

**LIVING
IN
LIGHT**

KRISHNANANDA

LIVING IN LIGHT

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To
MAHARSHI AMARA

A NOTE

This is written more for those who are not the followers of this “Path of the Sapta Rishis” or of any other path. Valuable knowledge and unique techniques from the Rishis are carefully included and clearly explained, minimising the words and maximising the content. These were given by Maharshi Amara (1919-1982) who established contact with the Sapta Rishis at a very young age and worked with them at the Astral level till his death.

This is also for the students of this Path who find many important points and techniques gathered here, in this booklet.

Let every one get the Light. Let every
one live in Light.

25-8-2004

—**Krishnananda**

Day of Maha Samadhi
of Maharshi Amara

1

LIVING IN LIGHT

This booklet was in my mind for a long time. This is a guide to daily living. A primer of the basic truths. Simple guidelines to live properly and practical ways to a Spiritual life of peace and fulfillment. This is not religious and is non-sectarian. Anyone can follow these guidelines independently or along with any other practice.

Living in Light is living in God. Living in Pure Consciousness. It is living this life sensibly and fully *here*, wherever we are placed in life, without escaping to the

Himalayas or Ashramas. The real Himalayas are the challenges of living and the Ashramas are our Spiritual states of living.

Generally, we live away from Life, searching for the Spiritual in distant areas, not knowing that it is within us; not knowing that if we raise the purity levels of our thoughts, emotions and deeds, we reach God. Living in Light is thinking, emoting and acting in the highest and purest way. It is living in the Awareness of the Highest.

There is no separate time for living in Light. It is all the time. There is no separate period for this in life, like the old age when, we think that after building houses and

marrying off daughters, we will find time. We do not realize that before we pick up the Gita then, we could be sick and death could be staring at us. Living in Light is living now, today and this moment.



2

SOME KNOWN AND UNKNOWN TRUTHS

Knowledge brings wisdom. Wisdom helps in living properly and peacefully. Let us briefly understand certain truths that make us wise.

First, there was Light. And from the Light, the worlds were born. All Life emerged at different layers of Creation. We were with the Light as particles of Light called the souls. We desired to experience the life in the new worlds. We came down to the earths under the guidance of seven special souls who took the responsibility of also guiding us back

to our world. They were, later on, called the Sapta Rishis, the Seven Masters.

On the way down, we gathered the sheaths containing the intellect and the mind. When we were born out of the wombs of the human beings, who were already living on the earth, we gathered the vital and the physical sheaths or the bodies. The human bodies had a life-time. After their death, we took birth again willingly to experience more of life here. The Sapta Rishis chose to live on another earth belonging to a different category where they were not bound by certain laws known here as the laws of Karma, the Karmas being the Spiritual effects of actions, emotions and thoughts that get

recorded in the mind, As we went on taking births, these effects became the thick layers and they had to be cleared to enable us to go back to our world of Light. Then, the Rishis devised a technique to clear the Karmas. They called it Meditation.

Many people practised Meditation, cleared the Karmas and went back to our world of Light. And many more came down. The Sapta Rishis agreed to help them also. Those who did not clear their Karmas, took birth again and again collecting more and more Karmas. The coat of Karmas went on thickening with each birth and after reaching a certain level, our special faculties and the ability

to see and communicate with the Sapta Rishis, who were not in their physical bodies and remained in their Astral bodies, were lost. Then, the Sapta Rishis chose a batch of volunteers who could see and communicate with them and through them, they began guiding those who had lost contact with them.

Millions of years passed. The work of the Sapta Rishis and their assistants, called Rishis, is going on still.

In this brief history of mankind, there are answers to questions like, "Who are we?", "Why are we here?", "Where do we go from here?" and "Why do we take birth again and again?"

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We exist here in this physical plane. We also exist in a subtler plane, the Astral plane, simultaneously. This fact is of great importance because events occur first in the Astral plane and, after seventy two hours, they manifest in the physical plane. During these seventy two hours, it is possible to alter or even prevent events in the physical plane, that are harmful, like accidents, sickness etc. But first, we must become aware of them. And how do we become aware of them?

