confidently, "Don't worry, things will be better because we have Maharshi Amara with us."

Sudhakar sir narrated the experience of a Meditator, who saw

Maharshi Amara conducting the Orientation class. And the Orientation class this year was special. Every year in fact the class will be special and every year we say this that this year class was more special. People told me that after the class they experienced great changes. A person said, "It was as if a heavy weight was lifted and not only did I feel lighter, there is also a new understanding of Life." This is how I feel we are awakened, gradually of course, we are awakened. She said that there is Peace, there is Peace within. Such things are possible only because of Maharshi Amara's grace.

We are always in a kind of awe of Maharshi Amara's greatness, his bigness, his hugeness, his capacities, capacities to do so many things, his humility, his magnanimity, his mastery over different musical instruments, his mastery over singing. I believe when he sang a particular raga, it started raining. We are in awe of his refined humanness and there is much more. Words fall short to describe his persona. Although we struggle to manifest him completely, he continues to live in us. I believe this because Guruji had said this and we know that Guruji's words were like the Vedas. Maharshi Amara lives in us. Guruji said once, "If we remove him from our Life, we are just zero." We are very ordinary people if we remove Maharshi Amara from our Life. When he is in our Life we shine, we shine with his Light because he lives inside us. Maybe some of us shine with a particular level of brightness, maybe some shine with more brightness, some with even more brightness, that is fine. The fact is he is in us. Someday all of us will shine very brightly. I have this faith because Guruji said this. In the New Age which is not very far away we

will completely shine bright with his Light.

I feel like sharing another point Guruji had mentioned. He had said that we all remain disconnected from our past. We will not be knowing who we were. It helps not knowing our past. We may not be spiritually mature enough to deal with our past. And he said only the Avatars will be knowing their past. They will be aware that they are Gods. They will be aware that they are - let's say - part of Mahavishnu or part of Lord Shiva or part of Devi. Nobody else apart from the Avatars will be aware of their past. But Guruji had said that Vishwamitra Maharshi and Maharshi Amara are the exceptions to this law. They will be aware of all their past every time they take birth. And of course they will be aware of our past also, not just the immediate past but all the past - hundreds and thousands of lifetimes. They will be aware of our future also. And in spite of that they do not judge us. They probably see the potential in us. All of us we have a Divine potential in us, we all have equal potential in us.

This association with Masters like Maharshi Amara is such a great blessing. We are so fortunate. Guruji had said that Maharshi Amara will come again to explain the truths in a new way. More needs to be explained as we make progress. More knowledge, more energies need to be brought down as we advance. He will come again to help us, to take us to a different Spiritual height, to a greater height. He will come again to initiate another Spiritual movement. Thanks to him, we already have so much knowledge, higher Spiritual knowledge about the New Age, about Pralaya, about our origin, about who we are and why we are here.

(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)

Amara explained that Pralaya began in 1987 and there are 7 phases of 7 years each. So if we calculate 49 years from 1987, Pralaya will go on till 2036. Pralaya is change, he said. He is the one who explained Pralaya in a new way. We used to think Pralaya means total destruction. He explained that Pralaya is the removal of darkness from the world within us and also from the world outside us.

How is the darkness removed from within us? We have to do it ourselves of course, but there is help, special help available during this time. The Pralaya energies provide that special help. They help in this purification. We have to allow this purification by allowing the energies to work in us. When we cleanse the world within us, the world outside will also be purer. I feel that this process of intense cleansing will go on intensifying within and outside.

Maharshi Amara worked so much. He brought down huge amount of energies and so much of knowledge. It is for the welfare of the world. He initiated Spiritual Movements in every incarnation. These Spiritual Movements guided generations later on and these Movements continue to guide us. Think of Sant Eknath, think of the Sant Gora Kumbhar and think of Maharshi Amara's other incarnations in the western world. After thousands of years, his teachings are still guiding Spiritual aspirants. In this lifetime as Maharshi Amara he initiated the New Age Spiritual Movement. He was the first one to speak about the New Age. He shared knowledge that he gained from his direct experience. He did not quote from books. Although the knowledge he shared was not from the books, books can be written with the knowledge he passed on. Guruji has done that work

and publishing of knowledge continues even now.

As we know, he is the most important personality related to the Spiritual and welfare activities of this world. That is why Avatars worked with him. The most difficult works were done by him - works that were fraught with dangers. Anything could have happened to him, not just to his physical body, even to his Astral body. What courage he has, what faith he must be having in the Rishis and what commitment he must be having towards the work of the Rishis! He was ready to do anything for them.

His Life is a great inspiration. Guruji used to say that Maharshi Amara would state the truths in a very simple and straight manner. He did not dramatize things, did not try to convince people. He did not also bother whether people accepted what he said or not. Masters like him help awakening of the masses, help awakening of the future generations. When I talk of masses it may sound a bit strange because in this Path our focus is individuals. We are not addressing masses. Maharshi Amara was not even known when he was here physically. He was known only to a few people. He remained unknown and avoided publicity consciously. And yet he inspires a huge number of people today. And this number will go on increasing. Think of his past incarnations. Today millions and millions are inspired by him. The same thing will happen in future also. Future generations will receive guidance from his Light. At another level he must already be guiding many people, maybe millions of people. And the energies that he has brought down and stored, guides people at a deeper level, at the Spiritual level. Maharshi Amara's presence itself, presence on this earth itself generates a kind of Spiritual wave, Spiritual wave which awakens people. ■

**QUESTIONS AND ANSWERS**

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

**Q: In Bhagavad Geeta's chapter six it is mentioned that only he can become a Yogi who gives up his *sankalpa*. Then how is this because we do *sankalpa* on almost every day in our Life?**

A: I do not know much about Bhagavad Geeta and I do not know Sanskrit. But to answer this question I tried to research. Then I found that the meaning of *sankalpa* in this particular verse in Geeta is desire. To become a Yogi one has to surrender everything. That is what I understood, although Gururji used to say that we do not have to give up desires. We have to have higher desires. To experience God for example, we have to have the desire to experience Him. We have to understand the context of this verse of Geeta. We have to give up desires which may take us away from God. So, I understand that we have to surrender *sankalpa*, meaning desires, to become a Yogi. But we can make *sankalpa* or resolution every day.

