



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 10

September 2022 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – March 2008 issue)

I was trying to clarify a few points to a group of people who were genuinely confused.

After meditating in a particular Path for a long time, can we shift our sadhana to a different Path? I would not generally advise you to do so. If we shift to another Path, does our progress made so far get nullified? No, it would not get nullified. In fact, the progress we made in the past Life continues to hold good in this Life also. We continue our progress from one Life-time to another Life-time and one Path to another. When we join another Path, do we have to begin the practices from the beginning? Not necessarily. But a brief orientation is necessary. "If we wish to join your Path, what would you say?" I would say, "Check up with your inner voice first." If you have a strong desire and wish to join us and your inner voice says 'Yes,' I would not say, "Don't come." But I would insist that it is your decision.

After clarifying, I felt satisfied. With this, I had answered several silent questions in many people. If someone wants to leave our Path, I would unhesitatingly say that the same principles apply.

Amara had revealed to us that the Avatar would appear on TV channels, use all the communication systems and address the humanity about the imperative shift into higher Consciousness and our preparatory Transformation to live in the next Light Age. When we asked 'When,' he said, "Any time from now on." I am waiting for that time.

Information about such things will not come easily from the Rishis, for reasons that cannot be understood by us. Sometimes, they indicate in a very subtle way. I feel that the Avatar would first appear at the Astral level. Every one of us might not recall the Astral Message. But we would, somehow, be aware of it.

We have to be alert to catch the Message because it would not be the same to everyone. We have to increase our Meditations and listen to the voice from within.

No Master spoke so much about Ego as Amara did. I have been repeating his words often and on every occasion. Here are few words from him:

When people speak or interact from the level of their egos, they appear like small kids. Sometimes angry, sometimes stubborn. But they are always amusing. What will you do with your kids? Love them and wait for their growth! ■



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
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://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.



Our Volunteers are visiting many schools to conduct Light Channelling sessions.

NEWS AND NOTES

- On 19th August, Sri Krishna Janmashtami day, Meditators gathered in the Meditation hall at Taponagara to worship Lord Krishna and to meditate specially to receive His energies.
- Meditators had gathered in our Saptarshi Dhyana Kendra at Anekal to worship Maharshi Amara and to receive his blessings on the occasion of his Mahasamadhi Day on 25th August.
- Maharshi Amara's Mahasamadhi Day will be observed at Taponagara on 28th August 2022. Please register at Manasa office by 26th August if you wish to participate in the program.
- Tamil translation of "Master Pupil Talks – Vol 1" will be released in the ebook format during the program.
- "Prakashvat", the Marathi translation of "Doorways to Light" and Kannada translation of the book "Dhyana Yoga" will be released in ebook format during the program.

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

MEDITATION ON SPECIAL DAYS

04	Sun	Shukla Ashtami
05	Mon	Shukla Dashami
09	Fri	Worship of Ananta Padmanabha
10	Sat	Full Moon Day
18	Sun	Krishna Ashtami
24	Sat	Masa Shivaratri
25	Sun	Mahalaya Amavasya
26	Mon	Navaratri Begins

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12 Noon -1PM
11-9-2022	Shambala Group meeting at 2PM
18-9-2022	Ra Group meeting at 2PM

AMARA'S MAHASAMADHI PROGRAM 28-8-2022, Sunday

11AM	Welcome Talks Special Meditation
12.30 PM	Prasada

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)

After I started Channelling Light, it draws me to practise it in the morning and night regularly. I channel Light while travelling to work on the bus also.

- Soundarrajan, A Light Channel

I believe that Light channelling has helped my long ailing, bedridden mother-in-law to pass over peacefully.

- Rajalakshmi, A Light Channel

I channel Light every day. When I channel Light, I go to another world. When I come back, my mind is free of all negative things. Now my whole attitude has changed and I am very happy always.

- Kareem, A Light Channel

I am 88 years old. Light Channelling brings the restless running of the mind in all directions, to a still state, thus infusing me with fresh energy. My memory power and general health has improved.

- Kannan R., A Light Channel

Light Channelling helps me stay calm and peaceful all through the day.

