



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 7

June 2022 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – April 2006 issue)

It is Spring-time. The trees are wearing a new coat of lush green leaves. There is new life in Nature. I wait for Spring every year to dance with the young leaves, to be born again with the pure innocence of Life. I wish others also share the joy of Birth and Life.

Truth, as it is, impacts. It does not require any publicity. Truth is simple. It may not attract immediate attention of all. It takes time to touch every one. It has its pace, its ways and laws. But, ultimately, it reaches all. There is no doubt.

But we have to wait. We have to wait till people are ready to receive it. If we rush or push, people do not accept it. If they have to accept, we have to dilute it, ornament and hype it. If we do these, then, it would not be the Truth, the whole Truth. It would be part Truth; part falsehood.

Masters like Gandhi, Ramana and Amara lived the Truth; did not try to hype. Truth walked along with them; flowed from them.

I have seen people cramming Knowledge from books and talks. They know everything. They think so, at least! Does it help? Knowledge helps academically. It helps in work and Research. People may lecture and write books. And may get prizes. Does it help them to live better? I do not know!

Knowledge is not wisdom. Knowledge becomes wisdom when we make it go through the fire of Experience. Experience of expanded emotions, elevated thinking and higher Consciousness. Experience alone brings us the Truth.

To experience, we meditate.

Eclipses: The Astrologers predict ominous occurrences on that day. They do occur, sometimes. But the influence of Eclipses work months before and after their occurrences. They help drastic and important changes globally and individually which help the Transformation.

For us, the Meditators, Eclipses always bring elevating changes. ■



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

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)

Newsletter 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.



Orientation class was conducted at Taponagara on 4th May 2022.

NEWS AND NOTES

- Guruji's 83rd Birth Anniversary was celebrated at Taponagara on 22-5-2022 and at our Saptarshi Dhyana Kendra in Anekal on 18-5-2022.
- E-book versions of our books "iGuruji – Vol 1, iGuruji – Vol 2 and Quotes from the Rishis – Vol 2" were released during Guruji's Birth Anniversary celebrations on 22-5-2022.
- Audio versions of our books "Doorways to Light" and "Practising Shambala Principles" were released during Guruji's birth Anniversary program on 22-5-2022.
- The Orientation class was held in Taponagara on 4th May 2022. About 90 people had gathered in Taponagara and about 130 more joined online for the class. Many could feel the presence of the Rishis and experienced deep Peace.
- Meditators gathered in the Meditation hall in Taponagara, to channel Light during the Solar eclipse on 1st May and the Lunar eclipse on 16th May.
- Shambala Group members received special initiations from Shambala Masters on 8th May 2022.
- The RA group members received

special energies of RA on 15th May 2022.

- Special online Light Channelling session was conducted on 15th May 2022 from Taponagara. Many joined online from different parts of the world to channel Light.

MEDITATION ON SPECIAL DAYS

02	Thu	Lord Kalki's Birthday
07	Tue	Shukla Ashtami
09	Thu	Shukla Dashami
14	Tue	Full Moon Day
21	Tue	Krishna Ashtami
27	Mon	Masa Shivaratri
29	Wed	New Moon Day
30	Thu	Ashadha Masa begins

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
---------	---

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.

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)

We had taught Light Channelling to one of the teachers in a school in Pune and the students of her class. Another teacher from the same school was suffering from cancerous growth in her stomach and was in pain. The teacher who was taught Light Channelling, started sending Light to her for healing. Miraculously the test for cancerous growth came negative in the last few weeks. Now she has no pain. They are thankful to Light and our Guruji.

- Santosh Kore, Light Channel Volunteer

Yesterday I channelled Light with an autistic boy and his mother in our regular group channelling session. She told me that yesterday her son showed small changes in his character, especially in his speech. He expressed his feelings, and his relation with other people. Her husband was really happy with his performance. She thanked me and wants to join the group channelling whenever possible.

