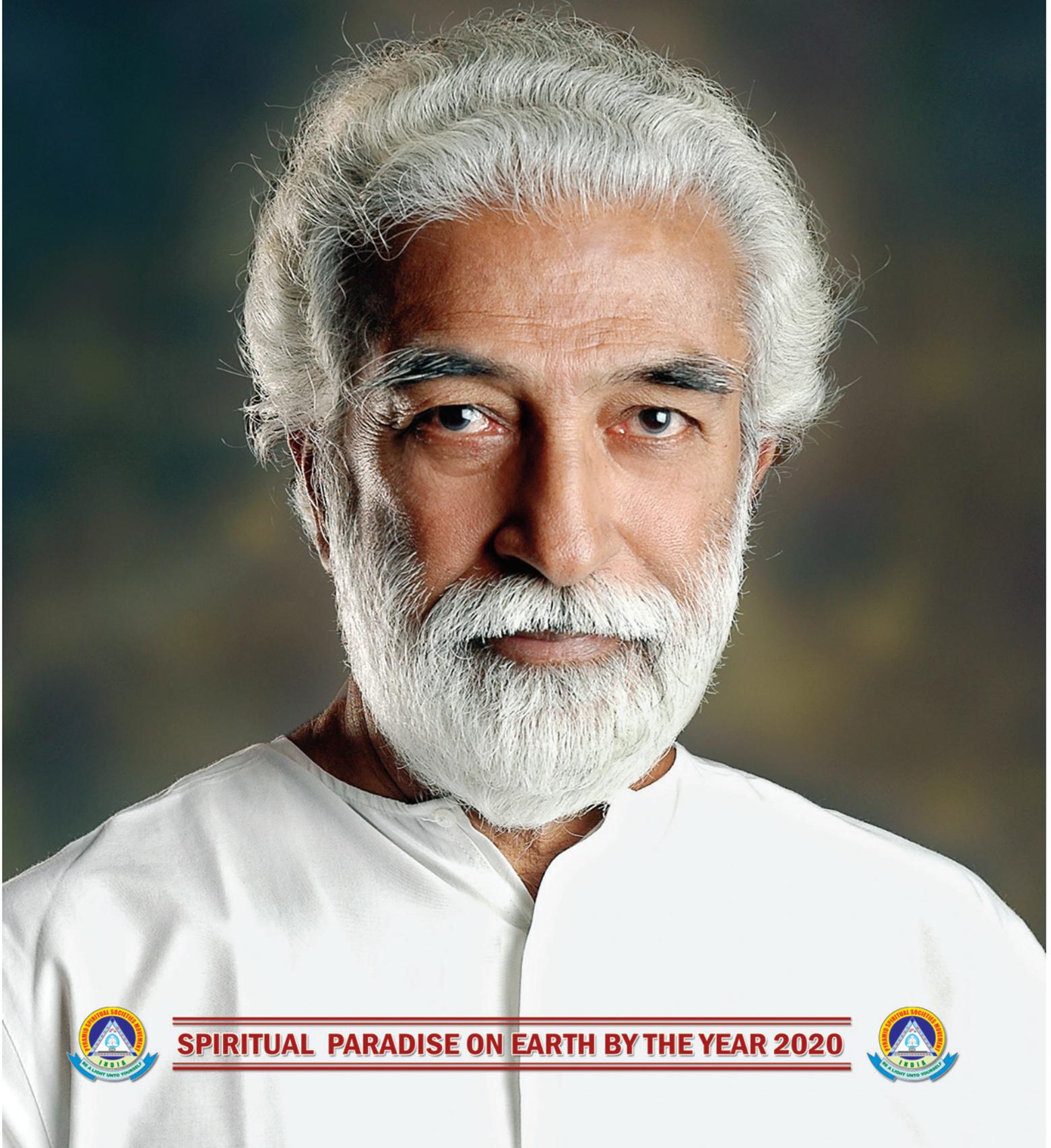


January - February 2013

bi-monthly *New Age* magazine

Volume : 10 Issue : 1

SPIRITUAL INDIA



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SPIRITUAL INDIA

RNI no. APENG / 2004 / 18523



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printed, published and owned ... by JVV Ranga Rao,
6-7-16, Netaji Bazaar, Kothagudem-507101 A.P., India
printed by Balaji Scan Pvt., Ltd., Masabtank,
Hyderabad, editor : Dr. P.V. Sarma

PYRAMID SPIRITUAL SOCIETIES MOVEMENT, INDIA

www.pssmovement.org

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“ Editorial ”

The current issue of “ **Spiritual India** ” is devoted to a very recently departed New Age Sage **Guruji Krishnananda**, architect of “ **MANASA LIGHT AGE FOUNDATION** ”, Bengaluru.