- Manodivya, A Light Channel

Light Channelling has helped to reduce my negative feelings. Earlier I was continuously bogged down by it. I feel the Light of God fills me inside out and I am in God's protective shield always. When I feel low, I channel Light. I can feel the Light covering me and consoling me. Light is removing my fears and anxieties slowly. I used to feel sleepy, tired and always low in energy. Now I feel more energetic and enthusiastic. I channel Light for a long time in the night. I go to sleep with the happy feeling of God's protection and get up energetic and enthused to do my chores in the morning. I am able to complete my daily jobs faster and with more joy and vigour. My mind and body feel better. I feel healthier. Light is my Life. Thank you!

- Uma Devi M., A Light Channel

Around 60 students participated in the Light Channelling session conducted at Camp Education Society Marathi Medium School, Pune. After the session, Yagnesh, a 5th class student said that he felt as if he was crying from inside. But he had a smile on his face and tears in his eyes. Another student Arush said that he felt as if he was floating.

Pune School for Blind Girls is a residential school. Generally, in such schools, in the pre-session explanation, the children are told that we invite this Light as we invite any friend. How do we invite? Do we call out? No. We invite silently, with eyes closed. In this session as I was giving the above explanation, before I could say that we don't call out, the girls in union said 'No'. Somehow, they were already connected to and aware of Light, and an enriching session happened.

- Geeta Joshi, Light Channel Volunteer

We conducted Light Channelling session for 19 students and one teacher from The Association of People with Disability (Electronic Course). All of them have hearing and speech disability. There was a visible change in them. Two boys who were withdrawn and aloof before the session were alive and smiling after the session. All of them had become brighter and started expressing in sign language that they saw Light and that It clears darkness and confusion. They agreed to practise every day.

- Nirmala Bala, Light Channel Volunteer

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 (Contd.)

This is a kind of clarification. The body, mind and intellect have their own intelligences, but they don't have separate 'Awarenesses'. If intelligence has Awareness, at some level these two are not separate. It is only in the souls that we carry these. The soul has its intelligence and also Awareness separately. That is why we always say Awareness is the faculty of the soul. This is a very interesting point. When I was thinking about a point and making notes, the Rishis explained this so clearly. It is not a new point. But it is a wonderful point.

Rishis say that this plane is a plane of imperfection. Nothing is complete here. There will always be something lacking. Coming to the Life at the material level, physical level, can a person be completely happy? The way we live our Life at this level, is it completely perfect? Rishis say it (perfection) is just an ideal. We cannot have a perfect Life. This factor we have to understand and accept. I have an injury; I accept it and love it. But generally, we always go on grumbling even after having everything. We go on grumbling and complaining. We have to accept Life.

The Rishis say, we search for happiness at this level. We cannot find complete happiness here and we cannot be completely happy. We have to accept that. After accepting this, we have to search for the completeness, the perfection. When we search for this completeness, we realise that happiness is only a part of Bliss. Bliss is complete. We experience this Bliss definitely not in the physical Life or the material Life; not with the people around us, not with the Life around us. We experience Bliss only at a higher level. So, accepting that happiness cannot

be complete, we have to shift our focus to a higher level, where we can have all happiness, all perfection, everything. That is why the Spiritual part becomes so important. Spirituality is so important. We have to shift our focus to a different track or a different level where we have everything. Whatever is available there is complete and perfect. The Love there is complete and unconditional. The Grace there is complete.

Happiness is temporary. This we realise only when we miss that. At some point we think that everything is fine and we say, "I am so happy." Then the next day we may say, "Something happened. I am not happy." Happiness by definition is a temporary phenomenon. Only Bliss is the permanent thing.

What do we learn from Life? This is the lesson we learn that there is no complete happiness and people remind us of this every now and then. This is the lesson we learn from Life that completeness is not here at this level, it is somewhere higher above, it is somewhere deeper inside that we have everything complete. We have God Himself deep inside us.



During this week, I received many mails and letters like any other week. One letter touched me. The person says, "Now I have no confusion." This person has a lot of problems. He has health problem and every type of problem. This person says, "I am so happy to tell you that I have accepted this situation. Having accepted, there is so much of peace." It is not easy to say that. Then the person told me of the several decisions that he took. Then I realised that this essential wisdom has been captured there. I was so happy to tell myself that this person does not require any guidance anymore because he can

guide himself through his own Life and he can guide many, many people. Shall we say this is transformation? Yes. That is what we are focusing on. We are working for everyone to have this type of wisdom and transformation. That is why all the individual guidance is focused on this one aspect.

