



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 8

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – September 1992 issue)

The morning was very beautiful. The previous night's rain had added the cool freshness and life. It was then that I wondered "What am I doing here in this city of cement blocks and smoking vehicles!" I wanted to transport myself immediately to the village and sit in Meditation; to experience the Divine that has so much of beauty, Peace and Love in its bosom and was waiting for me. I wanted to enter It and remain there till the end.

Then, I remembered my work, commitments and promises. I cannot ignore these. But some day, I have to wind up all these, and go. To the village; to the Ashram. My roots are there, before that, if I can open up some people to the Higher Life and God I would be happy. If some could pick up the torch and guide— But, I am aware that it is foolish to worry about such details. The Divine has Its plans. There are others in the Network. Life glows by itself. We are just excuses.



I am used to people declaring "I am your disciple," "I am at your feet, mould my life," "I will follow your Path, help me" etc. The intentions are genuine and the expressions are from sincere depths. But as the time passes on, Sadhana grows and the transformation begins, the devoted students begin to feel uncomfortable. They hold on to their own weaknesses and resist the change. They exclaim – "It is my nature. I cannot change," "I want some time," "I am only a human being!" "I know I am wrong but -" etc. I feel amused and am not surprised at all. In fact, I expect these. I know that the Road is not easy. It is here that my work faces challenges.

First, I do not laugh at the shortcomings. They are natural. Then I help to outgrow these. The Spiritual push here helps to cross all hurdles. Meditations bring strength. And the transformation gradually occurs. Gradually but surely. But the student should have faith; absolute trust in me and the Path. He should become clay in my hands. Then only I can mould. This also answers a question "Why can't you help those who want to share your Vision?" One has to give up himself for change and Growth. We find God only after surrender: total surrender. ■



MANASA FOUNDATION (R)

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Phone : 99000 75280 (10 AM to 5 PM)

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



MEDITATION CLASSES

Held in Taponagara on Sundays

Basic Class – 10 AM to 11 AM
Regular Class – 11 AM to 1 PM

Held in Bangalore City on Tuesdays (7 PM to 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar
at Sri Vighneshwara Temple
1N Block, 5th & 6th Cross
Rajajinagar

Wednesdays (7 PM to 8 PM)

at Arya Samaj
C M H Road, Indiranagar
at Hymamshu
4th Main, Malleshwaram
at Maruti Mandira
Vijayanagara

Thursdays (7 PM to 8 PM)

at Devagiri Venkateshwara Temple,
BSK 2nd Stage

Saturdays (7 AM to 8 AM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM to 8 PM)

at Devagiri Venkateshwara Temple,
BSK 2nd Stage

Held in Anekal

on Mondays (6 PM – 7 PM)
on Tuesdays (6 AM – 7 AM)
at Saptarshi Dhyana Kendra

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

<https://www.facebook.com/lightchannels>
https://www.lightagemasters.com/lc_live
<https://youtube.com/RevolutionByLight>

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 83rd Birth Anniversary was celebrated at Taponagara on 22nd May 2022.

NEWS AND NOTES

- With opening of schools, our Light Channel Volunteers have begun visiting schools to conduct Light Channelling sessions. Several sessions are being conducted daily in many schools. Our Volunteers who missed visiting schools for two years due to the pandemic, are all working with a renewed enthusiasm.
- A guided session of Light Channelling is being conducted every third Sunday of the month. Anybody can participate in these sessions from their own places. They can join us on www.lightagemasters.com/lc_live. Please feel free to invite your friends and family members to join and support this silent Movement towards World Peace. The next session will be held on 17th July.

During Ashadha Masa, which begins on 30th June we get wonderful and great energies directly from Parabrahma Loka. We can meditate more during this entire month and absorb these energies. They peak on Guru Poornima, the Full Moon Day, which falls on 13-7-2022. On that day meditate as much as possible, and in the night before going to bed, imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.

MEDITATION ON SPECIAL DAYS

07	Thu	Shukla Ashtami
09	Sat	Shukla Dashami
13	Wed	Guru Poornima
17	Sun	Dakshinayana begins
21	Thu	Krishna Ashtami
27	Wed	Masa Shivaratri
28	Thu	New Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12 Noon - 1PM
10-7-2022	Shambala Group meeting at 2PM
13-7-2022	Guru Poornima Special Meditation: 12 Noon – 1PM
17-7-2022	Ra Group meeting at 2PM
31-7-2022	Akhanda Dhyana (Light Channelling): 11AM – 1PM

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

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

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

Some years ago, I was about to leave the office late in the evening by car but could not start due to heavy rain outside. Somehow the driver drove the car from the office premises to the office main gate. We could not move forward as the wipers were stuck in the middle and there was no visibility. I prayed to the Light and channelled It to the car. The driver and others did not know about it. Suddenly, the wipers started working and we could move. It was a miracle. I was very happy and thanked the Light. When we reached the town, the rain had almost stopped, and the wipers also stopped! The driver tried to use the wipers but they did not work. I once again thanked Light for the help.