- Maithreyi Sasank, Light Channel Volunteer

A person residing in my building was suffering from pre-cancerous symptoms. I started sending Light to him. After a few weeks I found positive development in his health.

My parents live in Sarsam village, Nanded District. They were facing health and socio-economic problems. So, I started sending Light to them. Now they are happy and in good health, and they are getting bumper agricultural production, so much that now they are having a storage issue!

- Rahul Sarsmkar, A Light Channel

The effect of positive thinking is enhanced by the practice of Light Channelling technique taught by Manasa Foundation, Bangalore. It also increases happiness, peace of mind and creativity. It is a beautiful tool without any restrictions, that leads us to God.

By constantly embracing it, we can overcome the stress of daily Life, and we can solve the problems with a calm attitude.

Light helps a lot to live a simple Life with happiness. I really like the practice of Light Channelling. I have accepted it as a Spiritual seeker, and as a teacher I want to spread it everywhere.

- Vijayashree Mahadik, A Light Channel

I was in need of an induction compatible fry pan to manage the morning rush. I bought a set of one induction compatible fry pan and two saucepans. But to my dismay, I found that none of them were working on my induction stove. Since I did not want to accumulate more pans, I resorted to the only other way I knew. I explained my problem to the Light and prayed to It for help. Then I channelled Light to the fry pan and placed it over the induction stove. It started working! Encouraged by this I tried the same with the other two saucepans, which are of same make with similar metal and base. But they did not work. My real need was taken care of. The saucepans are not my immediate necessity. Light knows better!!

- A Light Channel

I joined the Light Channelling sessions when a Regular Light Channelling Centre was started in a temple near my house in Cooke Town, Bangalore in November 2012. Practising Light Channelling has become a part of my Life since then. I love to channel Light for 30 minutes every evening. It has become a daily routine now. It helps my physical and emotional well-being. Thank you.

- Shanti Rao, A Light Channel

I was in a confused state before the Light Channelling session. But after channelling, I feel very relaxed.

- Omkar, Student, The Association of People with Disability, 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)

November 2006

We have everything in us, including goodness and even badness. All negative things are in us. They are in us because they are in this world, on this earth. And this earth was created to be so. Sometimes there is a lot of good and sometimes there is lot of evil. But it is there – good and not good. Sadhana is to rise above this, that is all. It is a very beautiful point. We have to accept it. We recognize this negativity in others because it is there. Unless I know what anger is, how can I recognize it? It is a very, very beautiful point.

One or two points which I am going to mention may appear familiar but there are subtle new points that we have to recognize.

I speak of experiences very briefly. Whenever we have an experience or to be slightly humorous, whenever a person has an experience, I will receive an e-mail. “Why? What is this? What is the meaning of this?” etc. It is natural. Whenever there is an experience, we try to understand it. Yes, sometimes these experiences have messages for us – Individual messages. Sometimes there is a meaning to an experience, and sometimes a kind of significance. But many times, we find none of this. We have an experience and we find no message, no meaning, no significance in it. Why do we have an experience, what is the benefit of this? This is the most important point.

Whenever there is an experience, there is always an effect, a Spiritual effect. Whether we understand the experience or not, whether the experience has any meaning or not, there is always an effect. This is the most important point. We have to slowly understand, what is that effect that we have.

Sometimes, an experience activates a process. We are not aware of it. In fact, we are not aware of many things. We are not aware of all the processes that are going on. An experience activates or triggers a new process. Sometimes an experience takes us into a higher state, a higher stage of Sadhana. Sometimes, an experience initiates us, shifts us spiritually. So, whenever you do not get a reply from me explaining the experience, don't feel disheartened. The experience has had a Spiritual effect.