Guruji has spent his days, executing at the astral levels, the plans of the “ *Saptarishis* ” whose messages he used to receive and also publicize these messages for the benefit of humanity.

Guruji is a channel for the astral masters and was guided by his Master, *Maharshi AMARA*.

Guruji was a gentle and soft individual whose commitment to the *Saptarishis* was unparalleled.

Guruji did not favour publicity and he dedicated himself in high spiritual service by introducing “ *Light Channelling Technique* ” especially to the younger generation.

Guruji is the author of many books on spirituality and several of his publications have established his reputation as a free-thinker, scholar, philosopher and spiritual scientist.

Guruji's books have enabled thousands of readers to adopt the spiritual way of life by being able to guide them in *Sadhana* with increased fervour. Among all his books, “ **Doorways to Light** ” is the most inspiring and absorbing since it portrays the role of astral masters in ensuring for us a clean and harmonious PLANET EARTH.

We, the **Spiritual India** Team, take pride in presenting the New Age spiritual wisdom from the books of **Guruji Krishnananda**.

Spiritual India Team extends its deep felt gratitude to “ **MANASA LIGHT AGE FOUNDATION** ” for their kind support in providing information on **Guruji Krishnananda** and his spiritual works.

Spiritual India Team

“Guruji Krishnananda”



GURUJI KRISHNANANDA was born as L. Lakshminarayana Murthy on 18th May, 1939 to a simple family in a small town called “*Anekal*” about 60 kilometres from Bengaluru.

The oldest of four, Lakshminarayana Murthy studied up to High school in Anekal and later moved to Bengaluru for college studies. He was a bright student and always excelled in studies.

Guruji graduated with a Bachelor’s Degree in Science and immediately joined the “*Posts and Telegraphs Department*”.



Throughout his life he moulded his persona and philosophy by reading literary works of great writers. He would enjoy reading the works of Aldous Huxley, Franz Kafka, Tolstoy, Dostoevsky,

Somerset Maugham, Oscar Wilde and Jean-Paul Sartre to name a few.

He used to follow the Kannada Literary movement and studied the novels by Dr. Shivarama Karanth. While in his twenties, GURUJI used to write short stories and novels. Once, adventurously, he wrote a single sentence story stretching onto thirteen pages !



Painting was always close to his heart. Vincent Van Gogh was his favourite, so were the great painters like Claude Monet, Pablo Picasso, Renoir and Salvador Dali. He used to paint sometimes. Movies and music were his other interests.

Besides old classics, he also appreciated recent movies like *Cinema Paradiso*, *August Rush* and *Chocolat*. He enjoyed listening to Pandit Bhimsen Joshi, Pandit Ravi Shankar and Ustad Zakir Hussain.



Krishnananda met MAHARSHI AMARA in the year 1977. Later, he took voluntary retirement from his career of twenty-two years so that he could become MAHARSHI AMARA’s fulltime disciple. His journey from a simple family man to a Spiritual Master has been narrated by him in his autobiography .. “*Doorways to Light*”.

In the year 1988, when GURUJI was living in a hut in what is today “*Antar-Manasa*”, he established the *Saptarishis* Path and launched “*Manasa Foundation*”.

Guruji started teaching Meditation in various places in Bengaluru. As time passed, some



students became Volunteers and teachers, and then graduated to become his disciples.

Throughout the 1990's and up until he passed over in November 2012, he trained a sizeable number of Meditation Teachers, Guides and Volunteers to continue his work. Thousands were initiated into Meditation under his tutelage.



Guided by a divine instruction by Lord Krishna, GURUJI established the “*Saptarishis Centre*” in “*Taponagara*” .. about a kilometre from *Antar-Manasa* .. in the early 1990s. Since then Taponagara has become a huge store-house of energies. A few years ago the *Rishis* and GURUJI created a “*Manasi Field*” to protect the Divine Energies.



In the year 1996, GURUJI was drawn to *Shakti Loka*. He saw a huge form of Devi, glowing with the brilliance of billions of Suns. GURUJI began expanding unlimitedly and started absorbing lots



of Devi's “*Mahakundalini Energy*” full of knowledge, Wisdom, Love, etc. Then he had to withdraw and return to this plane.