**Q: What are the Spiritual practices to attain Mukti? And after attaining Mukti, whether we have to leave the material world? And how do we know that we have reached the state of Mukti?**

A: I am too small a person to talk about Mukti. It's such a great thing. Gururji had said to attain Mukti we have to clear all the Karmas. For that we have to meditate and transform. And when we reach the state of Mukti, we will somehow intuitively know that we have reached the state of Mukti. Then after reaching the state, we have to continue living. As long as we have the body, we have to spend time here on this earth following all the

principles, all the values.

**Q: I sit in a particular place for Dhyana at my house. Can the same place be used by other people in the family for Meditation?**

A: I think yes we can do it. In a house a common place for Meditation is fine.

**Q: The soulmates come in pairs, so while going back after achieving Mukti, unless and until our soulmate gets Mukti, we cannot journey back to our source. Is it right?**

A: Gururji had mentioned that the soulmates are like one unit. If one soul achieves or gets Mukti, the soulmate automatically becomes eligible for Mukti. So, both of them journey together. It is possible that one person leaves the body earlier. In that case, the person, who has left the body, will wait maybe in one of the higher Lokas for his or her soulmate to complete his or her lifetime on this earth. And once this soul completes his or her lifetime on this earth, she or he joins back the person waiting in a higher Loka. From there on, they journey together. They have to return the mind in Brahma Loka. After that this pairing is removed.

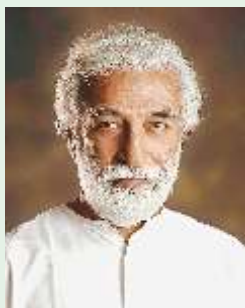
**Q: How can I seek guidance from the Rishis in achieving my mission and purpose of my Life? Do I need to convey this message to the Rishis while meditating or how should I do it?**

A: While meditating we do nothing. This is what we have learnt from Gururji. We surrender and just sit in silence. I believe if we meditate, we receive guidance intuitively. But if we want to communicate with the Rishis, there are techniques that Gururji had given and he had also told us that techniques are not important. It's the Love, that is important. ■

**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/-
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**GURUJI KRISHNANANDA (1939 - 2012)**

### MANASA FOUNDATION (R)

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

### TAPONAGARA

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

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

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

### ANTAR MANASA

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

### STUDY CENTRE

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

### JYOTHI PROJECT

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

### VISITORS

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

### APPEAL

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

## SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

Whenever there are so called negative situations, or some challenges that are encountered in daily Life, I try to pause and see what has gone wrong; what should I learn from such an event. If not anything, surrender comes automatically. This may look like a very small thing not to be mentioned, but this is helping me to go through each and every moment of my Life very consciously and with full awareness. This is a great change, still in a very infant state. I need to grow in this state. It is a long way to go, but I am enjoying it. Thanks to Gururji! What more can I ask for?

- Shantha Kumari H S

I feel more in synchrony with the New Age energies, free of negative thinking, more heart-centered and compassionate with the people I meet.

- Roland P

One day, after a few minutes of channelling Light, I entered into deep silence and Stillness. Then I saw myself sitting in the Meditation hall before the portraits of our beloved Gururji and Maharshi Amaraji. The portraits were decorated with dull white-colored flowers. It continued for a while. Then I noticed Jayantji sitting beside the portraits with closed eyes. Suddenly, the dull white-colored garland became bright and subsequently started radiating beams of bright White Light towards us. I experienced it for a few minutes. Then I dozed off. When I opened my eyes, 25 minutes had lapsed. It has been a wonderful feeling after that!

- Swaminathan C

On the day after Guru Poornima, my Meditation was over and I lay down to relax. Suddenly I found myself in Taponagara near Gururji's Samadhi room. It was very bright. I entered Gururji's Samadhi room. Gururji was there. He was smiling. I

touched his feet and he gave me blessings. I don't remember any talks as with eye contact, we know everything. It was a 'Diwali-type' morning, with lots of light! That whole day I was so fresh. I have never felt like that before. I felt lots of energy in my body... I can't describe that in words!

- Vikram Desai

I sense Light during Light Channelling. It gives me Peace and at times guidance too. Now, there is better understanding of relationships and my way of operation with them is changing for the better. I have become humble and there is a willingness to serve others.

- Veena Suruvu

I was channelling Light when a hummingbird moved in circles and kept flapping her wings like she wanted to tell me something. I felt it was a blessing and felt very uplifted. My flower patch was filled with flowers that were sown years ago and attracted a lot of bees. It is very satisfying and blissful to see the bees gathering nectar. I feel blessed that Gururji and Sapta Rishis are filling my Life with such precious moments.

- Smitha Shetty

Awareness is becoming an important factor for holding on to positivity and remaining calm. Surrendering to higher wisdom or Light makes all the difference in facing difficult situations.

- Ashish Desai

I feel more Peace. Light has given me a more positive outcome in Life.

- Sugandh Avantika

I am more organized than before. Meditation is helping me in every aspect of my Life. It has increased my decision-making ability and making me calm. Now I am able to handle tough situations easily that were earlier troubling me a lot.

- Priyansi Singh