Sometimes I have literally seen experiences clearing Karmas. Major Karmas are cleared by having good or mostly bad experiences. Here I have to remind you of the greatness of the Rishis, the grace of Rishis. If I have to go through a very difficult situation, because of a very bad Karma, the Rishis out of their kindness, will not allow me to go through it physically. They will just give me a nightmare, an experience. They will give me a dreamlike experience, a nightmare. In that, they clear a very bad Karma. The more we understand these things, the more we get amazed.

After all these years of association with me and the Rishis, I want all of you to realize that a Rishi is not just like a spirit. When you come seeking an interview with me, always remember that you are not coming to meet me. I am just a human being. You are coming to meet a Rishi.

What I am trying to make you realize is this – We have such great Masters. And we have very great problems, situations. You have to bring them to the Rishis. Sometimes, one major problem you solve, and all other problems get solved automatically. So, we have to remember always that we are going to meet the

Rishis. You have to take them very seriously. We treat them like *Mantravadis* – “I am having this, give me a cure, give me a Mantra.” All Mantras and all advices sometimes go waste because we don't really catch the essence.

Some people struggle a lot to meditate. I notice this fact from the letters I receive, from my interaction with students and from the e-mails. I always try to understand, why is this so difficult for this person? A person says, “I cannot sit at all; I cannot meditate; there is no motivation at all. I have stopped meditating. Please advise me.” He has questioned and he has answered all the questions by himself. What guidance can I give him? My guidance has to be only – stop Meditations. What else?

I want to help these people. I wonder, why is it so difficult. And this person is not just casually making a remark. He must be having real difficulties. I try to understand. Why is it so difficult? I decided to maximize our help to everyone, not only to these people, so that we will not struggle in Sadhana. This idea from the Rishis comes out of great Love. Everything comes from great Love from the Rishis. They will never say, “No. You can't meditate. Get out.” No. We try to sit along with these people, try to understand the reason behind their inability to meditate. Most of the times, it is the lethargy. Lethargy again is not of the individual. All of us have this lethargy including me. We can't get up in time, we can't do this ... we try to find some excuse to postpone our Meditations. All this is there. But there is lethargy in nature also. How to shield ourselves from this onslaught of energy? We are trying to find ways. We are trying to maximise the help in Sadhana. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

10-04-2022

All of us get a lot of help from the Rishis. We know that they are in our lives. They are an important part of our lives and their presence in our lives brings so much of strength to us. If we can be aware of this fact, it brings a great hope and strength to us.

Can the Rishis magically remove problems from our Life? Of course! We know that they can do it. They have immense powers. They can do anything. But I believe that they do not interfere in our Karmas. They help of course, when things become very difficult for us, when we are unable to manage on our own. They go out of the way to help us. That is a fact. But generally, they do not interfere in our Karmas. We have to work out our Karmas. That is one point.

Another point is that they do not interfere in the process of our learning. It is possible that to learn something, we have to go through an experience. It can even be a painful one. If the Rishis come in the way and remove this painful experience, then that may affect our learning. We may not learn the lesson that we are expected to learn. That is why I feel that they do not interfere in the process of our learning. But they are there always to help us. This awareness makes a big difference.

Talking about painful experiences, today morning one of our Volunteers forwarded a quote from Eckhart Tolle. I do not remember the exact quote. But it said that any situation in our Life is fine by itself. I mean, there is no pain or suffering in the situation. But it is our resistance to it that causes pain and suffering. How beautiful it is! Anyway,

because I was talking about painful experiences, I thought of mentioning this quote. These experiences help our Spiritual growth. The main concern of the Rishis is our Awakening and of course our wellbeing. There is no doubt about it. But when we are awakened, wellbeing comes automatically to us.