We answer a question; we find a solution to a problem. We suggest, "Yes, this could be the solution." But if there is one more problem, again you come to me; you come to the Rishis. But you have this essential wisdom in yourself. You don't have to go to anyone. Or let us say you can get connected to the Rishis or God directly. No more guidance from me is required. It is then you go beyond me. That is what we want. It is only a Master like Amara who could say that you have to go beyond me. No ordinary Guru will say that. A true Guru encourages the disciple to go beyond him. So, if one person gets transformed, I feel my job is over. My job is never over but I will have the satisfaction.

Sometimes it is very touching when I meet people. I was explaining a point to a person and told him, "Please do this. This is right." The person told me, "You are like my God. Whatever you say, I will follow." Such a response doesn't come out of ignorance. It comes out of an Awareness, a realization. Not that I am God, but I represent the Rishis. When people have such faith, they will have no problems.

From 1988 I am teaching. I have come across wonderful people, wonderful students. Many of them have left. It doesn't matter. Now I am seeing a kind of finished products. What we teach is understood and is implemented in Life, which is more important. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

14-11-2021

The other day I was casually talking with a Volunteer. We were talking about something and during the conversation, I wanted to mention a particular point, which suddenly flashed to me. But before I could mention it, he mentioned exactly the same point! It was quite interesting. Was it telepathy? Or was it a kind of sudden realization of the same point for both of us at the same time, I don't know. But it was quite a wonderful experience.

The point was like this:

“We have all the knowledge, all the energies, all the guidance available, but it is we, as individuals, who have to actually put all this into practice. We grow only when we put all this into practice.”

It is not a new point and not something we do not know about, but it is so important. Just being associated with the Rishis, with a Path or a Guru, is nice no doubt and it is a great opportunity. But that itself is not enough for our growth. In spite of such blessed association, we can remain where we are, unless we put the knowledge, the energies and guidance into practice.

The individual growth is so important. Individual growth is the focus of this Path. It is in fact the specialty of this Path. That is why we are never very big in numbers here. This will always be a small group.

Anyway, the required efforts by the individual are silent and internal. They are not external at all. We are not trying to prove to anybody else. We do not have to show to others, how good we are or how much knowledge we have etc. It is not about knowledge in fact, although knowledge is important. We have so much of knowledge here. It helps no

doubt, but the growth is not about knowledge. It is not about knowing; it is about being.

All the efforts are entirely for our personal growth only. The journey is internal. When we make this internal journey, we become more aware of ourselves. We become aware of our own thoughts, our own emotions. We become our own critic. Not of others. Because the focus turns inwards. It doesn't matter how others are. They may be whatever they are. But when we truly begin the journey inwards, the focus really shifts inwards. We become our own critic not to condemn ourselves but to understand ourselves and to move ahead. Ultimately, we meet ourselves, the true self. Then we meet the Overself or God.

Even then the journey continues. I say this because I have heard such things from Guruji. He was the one who had completed this journey and could guide us very clearly. The journey continues till we become Him, God!!

A Guru is the guide, but we have to begin and continue the journey. He not only guides, but he does much more than that. He also removes obstacles, removes Karmas, provides opportunities, provides energies to help us move ahead. We can say that he literally holds our hand and takes us forward. But we have to choose to hold his hand. If we choose not to hold his hand, he can do nothing about it. He will wait of course. He waits for us to be ready again. When we decide to continue our journey, and begin making efforts, then He makes our journey easier.

So, it is an internal process and although this is an internal journey, the effects of our progress in this journey

will be seen externally, will manifest externally automatically, without we having to do anything consciously.

One of our Meditators called me and told me that now people are telling her – how much she has grown. This happens. Our progress in the internal journey reflects in our external Life. It can be seen by others. They tell us that we have grown.



Guruji has explained beautifully about the Shambala Principles in the book “Practising Shambala Principles”. He has also explained the special instructions associated with each of the Principles. I wanted to mention the special instructions.