After this illumination, GURUJI became a channel to these energies : lots of wonderful Spiritual energies, hitherto unseen, flowed through him and filled *Taponagara*. This *Kundalini* helps Meditators in purification, faster clearance of *Karmas* and prepares for higher experiences, Knowledge and much more. It helps the Meditators in entering the Light Age. In the year 2002, GURUJI built the *Kundalini Meditation Hall* to store the strong energies and gave a special technique to absorb the energies.



GURUJI inaugurated the Cosmic Tower in the year 2004 and filled it with special energies for faster spiritual growth.

GURUJI built the “*Saptarishi's Cave*” and installed statues for each of the Seven Great *Rishis*. He stored energies of each of the Seven



Masters, making it possible for every seeker to access the Rishis directly. GURUJI also built seven *Mantapas* for *Chakra* Meditations and charged each with the energies to activate the *chakras*. The “ *Saptarishis’ Cave* ” and the *Mantapas* are nestled in Tapovana, a beautiful garden which is an oasis of silence and tranquillity.



1st February, MAHARSHI AMARA’s birthday, is celebrated as “ *World Channels Day* ”. A focussed attempt to channel Light in various schools is arranged on this day.

In May 2009, GURUJI anchored the Great RA Energy at *Antar-Manasa* and initiated many meditators into RA Meditation.



In May 2007, GURUJI launched the Centre for Study of Spiritual Realities at “ *Antar-Manasa* ”. The Study Centre since has published seven books on spiritual and metaphysical subjects.

In May 2012, GURUJI brought down a Divine Energy to help humanity sail through the *Pralaya* processes and enter the *Light Age*.



In February 2009, he brought down a great Divine Energy from the Higher Realms and spread It all over the world to elevate the spiritual condition of the entire humanity. For simplicity, he called this the “ *Light Energy* ” and launched the Light Channels World Movement. Since then a dedicated team of more than a hundred Light Channels Volunteers have visited thousands of schools and taught the Light Channels technique to more than 24,00,000 students for free, across India. About 4,85,000 students across 1075 schools channel Light daily in their assembly sessions.

GURUJI brought down enormous knowledge through his direct contact with the Light Masters or *Rishis* and also *via* his direct perception of Truth. There are about thirty-six books in English capturing the rare and advanced Knowledge channelled by GURUJI. Many of these books are available in other languages as well.



GURUJI epitomized humility and always emphasized on striking a balance between one’s spiritual and material life. He taught that we have to spiritually handle our material life. He insisted that his students should experience God first



hand, communicate with *Rishis* directly, use their own intuition and shine with their own Light.

GURUJI released spirituality from the confines of complexity and esotericism and defined it as just being simple, good and honest. He taught the real meaning of terms like ' *Brahmacharya* ', ' *Sanyasa* ', ' *Vairagya* ' etc. GURUJI exemplified applied spirituality, unconditional Love and its derivatives. He valued the human emotions in relationships and experiences of Nature.

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Though he worked closely with the *Sapta Rishis*, *Vishwamitra Maharshi*, AMARA MAHARSHI and Shambala Masters and was in tune with Divine Personalities, he always had an unassuming nature. Though he was a Light

Master himself, he instructed that he should not be referred to as a MAHARSHI but only as GURUJI.

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He had astrally travelled to other worlds and had seen life in those planes of existence. He underplayed his powers, capacities and was always in surrender to the eternal *Rishis*.

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GURUJI passed over on 23rd November, 2012.

❖❖❖

A few weeks before he left his physical body, *Guruji* promised that he will guide each one of his students from the Astral Realms. Almost everyone has felt his divine presence and help in their lives.

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“ I Meet my Master ”

Guruji Krishnananda .. a very recently departed New Age Sage, from Bengaluru .. met his great Spiritual Master **AMARA** in the year 1977 to learn meditation. In the year 1981, **Guruji Krishnananda** gave up his Government job and joined **AMARA** in a spiritual project. When **AMARA** passed away in the year 1982, **Guruji Krishnananda** continued with his preparation for spiritual work. In the year 1987, he had a revelation and began teaching meditation. **Guruji Krishnananda** set up an advanced yogic centre in “ *Taponagara* ” which is 20 km from Bengaluru. On the occasion of Maharshi **AMARA**'S birth anniversary on the 1st February 1988, **Guruji Krishnananda** established “ *Manasa Foundation* ” the *Sapta Rishis*' Path as per the guidance of the great light masters. A few excerpts from his magnificent book “ *Doorways to Light* ”.

edit-team



I met **AMARA** in the year 1977.

It was a cool February evening, in Bengaluru, when I walked into his house with my friend. We waited in the neatly

furnished drawing room only for a few minutes. A strongly built man in his fifties moved in majestically and smiled gently. It was **AMARA** !

