



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 21, Issue 05

April 2026 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – September 2005 Issue)

The rains are heavy. The winds are strong. More rains are expected. We require rains and suffer its fury. We can only pray for help and grace. We have no choice.

Finding faults in others comes easy. We find faults in everyone, except in ourselves. We presume that we are right always and so, the others must be wrong! This attitude brings in a host of problems and we grumble, complain and remain miserable. If we do not change our attitude, we cannot make any Spiritual progress.

With fault-finding as our Divine right comes arrogance and intolerance. Humility vanishes. Without humility, we do not learn and do not grow. With the fault-finding mission, we create distances with the human and the Divine.

Why do we indulge in this self-destructive narcissism? It is simply because we see things in our light. When we see things in the Light of the Rishis, we do not see faults. We see life, though with imperfections and different contours.

When we begin to see Life in the Light of the Rishis, Sadhana begins. All distances vanish. We move nearest to the Divine.

After acquiring wealth, power and fame, some people, though very small in number, wonder if they have achieved everything in Life. And when they realise that they are poor spiritually, do not have Peace and do not have Contentment, become restless and miserable. What should they do then? I say, go after the Divine. Search for it in the inner space and experience.

Do the wealth, power and fame come in the way? You can use the facilities or throw away your kingdom like Siddhartha. If you become a Siddhartha, the Buddha comes out from you. ■



MANASA FOUNDATION (R)

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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:
9.30 AM to 10.30 AM
Regular Class:
11 AM to 1 PM

Held in Bangalore city on Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar
at Prasanna Gangadhareshwara
Temple, 2nd Cross,
1st 'R' Block, Rajajinagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar
at Hymamshu
4th Main, Malleshwaram

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Maruti Mandira
Vijayanagara

Saturdays (7 PM - 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 link:

www.lightagemasters.com

NEWSLETTER

To gift our Monthly Newsletter - **DOORWAYS (English) / TAPOVANI (Kannada) / PRAKASHMARG (Marathi)** - to a friend, please write to Manasa Office along with the name, mobile number, email and postal address of your friend.



To celebrate the success of World Channel Day Volunteers of Manasa visited various places in Bengaluru connected to Maharshi Amara on 21-2-2026. - 1. Someshwara Temple, 2. Wall in the temple from where the two Rishis from the Himalayas had emerged to meet Maharshi Amara, 3. Group photo of Volunteers.

NEWS AND NOTES

- ◆ During the Lunar eclipse on 3rd March 2026, Meditators gathered in the Meditation hall at Taponagara to channel Light.
- ◆ Shambala Group members received special initiations from Shambala Masters on 8th March 2026.
- ◆ The RA group members received special energies of RA on 15th March 2026.

PROGRAM AT ANEKAL

The 18th Anniversary of our Saptarshi Dhyana Kendra at Anekal will be celebrated on 30th March 2026 at 6 PM.

MEDITATION ON SPECIAL DAYS

| | | |
|----|-----|-----------------|
| 02 | Thu | Full Moon Day |
| 03 | Fri | Good Friday |
| 05 | Sun | Easter Sunday |
| 10 | Fri | Krishna Ashtami |
| 14 | Tue | Souramana Ugadi |
| 16 | Thu | Masa Shivaratri |
| 17 | Fri | New Moon Day |
| 20 | Mon | Akshaya Tritiya |
| 24 | Fri | Shukla Ashtami |
| 26 | Sun | Shukla Dashami |

PROGRAM AT TAPONAGARA

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

ORIENTATION CLASS

This is an opportunity to strengthen our Sadhana. Special help is received from the Rishis to experience the Divine.

Our system is energised and tuned again for Sadhana.

The Rishis re-initiate and strengthen many Spiritual processes in our system.

The Rishis bring special energies and pass on to us.

The class will be held on

May 1, 2026 from 11AM to 1PM

There will be a break for 15 minutes in between.

Live webcast of the class will be available for External Guidance students only. Regular students have to attend the class in Taponagara. Last date for Registration is April 28, 2026.

ECHOES OF TAPONAGARA



1. Volunteers had lunch at Chinnaswamy Stadium, 2. Maharshi Amara's house where Vishwamitra Maharshi visited him every night for three years, 3. Holy Ghost church near Maharshi Amara's house, 4. Volunteers meditating on Rampura Hillock where Maharshi Amara had meditated for 48 days.