I mention the seventh Principle first. I was thinking and admiring within myself how wise and practical the Rishis are. They always talk of balance everywhere. They say that balance everywhere is Spiritual. Extremes are not Spiritual. The seventh Principle of Shambala for example says that we have to draw the lines of contentment. This applies to the Material part of our lives. Now the Principle itself does not say – where we have to draw the line, when we have to draw the line and how we have to draw the line. That is something which is left to the individual. This is where I thought, how great the Rishis are. At any stage the Principle of freedom and freewill should not be violated. At some stage in our Life, maybe after having gathered sufficient wealth, we have to say, 'it is enough.' So that we can focus more on our Spiritual journey. We will have more time and we can put more efforts in our Spiritual pursuits.

(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)

A specific amount of wealth maybe sufficient for an individual and it may not be enough for another individual. For a person a crore or even 10 crores may not be enough and for another 50 lakhs maybe enough.

But some day at some point in our Life we have to decide about drawing lines. And Guruji used to say, "Never be contented with your Spiritual pursuits." Such wisdom can come only from the Rishis.

The special instructions associated with other Principles are as follows:

The first Principle was given by the Great Vishwamitra Maharshi. It is to spread Ananda. The special instruction is – Be calm always. Be calm at all the levels. Be calm at the level of the body, mind and intellect. And to keep a smile always.

Second Principle was given by the Great Kanva Maharshi. It is Spreading Love. Associated hints or instructions are – Love all; hate none. Forgive. Do not judge others. Respect everyone and everything. Relate to others at the level of the Soul and not at the level of emotions and thoughts. How beautiful this is. The challenge is not that we do not know these. We know, but how seriously we take these to put into practice. It is left to the individual.

Third Principle was given by the Great Agastya Maharshi. It is experiencing the Divine Oneness in everyone and everything. The Special instruction associated with this Principle is like this – Keep yourself and everything around you beautiful. Keep

your body beautiful. Keep your emotions and thoughts beautiful, positive. Keep your surroundings clean. Fill the world with positive vibrations.

The fourth Principle was given by the Great Markandeya Maharshi. It is to execute decisions first in the mind and then physically. Special instruction associated with this Principle is like this - After looking at the idol in a temple and enjoying its beauty and grandeur, look at the feet of the idol and do not look back at the face. We receive the energies in the idol from the feet and if we look back at the face, the energies go back to the idol.

The fifth Principle was given by the Great Vasishtha Maharshi. It is to maintain secrecy before accomplishing a goal. The special instruction for this Principle is like this - We have to have our private area, a room or a corner at the physical level, where a private field of energy gets stored and developed. We have to have a little solitude when we can contemplate and tune up to the Divine. We have to also respect others' privacy.

The sixth Principle was given by the Great Pulastya Maharshi. It is to unify the forces of Body, Mind and Intellect. The Special instruction he gave is like this - The pursuers of the Divine, should know and feel that we are all One. When we do this, we derive the strength of the whole group. When we are aware of this Oneness, we get the strength of the group while we fight against negativity.

The seventh Principle was given by the Great Pulaha and Kratu Maharshis. I explained already in the beginning – it is to draw the lines of contentment. ■

QUESTIONS AND ANSWERS

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

Q: If Meditation is silencing, repeating a Mantra is being active. How can we achieve silence?

A: The mind is involved in repeating the Mantra. By this act, its wandering is reduced first and its attention is confined to the repetition of the Mantra only. After continuous repetition, the Mind gets tired and keeps quiet. After long experimentation, the Rishis have found out that this is the best way to silence.

Q: I heard that a Meditator should drink a lot of water because the system gets cleansed and also to cool the system as it gets heated up during Meditation. Is it true?

A: It is the first time that I am hearing of such a thing. Whoever has said it, does not know much about Meditations.

Meditation is an internal process that occurs at a subtler level, beyond the physical, where water cannot reach. Water cannot clean the Mind!

Heat during Meditation is not a problem. It is a subtler heat which may manifest as physical heat only in some cases. Drinking water will not help. In such cases, we study the individual, modify the technique of Meditation and give other instructions.

Q: While meditating, suddenly I hear a Bhajan. It does not disturb my Meditation. It gives happiness. Is it alright?

A: Very much alright if you want to enjoy a Bhajan! Definitely not alright if you want to meditate and go beyond sound to experience the Pure Consciousness.

