



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 11

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – February 1995 issue)

Recently, I heard on TV: “Every place has a dream.” I was deeply stirred by the expression and the truth. As I continued contemplating on it, I realised that every individual also has a dream, although frozen within. Most of us are not aware of this. Even when we become aware of this, we do not know how to unfreeze it. And even when we are given the key techniques, we are too busy with the unending frivolities of the surrounding world to unlock the chest of dreams. We are too busy for dreams.

Every place, every individual and every moment also have the Divine potential encased within. Unfolding It, is the purpose of living. It is not merely from within but from others also. To awaken It in all the creatures is the purpose of Sadhana; the Spiritual effort. Sadhana is mistaken for the effort for mere individual evolution. Evolution can never be an isolated effort. It involves individuals, nature and the creative forces operating here. The Spiritual processes that work on in the individual are a part of the universal processes that go on in other individuals also. For us, bred on selfish and narrow percepts, accepting our universal roles may not be possible immediately. But the times ahead educate us even if we are unwilling to learn.

Or life is linked with the society, nature and creation. We have to realise this and accept our bigger responsibilities. Great Masters came down to earth periodically to remind us about our Divinity within and the Divinity in others. They also taught us ways to awaken it. They taught us Meditation, the one way to divinise all: ourselves, others and the entire Life here.

Sometimes, people ask me questions like – “Will I get this job!” “Will I pass this exam?” etc. I cannot answer these. Sometimes, the questions are different – “Why do I have this chronic pain?” “Why is my Sadhana difficult?” etc. I readily answer these. Rishis also help me with visions and information about their past lives. They also give solutions to their problems and solve some directly.

The Rishis help Sadhana and Spiritualisation. When a person is ready to grow, all aid is given. The powers and capabilities are meant for higher purposes.

When we forget the very purpose of our birth, we have all the problems. And when we attempt to fulfill the purpose, all the problems vanish. All help comes from the higher planes. That is how Meditation solves all our problems. It is the panacea for all the ills. But very few realise this and rush out for instant solutions and miracles. And unwittingly, they encourage the growth of the business of lower occult practices that exploit their ignorance. The path of Spirituality is pure and full of Love. ■



**MANASA FOUNDATION (R)**

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## 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  
at Indian Heritage Academy  
6th Block, Koramangala

### 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 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://www.lightagemasters.com/lc_live)

<https://youtube.com/RevolutionByLight>

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

Newsletter Annual Subscription Rs. 300/-  
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'Manasa Light Age Foundation'  
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## NEWSLETTER

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



Maharshi Amara's Maha Samadhi day was observed at Taponagara on 28th August 2022.

## NEWS AND NOTES

- Maharshi Amara's Maha Samadhi Day was observed at our Saptarshi Dhyana Kendra in Anekal on 25th August and at Taponagara on 28th August 2022.
- Tamil translation of "Master Pupil Talks – Vol 1" was released in the ebook format during the program at Taponagara.
- "Prakashvat", the Marathi translation of "Doorways to Light" and Kannada translation of the book "Dhyana Yoga" were released during the program at Taponagara in ebook format.
- Shambala Group members received special initiations from Shambala Masters on 11th September 2022.
- The RA group members received special energies of RA on 18th September 2022.

There is Solar Eclipse on 25th October from 2.28 PM – 6.32 PM. Please channel Light to the whole world during the entire eclipse period.

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

## MEDITATION ON SPECIAL DAYS

02	Sun	Worship of Sarasvati Devi
03	Mon	Durgashtami
04	Tue	Mahanavami Ayudha pooja
05	Wed	Vijaya Dashami
09	Sun	Full Moon Day
18	Tue	Krishna Ashtami
23	Sun	Masa Shivaratri
24	Mon	Naraka Chaturdashi Diwali Worship of Mahalakshmi
25	Tue	New Moon Day Solar Eclipse: 2.28PM - 6.32PM
26	Wed	Balipadyami

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12 Noon - 1PM
25-10-2022	Solar Eclipse Special Meditation: 2.28 PM - 6.32 PM

### Special Meditation technique for Navaratri

During Navaratri, which begins on 26th September, we will be blessed with the presence of Adi Shakti. We can meditate more and receive more of Her energies. We can also be aware of Her presence. For 10 days starting from Navaratri, we can meditate with this special technique - Think of a huge globe of blue Light. Enter the globe. Experience this globe of Light, experience the energies of Adi Shakti. There is no Mantra to be repeated. This technique can be practised for 10 days in place of daily Stage Meditations.

## LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

On 5th July 2022, after approaching some schools for Light Channelling work, for the first time in my Life I felt alive. I felt this breath is worth. Thank you beyond words for giving me opportunity to be a part of this Light Age Movement. Immense gratitude to all of you.

In Birajdar High School, Solapur, the Principal practised with us in both the Light Channelling sessions. He said that sometimes the stress is so much that he just goes home and sleeps it off. He said that after the sessions he is feeling lighter.

In Sahastrarjun English Medium School, Solapur two students went so deep during the Light Channelling session that they did not open their eyes in spite of couple of announcements. The teachers had to shake them to bring them to the conscious level. The Principal practised with us in 3 out of 4 sessions and he liked the technique a lot. The Chairman, Mr. Gulab Barad liked the concept a lot and assured that they will channel Light daily for 5-7 minutes in the school.

- Nikhil Gandhi, Light Channel Volunteer

On 26th June I was travelling from Vijayawada to Visakhapatnam. When I boarded the train, as advised by a TT known to me, I got into the B2 bogie. The TT who was supposed to respond did not reply. So, I sat in one place and silently channelled Light praying that the TT should not trouble me, and to test myself I prayed for seat number 28. After sometime the TT came but he did not say anything, and after an hour allotted seat number 28 to me! It was a miracle.

On 2nd July my son and his friends were about to travel from Hyderabad to Vizag but they missed the train due to miscommunication. He was worried and told me that somehow, they will try and board some other train. During the group Light Channelling I prayed to Light that they should be able to board another train, get berths and reach Vizag safely. But I did not tell my son anything. After the session I got a message from him that they had boarded the Durgam Express and got berths too. I was really relieved from tension. Thanks to Light Channelling.

- Rekha Mittapali, A Light Channel

Today (19-7-2022), we conducted a Light Channelling session at Stella Maris School, Bangalore. It was a wonderful team work and the school gave us an opportunity to conduct the session through the central mike system. The session went very well and we observed silence in the whole School. The HM was also very happy about the session.

- Murthy K. E., Light Channel Volunteer

After channelling Light when I was about to open my eyes, I thanked the Light; in return the Light thanked me and smiled.

- Yeshwant U.N., Std. III, Deepashree Aided High School, Hegganahalli, Bangalore

What I have understood from Light Channelling is that whenever I feel depressed, I can practise this and find self-motivation. We can motivate ourself in any situation in Life and we can regain our activeness.

- Student, Greenwood High School, Warangal

## LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience, to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners, where just channelling and spreading the Light are enough. The Light will do everything that words cannot do.

When we channel and spread the Light, It enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms.

This is not the physical Light but the subtlest Light from which all Creation has come. This Light has everything: the Power, Wisdom and the Future. And It is everywhere, unseen.

Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.

To channel and spread the Light, imagine an Ocean of Light above you. Then imagine a beam of Light descending from this Ocean. Imagine this Light entering you, filling up your body completely. Experience this Light for a minute. Then imagine the Light coming out of your body and spreading around gradually, filling up your home, locality, country and the whole world.

This Movement was launched on 18-05-2008 by the Sapta Rishis through Guruji Krishnananda.

Spread this message to all.

Visit [www.lightchannels.com](http://www.lightchannels.com)

## SHAMBALA PRINCIPLES

These are the seven Principles practised by the people living in Shambala. They live in Peace and Perfection without ageing.

