



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 2

January 2022

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – January 2011 issue)

I was reading a letter from a person who was in a very beautiful Spiritual state where people do not seek anything more and are totally detached from everything, even from experiencing Samadhi. It is difficult to describe these states. Such people live in the Light where there is no more seeking and all fulfillment. We do not reach such states by our Sadhana of this life. It comes after life-times of Sadhana and association with the Rishis.

I replied saying that even these states pass. Everything passes.

We are witnessing the surfacing of scams, leaks and duplicity. Of lack of leadership and concern for the deprived. It is a state of hopelessness. Even this will pass.

I am not philosophising. I am seeing from a higher perspective. Everything passes. And we pass through different phases, we experience and learn.

This year has thrown up a lot of deeds of greed, manipulations and utter disregard for Values. I say good! It is only when such things surface that they are dealt with; erased. This is not possible by the leaders because they are, in one way or the other, the partners in the acts. It is not possible by us, the ordinary helpless people. Not at this level.

But, let us realise and awaken, that we can build up silent revolutions. We can create new destinies. We can meditate and spread the vibrations all around. We can channel Light all over the world.

Light works. It has Intelligence and Power. And it has worked earlier, whenever we bungled and brought the life on earth to the states that we are in now politically, economically, environmentally and spiritually. Light knows everything. It is waiting for us to ask for the Change; the Transformation. Transformation is to be sought. It will not be imposed.

We are entering the New Year of Hope and the new Beginnings. The New Year will not disappoint us. We shall see a lot of Light. And Love.

I wish everyone a very Happy New Year. ■



MANASA FOUNDATION (R)

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

Phone : 99000 75280 (10 AM to 5 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES

The Meditation classes in the city centres in Bangalore were cancelled until March 2021 in view of the Covid situation. Considering that the pandemic is not yet over and the situation is not fully in control the classes will continue to remain cancelled until further notice. We will continue to assess the situation and decide when to resume the classes.

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

Also, a guided Live Online Light Channelling session will be conducted every 3rd Sunday from 11 AM to 11.30 AM which will be open to everybody. It can be accessed through the following links:

https://www.lightagemasters.com/lc_live

<https://www.facebook.com/lightchannels>

<https://youtube.com/RevolutionByLight>

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

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

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NEWSLETTER

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



Guruji's Mahasamadhi Day was observed in Taponagara on 28th November 2021.

NEWS AND NOTES

- Guruji's Mahasamadhi Day was observed in our Anekal centre on 23rd November and in Taponagara on 28th November.
- Students of Anekal centre had gathered in the Saptarshi Dhyana Kendra, Anekal for the program.
- Residents of Taponagara and Manasa Volunteers had gathered in Taponagara and other students joined through Live webcast of the program on 28th November. Manasa Calendar for 2022 and a Comic on Maharshi Amara, "Little Amara's Adventures" were released during the program.
- 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.
- Tuesday, 1st February 2022 will be observed as 'The World Channels Day'.
- Maharshi Amara's Jayanti will be celebrated on 6th February 2022. Since gathering in Taponagara is not possible due to the current Covid situation, the program will be organised virtually through webcast.
- On 25-12-2021, Meditators mindlinked to Taponagara from their own places and offered their Love and respect to Christ and channelled Light to the whole world.
- Copies of Manasa Calendar for 2022 are available. You may please contact Manasa office if you wish to purchase.
- The Manasa Calendar is also available on Android platform. Android users can download / update from Google Play Store by searching for 'Manasa Calendar'.

MEDITATION ON SPECIAL DAYS

01	Sat	Masa Shivaratri
02	Sun	New Moon Day
10	Mon	Shukla Ashtami
12	Wed	Shukla Dashami
15	Sat	Uttarayana begins Makara Sankranti
17	Mon	Full Moon Day
25	Tue	Krishna Ashtami
30	Sun	Masa Shivaratri

AMARA JAYANTI PROGRAM

	06-02-2022, Sunday
11AM	Welcome Talks Special Meditation

PROGRAM AT TAPONAGARA

Currently all programs are conducted virtually only through webcast and there are no physical gatherings at Taponagara as of now.

Sundays	Lectures: 11AM-12Noon Light Channelling: 12Noon-1PM
09-1-2022	Shambala Group meeting at 2PM through webcast
16-1-2022	Ra Group meeting at 2PM through webcast

Guruji is listed as a Master on Speaking Tree now. Please visit www.speakingtree.in to read his blog and watch his videos.

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

LIGHT CHANNELLING FEEDBACK FROM SCHOOLS

(Compiled by Vaishali Joshi)

I channel Light two times a day. My mind becomes very calm and I feel energetic the whole day.