Q: How are our reflexes affected by Meditation?

A: The Reflex response is the correct response. Meditation improves it.

Q: How important is visualization in Meditation?

A: It is not very important in Meditation. But it is very important in healing and mind-linking. The thought of the form is more important in Meditation.

Q: My friend sits in an Asana and repeats a Mantra for a long time and says that he meditates. Is that Meditation?

A: Technically it is not Meditation. It is only a Japa, a part of Meditation.

Q: What is Dharana?

A: Dharana is a discipline related to the Intellect. It is to hold on to a form. Or precisely Dharana is to hold on to the thought of a form.

Q: Is it compulsory in Meditation?

A: Dharana is a part of Meditation. Without it, Meditation is not complete.

Q: What is the purpose of Dharana?

A: Holding on to one thought, keeps us away from other thoughts. Even this single thought vanishes later and then we enter into areas of silence. This is the purpose of Dharana.

Q: Can I lean against the wall while meditating?

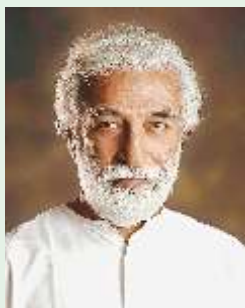
A: Only the handicapped and aged may do this, not others. It brings sleep easily.

Q: During Meditation I imagine that I am climbing the Tirupati Hills and repeating the Gayatri Mantra. Is it alright?

A: No. Meditation is silencing. We have given you a technique, practise that when you meditate. You can practise anything at other times. You should not mix up the techniques. First, listen to us attentively, understand clearly and follow sincerely. ■

LIST OF OUR PUBLICATIONS

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iGuruji Vol 1,3,4 & 7	each 150/-
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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)

All the negativities are showing up for me to observe, and at the same time something within is learning to accept them with equanimity. I am feeling grateful every moment; and slowing down, being more aware of the choices I am making in terms of thoughts, words etc.

- Deepthy R

I have developed inner strength. I am now able to accept and face any problem and solve the same without grumbling.

- Padmasheela B S

There are more positive changes in my thinking. Negativity has reduced drastically and I feel more positive.

- Prashanth C

The harmony and Peace I experience is amazing. I feel such is the power of surrender. I have been practising simple techniques of positivising and manifesting Love. I feel fortunate to be under the guidance of Jayant Sir and Manasa family.

- Rathnakala Pakkala

My trust in Gurujee, Rishis and Light is strengthening day by day. I know everything will be taken care of.

- Ashwini N

I experienced once that the Divine Love, Peace and Stillness that we talk about is within myself only and I immediately felt calm and stable.

I have become more introvert and I am making my bonds with Rishis stronger in the midst of challenges that Life throws at me.

- Pundalik Dhakorkar

Recently while browsing Facebook, an article by Gurujee Krishnananda drew my attention. It was an article about having goals in Spiritual Sadhana. A Sadhak should have mainly two goals. The first goal should be to meditate and experience

Samadhi. I started following this, by recalling this goal daily before my Meditations. Because of this, I started experiencing Light for a longer time. My Meditations started becoming more deeper and thoughts started disappearing. I am ever grateful to Gurujee for giving this technique.

- Mahesh Arali

I engulf myself with the Almighty Light and protect myself from outer negative forces by creating a strong shield of Light; thus, I have overcome many problems and handled situations well. I channel Light to people for making them positive and peaceful. And I have been protected immensely by the Almighty Light!

- Garima Sharma

Before answering any question, I feel more calm and composed and I have got over habits like unnecessary talking or gossiping.

- Vikram Desai

I am learning not to hold on to things and to live in the moment.

- Nidhi Heblikar

I am experiencing higher level of patience, low degree of anger, fearlessness and positivisation of thoughts in my regular activities.

- Govind Gopal Jaiswal

My uncle and aunt always tell me that anyone can contact the Rishis and Divine personalities; and for this contact to happen only Love is required. I thought 'let me give a try.' Before channelling Light, I prayed to Lord Anjaneya to show His presence. I did feel His presence near me! Though I was unable to see Him, I knew for sure that He was there. He touched my hand. It was a great experience!

- Anisha Pati