1. Experience the Light in your Core and spread it around.
2. Experience and spread Love.
3. Experience the Oneness of Life in everyone and everything.
4. Carry on the daily activities first in mind, then verbalise them in soft whispers and then actualize them in deeds.
5. Observe the law of secrecy before achieving any goal by minimizing talks about it.
6. Gear up the body, mind and intellect to fight out the negativities.
7. Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.



## THUS SPOKE GURUJI

### Excerpts from Guruji's talks (Compiled by Shobha K Rao)

November 2006 (Contd.)

If people say, "I am meditating", I want to know the result. If there is an input, I want to see what the output is. The output is in our living, in our behavior, in our actions; not in our talking, not in our experiences. Experiences are good but they are of a different category. As I always say, they are not the measure of our Spiritual growth, but they are important. So, I am happy. I am also happy that each one of us is moving. We are growing. Please be aware of that. Sometimes people say, "No, no. I am like this; I made mistakes. I am wrong; I failed." But we see from a different angle. The Rishis see so many things that we as human beings cannot see. They say, "No, you are making progress." The very fact that you say, "I am wrong", is a kind of realization. That is the first step in correcting yourself. Correcting ourselves may take time. It doesn't matter. So, things are happening. We are entering Satya Yuga. All of us here, let us congratulate ourselves.

December 2006

From January we are going to introduce new techniques. We revise the syllabus. You know how I work. I know nothing and I always pray, meditate, link-up to Rishis and try to gather as much as my capacities allow and I go on working on that. When I realized that we are introducing new, advanced techniques, the Rishis corrected, "These are not new. They are new to you. These are very ancient techniques." I will share very interesting things with you later.

Now we know that if physical health has to be stable or has to improve, we have to take care of the mind. A lot is being done as research to understand body, mind etc. Mind is the most important entity in

our system. Everyone is aware of that. The Rishis gave us Raja Yoga where mind is the King. We deal with the mind and we live a very happy Life. Rishis revealed that Raja Yoga is for Kali Yuga. People do not know about intellect. Intellect is the most powerful entity. And of course, we are going to introduce some techniques where we strengthen the intellect, bring energies from the highest plane and strengthen it. As we advance, I will tell you.

Renunciation is not throwing away things. We cannot throw away. Renunciation is balancing. Everything is important. Renunciation is also prioritizing on a day-to-day living basis. Today is the day for all of us to come here and spend time like this; to meditate. Tomorrow you can't come here. You have to attend to your office etc. So, do you become less Spiritual tomorrow? Absolutely not. Going to office is part of Life. We prioritize. Remember, this prioritizing varies from day-to-day; from moment-to-moment. I believe renunciation is the wisdom to prioritize; to do the right thing at the right time. And renunciation comes to us naturally as we spend more time with God in Meditations. As we move towards God, renunciation is a natural wisdom that comes to us.

People take up Meditation and as they take up Meditation, they begin to shoot questions. I have a few things to tell them, particularly to the beginners. Perhaps some of them may apply to the seniors also.

There are some primers, some text books. When you take up Meditations, please read them. It takes only one hour to read the entire book "How to meditate". Read this book first. That is why we call them as text books, "How to Meditate"

and "Dhyana Yoga". They contain such a lot of information. They answer many of our questions. If we understand "Descent of Soul", we have understood most of the things. First, we have to read them and then you must come and ask questions. You must remember, Sadhana is effort. You must make an effort before asking questions. I think you have to have a little patience.

So, for the beginners, my advice would be, first read the books. After reading the books, I also would advise, meditate for some time. Meditations themselves will bring us a great understanding, great insights. You understand certain things that appear as very complex. Suddenly, you realise, "Oh! they are so simple." Meditation opens up these channels of understanding. So, meditate for some time, for a few months. Then the quality of your questions changes. You can ask me any question. I shall try to answer. You can ask me, what is the time now. People usually ask such questions. You can answer these questions by yourselves. Come to me with good questions. When you come to me with good questions it gives me an opportunity not only to try to answer this but also try to understand this for myself. Whenever I try to answer almost the same question, every time I would have improved the answer. You would have noticed this. We have always added a new point to the old answer. I encourage asking questions. You have to ask questions. But come with quality questions.