I had composed myself to meet a person with a flowing beard and hanging beads. But, **AMARA** was entirely different. He looked like a professor, in his neatly pressed shirt and trousers. But, there was something very big about him that I could not grasp at that time. After the introduction, **AMARA** asked me :

“ So, you want to meditate ? ”

I nodded.

His voice was rich, soft and intimate. He smiled and stared at me for a long time. I could not read him and I was aware that he was probing me deeply. I was also aware that something was surfacing in me .. a hazy memory .. a warm

feeling. I told him that he looked very familiar.

He smiled again, as he spoke.

“ We have met earlier. ”

“ No ! This is the first time that I am meeting you ! ”

“ We have met in the past lives. ”

I did not know how to react. I would have laughed at anyone else. But, he sounded so genuine and sincere ! I waited for him to continue. But, he remained silent. Perhaps, he did not want to elaborate. It was enough to speak the truth. It needed no explanation. He asked me to meet him the next day. As we were leaving, he said :

“ The Rishis will initiate you. I will fix up an appointment with them. ”

Appointment with the *RISHIS* !

My friend had, of course, briefed me earlier. “ **AMARA** ” was in contact with the *SAPTA RISHIS*, the Seven Great Masters, the *HIERARCHY*, in the higher planes. He would meet them daily during nights travelling in his Astral body and would participate in the works related to human welfare and evolution.

Will the *RISHIS* come tomorrow ? Will I be able to see them ? I was thrilled with anticipation and let my imagination go wild as we stepped out into the noisy street and the cold world that appeared strange and different now.

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I was with **AMARA**, the next day, at the appointed hour. He led me to a room upstairs. It was full of incense smoke. There were big idols and huge mirrors. There was an intimate quietitude and a divine atmosphere. I looked around quickly as **AMARA** smiled.

“ No. You cannot see the RISHI who is here now. He is in his ASTRAL BODY. ”

I glanced around again quickly without expecting to see the *RISHI*. He must have been there ! The place was vibrant with a divine presence. I could touch him mentally.

I sat down in front of **AMARA** and waited.

AMARA gave me very clear instructions about MEDITATION :

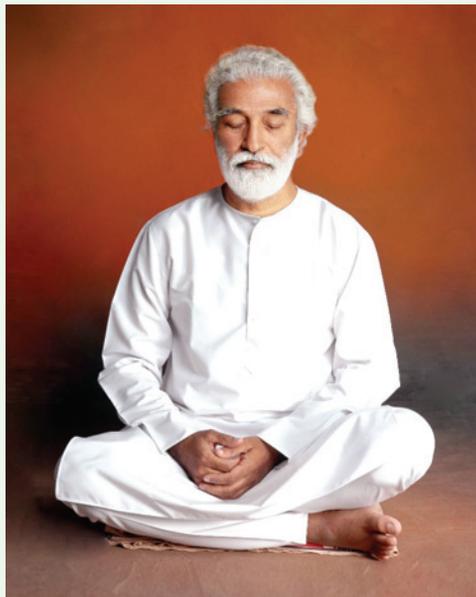
“ MEDITATION is silencing. We silence the entire system .. Body, Mind and Intellect .. gradually. In silence, many inner processes begin. First, the system gets cleansed. Then it is prepared to go through higher experiences which will eventually transform us into higher beings. We will be gradually linked to our Source and receive all knowledge about ourselves, this creation, birth, death etc., directly. ”

“ Is ‘ MEDITATION ’ concentration ? ” I asked.

“ No. It is beyond concentration. It is a ‘ journey in consciousness ’ as we advance. ”

“ But, I have read in books... ”

“ I know... there are many distortions. But, my knowledge is from the RISHIS. It is they who taught humanity MEDITATIONS in the beginning, thousands of years ago. They are the Original Masters. I will explain more, later. Now, close your eyes and fix your gaze at your mid-brow point. The RISHI here will charge you with spiritual energy, initiating you into MEDITATION. ”



I closed my eyes, fixed my gaze and waited. Then, I felt a wave of energy, descending on me and then, I lost my consciousness. When I opened my eyes, **AMARA** smiled. And one hour had passed !

I went home dazed but with a very pleasant state of mind. Thus, my journey in consciousness began.

I began meeting **AMARA** regularly on Friday evenings as suggested by him. I would wait all the week for this precious hour with him. He would check up and guide my MEDITATIONS and pass on rare knowledge that thousands of years of *TAPAS* would not have helped me gather. He explained things not found in books and gave me the whole Science of Meditation !