- Mrs Mane, Teacher, Pratham Foundation, Pune

I practise Light Channelling regularly. One day I was feeling exhausted at the end of school hours and wished that someone should pick me up and drop me home. I prayed to Light for help. After I walked 4-5 steps, someone on a Scooty asked if she could give me a lift and dropped me home. Although that lady commuted on the same route regularly, she offered me a lift only on that day.

- Neha Hiregoudar, Std. IX, Saint Paul's English Medium School, Jayanagar, Gangavathi

I have been practising Light Channelling daily for the last six months. Now my mind is calm and stress free. My entire view of handling situations has changed. Earlier, whenever a rough situation arose, I would be tensed. But after I started practising Light Channelling, I am able to deal with the situations with positivity and resolve them successfully. I am able to experience situations more lightly and it has increased my confidence levels. I am able to love and be compassionate to people. I used to get angry very quickly, but now my anger has reduced drastically. I am able to lead a healthy and peaceful Life. People around me have noticed the changes in me and told me about it.

My hand had come between the frame and room door when it was being closed and it was hurt badly. I had unbearable pain. And another day, I was ill with lot of stomach pain, which did not go away even after taking medicine. Both times I prayed to Light for help and was relieved from pain very quickly.

- Madan Kumar N., A Light Channel

I have been practising Light Channelling twice daily for the last 25 weeks. I feel calm and peaceful, and my stress level has come down. Now I am able to focus on social and other activities with clear mind and enhanced energy level.

- Amarnath P. K., A Light Channel

I practise Light Channelling daily for 15-20 minutes. Though I have started practising this technique recently, I have noticed remarkable changes in my lifestyle and behaviour. I have become more calm and peaceful. My self-confidence has improved a lot which was very important for me.

- Bindu, A Light Channel

I was introduced to Light Channelling one year ago by Dr. Padmashree. My infant son was very fussy and cranky. Many times Dr. Padmashree channelled Light to him and I could notice lots of changes in him immediately. Because of this experience I started practising Light Channelling and I am doing it for past six months. Now I have more self-confidence and I am able to remain still and calm.

- Sindhu K., A Light Channel

Every day, students take turn to conduct Light Channelling sessions during the school assembly. After the channelling, when students open their eyes, from their expressions I gather that there is something sacred happening in those 3 minutes.

- Mrs. Mira, Coordinator, Shantiniketan English School, Girinagar, 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)

October 2006

Like I have explained many times, I suggest all of us read books. Wonderful things are happening in this world. Sadhana has so many phases, so many dimensions. It is then we realize it is not only Meditations. Meditations are important of course, but we add so many things to Meditations. We have to read and enlarge our knowledge. And the other thing is, we have to contemplate. Many of us are not doing this. We have to contemplate on whatever point we think as important - from the points that we pick up from these lectures, from the points that we pick up from the books. Contemplation leads to experience. You can use this as a quotation. You have to contemplate. You have to exploit the intellectual treasure. Exploit the intellect. The maximum that the intellect can get us, we must have it. It is then easy for us to go beyond it. You should not skip the intellect. This is very important. That is why contemplation becomes so important. Our Rishis knew all this. That is why they said *Shravana, Manana, Nidhidhyasana* and *Abhyasa*. We know all this from lectures. Only when we take up Sadhana seriously, all these become very important. So, we have to understand, contemplate on each point, then experience; enter into the world of experience. Once you begin experiencing, then we know everything.

We are going to revise the techniques. As I said, we are advancing into times. Rishis are Masters. They understand everything without we telling them many things. We realize that there is not much time to spare in this modern Life. Life demands so much, twenty four hours are not enough. So, we can't ask you to meditate for three hours and we can't ask you to meditate for a lesser

period also. I can't say that ten minutes are enough. Ten minutes are enough to sit and settle down for Meditation. We require at least a minimum of one hour. So, we are going to keep this in mind. But again, we bring more effective techniques. And the techniques will be very simple. These three things are very important - the factor of time, the effectiveness of the technique and simplicity. Why simplicity? Because you have to go beyond the technique. You should never, never, hold on to the technique. With these in mind, we are devising the techniques.

When this process was going on, the Rishis made a remark. They said, "Some techniques maybe we have given a little too early." They were referring to the Astral travel and the Contact techniques. They even suggested that after spending about three years or four years (or some years which we have not decided yet), we will introduce Astral travel and the Contact techniques. When I asked them why, they said "People cannot do the Astral travel properly and they easily feel disappointed." Astral travel is such a thrilling thing. So, we try to practise and we don't get the results or the recall of it. Then we think, we can't do it and we give it up. Instead of people giving it up, we thought we can give it a little later. This is all about Sadhana.