Recently, when I was travelling on my office bus, my colleague who was also travelling on the same bus sent me a message that he had severe back pain. I channelled Light to him for some time. Later I received another message from him that the pain had reduced.

- Harikrishnan V., A Light Channel

I had taught the Light Channelling technique to my farmer friend Shri. Vilas Patil from Takari, Sangli. Today he narrated his experience. One of his buffalos was not conceiving for the past 2-3 years. He tried to get help from many veterinary doctors but was not successful. He was worried because if the animal doesn't conceive for few years, it becomes infertile and the milk yield from it stops. After learning about Light Channelling, he started channelling Light to this buffalo. Now she is pregnant. He said that this had become possible due to help from the Light. Light works in such a great way also. It can make an infertile animal fertile.

- Santosh Kore, Light Channel Volunteer

Online Light Channelling session was conducted on 1st February 2022 for the 7th class students of N. M. V. Girls School, Pune. 39 students participated in the session. This technique is useful for increasing self-confidence, concentration and patience.

- Mrs. Nita Madane, Teacher, N. M. V. Girls School, Pune

Light Channelling session was conducted offline in the school for the 9th class students of N. M. V. Girls School, Pune. After the session they said that they were feeling very different and peaceful.

- Ms. Smita Kanade, Teacher, N. M. V. Girls School, Pune

We will be finishing the course in a few days and there was fear in my mind about the future and getting a job. Now, after channelling Light I am hopeful and at peace.

- Priyanka, Student, The Association of People with Disability, Bangalore

I was worried about my family. After practising Light Channelling, I find relief and I am at peace.

- Viswanath, Student, The Association of People with Disability, Bangalore

We conducted Light Channelling session in Limaye Vidya Mandir, Diveagar, Raigad. Smt. Adhulkar, Principal of the school and her husband participated in the session. After the session Shri. Adhulkar told us that before we visited them, they were discussing a problem due to which there were tensed. But after channelling Light he felt very fine, cool and was free of thoughts.

- Santosh Kore and Suchita Kore, Light Channel Volunteers

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)

November 2006

Last time we had mentioned about maximizing the help in Sadhana.

In this background, I would like to highlight one or two points. You have to contemplate on these points.

What can we do to maximize help? We can give more energies. We can remove certain hurdles. These hurdles come from our own past Karmas. The Karmas themselves have this intelligence. All energy, all vibrations have their own intelligence. The Karmas themselves play on us. They come in the way and they discourage, dissuade Meditations. So, the Rishis try to remove the influences of these Karmas.

Whenever people struggle in Sadhana, I tell them, "Focus only on your Sadhana. Do not get confused with the work." What I am trying to say bluntly and straightly is like this - "You don't have to take part in the work. Focus on Meditations. You don't have to know about the work. You can focus on Meditation." Slightly extending the same concept, I say that you need not try to understand the knowledge we have. You need not read Descent of Soul. You need not read the newsletter. (Of course, this advice I need not tell you. You are already following this!) You need not do anything. Just meditate. Even there the Rishis give a push. But you have to make a minimum effort. If you cannot do that, I have to say, 'God help you.' A minimum effort is absolutely necessary. The minimum effort could be a mere intention, "I want to meditate." Make that great Sankalpa - "I want to meditate." That is enough. The Rishis will go out of the way to help you. I am not saying that you should not know or understand the knowledge. Usually, people understand

the things in the way which is convenient to them. I am not saying that you should not read newsletter, or should not read Descent of Soul. I am not saying that. It is better you know all the knowledge passed on by the Rishis. You must understand the knowledge. But if you can't do this, at least make this Sankalpa to meditate. That is the least you can do.



Most of the times, it helps to remind ourselves occasionally, "Who are we? Why are we here? What is our goal?" If not all these three, at least if we remember who we are, we will not be wasting time on things that we are wasting on. We are not these bodies, we are not the people that we appear to be. We are souls. We are the Rishis. Not only are we capable of realization of these truths, of enlightenment, but we can even help others realize the truth. We have such great potential. We have such great qualities. Somehow, we are not doing that. We think we are just helpless people or useless people. No, we are not. We are Light, we are God. I think this we have to keep in our Awareness. This Awareness itself will make a great difference, believe me. You try this.