The awareness of the presence of the Rishis in our lives brings immense strength to us and as we remain aware of their presence, we have to continue to make efforts to grow. As we grow, our Karmas are removed, burnt. Then we can have a better Life. I can't say that we can have a problem free Life, but we can have a better Life. I think as long as we live, we will have problems because we are living in an imperfect world. We are also imperfect of course. We are moving towards perfection. The imperfections in the world bring problems. Our imperfections bring problems. But as we move towards perfection, problems may not vanish, but we will not be affected by the problems, we learn to deal with them. Once we become perfect, we begin living for God; for others. Anyway, coming back to this point of remaining aware of the Presence of the Rishis, Guruji used to give a technique. We can be aware of the form of a Rishi, full of Light in our mid-chest area. It helps us to remain aware of their Presence in our lives.



Guruji had explained that before any event takes place at the physical level, it takes place at the Astral level, 72 hours before it physicalizes. A person asked me a question, "If that is the case, then where is the freewill?" We have learnt

that an event which occurs at the Astral level, can be altered or prevented to occur at the physical level with our Spiritual efforts in these 72 hours. If there is a sickness, if we are meant to fall sick, we can prevent it. If we have to meet with an accident, we can prevent that accident. So freewill operates at all the time, at all the levels. There is another fact. What happens at the Astral level is not something created by God; that is also our own creation. I am talking of individual destiny. What happens at the Astral level is also because of our choices at this level and at the Astral level. We create that situation and things happen there and then they physicalize. So freewill operates at all the levels.

Guruji used to say that with Meditations, with our regular Meditations we can prevent an accident or a sickness. I remember one incident Guruji used to mention. He had a vision once that he was riding a two-wheeler and a boy came running suddenly. Guruji's two-wheeler hit the boy. It was a serious accident. Guruji came to know – it was a kind of a premonition – that such an event would take place. Rishis also told him to be careful. Then one day, while Guruji was going on his two-wheeler – Guruji would always move very slowly – at one point he suddenly saw the same boy which he had seen in his vision. The boy was wearing the same shirt Guruji had seen in the vision. He was running, and although Guruji stopped the vehicle, somehow the boy hit the vehicle. Of course, nothing happened. Nothing happened to Guruji and nothing happened to the boy.

(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)

Guruji mentioned to us that the event could not be avoided, but a serious accident was avoided. It was a touch and go. If we are regular in our Meditations, if we are sincere in our efforts in positivising then any such events, whether we are aware of them or not, will be prevented. Many such things will be avoided in our lives. We will not be knowing. Sometimes we will have a kind of premonition. We can meditate regularly, positivise and prevent such an event.

I came across another very interesting incident mentioned by Guruji in one of his talks in 1995 or 1996. He said that one of the workers associated with work here in Manasa had built his house. It was his house warming ceremony. Guruji prayed to the Rishis and the Rishis came, blessed. Guruji saw that the Rishis had brought the worker's father who had passed away. This was very unusual. Generally, we know that once a person passes away and goes away from this earth, they are not brought here. This must have been a very special case. Because of Guruji's presence and Rishis' blessings this was made possible. Then, in the same ceremony Guruji saw another person – who was alive at that time – who came and attacked this worker of ours. Guruji mentioned that it was his uncle who was living at that time. He did not come physically or even astrally. He was carrying lot of hatred and jealousy for this worker. The energies of his hatred and jealousy came in the form of that person and attacked him. Guruji could see it. Anyway, we have to be careful about what we think of others. If

we carry very strong negative emotions, then we can harm the person and in the process, we harm ourselves, because what we do to others, comes back to us in multiples.

A person, who was in a very helpless situation called me one day. She wondered, in spite of regular Meditations, in spite of efforts in living a very proper Life, very Spiritual Life, in spite of manifesting Love, why she had to undergo this pain? She wondered, what serious Karmas had she done to go through this pain? While talking with her, suddenly this flashed to me, "It is not always the Karmas that bring pain to us. People around us, they have their freewill and they make choices, which we may not agree with. We don't want them to make these choices because we know, we can see it that they are making a mistake and that they are going to have a problem and that causes pain." But then what can we do? Every person has freewill. We have to allow that freewill to operate. We can't control them. That is one factor. Another factor, which I thought is a reality, is that so much is happening in the world. There is so much pain in the world. There is turmoil and chaos. Our earth is at a particular level of Spiritual evolution, people are at a particular level of Spiritual evolution, and we have to live with them. We ourselves have not reached perfection. This causes problems and we have to share the burden of the pain of the turmoil in the world. The choices made by a person closely associated with us, affect us. The pain cannot be avoided always. It's not always the Karmas. ■

QUESTIONS AND ANSWERS

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

Q: When Light is everywhere and I am able to receive the Light, then everyone else also can receive the Light. Then why do we need to spread the Light?