In the administration of this Creation, there is a perfect order. Simply because, these things are being supervised, administered so effectively. To administer, there is a hierarchy. And such a hierarchy will be there in every institution or organization. Any office will have one man, several people under him ... a system. This is important for the proper functioning, that is all. Here also there is a hierarchy, a system - The Sapta Rishis. Along with

the Sapta Rishis, we have Vishwamitra Maharshi, we have Maharshi Amara. We have Vyasa Maharshi who is in-charge of this place. All this at one level. They are referred to as the Rishis or the Masters. Under them at the physical plane, I am here, the Guru. It helps. It always helps. People refer everything to me, smallest to the biggest. We have a Trust. It is the legal body. It takes decisions and this Trust is working very well.

I would like to emphasize that anyone of you - we have teachers, volunteers, students ... anyone of you can rise to the highest position here. It depends on you. I always say, you are all Rishis in making. So, you have to grow. Anyone of you can sit in this place. You have to rise, that is all.

From the time Geeta was given, things have been repeated. This repetition is necessary perhaps, because we have to put certain things into practice. So, we have to be reminded.

We have published a small book - Descent of Soul. This is a kind of brushing up and in one or two places there is a kind of expansion and addition to it. Whenever a newcomer came, my Guru would narrate the entire 'Descent of Soul'. He would take one hour. Later on, when the number was big, he made one of us repeat it to the newcomers. He told us, "Whenever you read it again, new brain cells open. There will be new answers and if you are disturbed, read the Descent of Soul again." You will find that it contains the essence of all *Upanishads*. Perhaps nowhere else all the knowledge related to this subject is so systematically placed. And also, my Guru added many details which he brought down from the highest plane. So, this is a very important book. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

28-11-2021

Guruji as we know had wonderful relations with people. He had wonderful relations with all of us. There may be nothing special in us, but he somehow found specialties in us. That was his specialty - to find specialty in others. He related to the most positive part in others, the Divinity in others. He could see everything. He knew our past. He knew more about us than what we know about ourselves, and yet he could relate to that special part in us. His relation with us was Spiritual. For Guruji everything was Spiritual. He was the personification of Spirituality. His relation with us was Spiritual but it manifested at all the levels. Even at the physical level he would take the pains to do certain things for others. He was very meticulous in his ways.

Perfection came naturally to Guruji. The origin of this perfection must have been in the unconditional Love he has for us. Speaking of perfection, I think of the way he carried himself, the way he spoke, the way he walked and the way he wrote. There was a beauty in everything he did. Even now when we read Guruji's written notes, it touches our core. We could feel the fierce honesty in his talks, his actions, thoughts and in his writings. I am amazed at his capacities to express himself so beautifully. Whenever he would sit down to write Reflections or anything else – he would finish writing in one setting. He did not have to relook, revise and improvise. Those of us who are involved in writing and speaking, we know that we have to review and revise our work. In his case, it was as if God wrote through him and it could not be improved any further.

Anyway. I was talking about his relations. At the physical level we have limitations. But at another level he was

very close to all his students. Those who could be with him physically and those who probably did not even meet him or saw him physically, all were equally close to him. There are limitations at the physical and at the emotional level. But there are no limitations at the Spiritual level. Sometimes I remember, he would tell us, "I cannot take additional emotional burden." Meaning sometimes new people would expect a kind of emotional support. At such times he would say it is difficult for me to take more emotional burden. He would be providing emotional support to many. But there is a limit to what our minds can manage. But he would provide support at the Spiritual level to all, unconditionally. Because at the Spiritual level, at the level of the Soul, there are no limitations.

Guruji was a born Master. Although he had to struggle quite a lot to establish this Centre of the Rishis, he did not have to struggle for his individual growth. Even before he was initiated into the Spiritual Life, after he met Maharshi Amara, he lived a Life full of higher values. Values such as honesty, Truth, vairagya, living this Life fully – He did not have to be told or taught. I remember an interesting event of his Life when he was very young. I have shared this earlier also. He must have been in the 3rd or 4th standard. A unit test was conducted. Guruji did not know the answers. The teacher was very fond of him and must have realized that he was not writing anything. She did not want him to fail so she asked him to copy from another student. But Guruji could not accept this suggestion. He was ok to fail but copying others was against his Principles. He left his slate blank. The teacher punished him but gave 7 out of 10 on a blank slate!

Where does such a young boy, get wisdom from, to do the right things? That is why I say that he was a born Master. We know that his higher self is doing Tapas in Satya Loka.