I say to the beginners without fail, to develop humility. Nowhere else perhaps this is overemphasized as in this Path, because Amara was the personification of humility. And that is why he was able to talk to Gods. ■



## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

28-08-2022

Lord Krishna physicalized for Maharshi Amara. Vishwamitra Maharshi physicalized for him. It must have been his Love that made them physicalize for him. Guruji used to tell us that he is highly respected in the Astral world and he is a very important person involved in shaping the destiny of this world. He was present in a function in the year 1974 where the processes related to the establishment of New Age were initiated. That is his importance. Imagine he had met all the Chiranjeevis physically! He had met Lord Kalki physically! When he was just a young boy studying in the school, he was taken to the *Ashram* of the great Kripacharya. There must have been some reason why they had to meet physically. These are all great personalities involved in shaping the destiny of Life on this earth.

How thrilling these experiences are! Maharshi Amara's Life was like that – full of adventure and thrills. He had to take very great risks sometimes when he had to take up very difficult work of the Rishis. I remember Guruji telling us that Sometimes when the Rishi workers go far away astrally for some work of the Rishis, it is possible that they do not come back to their physical bodies. Something can happen to them in the Astral world. It is like a soldier going to the battlefield. We don't know if he will come back or not. What kind of courage, what kind of commitment to the work of the Rishis, what kind of faith they must be having on the Rishis and how much of Love they must be having for God, because ultimately it is God's work.

Maharshi Amara is the greatest benchmark of such qualities –

Commitment, Faith, Love. He is the greatest benchmark of Spiritual growth; of humility for example. To what extent can a Spiritual aspirant grow? He shows the possibilities. And of course, he keeps raising the bar. There is no limit to growing. Maharshi Amara is eternal and limitless! And yet he said, “Go beyond me!”

Once I remember, somebody asked Guruji, “Is it really possible to go beyond the Guru?” Guruji said, “Theoretically yes. But remember the Guru will also be growing.” It is like the horizon. Maybe Masters like Amara come down to our level. They show us that we can grow upto their level. If we reach there, then they reveal more of them and we come to know that there is so much more to grow. This process continues as we keep growing. This is an endless process.

I was talking about the risk he used to take for the work of the Rishis. He took 18 bodies to serve during the Second World War! I was thinking about it. If any of these bodies were hurt, it would have hurt him. What a great risk! Imagine going to the battlefield and trying to help people and if something had happened to the body in the battlefield, his main body would have got affected, injured. I wondered, what made him take up such work? It must have been his Love for humanity.

With him the New Age Spiritual Movement started. Every time he took birth in the past, a Spiritual Movement had started with him. He of course did not name the New Age Spiritual Movement. But we know that the New Age Spiritual Movement started with him. Such Movements, such revolutions guide not only us, not only this generation but also

the future generations. Even today we can read Sant Eknath and get inspired and guided by his teachings. We can read Shri. Ramakrishna Paramahansa and we feel so inspired. And Maharshi Amara will come back again, to initiate another Movement, to take us into higher Consciousness, much deeper into the New Age.

We all talk about Maharshi Amara's humility. Even today Sudhakar Sir mentioned that he used to say, “I don't know much.” A person sent me this quote by the great Socrates. Guruji had told us that it was Maharshi Amara who had taken birth as the great Socrates. The quote is like this – “I know that I am intelligent, because I know that I know nothing.” Only a Master who had an ocean of knowledge could have said this, and yet I feel it is not just said out of modesty. God's Creation is so vast, so huge and we know almost nothing about it intellectually. God is not just this Creation. He is also beyond Creation. He also has unmanifested and the unknowable part. If we imagine all this, we know that we know nothing and we become so humble.

Once, Maharshi Amara had to go deep under the ocean for some work of the Rishis. He met a goddess there who had some problems. Maharshi Amara helped her and she could regain all her powers. Then, out of gratefulness, she gave him a rod which was studded with many diamonds. This rod had great powers! Maharshi Amara gave it to Markandeya Maharshi, who was in charge of the work of the Rishis at that time. Markandeya Maharshi told him to keep it with him, because it was gifted to him.