A: Yes, it is true. If we can receive the Light, then everyone else also can receive the Light. The Light is everywhere, available to everyone, but It is in a very subtle form. We have to receive this Light with our intent, with this awareness that Light is everywhere. When we pray and intend to receive the Light, the Light obliges and comes to us. Everybody may not be aware of this fact, that's why we have to spread It. This subtle Light becomes slightly grosser when it passes through us and spreads around. When we spread the Light, we also spread the vibrations of Love and Peace. The Light which is slightly grosser can be received by others. The vibrations of Love and Peace touch others. That is why we have to spread, we have to channel Light. This is like a duty we have towards the world, because we are more aware, because we have been given this knowledge of Light. It is like a duty we have towards the world. We have to channel Light.

Q: While meditating and channelling Light the thoughts arise and divert my attention. Is there any guided Meditation which will help me remain focused?

A: This is a very common problem. Every one of us would have gone through this and even now we deal with this disturbance of thoughts. I think only with practice and more practice, we will be able to get over

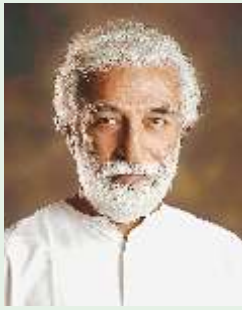
this. We have to go on ignoring the thoughts and we have to keep our focus on the practice of the technique. With practice we will be able to experience Stillness for a few moments, and as we persist with our practice, we experience Stillness for longer moments and then for even more longer periods. About guided Meditation, somehow Gururji did not encourage it, because in guided Meditations there will be instructions that will be given constantly and we have to keep our attention on the instructions, which are given continuously. And when our attention is focused on the instructions, we will not be able to withdraw our awareness from this level. In Meditation our objective is to withdraw our awareness from this level and shift to higher levels. If our attention remains in following the instructions, then how do we shift our awareness, how do we withdraw? That's why guided Meditations are not encouraged here in this Path of the Rishis.

Q: While meditating, do we have to go on spreading the Light within this globe of Light that we are asked to imagine?