One of the most important works of Guruji was introducing the multi-dimensional Maharshi Amara to the world. And it was not just introducing, it was also passing on his knowledge and energies to the world. It was not easy. It was easy to just talk about Maharshi Amara's most fascinating Astral ventures. But to pass on the most important gifts of Meditation and the Spiritual knowledge to others, required deeper understanding. Only a Master could have done this. It was important to tell people that very ordinary people like us also have the potential to reach God, to reach perfection. It was important to explain, what is Spiritual. It was important to explain that being human is Spiritual. It was important to tell people that living this Life fully is Spiritual. It was very very important to pass on the techniques of Meditations to others so that they too could benefit from these very powerful techniques received from the Sapta Rishis. It was important to explain in simple words that experiences in Meditation alone do not measure our Spiritual progress and that humility is a measure of our Spiritual growth. Manifesting Love is a measure of our Spiritual Growth. Our behaviour is an indicator of our Spiritual growth.

It was important to tell that Maharshi Amara too was human. In spite of being with Gods, in spite of having unfathomable capacities, he too had human emotions. He too cried when the time was near to depart from the human body.

(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)

Although we know that the Masters are ever ready to leave the body on the instructions of the Rishis. But they too had this human part. It was not about death. As I understand it was the pain experienced as a human being to depart from loved ones. That is part of being human and such emotions should not be suppressed. There is a beauty in these emotions. After all they originate from Love; from the Divine Love in our core.

This system of ours – of Body, Mind and Intellect is Divine. Its expressions, which originate from the core, are Divine. These expressions have to be allowed to be manifested. Guruji recognised the importance to explain so many of these things. He could do it because he understood Maharshi Amara, because he practised and experienced the knowledge received from his Guru and made it his own. He could explain it because he experienced the Divine himself.

He was the best student, the best disciple and of course he is the best Guru for us. As a Guru, he made us aware of the Truths, and encouraged us to experience the Truths directly. He taught us so much through his living. Everybody who has met him would agree with me that he would vibrate unconditional Divine Love all the time. Meeting him was a Divine experience. I know people have preserved the memories of their meeting with Guruji and they relive that Divine experience whenever they remember those sacred moments. I would like to immediately clarify that those who haven't met him need not feel bad. He can be experienced in Meditation. If we can experience God, it will be like meeting Guruji.

Of course, I cannot deny this fact that meeting him physically was a great honour, a great fortune, a great experience and opportunity. But that was a beginning. After

that we had to walk with him. We had the choice. We could have decided to leave him or not follow him. I believe that the fact that we are here, it indicates that we have chosen to walk with him.



To continue the work of such great Masters, is such a huge responsibility. I do not think we have the capacities – I am talking of myself – to shoulder such a responsibility. We are too small. But Guruji somehow gives us the strength and provides us the guidance through our intuition. We have to do a lot and I feel Guruji and Maharshi Amara expect a lot from us. They expect a lot of vertical growth as I understand. At the horizontal level, taking care of this system is one thing. Thanks to Guruji, we have clear guidelines and instructions to follow. But a lot more is required vertically. To understand more, to experience more and to grasp more.

We are able to run this system with the knowledge and energies he has provided. We have clear guidelines that help a lot. But sometimes there are new challenges and sometimes we struggle. We are always helped, that too is a fact. We have to experience more and explain things with our experience. That requires huge efforts. I am just placing the facts before you. It is also my self-assessment of not having done enough. I am aware of this.

I will try my best. My team is a wonderful team. They really really work very well as one team. Every member has great devotion for Guruji. We may be imperfect but there is honesty and a pure intent. This team gifted by Guruji not only to me but to all of us is a great blessing, a great support. Without them we could not have continued this work. I will remain ever grateful to these wonderful people. Thank you. ■

QUESTIONS AND ANSWERS

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

Q: Is there something called *Naga dosha* or *Sarpa dosha*? And how do we get over it?

A: If we go to an astrologer they talk of such things. I do not know what exactly is *Sarpa dosha*. But this much I know that if we meditate regularly and if we positivise, we need not worry about any *doshas*; not only *Sarpa dosha*, any *dosha*. All *doshas* get cleared. And eventually all Karmas get cleared. That is the power of Meditations. We have to of course persist with our efforts. There is another factor. An astrologer reads the birth chart and our birth chart defines our Karmic track. Let us say the birth chart defines what type of Life we will be having, what experiences we may be going through. But, when we begin Sadhana and when we begin transforming, this track of our Life, this Karmic track shifts; it changes. We will not be going through the experiences that are indicated in the birth chart. We may be going through entirely different experiences but the astrologers may not have this knowledge. They may not have something like a dynamic chart let us say. So, they may not be able to tell us properly. Anyway, if we are meditating regularly and making efforts in positivising, we are changing our own destiny and we are obviously helped by God. Then we need not worry about any *doshas*.

