



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 17 Issue 3

February 2022 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – January 1998 issue)

If anyone asks me, “Which single point in Sadhana do you emphasise?”, I would unhesitatingly say 'Experience.' By 'Experience,' I do not mean experiencing the visions, Astral travel or the rise of the Kundalini. It is experiencing God; experiencing God at different levels of Samadhi, as Infinity, as One, as Light, as Energy or as Bliss. It is not easy to experience Samadhi. But, I know, it is possible. With sincere efforts and advanced techniques, we can reach the borders of Samadhi in a year's time. Then, with incessant and intense Meditations in Samadhi Yoga, we can experience Samadhi in moments, though not often, of deep silence. Even these brief moments are enough to bring lasting changes in us.

I lay emphasis on this experience because it is only when we actually experience that we get divinised. It is only then that the processes of sublimation and Transformation begin in us. And until then, it is just thoughts and wishes.

It took all these fifty plus years to realise this. It is my Sadhana in Taponagara, in these three years, that has opened the doors. I wish all those around me also find the doors. Let everyone shine.

Finally, I could bring out the book that was growing all these years in me. Now it is a relief; a fulfillment long pending. It definitely is not a literary piece; not a piece of perfection even after metamorphosing in these long years. It is just a pointer towards many unknown truths. It is a tempter for many voyages to begin. I am happy for that.

All the people involved in finally actualising it as a printed book have worked with great zeal and affection. God bless them.

People ask me often, “Why don't you teach Asanas and Pranayama also before Meditation?” But I am not tempted at any time. I am happy that I have a very clear opinion on this.

What makes me unequivocal on this point is that I have learnt at the feet of a very great Master, Amara, who was not just a Yogi. He was a great Rishi. I can see the whole work that is going on around the globe as one. Many wonderful Yoga Masters are teaching and training the aspirants in Asanas and Pranayama in the nearby city, Bangalore. I need not duplicate their work here. That is why, I have chosen a specialised area – Meditation and Samadhi. That is why I always have a small select group. I am happy about that.

Another Amara Jayanti!

I do not miss Amara. He is never away from me. All this progress on the material and the Spiritual plane is his Grace; my part is only that of celebration of the Grace. ■



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)**

**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.



Welcome to the 12th World Channels Day on February 1, 2022

Join us for a guided Light Channelling Session for Individual and World Peace, at the below timings.

English - 8:00 AM | Hindi - 12:00 PM | English - 9:00 PM (India Time)

Live on: https://www.lightagemasters.com/lc_live
<https://www.facebook.com/lightchannels>

Heal Yourself, Heal the World

NEWS AND NOTES

- February 1, 2022 will be celebrated as 'The World Channels Day'. Light Channelling sessions will be conducted in the Meditation hall at Manasa Foundation. Live webcast will be made available on http://www.lightagemasters.com/lc_live. There will be three sessions as follows:
 8AM India Time – In English
 12 Noon India Time – In Hindi
 9PM India Time – In English
 You may join us in any one or all of the above Light Channelling sessions and participate in this noble effort to channel more Light to the World. You may also join us by channelling Light for 7 minutes at any convenient time of the day.
- Maharshi Amara's Jayanti will be celebrated on 6th February 2022. Due to the current Covid situation, gathering of Meditators in Taponagara will not be possible. The students can participate through Live webcast.
- About 80 Meditators participated in the Akhanda Dhyana from 6 AM to 6 PM on 26th December 2021 by channelling Light to the World. Many others participated by mindlinking to Taponagara and channelling Light from their own places.
- The first meeting of Shambala Group members in the year 2022 was held through webcast on 9th January and of the RA group members on 16th January.