(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)

Maharshi Amara did not accept and kept it with the Rishis. Imagine, if it was gifted to us, we would have used it for our own benefits. But he said, "Let all powers be with God. And let God be with me." Only a Master like Maharshi Amara could have said such things. He also practised what he said perfectly. His Life is an example for us to follow. Now that magical rod is with the Rishis. I feel when such a gadget or such a power is with the Rishis, it becomes a Universal asset. And then it can be used for a Universal cause.

Guruji used to say and we all know that Maharshi Amara is eternal. Because he lived Truth, he is Truth and Truth is eternal. He is also endless opportunities. We may fall a million times, and yet he is there to give us one more opportunity to rise again. Strangely the same person who had sent the quote I mentioned earlier, sent me another quote by the Great Socrates. He had said, "Falling down is not a failure. Failure comes when you stay where you have fallen." How profound!

Maharshi Amara is also eternal hope. And these are Guruji's words, "He is hope when there cannot be hope." Some of us have experienced this. When we went through certain challenges in Life, we experienced his help. I have also observed people going through hopeless situations. I used to wonder, "Oh God! what happens to them." It would be as if all doors were closed for them. And they are smiling now.

Now I feel, Maharshi Amara's Light is

spreading. Many people from different Paths, read Guruji's books and try to practise Maharshi Amara's teachings. He is respected in the physical Spiritual world now. People know his value. He did not try to make himself known. He avoided publicity in fact. I remember Guruji used to say, "Even if you try to cover light with your hands, it will still shine through the gaps between the fingers."

Maharshi Amara is a Universal being. His knowledge, his Light is not meant only for students of Manasa. He is for everybody. We too have this great opportunity to spread his knowledge, his Light. How do we do it? It is not by giving lectures and talks. It is by living him, by vibrating him. That will also be the best way to offer our tribute to him.

Today we are happy to offer these to Maharshi Amara. We are releasing the Tamil translation of the book, Master Pupil Talks – Volume 1. It has been translated by one of our students from Tamil Nadu. His name is Premanand. We are releasing the E-book today. Uma Maheshwari and Ravi Senghodon helped him. They went through the translation and then they suggested corrections, improvements etc. Kanchanalathaji helped in putting the book into the e-book format. We are releasing two more e-books – Dhyana Yoga in Kannada and Marathi translation of the book "Doorways to Light". Printed versions of both these books were already published. Sridevi, Sudhakar sir, Vaishali Joshi, Shruti and Kanchanalathaji worked as a team to bring out these e-books. ■

**QUESTIONS AND ANSWERS**

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

**Q: How many times can we meditate in a day?**

A: Twice, safely. And if anybody wants to meditate more, he has to consult his Spiritual guide.

**Q: Will there be any harm if we meditate more?**

A: The Spiritual guide will study and decide about it. The Physical and Astral frames have to withstand the impact of Meditations and our normal activity should not be affected.

**Q: Even though I am meditating, I met with two accidents. Why?**

A: Why do you link Meditations with the accidents? Because you meditated you were saved from more serious injuries. Accidents occur for karmic reasons. Why not think in this way – 'Meditations helped you.'

**Q: How will Meditation cure a disease?**

A: When we meditate, subtle energies are released. They clean our entire system. It is not only the present disease that Meditations clear, but stains from the past Life are also removed.

**Q: How will Meditations help in increasing my memory?**

A: By increasing the efficiency of the brain the memory power is increased. The capacity to grasp more, assimilate more and bring out more knowledge increases.

**Q: You may say that new brain cells open when we meditate. How does this help to assimilate new / higher knowledge?**

A: The new brain cells translate the new knowledge that is perceived directly into thoughts in familiar words.

**Q: What is the difference between sleep and Meditation?**

A: Sleep is relaxation and Meditation is pure Awareness in total silence. Our Awareness also stretches to deeper

layers of Consciousness in advanced Meditation.