There are some simple techniques that reveal certain events that have occurred in the Astral plane seventy two hours earlier. Sometimes, we have a premonition of some future mishap. Some-

times, we have glimpses of the future events in our dream-like experiences.

We can exercise caution about the events foreseen. More than anything, we can meditate. Many are not aware that Meditation is a powerful tool that alters destinies. Destinies of individuals and the nations have changed with great Spiritual efforts.

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Time runs in cycles. Days, months and years are smaller cycles. There are bigger cycles of Time noticed by the Rishis, the Spiritual Scientists. They are the Yugas and Manvantaras. The four Yugas— Satya, Treta, Dwapara and Kali—make one bigger cycle called a Maha Yuga,

running for about fifty one thousand years. When one Maha Yuga ends and another begins, there is a transitory period of about four hundred years. During the Transitory period, a cleansing and transformation process occurs at the individual and global level. This is called Pralaya.

In 1974, one Maha Yuga ended and another began silently. The Pralaya is going on. Pralaya is not destruction. It is change—change from the lower levels of living to a Divine level which is our natural level of Purity and Perfection. Pralaya provides a thousand opportunities to transform; to rise. It coerces, pushes and corners us. Only when we refuse to

transform and tune to the ways of Satya Yuga, we suffer. Pralaya does not bring suffering or pain. It is only we, who attract them.

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This is a plane where both good and bad exist equally. This is a plane of both pleasure and pain. This is a plane of imperfection. We have to accept these realities. We must realize that the bad, pain and imperfection do not vanish from the earth. They, at times, diminish and even go to the background for a long time. But they do not vanish. The challenge before us is that we have to choose the good and grow towards perfection to go back to our world of Light.

Once we choose and begin to live in Light here, all help comes to us. The Light, God, provides us knowledge and strength through His channels, somehow.

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Enlightenment is first realizing that we are particles of Light, the souls, not the bodies. This realization occurs at the level of the intellect. This is not enough. We have to actually experience that we are Light. This occurs at the level of the soul, beyond the level of the intellect, during deep Meditations. This experience then manifests in our living—in our thoughts, emotions and deeds. Even the few moments of experiencing the borders

of Samadhi are enough to transform our lives.

We have to realize that only the Experience brings Transformation. And reading, contemplation and inquiry lead us to the Experience. But Self-Enquiry should continue beyond the intellect in the mystical realms.

Enlightenment, God-Realisation and Self-Realisation are essentially the same. These are the actual experiences in the higher layers of Consciousness. Mukti is Liberation, the final Liberation; liberation from all attachments. It is freedom from all bondages of this world. One can get enlightened, realize or attain Mukti while *living here* and live in that elevated

state all the time and also attend to the affairs of the world perfectly.

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We live partly and do not live fully. We are here, on this earth, to experience the diversity of Creation. We have to experience the glory of God in a sun-set, a moon-rise, the flight of a bird, a poem, a song and the smile of a child. Experiencing all that is beautiful, natural and full of life, is spiritual. Many of us do not realize this. We have to celebrate Life because it comes from God.

* * *

A Rishi is a radiant being. He radiates Light. He radiates Love, Peace, Power

and Wisdom in the Light. Many Rishis work under the Sapta Rishis, in their network. Some work independently. And all take up the same work of guiding the humans to become Divine and return to their Source. They also help and protect all those who choose to follow the Light.

The Rishis live in the higher Astral worlds and from there monitor the life here with their extraordinary faculties. Some of them come down and take birth amongst us to guide us towards the Light.

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A guru is the one who takes us from darkness to Light. Guru is God himself. He works through the human gurus who

channel His Knowledge and Energies. When we are ready, the Guru appears. We have to recognize Him with our inner sight and surrender to Him. Thus begins our Sadhana.



3

SOME GUIDELINES

Always, keep a positive attitude towards Life without grumbling, complaining and cursing. The positive vibrations bring Peace and Light.