MEDITATION ON SPECIAL DAYS

01	Tue	Maharshi Amara's Birthday World Channels Day New Moon Day
06	Sun	Maharshi Amara Jayanti Celebration
08	Tue	Ratha Saptami
09	Wed	Shukla Ashtami
11	Fri	Shukla Dashami
16	Wed	Full Moon Day
24	Thu	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: 11 AM - 12 Noon Light Channelling: 12 Noon - 1PM
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MAHARSHI AMARA JAYANTI PROGRAM 06-2-2022, Sunday

11AM	Welcome Talks Special Meditation
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Live webcast of Sunday lectures is available for students. Please contact Manasa office through email for details.

MAHARSHI AMARA**Keerthi Bisarahalli**

Born in a royal family and a Spiritual giant, Amara has always been larger than life. Be it his simplicity or humility his personality was engaging the young and old alike. Being a perfectionist, he added value to anything he did. Although, we have not met him personally, we, each of us, feel his magnanimous presence in our lives all the time, in one way or the other.

His unique way of thinking and emoting is awe-inspiring. He lived every single affirmation that the Rishis gave us. Even as the Rishis say that this entire Creation is our family, Amara always thinks and emotes for this entire Creation. Every prayer, every sigh of everyone and everything in this Creation is attended to. He gave a Spiritual perspective to everyday living. He encouraged people to go beyond petty disagreements and arguments and expand our thinking and emoting to this entire Creation.

Even as we struggle with our efforts to grow and expand, he gets down to our level and solves our everyday problems and guides us gently to focus on our Spiritual growth, despite our distractions. He ceaselessly and tenaciously works to make Spirituality a way of our life. He emphasises the fact that Spirituality enriches and fulfils our life experience here.

He could talk about something as mundane as cricket and as incredible as his Astral ventures with the same simplicity. Being a great Rishi in the Spiritual realm, he still was a loving 'uncle' to everyone he met. He who spoke to Gods, would listen to the priests go on about the rituals without interrupting them or telling them what to do or how to realize God. He would simply bow down to them and move on with his work for the Rishis. He was the very personification of humility.

Amara is the endless ocean of love flowing through our lives and enhancing it with his beautiful presence. ■

MAGNANIMOUS PERSONA**Usha Satishchandra**

Amara introduced us to the Path of Rishis. Not just a path of Meditation but a Path of Manifestation – also a terrain to explore unknown truths. Whenever people joined Meditations, Amara narrated, “Descent of Soul”, as a revelation to our true self. His dedication for work was extraordinary. When you tune up to Amara, you tune up to Taponagara, to the Rishis, and their vision. Their work is to make everyone an efficient Meditator and prepare us to receive and spread Satya Yuga.

Amara established Taponagara. Taponagara accommodates everyone. It's a place to gather, to meditate and cleanse our mind and go back rejuvenated and strengthened. He visualized a Shambala here, a city of Love. We experience this Divine Love in Meditation when our awareness rises to the highest level of Consciousness. At that point we experience and know that Love. Amara created such unique opportunities to grow into perfection. Our purpose here is not just clear our problems or attain perfection but to establish Satya Yuga. Everyone here should feel with everybody else, experience the real wealth, in the hearts of people.

Nature is cyclic, so also Guruji's emphasis on Meditations in Manasa. Meditations on Amara Jayanti and Amara Samadhi Day! Many significant things happen during this period. It's a day to capture and assimilate all the Light and seek direction. Amara and Guruji would spend hours sitting silently and Amara would always be in the clouds and beyond. In such moments Guruji experienced Amara's stature and magnanimity and immortalized him. We go to Amara Samadhi, sit before him and pour our heart out. It is no exaggeration if we can see him emerging out to console us to touch our core. We too offer a tribute to him, when we rise to his level of magnanimity to reach out. ■

**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)

October 2006 (Contd.)

All Creation occurred and occurs within the body of the Creator. You have to contemplate on it. When the Space was created, Time began moving a little faster. There was Time even before this Creation occurred. Perhaps there was no movement. We cannot understand that with our limitations. Both the Divine and Material Cosmoses exist in Space and Time. Space and Time are inseparable.