Remember how exuberant one felt on one's birthdays while growing up? That is how the *sadhaks* of Taponagara usually feel on function days. Everyone was brimming with joy and excitement at Maharshi Amara's birth anniversary celebration. The whole atmosphere vibrated at a level much higher than on usual days. One could say that the whole atmosphere was charged with Divine bliss.

Taponagara's very own friendly Pickleball "Grand Slam" was a grand success. All the people usually seen in *kurta pyjamas* and *sarees* arrived in their sporty best. Everyone played to their heart's content and then ate delicious *bisi bele bhaath* and curd rice just as enthusiastically!

The Light Channel Volunteers met to celebrate Light touching more than seven lakh lives on this World Channels Day. All the Volunteers went together to places that were connected to Maharshi Amara. The first stop was Someshwara Temple, where two Rishis had emerged from an opening in the wall of the temple to meet Maharshi Amara! They were from the Himalayas!

Remember Guruji mentioning that Maharshi Amara liked cricket? Even the lunch stop incidentally happened to be the Chinnaswamy Stadium! The next stop was the house, where Vishwamitra Maharshi visited little Amara. Maharshi Amara's words, recounted by Guruji in *Doorways to Light*, come to mind: "First it was a hazy form. Then it took a solid shape. In less than a minute, Vishwamitra Maharshi materialised. It was sudden and unbelievable. I cried. He took me into his arms and held me for a long, beautiful moment." Poetically, the trip came to an end at Rampura Hillock just as the sun was setting. Rampura Hillock is where Maharshi Amara meditated for 48 days as a teenager. Every day, he saw a huge Light descending from the sky into a particular area. On one occasion, he ran from the hillock towards the Light. Back in the day, the area was a dense forest, but he ran without a care, probably with blind trust in the Rishis. Once he reached that area, he marked it and waited for twenty-five years to buy some land in that area!

As the volunteers made their way back home, they were quiet, trying to make sense of the grandiosity of the Spiritual giants that ARE Guruji and Maharshi Amara. As the bus trudged along the infamous Bangalore roads, they hoped, just hoped, that one day they might be a little bit like them. ■

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)

February 2008

I don't know how to thank. Thanking becomes such a small expression. We don't know how to express this. I can only do it with passing on great Love and if I say this, I think I have said many, many things. I lost my family but I found another family. This is my family, Manasa family. These are wonderful people. They are like my children and I am very grateful to them and I feel one should have a family. The world itself is a family. We, human beings are not made to sit alone somewhere. If some people remain alone, stay alone in the forest and are doing Tapas, it is for our benefit only. We always live in groups and living in groups, spending time, emoting, joking, laughing - this is the joy of Life and we have every right to have this joy and I have so much of joy, so much of happiness in my Life; I am ever grateful to this wonderful Manasa family.

When we begin practising Meditations, everyone's problem is having thoughts. I have spoken number of times about thoughts. But, whenever a new person joins, picks up Meditation, he will have the same question, same doubt and problem. We have to ignore the thoughts. The more we try to either control or push the thoughts, the more time we are wasting. We will not be meditating. Stillness is possible with thoughts. You can make a note of this and think about it. You have to experience this. I have experienced this long ago. At one time, I could see or be aware of all the thoughts. It was not a zero-thought level. There is nothing like a zero-thought level. All the thoughts were there but they were away. I was aware of them but I was not disturbed. I was still. Silence is not

thoughtlessness. These are the improvisations. As you go on learning, practising, again learning, practising, we go on adding new points to the knowledge. That is the beauty of this Path. It is so, shall we say, 'innovative?'