Between the intention to meditate and the actual practice, between the desire to practise and the actual practice, there is a gap. How to fill up this gap? We want to meditate today, but somehow, we cannot meditate. Why do we have this gap? And how can we fill up this gap? I have realized that this can be filled up only by effort. We have to make an effort. Make an effort at any level - physical, mental or intellectual. At the physical level, drag the body against its will, make it sit and ask it to sit in Meditation. The body will

always resist. Compel it. We can always command our body. Be aware, the body is not you. You are the soul. The body is our own subservient entity. So, make this effort at the body level. After some time even the mind joins; even the intellect joins. There will be good Meditation. Maybe the body protests the first time, the first day, the first week. But do not let it escape. You can make this effort at the mental level also. Mind means feelings, emotions. You try to feel, "Yes, I want to meditate." Similarly have a strong thought at the intellectual level that you want to meditate. Today you have this strong thought, strengthen it tomorrow also. Somehow, you will see that after some time, at all these levels of body, mind and intellect, you will be meditating.

To maximize our effort, we are also trying to simplify these techniques. They are simple as they are. We are going to make them simpler. We are working on that. Again, we have the seven stages. After Chakra Activation, we have other stages. We are going to simplify even this, because we have advanced into Satya Yuga. So, as we advance, the techniques become simpler, the stages become shorter. Before 1974, people had to spend one and a half years or more than two years in each Chakra. My Guru said that after 1974, after Satya Yuga began, they reduced it to six months for Mooladhara Chakra. Now we have reduced it to just one month. We can even skip the Chakra Activation stage. But we found that it helps when we go through this stage. We can give the techniques of Samadhi Yoga straightaway to every one of you. So, with all this we are going to simplify the techniques and shorten the stages. It is to maximize the help. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

22-05-2022

I wonder many times, why Guruji had to go through so many difficulties, so much of hardship before he could start this Centre of the Rishis. Was it really necessary? Was it destined? My understanding is that it wasn't destined, but he had to go through it. That is a fact. He took birth to start this Centre of the Rishis. That was the purpose of his Life - to begin this Centre of the Rishis - and then of course through this Centre pass on a lot of knowledge, a lot of energies to the world. But was the hardship necessary? I somehow feel, he needn't have gone through it. It wasn't required for his personal growth. He was a Master already. He was a born Master. The hardship wasn't required for him. Then why did it happen? I feel it happened because certain people somehow chose not to be aligned with him. People who could have chosen to align with him, chose a way which was not in alignment with his purpose of Life. That's why I feel that the destiny depends on so many factors. For ordinary people like us, it depends mainly on our choices. But for Masters like him, it depends on choices of others also. Through this Centre, so much of Light could be passed on. It continues even now and is becoming stronger day by day.

Rishis could pass on so many different types of energies through this Centre. One such energy was the Maha Kundalini energy. It was a great event. In the year 1996, on the day of Yugadi, early in the morning as Guruji began worshipping, his Awareness was drawn to Devi Loka. He saw a huge form of Devi. She was dazzling with brilliance

of billions of Suns. Then Guruji began expanding and began gathering great energies containing great wisdom, great knowledge, Love and Peace. Then his Awareness was drawn back to this level and he realized that these energies were spreading through him and filling up Taponagara. I don't know whether such events will ever be known to people in the world. These energies are not meant just for students of this Path or people of Taponagara. These are meant for the whole world, for everybody. And maybe, the future puranas will record such events and people will know about it.

Anyway, when his Awareness came back to this level, he observed that the core of these energies which were spreading in Taponagara, took a form. The Rishis named the form Maha Kundalini. That is how, Maha Kundalini energies were brought down to this Earth. Then the Rishis built an Astral chamber and stored these energies. But then, these energies had to be passed on to others. How could the energies be passed on to others? Of course, through Guruji they could be passed on. Whenever Guruji met people, the energies would automatically reach them through him. His body acted like a transformer. But the Rishis are always expanded in their vision, in their thinking, in their intent. To make these energies available to everybody, this Kundalini structure was built. These great energies are in very subtle form, and it's difficult to absorb the energies directly. To make the energies available to everybody, a structure was built. The structure works as a transformer. It makes the subtle

energies of Kundalini, slightly grosser. When we sit and meditate in the structure, it is easier for us to absorb the energies. There is so much of thinking behind everything that is done here. The structure also helps people to connect with the energies. People can imagine that they are sitting in the structure and they can receive the energies. Then through them, the energy spreads to others. That is how the energy keeps spreading to the whole world.