Space has Consciousness. Consciousness is a Divine Matter and it has Intelligence. From Consciousness, the Divine and the Material Cosmoses were created. Consciousness became (it is a very subtle matter) denser and denser. As it became denser, this Creation came out. First, the Divine Cosmos, then the Material Cosmos was created. In the Divine Cosmos, this Consciousness is very subtle but as we keep coming down in the Material Cosmos, it becomes denser and denser.

Fourteen planes were created in the Material Cosmos. In the first plane, which is *Satya Loka*, Consciousness is very subtle. In the fourteenth plane, it is the grossest. It is so gross that we cannot occupy the bodies there. We as souls cannot enter those bodies at all; they are so gross. In this wonderful plane of our earth, we have both the Astral and the physical worlds, very clearly separated. It is only here that an Astral counterpart exists for a physical object or reality. We have a physical body and an Astral body. There is a physical object and there is an Astral counterpart. It is only here and in no other plane.

Sapta Rishis live in the highest plane - *Satya Loka*. The Spiritual Awareness

there is the highest. As you come down, Spiritual Awareness decreases. In the fourteenth plane, there is no Spiritual Awareness. Different beings or entities were created for different planes. For *Satya Loka* certain type of beings or souls were created. And as you come down, different beings were created - angels were created in the highest planes, and monsters were created in the lowest plane. There are fourteen types of beings created for fourteen different planes. It is only on the plane of this earth that any being can come and take birth. But, there are certain periods like *Satya Yuga*. In *Satya Yuga*, beings of the lower worlds do not come, because they will not be comfortable with the purity available here at that time.

Each of this category of beings is governed by different sets of laws. There are fourteen sets of laws. On this earth, at different periods, these different sets of laws have to be observed. But there are certain laws that are Universal, like Truth and honesty. At all times they are valid.

Time moves slowly in the first plane. It moves very fast in the lowest plane. As we come down it begins to move faster and faster. This is a very interesting point. On this earth, during *Satya Yuga*, the Time moves slowly, and during *Kali Yuga*, it moves faster. We do experience this - 2006, where is it? It is almost at the end. It is as if we said 'Happy New Year' only yesterday and we are already into the next New Year. Time moves faster. It is very difficult to understand Time, but it is a fact. Masters like Vishwamitra Maharshi sometimes make the Time move much faster than is required or ordained. Here is a globe, a

sphere. It moves. That is the Time and the pace. Each individual and each earth or each place has a Time globe. Taponagara has its own globe. Once Vishwamitra Maharshi came and made it move faster. After some time when he came, he said, let us go back, revert back. I saw him do it. It is difficult to explain. He brought it back to the old pace. There are so many things that we have to understand and they are very interesting.



We have *Yugas* like this, *Satya Yuga* to *Kali Yuga* only in *Bhoo Loka*, nowhere else. Everything changes from Yuga to Yuga. *Satya Yuga* and *Kali Yuga* are two opposites and extremes. The physical bodies change in size. In *Satya Yuga* it is different; in *Kali Yuga* it is different. The size, the strength, even the beauty of the body changes. When someone was discussing about retaining this body, Amara said, "This body?". Then he said, "If you see the bodies of *Satya Yuga*, you will immediately throw this body out and occupy that." It is then he said, "You have to visit Shambala." In Shambala people of all ages live. From *Yuga* to *Yuga* the faculties of the Mind and the Intellect change. They are the highest in *Satya Yuga*; lowest in *Kali Yuga*. Powers, nature, climate, morals, social structures and of course governance and many, many other things will change. Add some of these details to "Descent of Soul" and read the book again. It will be very interesting.



While channelling Light, we channel energy and knowledge. That is why this work is important. Remember you are participating in a very glorious work. ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

12-12-2021

It has been a tough year. We had several waves of the pandemic and even now the waves keep coming. In the western world, the pandemic is raging even now. When so much is happening there, then we have to expect it here in India also. We had the second wave, which was quite devastating, and now another wave is expected. This pandemic brought its own challenges, and apart from the pandemic if we observe Life around us, we will see that we are going through so many other challenges at different levels. Guruji used to talk about intense churning. We have been observing this intense churning for last several years and we are observing now that the intensity of churning is only increasing day by day.