Sometimes I feel people are scared of Meditations. Particularly the beginners, particularly the people from other Paths, particularly those who have practised Meditations using the CDs. There will be continuous flow of instructions and they think they meditate. Such people when they come here and begin Meditations, not everyone, only some, feel a little disturbed. They find this very new, and whenever they have an experience, they feel scared. A person had this experience, particularly, a beginner. He meditated and suddenly realized when he opened his eyes, that nearly one hour had passed. He thought there was something wrong. It is to reach such stages, we struggle. This wonderful person had this great experience. His Awareness rose. He does not know it. He thinks there is something wrong. He went to the extent of asking me, "Please advise me whether I am in the right Path." I cannot say, I will never say this is the right Path. You have to decide about it. But, I felt sorry. In the beginning, I explained to him. He couldn't understand. Later on, he understood, accepted. He is a very happy man now. Let his experience make us realize this. Let us always remember, the definition of Meditation is, establishing Stillness; it is establishing Silence. With a cassette playing all the time, you cannot have Silence. It is common sense; common knowledge. But, there are many ways, many Paths, many Gurus and I don't have any

comment on others. When you come here, we mean serious business. We want everyone to really meditate, to really experience and really transform. That's why we say we remove all these extra things like cassettes, CDs and we assure you always, when you lose Awareness, be happy. Seek to have this experience every time you sit for Meditation.

Last year, was a year of tests, also a year of turmoil. This year will be a year of opportunity. This will be a year when our nature, our true personality will surface - the good and the bad part. Don't always think we have only the negative thing. We also have good parts. Whatever surfaces, we the individuals, will be aware of it. We have to deal with it. If you find something good in you, try to improve it. If there is something not good, try to remove it. This year, is an opportunity to deal with these things. A new phase begins from April. This is a very important phase.

Rishis revealed that all the Pralaya energies are released through Lord Kalki. He monitors everyone's, six billion people's Spiritual condition. All this time we had opportunities. From now onwards He will start correcting. He will try to help us cross over to Satya Yuga. To cross over, we have to get rid of and let go of so many things. He will help us. But you should not hold on to old principles. Many times, our principles do not agree with the principles of the Rishis or God. Our principles are wonderful but we have to leave all these things. We have to let go and move on. We have to cross-over and if we don't do, He will punish or take corrective action. Let me assure you, on behalf of the great Rishis, do not get scared. There is nothing to get scared or panic. All that is required is just to say sorry. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Usha Satishchandra)

01-02-2026

Any number of superlatives or words are not enough to capture Maharshi Amara's greatness. Anything about him was great, magnanimous and super human, although he was a human being like us. Think of any event from his Life, his greatness shone. The fact that he went inside the Sun, astrally when he was just 9 years old. Probably, after hundreds of years, when the New Age, the Satya Yuga is established completely on this earth, then people will come to know about life inside the Sun, and also about life on different earths in different galaxies. He knew by his direct experience. He had travelled to many earths in different galaxies and would talk about the life witnessed there. On some earths, the civilization is so advanced that there are cities floating in the space. And some earths are in the Stone Age. On some earths, people just eat one fruit and then for seven days they won't feel hungry. Some earths were lit from inside. The ocean and the rivers were glowing. It was beautiful to witness the fish and other creatures inside the ocean.

People will come to know about Shambala. Someday it will open up to the whole world. He knew about Shambala by his direct experience. He was the first person to have talked so clearly about Shambala. He used to often visit Shambala, astrally. He knew many people there. Lord Kalki will someday appear and people will know about Him. But Maharshi Amara had met Lord Kalki physically. We have heard and read about the *Chiranjeevis*. Had we not heard about them from Maharshi Amara, probably we would have wondered, do they really live in their physical bodies. But Maharshi Amara had met each of the *Chiranjeevis*, physically. How do we react to such knowledge about him apart from wonderment,

astonishment, a kind of awe, and of course great reverence? Lord Krishna physicalized for him! Vishwamitra Maharshi used to come astrally, physicalize and teach him Meditations every night. He did this for three years! Maharshi Amara took 18 bodies, to serve people during the Second World War. If anything had happened to one of these 18 bodies, it would have harmed his original body. It was a great risk. It was in his blood to take any amount of risk for the work of the Rishis. His life was full of adventure and risk. And what we know about his Astral works is very little.

We know that he could play the tabla and sing very well. He could play the harmonium and many other musical instruments. He could just touch a book and grasp its knowledge. He would say that a book is a field of energy. We can receive the energy and get the knowledge from it.

Guruji once told Maharshi Amara that he must be the best worker of the Rishis. His reply was, "Every worker is a best worker." There are 1,44,000 Rishi-workers. Each one of them is too great. Humility was a great lesson he taught us through his living. Anything about him was magnanimous and great. And yet, he lived a very normal life at the human level.