AMARA was “ *Ambarisha Varma Desai* ” of the Kaujalagi royal family. He was born, in Bengaluru, in the year 1919, in the very house

where Sir C.V. Raman lived, later on. He studied in Bengaluru and then in Madras (Chennai) for a degree in Science. He did not work for his living at any time. His people were very rich. When the land reforms were introduced, they lost most of their lands and property.

AMARA was married and had a daughter. His only brother died young.

Once, he was considered for the position of an Ambassador which he declined, to continue his work with the *RISHIS*, both on this physical plane and the Astral.

He always spoke about his work, the *RISHIS'* MEDITATION and about the rare spiritual knowledge that he gathered along with the *RISHIS* but he spoke rarely about himself. For me, his spiritual part was more fascinating.

❖❖❖

' MEDITATION ' was not easy !

It was harder than I expected. First, it was the pain in the knee joints. Then the thoughts, waves of them, bursting against the thin wall of silence. And then the mind, ever engaged in aimless pursuits. I was disheartened soon.

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AMARA led me step by step, holding my hand, guiding and encouraging. Now, looking back, I realize how difficult it must have been for him ! Patience and Love were part of his Divine nature. He explained that all those obstacles that were pushing me back were a part of the process.

They were all natural blocks. I had to cross them like every other beginner .. failing, struggling,



MAHARSHI AMARA

learning and moving on. Steadfast adherence and unrelenting efforts had no substitutes. I tried and tried and made progress gradually.

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AMARA was a spiritual scientist. He had the developed special faculties like the Third-eye, the Astral travel, entry into other dimensions, communicating with the Light Beings in any corner of the Cosmos from here and several

other faculties. He had also reached the highest point in spirituality from where he could directly commune with GOD.

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He was not a mere psychic or a man with unusual capabilities. He had also realized GOD. He was a master like Ramakrishna Paramahansa, Ramana or Aurobindo. And yet, he lived like a normal human being in the sea of life. He laughed, joked, enjoyed cricket, drove a car, appreciated good literature, good films and classical music. First human, then divine .. he would always insist.

He lived a very sensible and mature life. He was undoubtedly a Perfect Being .. a Great Master.

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Around the year 1930, he had predicted that this country would get freedom in the year 1947 and that Mahatma Gandhi would be shot dead in the year 1948. No one took him seriously then. They laughed and forgot him till the events occurred. He knew everything like a great *RISHI*. And yet, when someone asked once, if he could get the job he had applied for, he answered :

" I don't know ! "

He explained to us, later on, that it was necessary for that individual to go through the experience of the interview and waiting.

But, I had also witnessed him answering such questions sometimes. Then, he explained :

“ If a person is very weak and about to collapse, we have to help him ! We cannot follow only one law. There are others ! ”

I could not resist my temptation and interrupted AMARA to ask : “ Are you a channel ? ” AMARA did not reply. He just smiled.

I remember AMARA describing himself as a worker of the *Rishis* many times .. but, I realize now that he was not only a channel, a worker, a *Rishi* .. but much more. I do not find words to describe him. Once, I remarked to him .. “ You must be a very special person ! ” He replied .. “ Everyone is special here. Otherwise, we cannot work with the SAPTA RISHIS. ”

❖❖❖

Nothing comes on a platter. A year of *sadhana* made me realize this very clearly. I was not proud of my MEDITATIONS but, I was also not unhappy. I also realized that having a clear goal in the search saves a lot of time.

❖❖❖

Right from my younger days, I was searching for something that I could not define .. could not even comprehend vaguely. I read, painted and watched life flowing, unaffectedly. I keenly read about the struggles of the Spiritual Masters in the hope of a light. There were also temptations for the, now romanticized, spiritual



escapades into the distant Himalayas and caves. But, I had my binding responsibilities .. I could not just run away.

❖❖❖

When I met AMARA, I was not solely in search of the ABSOLUTE, I also had problems .. of money .. of family. I was in search of a magical wand that would quickly vapourize all my problems, so that I could continue my aimless search in books and films, weaving dreams in the long hours of tedious journeys in city buses and loneliness.