Will there be a respite from this? Of course, we hope always. It's human to hope and it's good to hope of course. But then this churning cannot just stop until it achieves its purpose of cleansing. Each one of us is affected in some way or the other. The intensity may vary from individual to individual, but it has touched each one of us.

It is not that only bad things have happened, there are good things also. There are more job opportunities. There is prosperity. There are joyous occasions in people's lives. Pralaya brings wonderful gifts and opportunities. This also is a fact. Even at the Spiritual level, there is more awakening. People know that there is something else to Life than just living at the horizontal level. These are the positive things which Pralaya has brought.

Is there a lesson for us in all this? Of course, there is a lesson, there is a message. It's the same message – to spiritualise, to choose the ways of

Light. The fact that this intensity of Pralaya is only increasing, it indicates that the transformation, that is expected, the collective transformation that is expected, hasn't happened as yet. It has not happened to the degree it is required for the New Age to establish. We understand here that this churning and this intensification of Pralaya will continue, till this process of cleansing and purification is completed. And it has to complete at all the levels and most importantly at the individual level. When it happens in a significant number of individuals, then naturally it spreads to other levels. So the individual level is the most important level. When there is Peace at the individual level, then there will be Peace in the families, in the societies and it will spread to the nations and to the whole world slowly. This will happen. The Masters who have seen the future, who have seen the past, have told us that this is the movement towards the New Age. So this will happen. Maharshi Amara had mentioned that this Pralaya has 7 phases of 7 years each, and it started in 1987. So if you calculate 49 years from 1987, it comes up to 2036. Till then the Pralaya continues. So this churning will also continue.

This is a fact that the destiny of this earth is in our hands. When I say, "our hands", I don't mean just the people here, I mean everybody, all the people in this world. It is in our hands, and we are helped, supported by the unseen forces, the Masters in the Astral world. They are helping us with knowledge, energies and strength to go through this difficult phase. They do quite a lot. But they are bound by certain laws. Even good cannot be imposed. People of this world have to accept the suggestions given by the Masters. People have to follow the ways

suggested by them. People have to choose. That is the message. We have to accept situations, accept people, as they are, with all their imperfections. We have to turn inwards, focus on our growth rather than worrying about growth of others. This wave of negativity can cause many problems, even destruction. But like I said, Masters do their best.

And I feel like reminding what Guruji had told us. He had said, "This is the time when we have to avoid confrontation, we have to avoid conflicts. This is the time to make a resolution to live in the Light." This is how probably we are expected to begin the New Year. The New Year brings new energies, new opportunities and new hope for all of us. We have to align with these new energies.

02-01-2022

The New Energies bring more hope, bring new opportunities. This is the best time to let go of the burden we may be carrying. This is the best time to forgive and move ahead. Only when we unburden ourselves, only when we disentangle ourselves emotionally from the past hurts and pain, we will be able to experience the new possibilities. The New World is waiting to shower its Love. It is waiting to bless us with abundance.

It is possible that the ego enjoys this burden because the burden gives the ego a kind of life. The burden helps the ego survive. Once we throw away the burden, the ego has nothing left to thrive on, and it gets destroyed. So the ego, for its survival, tells us to hold onto the burden.

We have to recognize this burden and free ourselves. Then we feel so light. And then we can move ahead into the New World, which is waiting to shower its Grace. ■

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.

MAHARSHI AMARA

Vaishali Joshi

Maharshi Amara has come down umpteen number of times to this earth at different periods of time to help mankind make Spiritual progress. In every lifetime he brought down the knowledge required for humanity at that particular period of time.

Through his lifetime as Maharshi Amara we came to know about the existence of the Rishis and their love and concern for mankind. That the Rishis are deeply involved in the administration of this Creation and give us all help, strength and guidance in our efforts and struggles to live the life here properly and go back to our source.