Anyway, I was saying that Guruji needn't have gone through the hardship. The Masters of course never complain. They never grumble and do not develop bitterness. They go through everything as God's wish. That's their surrender. That's their humility.

Guruji passed on unique knowledge to us. He passed on small hints, smaller points to practise, to strengthen our Sadhana. One such point for example is, "Meditate and Positivize". These smaller points are like *sutras*. Technically I may not be correct, but I believe that these are like *sutras*. It is profound knowledge condensed into a few words. They are easy to understand, although may not be easy to practise. If we understand and perfect practising any one *sutra*, we can reach God; we can reach our goal. Another such small point is, "Being good is being Spiritual." We can go on contemplating and we can go on understanding more and practising more. Another such point is, "Humility is the measure of our Spiritual progress". What a great point it is. It comes from Maharshi Amara, who was a personification of humility.

(Contd. on Page 6)

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail to those who cannot attend the Meditation Classes in English, Kannada, Marathi and Hindi languages. The Registration fee is Rs. 2500 for students living in India. 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 students living in India. For students living outside India the 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)

Another point Guruji used to repeat quite often was, "Celebrate Life." Guruji was the finest example of how to celebrate Life. He was always busy with the work of the Rishis, and yet, somehow, he would find time to watch the moon on a full moon day. Whenever he went out to work, he would somehow find time to enjoy a cup of coffee in a coffee shop. He would somehow find time to go to a musical concert. He loved movies. He would find time to watch movies. He lived life to the fullest, and he was the busiest person. And yet, whenever we met him, he would have all the time for us. It was as if time used to expand for him.



I always wondered about the energy he had. Some of us were fortunate to travel with him. He wouldn't want to waste time, and it would be a hectic schedule always. At the age of 70, and with such hectic schedule, we never saw him looking tired at any time! I remember, when we went to Mumbai for a program once, we took a flight very early in the morning. He was busy working till late in the night and could sleep only for 15 minutes. But we did not see any trace of tiredness during the program in Mumbai or while travelling back to Bangalore! We would feel tired, but he would look so fresh and energetic. It must be - I thought - that every moment for him is spent in the company of God and maybe that was the secret of his energy.

He carried Peace, Love, Hope and Life force always. When we met him, we would receive these from him. We would be suddenly so full of Life and Hope. We might be going through a difficult

situation, would be in distress, but after meeting him, we would have all the hope in the world.

We should be able to relive those moments, should be able to feel his presence again. To reach such a state, is our Sadhana. Someday, I am sure, all of us will be able to reach such a state. We would be able to feel his presence with us, as if he is physically with us. Then we will be able to face any challenge in the world, without any problem.

I remember Guruji used to say, "I do not miss Amara." He used to say this because he would be in link with Maharshi Amara all the 24 hours. Can such a thing happen to us also? I think it is possible. That is the potential we carry. Maybe that is our Sadhana.

These are the days and these are the moments, which are very sacred. Thank God, we are here to experience these fortunate moments. I am not talking of only people who are physically here. Even people who are watching this webcast, and those who may not be watching but are linked mentally. We are all fortunate to be present in this very sacred moment. In this moment, we can re-dedicate ourselves to our Spiritual goals. We get great help from the Masters. Guruji used to tell us that just being in the presence of these great Masters, burns many Karmas. Then of course, from our side, we have to continue to hold on to this push that we would have received in our Sadhana. We have to make efforts to advance or to remain at least at the level to which are shifted to, today. What do we have to do for this? We have to positivize and live Life fully. We have to manifest Love. That was another Mantra Guruji used to give always. ■

QUESTIONS AND ANSWERS

(By Guruji Krishnananda)
(Compiled by Shobha K Rao)

Q: Why do you give so much importance to Meditation?

A: So much importance to Meditation is given because it is the highest Sadhana. It is a doorway to our inner world and other dimensions.

Q: Are Asanas and Pranayama not important?

A: They are, in the beginning.

Q: Can we skip these?

A: Yes, unhesitatingly.

Q: What about their benefits?

A: You get them automatically. When we were in the denser energies of the previous times, all these were essential. We have now moved in Time. And after some time, when we would have moved sufficiently ahead in Time, even Meditations will not be necessary.

Q: What do we practise then?

A: We do not have to practise anything! Because we would have become the object of Sadhana then. We would have attained Perfection and Freedom.