A: This imagination of globe is part of the technique for a particular stage. We are told to imagine that we are a globe of Light. In fact in Meditation we do nothing. We begin with imagining. It is like turning a switch on. That is how we begin the practice and after that we do nothing. We will not be spreading Light while meditating. We do that while we channel Light, not while meditating. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGururji Vol 1,3,4 & 7	each 150/-
iGururji - Vol 2	120/-
iGururji - Vol 5	100/-
iGururji - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Gururji Speaks Part - I & II	each 200/-
Gururji Speaks (Vol 3)	150/-
Gururji Speaks (Vol 4)	250/-
Gururji Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences - Vol 1 & 2	each 150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis - Vol 1 & 2	each 100/-
Pyramid Revelations	100/-
Thus Spoke Gururji Krishnananda - Vol 1 & 4	each 200/-
Thus Spoke Gururji Krishnananda - Vol 2 & 3	each 250/-
ಬೆಳಕಿಗೆ ಬಾಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರೂಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
ಹೌಸ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಭಲ ನಿರೂಪಣೆ ಅಭ್ಯಾಸ	50/-
ಅಧುನಿಕ ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	50/-
ಗುರೂಜಿ ನಾ ಕಂದಂತ್	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸಿಷ್ಟ ಗಣಪತಿ ಮಂತ್ರಗಳು	100/-
ಅನೇಕಶತಕ ಅಪರೂಪದ ವಕ್ತೃಗಳು	120/-
ಬೆಳಕಿನ ಶಂಕರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयुगुरुजी (Marathi)	100/-
ध्यान कसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
ಶ್ರಿಯಾನಂದಂ ಶಿಷ್ಯವೃತ್ತಿ ಉಪದೇಶ	50/-
ಉನ್ನತಿಯಲ್ಲಿನ ವಾಯುಶಿಲೆಗಳು	200/-
ಶ್ರಿಯಾನಂದಂ ಯೋಗ	50/-
ಆತ್ಮತರಂಗದಿಂದ ಅವಿರೋಧ	50/-
ನವೀನ ಗೀತೆಗಳಿಗೆ ಉತ್ತರವಾದಿನ್ ಕ್ರಿಯೆಯ ಸಾಕಾರಗಳು	50/-
ಸಂಭಲಾ ನಿಯಮಗಳಿಗಿನ್ ಅಭಿಪ್ರಾಯಗಳು	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯುಷಂ ಎಲ್	50/-
ಕಾಂಠಿಕಿ ದ್ವಾರಮುಲ	100/-



GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

established in 1988 by Gurujee 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 Gurujee 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)

I am trying even harder to improve myself and be worthy of being a Manasa Family member. This time, for my birthday wish or request, I thought about it for weeks and then presented it before Gurujee. I can feel it being granted, gradually.

Thank you, Jayant Ji, for all your support, prayers and help. You gave me hope and kindness just like Gurujee, when I felt my world was falling apart. You made me turn inwards and now I see Love outside, everywhere. We are blessed to have you.

I had many beautiful experiences of receiving Love and help unexpectedly from animals, when I was in trouble. I am able to see everything as God's Creation.

- Nandita Vijayan

I had lot of joint pains which have reduced significantly.

I am preparing for our Grahapravesha function. Various purchases and bookings are happening without any obstacles by the Grace of Divine Light.

- Madhavi R S

I can feel a big change. I am actually experiencing and living Gurujee's Dictum of meditating and positivising together. In fact, I am going through an extremely challenging phase in my Life. Though I am not being able to meditate as I would have liked to, the positivity that has developed is getting me through this phase. I take it as a test from the Rishis and God, and I know I have to complete my duties to the best of my ability.

- Nandita Patel

Presently I have peace of mind and happiness. Every day I used to introspect what I have done and correct myself such as some talk could have been avoided etc. However, sometimes negative thoughts disturb during Meditation as well as other situations. I am trying to overcome all

these by the grace of my Guru and the Rishis.

I sincerely bring to your kind notice that I am being helped by Gurujee and the Rishis, sometimes in difficult situations also.

- Harikrishnan V

When I am chanting 'Omkar', I see my body sitting in front of me, chanting 'OM'. I feel that someone else also is chanting 'OM', but I am unable to see the person.

- Jyotika Thakkar

Earlier, I used to have a lot of issues with my family. Now the issues have reduced considerably. I am able to understand people around me at home.

- Pundalik Dhakorkar

Now, I am a happier person. My concentration has improved and even when I am tired, I complete my day with Meditation. I don't crib for things, and I feel contented with what I have.

- Pushpa

Now there is clear prioritization of where I want to focus my energy.

- Vijay Kumar

I thank Gurujee for being there for me and my family. We could not have gone through these months without him and his blessings. In spite of the fact that my whole family is not well and our financial situation is bad, just the thought of Gurujee being there is a huge stress relief. This statement, I am restating! Only the thought that Gurujee is there makes me feel better.

- Vibha Bhagat

There is a huge opening up and an outpouring of Love. I can relate at a deeper level to people and everything around me without holding back. There is more detachment and acceptance.

- Nirmala J