His life was dedicated to the work of the Rishis. He guided every person who came to him for Spiritual or material guidance but not many understood him during his lifetime. Many came to him just to listen to the stories of his Astral works which were like fairy tales. But he went about his work silently, keeping a low profile, not affected by how people received him.

He lived a life of total surrender to the Rishis. He followed their every instruction to the smallest detail without questioning, like sitting on a stool for one full day. When someone asked him, "How much time do we need to surrender to God?" He said, "It requires only a fraction of a second."

Once when the sea goddess gave him a rod of powers in appreciation of one of his Astral works, he made it over to Markandeya Maharshi who was in charge of this earth. When the Maharshi asked him to keep it with himself as it was gifted to him, Amara said that it has to be with the Maharshi himself. Being a perfect instrument of the Divine Will he did not want to keep it for himself. He had immense powers, but he said, "Let all powers be with God and let God be with us." So profound! ■

AMARA: FROM DARKNESS TO LIGHT

Apoorva Deshpande

I recently picked up a comedy science fiction novel. I thoroughly enjoyed the book, but no fictional book can even attempt to match the real intergalactic adventures of Maharshi Amara. I probably have to grow over several lifetimes, to fully comprehend the greatness of Maharshi Amara and I might still fail. Infinite is one word to mind when I think of the great Master.

When I think of Maharshi Amara, I automatically think of Guruji as well. It is as if they are one and cannot be separate from one and other and yet maintain their individuality. This is probably due to their deep Love for one and another and Guruji's infallible devotion towards Maharshi Amara. As a child, I would watch a TV show where superheroes would combine their powers to create a superpower. Having both Guruji and Maharshi Amara in our Life is like having our very own superpower.

A few months ago, somebody close to me was sick. Unbeknownst to me, I found great strength in those moments. A strength to accept and also let go. As I look back, I am surprised I could handle the situation in the way that I did. I wouldn't say I didn't feel pain. I felt immense pain, but I was also given strength by Maharshi Amara and our beloved Guruji to deal with the pain. I have read so many experiences of people who have been helped in their times of need by Maharshi Amara and Guruji Krishnananda. What makes them help us? There are so many more pressing things that need their attention in this Creation, but it is their unconditional Love that comes to our rescue in our times of need. It is their unconditional Love that cushions our every fall. It is their unconditional Love that acts as our anchor. It is their unconditional Love that takes us from darkness into Light. ■

QUESTIONS AND ANSWERS

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

Q: A person says that he read in the 'Guruji Speaks' book series, that the day has been compressed, also the Pralaya time has been compressed by half, from 432 years to around 216 years. What is the practical significance of this?

A: Guruji had explained that the Time is compressed now. We do not know what is the exact degree of compression now, but all of us can experience that we do not have the same amount of time for our activities we used to have earlier. So, it is a fact that the Time is compressed.

The practical significance is that the Rishis want us to pass through this difficult period of Pralaya very quickly. That's why maybe they have accelerated the pace of Time. The other significance is that because we do not have enough time, we have to withdraw our focus from the unimportant activities and focus more on important activities, like transformation. We have to focus more on our Sadhana, on positive living.

This person has mentioned that the Pralaya period is compressed to 216 years. Here I wish to clarify that the transition from *Kali Yuga* to *Satya Yuga* doesn't happen overnight. It takes 432 years. This is the Transition period, which started in 1974 when *Kali Yuga* ended and the processes initiating the New Age began. The period of Pralaya explained by Guruji is in fact 49 years. The Transition and Pralaya period are different in fact. Pralaya started in 1987. And the Pralaya has 7 phases of 7 years each. So, we have completed about 34 years of Pralaya and we are now in the 5th phase of Pralaya.

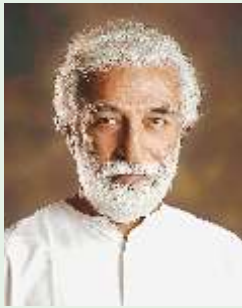
Is the Transition period reduced? It depends on the people. At this very moment, if majority of the people of this world ask for the New Age, then the New Age will be gifted immediately. Then naturally the Transition period of 432 years will not be necessary.