Q: How do we develop more faith in the Guru or in God?

A: It's difficult to answer such questions but I tried to think what process I went through. Maybe that helps. What I understand I just place it before you. As I understand faith

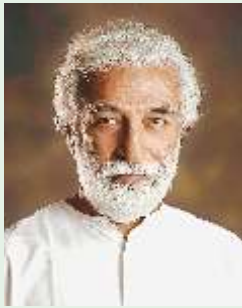
comes from knowing the truth. This is what I believe. It comes from a kind of deeper knowing. If we can experience the truth then naturally it helps us to develop faith. If we can experience God, then we know that God is Almighty, that He is supreme. He is the highest intelligence. He is a reservoir of unconditional Love. When we know all this, we naturally have faith in Him. But, to know this we have to experience Him. To experience Him, we have to meditate. And of course, we can know this intuitively also. This is what I believe, intuitively we can know Him. If not completely at least to some extent we know Him. And that helps us to develop faith. When we begin our Spiritual journey or Sadhana, we have to have faith in the process, in the system that we are following, we are practising. If it is difficult to have faith, we should at least have an open mind, an open mind to experiment, to try. We should have an open mind to experiment with Meditations let us say. Then, when we have an open mind, definitely Meditations help us to experience. Then as we go on experiencing, as we go on knowing more, we will develop faith.

Q: How to motivate ourselves in Sadhana?

A: It is really difficult for me to suggest. How do we motivate? Only thing I can say is maybe we can have more Love for God. We know that in Meditation we experience Him. We can say that we meet Him in Meditations. And we can have a kind of longing to meet Him. Maybe that longing to meet God, that can be our motivation. This is what I feel. ■

LIST OF OUR PUBLICATIONS

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Master-Pupil Talks - Vol 2	75/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
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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**)

The ever-pouring Grace is taking care of my Life to the smallest detail. Every moment I try to be alert and apply Shambala principles which bring Light in all moments. Everything has Light and my Sadhana has been to connect with that. I feel there is more Light everywhere. I tried to follow the advice given by you last time. By Divine Grace I am able to do that. I surrender to Divine Gururji, Amaraji and Rishis wholeheartedly.

- **Maithreyi Sasank**

I meditated a lot during the eclipse. Energies were very high. When I practised the eclipse technique, I felt very deep connection with the Rishis. It was a great connection and experience. I became emotional.

One day a few months ago, I experienced the sky, experienced prosperity. The same space was created in me, and I was absorbing everything inside me.

- **Nabha Bele**

From the time I have started energizing the shield, I feel more positive and there is an improved clarity in my thoughts. There is some kind of change in my attitude, which I can't name it though.

- **Ashwini Bhagavat**

Many deep issues / obstacles are getting diminished, have almost vanished gracefully. The Grace of Light and the Masters has protected us very well in the toughest of times that the world is going through. My sincere gratitude to this Path, Gururji Shri. Krishnanandaji and Shri. Amaraji and Network of Rishis.

- **Neelamegam R**

I am experiencing high level of awareness in my interaction with the outside world. There is an underlying calmness and connectedness to the Divine.

- **Amita Pradeep**

Soul cries for the real father; a kind of faith that I am never alone has developed. Meditation sometimes happens twice a day. Craving for the Divine, the 'Ultimate', has increased, as sometimes I start crying.

- **Deepa**

On 2nd November I came to Taponagara for the first time after becoming a student. I felt so happy and blessed meditating in the presence of the Rishis. I could feel the energies and presence of Masters.

- **Aparna Kongot**

Whatever course the Life is taking, Light is giving joy, Stillness and Peace. It is guiding me to choose things that will help me grow upward.

- **Veena Suruvu**

A month back, I was feeling a lot of negative emotions - dissatisfaction with the quality of my Meditations and I felt as if I had no control over my goals. I was moving further away from my Spiritual priorities. But after the eclipses, I felt an immediate shift in my priorities. It became so much easier to choose and more importantly, drop everything that wasn't important. I feel so much calmer and happier now!

The Sunday talks are so helpful! I can feel the difference in the quality of my Meditations and consequently my emotions, thoughts and the 'Stillness', even in the midst of my work! It's something that I have always wanted to achieve and it's still an on-going process, but experiencing it even a little bit is truly life-changing!

- **Shriya Sasank**

I am more detached now. My requirements, my wants and desires have all diminished.

- **Shanta Ambady**