**Q: My Meditations are disturbed because I do not believe in the existence of Higher Beings. What shall I do?**

A: I have clarified many times that you need not believe in such things. Meditation is an independent scientific process. It is enough if you practise it. When Meditation reveals new worlds to you, then you will understand many things.

**Q: My Meditations are becoming less, something obstructs me. How shall I overcome this?**

A: By effort, more effort, much more effort! There is no substitute to patience and effort!

**Q: Do you add up any techniques now to my Meditations?**

A: No. It is not required. Adding of a technique does not help Sadhana. I suggest that you increase your time of Meditation.

**Q: Can anyone without God-realisation teach Meditation?**

A: Yes. The theory and technique can be taught by anyone. But, a Spiritual Master will pass on the initiating energies, reduce Karmas, guide astrally, protect and lead the Soul to the Source.

**Q: Sometimes we come across certain situations in Life, from which there appears no way out. How do Meditations help here?**

A: Meditations bring inner strength and open up our Insight. We have to use these to find solutions. We have to work, put in effort. Meditations do not bring miracles.

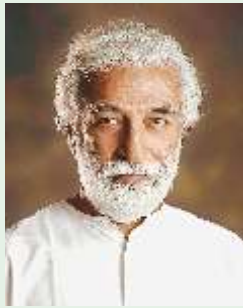
**Q: If we fail even then?**

A: We have to work again and continue our effort. Failures lead us to success. Sincere effort and patience will bring us the results. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGuruji Vol 1,3,4 & 7	each 150/-
iGuruji - Vol 2	120/-
iGuruji - Vol 5	100/-
iGuruji - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
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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)

Everything seems to be a wonder / miracle, right from blinking of eyes to moving hands. I feel like going deeper and deeper into the existence. Watching my own body and mind seems to be so mysterious, the outside world is far more elusive.

- Shantha Kumari H.S.

I visited Taponagara for Sunday classes and also on Guru Purnima. After attending these sessions my Meditations are more fulfilling.

- Padmavati Bikkani

I have started talking more to people. Earlier, I used to stay alone most of the time because I had lot of pain from my past. I used to think about it and suffer a lot. But now unknowingly I have started communicating with everyone around me. I am a happier person and I am thankful to this Path.

- Hareesh Yallaraddi

There are small changes in myself that I am happy about – being more calm, more conscious of my thoughts and emotions and forgiving myself and others as well. This is hard for me as I expect the same level of emoting from everyone as I do from myself and that's not very realistic! But I am working on accepting and appreciating people as they are.

- Shriya Sasank

Nowadays, during other times when I am not meditating, sometimes there is a sudden burst of silence and calmness within me. I am unable to understand how it is happening even without any conscious effort. I feel sometimes it's a blessing or sudden descent of Grace from Light. I thank our beloved Gururji, Maharshi Amara, Master V, Sapta Rishis and the great Light for everything.

- Ashutosh Bhatt

Daily Meditation creates expansion and recognition of our Divinity. Because of Meditation and the calming of the endocrine system, one is able to be more adaptive. There is clarity, even though the stressors of Life are often confounding.

- Patricia Ruiz

I am experiencing the higher level of patience, tolerance, low degree of anger, feeling free from any kind of negativity. I am positive and fearless in my regular activities. I feel closer to our most beloved Gururji.

- Govind Gopal Jaiswal

I feel calm and feel Love towards all. I have surrendered to the Rishis, unconditionally.

- Madhavan Ambady

On Janmashtami Day, when we did the very first Krishna Consciousness Meditation, I found my soul dancing wildly throughout the Meditation, right from the very moment I entered His energies! Ever since, with the Lord still with us on our planet, the same thing keeps happening every time, for parts of the time, as I also experience bouts of quietitude.

- Vidya Virkar

It seems like the Rishis have showered their Grace and removed the obstacle coming in the way of my progress. There is a kind of Peace all the time, even when not meditating. At times I feel a lot of Love and Joy in my heart region and it flows out. There is acceptance of the Life circumstances so I am feeling stronger mentally.

- A Sadhak