When my problems reached the peak, one day, I told AMARA :

“ I can't suffer any more ; I will commit suicide. ”

AMARA was not shocked ; he knew all. In a voice without any trace of emotion, he explained :

“ You cannot escape from your karmas. Face life. This body is a vehicle, gifted by GOD. Don't destroy it. ”

AMARA did not give me a magic formula or a “ *mantra* ”. But, he must have passed on strong spiritual energies. I returned home strong and sensible. The problems diminished slowly. One day, when we went for a walk, I asked him :

“ Did you help me in any way ? ”

He replied, after a few silent steps :

“ We always help when a person genuinely wants to grow spiritually. But, we do not speak about it. If we

do, people will come with all their problems only for the help, and not for their spiritual awakening ! ”

“ But, if you solve our problems, it will be easy to take up *sadhana*. ”

“ No ! We have tried that ! People came again with more problems ! There was no end. That is why we do not interfere with karmas and the learning process. The problems come to teach us lessons. ”

“ Then, what is the use of MEDITATIONS ? ”

“ We don't meditate only to solve our problems. MEDITATIONS take us to the Highest Truth. On the way to the Truth, all problems vanish. MEDITATIONS burn out all our karmas. Stick to MEDITATIONS whatever may come. You will attain your goal .. the ultimate freedom .. MUKTI. ”

“ Is that my goal ? ”

“ It is everyone's goal. Many are not aware of it. After a long search and struggle, we realize it. We have bound ourselves to things, people and even ideas. We have to free ourselves .. have to detach and gain freedom to go out of this plane first, then roam in other planes and finally go back to our SOURCE .. GOD. That is the final part .. the MUKTI. ”

“ By going back, are we not surrendering our freedom there ? ”

“ No, we are free to come down again ! ”

“ Do SOULs come down again ? ”

“ Yes, some do. ”

Meeting **AMARA** was like entering into a University. He never held classes but every hour spent with him enriched us with such rare knowledge that books of this world did not contain. Once, I asked him :

“ Should this knowledge not reach others ? ”

He replied immediately, as if he had addressed this point thoroughly many times earlier :

“ It will reach but gradually. This Earth is now passing through a Shift in Consciousness. RISHIs are bringing down new energies that open up new brain cells. Men will be able to grasp new and higher knowledge gradually. Now, those who are ready will somehow get the knowledge of the New Age. Remember, there are many channels and centres of RISHIs all over the world. ”

“ Please tell me more about the ‘ New Age ’. ”

“ Old scriptures and mystics speak of this. We know about Yugas : Satya, Treta, Dwapara and Kali Yugas. This is a cycle that repeats. This Earth has gone through 28 cycles so far. The 28th ended in the year 1974.

“ From, 14th March 1974, the 29th cycle has begun. We are in SATYA YUGA which is called ‘ Golden Age ’ when men will live like Gods, reaching the highest spiritual condition of purity and perfection. ”

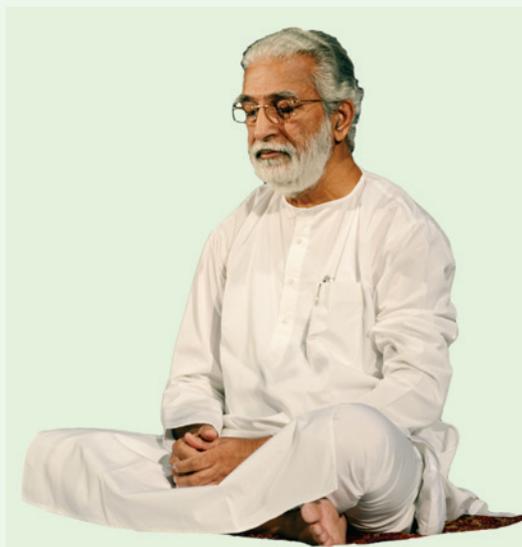
“ But life around us now is most corrupt ! ”

“ That is true. Yes we have to understand that no change is sudden. Look at the sun-rise. First, there is the dawn and then the sun-rise. There is always a transitory period. Here, the transitory period from Kali Yuga to SATYA YUGA is 432 years from the year 1974. We are just at the beginning. But, even now, we can observe the changes at a subtler level. There is a new awareness .. an awakening of Consciousness. People are turning inwards .. turning to Yoga, particularly MEDITATIONS. By the turn of the century, there will be major changes. ”

I entered the third year of *sadhana* ; it was the year 1979.