Q: Does it mean then that even if one does not do any Sadhana, one would attain the stage of Perfection and Freedom just by virtue of being in that Time-frame?

A: Yes.

Q: Then we need not take up any Sadhana now?

A: We need not. But we have to, when there is an opportunity to awaken earlier. We should not miss it and wait for time. It is choosing the best at all times - now! And by awakening earlier, we can help others to come out of the darkness of ignorance.

Q: What happens if we do not take up Sadhana now?

A: You will not be at fault, but you have to keep up with the pace. If you do not, you will be pulled up. It may hurt you.

Q: Hurt, how?

A: It is difficult to specify. It depends on the individual's degree of stubbornness to hold on to the past attachments. Problems of all sorts may confront us.

Q: If we do not hold on, do the problems vanish?

A: Yes. Problems come to us to teach us lessons. Once we learn the lessons, they vanish.

Q: It looks too simplistic. Is it true?

A: Yes. Why don't you try for yourself? You need not accept anything from me blindly.

Q: But, how will I know which is the lesson that a problem brings?

A: If you are alert and open, you will know by your intuition.

Q: But, how can I be certain about it?

A: Your intuition will never fail you. You can make out. And your Meditations keep your intuition sharp.

Q: If I cannot understand?

A: Then you can take my assistance. But you are now just speculating and are not actually trying to experience. This is how intellectuals move around in circles without ever reaching the Truth. That is why I always insist on Meditations; actual Meditations and not merely reading and talking!

Q: Have you gone through these stages?

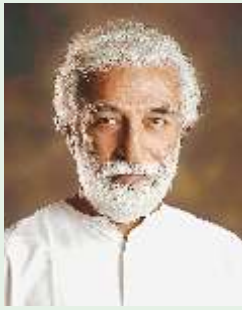
A: Yes. I have erred and faced problems. And I have learnt many things from them.

Q: Are you perfect and free then?

A: I do not know. About perfection I cannot speak. But I am free. I am free from attachments, anger, bitterness, want, unhappiness... I did not waste time in mere speculation. ■

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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)

All these days, I had taken it for granted, but now don't know how things are taking place. I cannot say anything that "I have done it". Even a day-to-day activity or moment to moment breathing is so automated, can't know it's source. I am living in awe!

- Shantha Kumari H. S.

I am accepting people and situations and practising gratitude more. Also, prioritizing Spiritual wellness and growth more every day.

Light Channelling during the eclipse was wonderful! The general vibe and Meditations after the eclipse were calm, peaceful and satisfying!

The Orientation class was also amazing! Practising techniques with the Manasa Family (even virtually) was wonderful. My favourite technique in every Orientation is receiving Light from Lord Kalki. Every time I begin practising it, from the first moment, although I can't see anything, I feel His energies and His Love. I become emotional immediately for some reason; the whole experience is blissful, and I am left with that bliss for several days after that.

I have nothing but gratitude and Love for our Manasa Family. Thank you!

- Shriya Sasank

While attending the Orientation class via webcast, I experienced a kind of warmth in my chest area while receiving energies from Lord Kalki. This is the first time I have attended the Orientation class. It was such a soul satisfying experience. I feel I have been given a great thrust in my Spiritual journey. I heartily thank you all Manasa family members for organizing such a wonderful session and making all External Guidance students feel the

presence of Gururji with us. Over and above all, I thank our beloved Gururji, Maharshi Amara, Master V, Sapta Rishis and the great Light for blessing us with such opportunities.

- Ashutosh Bhatt

It is beautiful to be part of this community. I continue to learn to champion for myself. I continue to feel the movement of warm energy, receive spurts of energy while I am still and realize the Love of Gururji and the Sapta Rishis who continue to guide me back to Light.

I continue to work on my speech and articulation. I get angry but have started working to forgive myself and others. I have been praying for world Peace and see some of my behavior in action-reaction sequences. I am trying different ways to improve my memory. I have started being inclusive of the people I think have hurt me.

- Smitha Shetty

In the month of February, I underwent Cataract operation. Before the operation I prayed to Gururji, Rishis and Santoshi Devi. Immediately I saw a hand removing the thin layer from my eyes. At the same time the palm was placed very gently on my eye. I felt as if peace was being passed to my eye! I felt very light and cool. I am wholeheartedly grateful to Gururji, all Rishis, Santoshi Devi. I am blessed.

- Mridula Malpani

Light always helps me to keep myself calm. Light always helps me to think positively and to move forward. Light has given me immense strength to face the challenges in Life.

- Devadas Thokur