Q: How do we consciously forgive more?

A: When we forgive, we forgive completely. We cannot forgive partially. That is not forgiving at all. If we can understand that the other person also is a part of God, that the other person may be at a different level of Spiritual evolution, then we can understand him or her and then we can forgive easily. We have to also understand that we have to forgive for our own Spiritual growth. We remain stuck at one level only, if we don't forgive. A person told me recently that we may say big things, we may lecture others about Spirituality, but practically practising it is difficult. I agree it is difficult, but it is always possible. The hurt is a reality. We cannot just wish it away. All of us do get hurt. But holding on to it does not help us in any way. It holds us back. Forgiving liberates us. It may not be possible to immediately forgive, it may not happen that way, it may take time, but I think ultimately, we have to forgive. If we can trust God, I think we can forgive. I feel we have to grow stronger spiritually; growing stronger spiritually is the solution for everything. Then we are in touch with God, in link with God. And how do we grow stronger? Meditations and more Meditations and efforts in positivisation. ■

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/-
iGuruji Vol 1,3,4 & 7	each 150/-
iGuruji - Vol 2	120/-
iGuruji - Vol 5	100/-
iGuruji - 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/-
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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)

The struggles and the challenges I recently faced in my Life and my Sadhana have made me even humbler and more serene. I now know that nothing can be taken for granted, and that we can suddenly go through dips, and that at such times we need to use all that Gururji has taught us; in an intelligent way and with keen application, in order to face and overcome those challenges. And that it was my strong faith that was the most important thing; by holding on to that, it made everything else possible.

- Vidya Virkar

I now have a tremendous feeling of surrender to the Divine will. It is 'Acceptance'. I feel that it is my duty to do my best for the people who are around me. There is perhaps nothing else to do, except 'to be', to be cheerful, to be positive and to hold on to my connection to Peace, to my Sadhana, to Meditations, and let the days just go by. I should just let me be with the flow and know in my heart that God is orchestrating my Life - events, help, guidance, success, failures and moods etc. I do feel that I am only an instrument, and that God is playing through me.

- Reboni Ray

I have noticed that I don't react immediately these days. I pause before responding. Workplace has been difficult for many, but I feel some force guiding me and giving hope.

- Deepthy Raghavendra

Every time I think I have become calm, at least one situation arises which disturbs me inside and I seek help from Gururji. Then I gain strength to overcome it. This year has been a year of a lot of inner transformation (in terms of Peace, calmness, politeness towards others and helping others). When I had a financial

need, I was unsure from where the money would come. I prayed to Gururji and the Rishis. The very next day one of my friends to whom I had given money long ago, returned the entire amount! (Without my asking him). I always feel that I am being guided. I am grateful at every incident that is happening and it's increasing my faith in Gururji and the Rishis and I sense the connectedness to them.

- Prem Anand

Meditation teaches me the power of patience. It gives me the wisdom to analyse situations without judging others and without jumping to conclusions. Regular Meditation makes me surrender to Light which is everywhere. It makes me aware of the Peace within myself.

- Sulochana Ramaswamy

I am able to stay calm and peaceful; I am feeling the Grace of Rishis, and I feel more gratitude towards them. I am able to watch my thoughts and stay positive.

- Jyothy S

The moment I look at Amaraji's photo or remember him, I experience strong vibrations in my whole body.

- Jyotika Thakkar

Day-to-day struggle of handling situations is still improving. I am facing ups and downs and learning through experiences.

- Pradnya Waikar

Presently I have peace of mind and happiness. Every day I retrospect what I have done and correct myself. However, sometimes negative thoughts disturb me during Meditation as well as in other situations. I am trying to overcome all these by the grace of my Guru and Rishis. I am being helped by Gururji and Rishis in many ways.

- Harikrishnan V