My *sadhana* continued with the MEDITATIONS on Chakras during this year. There were ups and downs. AMARA explained them as “*natural*” .. like day and night. Perseverance was the key. I did not have many experiences with MEDITATIONS like others. Some experiences that I had were good. AMARA explained some and smiled at others. He used to tell everyone :

“ Experiences do not measure your sadhana. If you do not have experiences, do not worry. Remember, sometimes the mind



itself will project experiences ! Never go after experiences. Then, you will be deviating from sadhana. ”

“ What exactly should we go after, in *sadhana* ? ”

“ In MEDITATIONS .. silence. During silence, spiritual processes occur by themselves at different levels. While not meditating, you have to make efforts to transform yourselves by cultivating all good qualities and bringing out the DIVINE LOVE from the deepest level of your existence. ”

“ Why do you give so much importance to MEDITATION ? ”

“ Because, that is the ultimate step in sadhana which enables us to directly experience and realize GOD. Do not ask how this helps in our daily life. MEDITATIONS take us nearer to GOD. Our experiencing Him brings wisdom and enormous inner strength. We will never be the same after that. Then, we will take proper decisions in life and choose the right things. These help us attend to any problem and face any situation without losing our peace within. We will be happy and peaceful. What more do we require ? ”

material excerpted from the book “ *Doorways to Light* ” by **Krishnananda**
.. published by Manasa Light Age Foundation .. grateful acknowledgments .. edit-team

www.lightagemasters.com

“Conversation with Maharshi AMARA”

Guruji Krishnananda .. very recently departed New Age Sage, from Bengaluru .. met his great Spiritual Master **AMARA** in the year 1977. **Guruji Krishnananda** established “**Manasa Foundation**” the Sapta Rishis’ Path as per the guidance of the great light masters. Following are a few conversations that took place between Maharshi **AMARA** and **Guruji Krishnananda** on some vital issues pertaining to present society and spirituality. A few excerpts from his magnificent book “**Master-Pupil Talks**”.

edit-team

Krishnananda : “ Sir ! Corruption of values in society is so deep that it has become a part of life. There appears to be no hope of a clean life and a better future. ”

AMARA : “ *The future is going to be better definitely. A corruption-free tomorrow will come shortly.* ”

Krishnananda : “ Mere wishes do not change things ! ”

AMARA : “ *It is not just a ‘ wish ’ ! It is the order in the nature. The tomorrow ahead throws out all corruption and the corrupt. A special energy is being generated. Forget that and let us look at ourselves instead of talking about the society. We can start cleaning ourselves, to begin with. If everyone does it, then the public life will be clean.* ”

Krishnananda : “ I think this is impossible sir. For example .. an official tries to be clean. All the corrupt officials around him harass him. How can he survive ? ”

AMARA : “ *Like Gandhi.* ”

Krishnananda : “ Everyone is not a Gandhi. ”

AMARA : “ *Everyone can be. That is what I am trying to explain to all of you. There is a source of energy within .. in every one. If you can tap this out .. If you can make use of it .. then every one of you rise to become Gandhis. Do not take my words lightly. You have not made the attempt so far-That is all.* ”

Krishnananda : “ How to tap this energy ? ”

AMARA : “ *To begin with -- by -- MEDITATION.* ”

Krishnananda : “ Sir ! You are talking about ‘ Pralaya ’ frequently these days. Is there any significance .. can you explain this Sir ? ”

AMARA : “ *‘ Pralaya ’ means change. Soon there will be a big change brought in by Time and other forces that are specially released -- CHANGE all over -- in nature and in you. The animals, birds, trees etc., accept the change with least resistance. It is only the humans who resist.* ”

Krishnananda : “ What happens if we resist the change ? ”

AMARA : “ *We perish.* ”

Krishnananda : “ But, if the change is for good why would we resist it ? ”

AMARA : “ *Change detaches all links. We have to give up the old ways of life to accept the new ways. We have to cut off the attachments. That will be difficult -- always.* ”

Krishnananda : “ How to cut off the attachments ? ”

AMARA : “ *By understanding that all these things around us are like toys. How long can we play with the toys ?!* ”

Krishnananda : “ Till we grow. ”

AMARA : “ *Exactly -- we have to grow.* ”

Krishnananda : “ How to grow ? ”

AMARA : “ *To begin with, by MEDITATION.* ”

Krishnananda : “ Sir ! How important is MEDITATION ? ”

AMARA : “ *As important as breathing.* ”

Krishnananda : “ Is it a must for everyone ? ”

AMARA : “ *Yes, ‘ from now on ’, it is must for everyone.* ”

Krishnananda : “ Why do you say ‘ from now on ’ Sir ? ”

AMARA : “ *Because, the Time has changed, We are advancing into the ‘ New Age ’. And, MEDITATION is the way - to know, to grow.* ”

Krishnananda : “ But there are only a few Meditators ! ”

AMARA : “ *There will be many soon. And, gradually everyone joins.* ”

Krishnananda : “ What exactly prompts everyone to join ? ”