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Always, live in the Awareness of God. Think of the Light in you. Try to relate to the Light. Speak to It. You will be surprised to know that the Light responds. Do not worry about any technique. Relate with Love. In Love, no techniques are necessary. Refer all your questions, doubts and problems to the Light. And listen.

We do not listen and talk always. When we listen, the Silent Voices Speak. We get all answers, clarification and guidance.

Make God a companion.

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Do not run away from responsibilities and do not shy away from the challenges of living. Running away to the Himalayas and the Ashramas, without fulfilling our duties and responsibilities, is sheer escapism. It is not spiritual. Connect to the inner Light and face life squarely. You get all the help.

Do not rely entirely on logic. Many truths lie beyond the frames of logic, in the mystical realms, which can be

reached only by Meditation. Meditate and experience the truths and manifest them in living.

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Purity has its own power. Be pure in your thoughts and emotions. Their vibrations create harmony within and around you. They also protect you.

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Do not hurt anyone. Always remember, what we throw out comes back to us in multiples. When we hurt others, we hurt ourselves more.

* * *

Cultivate humility. Humility takes us nearer God. Humility helps us surrender

and Surrender is the ultimate step in Sadhana. When we surrender, we become one with God. Then, all our problems vanish, all our sufferings vanish and all our questions and doubts end. All the darkness vanishes. We live in Light. We live in God.



4

MEDITATION

Meditation is silencing the system, to begin with. Once silence is established, even to a small degree or even for a few brief moments during Meditation, our Awareness rises from the levels of the body, mind and intellect to the higher levels of Consciousness. As it rises, it also expands gradually. Then, the soul experiences the vast ocean of Consciousness gradually and ultimately, it experiences Infinity. It experiences God.

Silencing the system, rising and expanding the Awareness and experiencing

God are the main purposes of Meditation. This is how the Rishis have devised it. This must be remembered clearly because in the Spiritual bazaar, there are too many aberrations, dilutions and misleading explanations.

The highest experience in Meditation brings us an uncommon wisdom and enormous inner strength which help us lead a peaceful and proper life. Meditation increases the power of memory and concentration. Meditation sharpens our intuition and burns our Karmas. These are only some of the benefits. Meditation transforms us, increases the quality of living and takes us towards God.

How do we meditate? Well, here is a

simple technique; simple but very powerful. This technique alone, if practised regularly takes us to the highest level of Samadhi. But meditating under the guidance of a Master is always advantageous.

The Technique

Sit comfortably facing North. Close your eyes and relax. Inhale and exhale slowly, three times. Then repeat 'OM' silently and slowly, thinking of a bright white light in your body for a minimum of 24 minutes. Then, lie down for a few minutes and relax.

Some tips

★ The best time for Meditation is just

before sun-rise. But any time is the right time.

- ★ There are no restrictions. But any habit that comes in the way of Spiritual progress will drop off like a dry leaf.
- ★ It is common that during Meditation many thoughts crowd and disturb us. And the mind wanders. These are natural. We should not worry about these. We should not try to push the thoughts away or try to control the mind. These attempts take our attention away from the Meditation. We have to ignore the thoughts and the mind-wandering.
- ★ During Meditation, if at any time, we

forget the technique and become aware of it, we should not worry. We must understand that during that time our awareness rises above the levels of the body, mind and intellect. In fact, we should be happy about it and continue practising the technique again.

- ★ Meditation is the greatest gift to humanity. It is the highest way of worshipping God. And the best and the final stage in Sadhana, our Spiritual journey.



SOME COMMON AND UNCOMMON TECHNIQUES

Pranayama

Sit facing East. Close your eyes. Relax for a few seconds. Then, inhale the breath as slowly as possible and without holding the breath, exhale as slowly as possible. Practise seven such rounds of inhaling and exhaling. Pranayama can be practised one to three times a day—at sunrise, 12 noon and at sunset.