AMARA : “ *The ‘ Time ’. Remember, we are in the ‘ New Age ’. Our Earth is being flooded by a special energy to bring the New Age. This opens up some new brain cells. Man will no more be satisfied with things of pleasure and comfort. He will seek more. The ultimate ‘ alone ’ satisfies him. MEDITATION takes him there.* ”

Krishnananda : “ Sir ! I am not happy with my MEDITATION. I am not progressing. ”

AMARA : “ *How do you know that you are not progressing ?* ”

Krishnananda : “ I do not really know. ”

AMARA : “ *What is the progress you are expecting ?* ”

Krishnananda : “ ” (silence)

AMARA : “ *You see ! How we presume !* ”

Krishnananda : “ I am not getting Experiences as others. ”

AMARA : “ *‘ Experiences ’ ! Remember always. Experiences do not indicate progress.* ”

Krishnananda : “ Then what do they indicate Sir ? ”

AMARA : “ *Nothing. They are like trees or buildings that you see while travelling in a bus. If you do not see a tree or a building for some time, it does not mean that you are not moving. Some have experiences and some do not. Those who do not have these experiences will also be moving i.e., progressing.* ”

Krishnananda : “ Then how do we know that we are moving in the right direction ? ”

AMARA : “ *You need to know ! Your spiritual guides will be knowing about it. They watch, help and lead you throughout. Leave everything to them. There is little you can do except MEDITATION. They take care of everything else.* ”

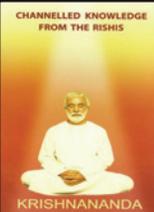
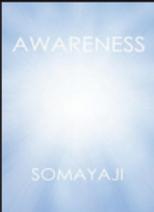
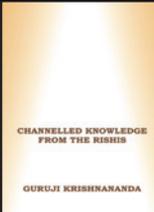
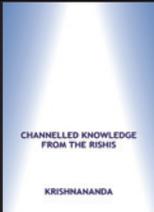
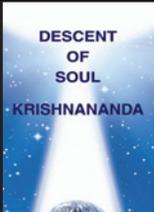
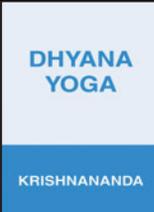
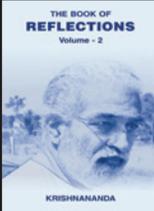
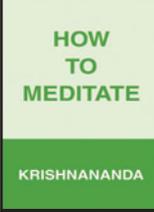
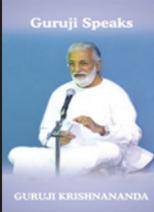
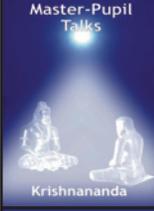
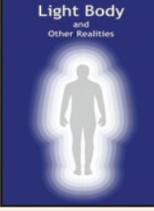
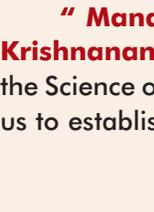
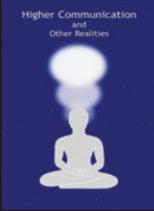
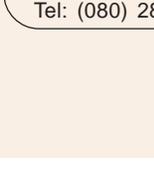
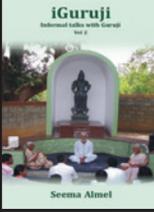
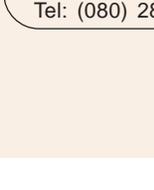
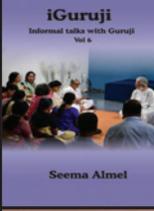
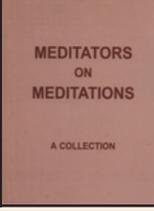
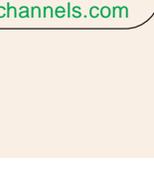
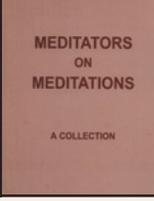
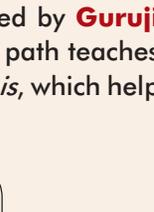
Krishnananda : “ But, it is very difficult .. I mean, to continue the practices not knowing where we stand. ”

AMARA : “ *Yes I understand - It is difficult - to have faith - to surrender. Spiritual path is difficult. But, nobody forces you to take it up.* ”

Krishnananda : “ ” (silence)

AMARA : “ *A child has faith in the parents. You have to become a child - INNOCENT - that is, if you really want to learn anything - anywhere.* ”

material excerpted from the book “ *Master-Pupil Talks* ” by **Krishnananda**
.. published by **Manasa Light Age Foundation** .. grateful acknowledgments .. edit-team

							
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