This simple exercise energises our system and brings calmness almost instantaneously. Whenever we are agitated

and wherever we may be, if we just inhale and exhale slowly, even three or four times, the agitation stops and calmness envelopes us instantaneously.

Sapta Rishi Pranayama

This technique is the same as the above except that, along with the breath, we imagine white light entering our system and filling the entire system. This special technique given by the Sapta Rishis brings us subtle Prana which cleanses the system, energises it with the subtler Prana and brings peace of a higher degree.

Visualisation

Sit facing North. Close your eyes and

relax. Inhale and exhale slowly, three times. Then, visualize a bright white light filling up every cell of your body and try to experience it. Practice of this technique brings us enormous peace and subtler energies.

In a similar way, after sitting and closing the eyes and inhaling and exhaling slowly three times, think of the sky and try to experience its vastness. This simple exercise expands our thoughts and emotions. We will never think or emote small, afterwards.

Technique for improving Memory and Concentration

Sit facing East. Close your eyes. Relax

for a few seconds. Then, inhale and exhale slowly three times.

Then, imagine thousands of particles of bright golden light in your head. Try to experience them. Practise this for seven minutes daily in the morning.

Channelling

Sit facing East. Close your eyes and relax. Inhale and exhale slowly three times. Then, imagine the sky above filled with bright light. Imagine the light slowly entering your body through your head and enjoy the Peace and Love it carries. After a minute or two, imagine the light spreading out from your body in all directions including above and below.

Practise this, like Meditation, for a minimum period of 24 minutes or at least for 7 minutes. You can practise this at any time during the day, any number of times.

This technique helps purification and energizing the system and more than that, it spreads peace and harmony all around. You may fill up your room, house or the locality with these vibrations.

You may practise this technique before going to sleep. The channelling continues even when you are asleep.

Healing

Between 10 and 10.30 in the night, sit facing East. Close your eyes and Relax.

Inhale and exhale slowly three times. Then repeat the Mantra 'Om Sapta Rishiyai Namaha" then imagine golden light entering you through your head and filling up your entire body or to the part with the pain and healing it. Practise this for seven minutes daily till the sickness or the pain vanishes.

Miraculous results have been achieved by many people by practising this technique.

Connecting to the inner self

Just think of a small globe of very bright light near your heart and try to communicate with it, asking questions and listening to it. You will always get the

answers. But because this is a very simple technique, people usually ignore it. And whenever they practise this, they do not have the patience to listen to the inner voice. Listening patiently is very important.

Chaya Purusha Darshana

Around 9 in the morning or 3 in the afternoon, stand keeping your back to the sun, fix your gaze at the centre of your neck in the shadow and stare at that point for about three minutes. Then, shift your gaze and fix it at a point in the sky above. You will see your huge form in the sky. Observe the colour. If it is green, it indicates that after seventy two

hours, you are going to fall sick. If you find a limb missing or black in colour, it indicates that that part would be injured in a mishap, after seventy two hours.

You need not panic if you find any such abnormality. You can go home or to a quiet place, sit facing East, close your eyes and repeat a special Mantra “Om Brahmane Namaha” 108 times. Then you have to practise the technique above and look at your shadow in the sky. If you find the shadow clear, it indicates that the sickness or the mishap is averted or minimized. If you find the same abnormality, you have to repeat the Mantra again and again, till you find your shadow normal.

Techniques like these are not usually printed. They are given to the individuals selectively. But I thought, because it benefits many, it should be printed.

Astral Travel

This is a very interesting practice. There are several techniques, some very elaborate. The following simple practice suits everyone—a Meditator or a non-Meditator.

On a Saturday, *only on a Saturday*, we have to go to bed early so that by midnight, we will be in deep sleep. Before going to bed, we have to strongly think of a bright white light in our entire body for about three minutes. And pray to God

to help us travel to a place of our choice. Then, we must sleep. When we wake up in the morning, we have to gently try to recall if we had any dream-like experience.

Generally, it is difficult to recall an Astral travel. But we must continue the practice on Saturdays. We travel every time.

This branch of knowledge is very vast and this is all that can be said in a booklet like this.



6

SHAMBALA

Shambala is described as the city of Light. People who live in Shambala live in Light.

Shambala is somewhere in the Gobi desert. People have tried to locate it and reach it. But they have failed because Shambala is not exactly in the physical plane and people there live in their Light bodies. And perhaps because of that, they do not age and live for eternity. They follow certain principles called the Shambala principles, to live in the required Spiritual condition. My Guru, Maharshi

Amara, visited Shambala astrally many times and he brought out the Shambala principles which can be practised by anyone, to become eligible to enter Shambala. But we are entering into the Golden Age or Satya Yuga when, in course of time, the whole world becomes the world of Light and we begin to live in the bodies of Light. Now we can practise these principles which are very simple, and of course very difficult to live, and create the Shambala within and around us.

The following are the basic principles of Shambala:

- ★ Experience and spread Peace and Love. We can imagine a light coming

out from a centre near the heart and filling up our entire body and then slowly spreading all around us and gradually filling up our place of living, then the locality and ultimately covering the entire earth.

- ★ To respect everyone and everything. To respect all Life.
- ★ To recognize and experience the beauty all around us—in all living beings, in nature and in everything. We may, if possible, add to the beauty but should never disturb it.
- ★ To develop will-power by practising a simple technique given here. To meditate early in the morning. Then,

mentally organize the activities of the day, make a strong will that they should happen and concretize the thought by whispering to ourselves the program. At the end of the day, we have to check how much of it we have actualized. We have to practise this daily.

- ★ To preserve the secrecy of our material and spiritual goals as sacred, till we accomplish them. At least, we should not be talking about them too much till we accomplish. Also, to respect others' secrecy and privacy which is more important.
- ★ We have to push out all negativities that appear in us using the strength of

our positive thoughts and emotions and by meditating regularly.

- ★ We have to draw our own lines of contentment in our material pursuits. Then, we have to devote our attention to our spiritual pursuits without neglecting the material life.



7

LIVING IN LIGHT

Living in Light is living in this dimension of the physical world in the Awareness of Light; in the Awareness of God. This Awareness fills up our life with Peace, Love and Perfection which bring us the Liberation to go back to our Source, the Light, God.

Living in Light helps us to realize that we have to dream and work for the world, not merely for ourselves. We have to think and work for the welfare of all life. We have to realize and experience the Oneness of the Creation and the Creator.

Living in Light is living our true nature which is Light.



SAPTARSHI DHYANA YOGA

is the **Path of the Rishis**, the Sapta Rishis, who, from the higher planes of their existence, guide us to live in Peace and Perfection. It is the Path of Meditation and Positivisation.

The emphasis here is on establishing Stillness by Meditations, then raise our Awareness to higher levels of Consciousness and expanding it to experience Samadhi. This experience brings us Light, full of Wisdom and

THE AFFIRMATIONS

- ★ We are all 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.

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Awareness

Living in Light

ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು

ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ

ಐ-ಗುರೂಜಿ - ಭಾಗ 1

ಐ-ಗುರೂಜಿ - ಭಾಗ 2

ಅನುಭವಗಳು

ಋಷಿಗಳಿಂದ ಬಂದ ಕೊಡುಗೆ (ಐದು ಪುಸ್ತಕಗಳು)

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- ಆತ್ಮದ ಅವರೋಹಣ - ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ
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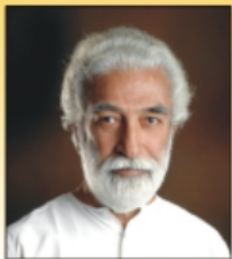
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ऋಷೀಕಡून मिळालेले ज्ञान (Marathi)
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GURUJI KRISHNANANDA

is the direct Disciple of Maharshi Amara. He developed Saptarshi Dhyana Yoga and has taught Meditations from 1988 to thousands. He has written many books which contain rare Knowledge and Insights.

His book "Doorways to Light" is considered as a rare Textbook in

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