God has been very kind to us that He gifted us association with Maharshi Amara through Guruji. We are in this Path because we want to grow towards Perfection. And what great role models we have in Maharshi Amara and Guruji. They inspire us to follow their footsteps. Maharshi Amara used to say that each one of us have the same potential and he encouraged people to go beyond him. Only a true Master can speak like that.

There are a series of questions and answers in the book 'Master Pupil Talks'. I share some of these in Maharshi Amara's words. To a question Guruji asked him, he replied, "There is a source of energy within, in everyone. If you can tap this out, and make use of it, then, every one of you rises to become Gandhis. Do not take my words lightly. You have not made the attempt so far. That is all." Guruji asked, "How do we tap this energy?" He said, "To begin with, by Meditations."

He did not just ask people to meditate, he placed before them the entire science of Meditation, which he received directly from the Sapta Rishis. That is the specialty of the Rishis. Guruji used to say, "Rishis don't just advice. They also tell you a practical way to follow the advice." I think Meditation is the foundation of our Sadhana. We then have to build our Sadhana on top of this rock-solid foundation.

I share one more conversation between Maharshi Amara and his disciple. It is so profound and powerful. The disciple asked, "Sir, what is Spiritual?" Maharshi Amara replied, "Well, what is not Spiritual? I tell you. Everything is Spiritual." Disciple asks, "I do not understand, Sir." Maharshi Amara, "Let me try to explain. You go to a temple, study holy books; meditate. All these are accepted as Spiritual activities. No one disputes. But, going to an office, washing a cloth, writing a letter, these are also Spiritual activities." Disciple asks, "But how?" Maharshi Amara says, "Going to an office on time, washing the cloth clean, writing the letter, doing any such thing properly, doing anything as an act of service to God, is Spiritual. One can go to a temple and still remain a rogue. You see, it is not just the act. It is you." He shared profound knowledge like this. ■

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. 5000/- for students living in India. For students living outside India the Registration fee is Rs. 10,500/-. The fee includes a set of Textbooks and our monthly Newsletter.

Thereafter, the yearly Renewal fee is Rs. 4500/- for students living in India. For students living outside India the Renewal fee is Rs. 10,000/-.

- ◆ 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.

SPIRITUALITY

Guruji Krishnananda

What is Spirituality?

Visiting temples, performing Poojas, observing Vratas, going on pilgrimages, giving alms, performing Homas – Yagas, reciting Vedas, singing Bhajans... All these activities are good. When understood properly they transcend from religious to Spiritual.

If we can recognise the presence of God in everyone and everything, if we can perform work as service to God, then the work in the office, driving a bus, selling a thing or polishing a shoe becomes Spiritual. The demarking line between the Material and the Spiritual vanishes. The whole Life becomes Spiritual.

Tuning to God is Spirituality. Tuning is Yoga; the Union. We need not go through postures and breathing exercises. We can establish the contact in the hour of Meditation and keep it alive in the other hours of work and rest.

(Manasa Patra – October 1989)

NEGATIVE EMOTIONS AND THOUGHTS

Guruji Krishnananda

Do negative emotions and thoughts of a Meditator affect the other more? Yes. The Meditator will definitely have very strong emotions, strong thought waves. But, because he is a Meditator, it will not affect. A Meditator is a spiritually evolved person or an evolving person. These negative emotions or thoughts, when they manifest in a Meditator, may be they come from outside. When a Meditator becomes aware of this he will immediately put an end to it. How does he do it? By conscious effort. It doesn't happen automatically. We have to will it. We have to make a decision not to allow these things to go out of our system. We have to bring out and build up a huge wave of Love. And this huge wave of Love will simply absorb these negative emotions or thoughts; they get submerged, they simply disappear. A conscious effort has to be made. May be once, twice or as many times as required we have to make this effort.

If we allow these things to touch others, definitely there will be a strong impact. The people who are impacted are affected, they suffer. And because of this we attract Karmas. So, an ordinary man will have an ordinary impact and will have small doses of Karmas. A Meditator is a special person with great responsibilities, so there will be a greater impact and will attract stronger Karmas.

(Thus Spoke Guruji - December 2002)

VAIKUNTHA EKADASHI

Guruji Krishnananda

It is a belief that on Vaikuntha Ekadashi, the doors of heaven are open. Even in the temples they keep a door to heaven. Do we really enter the heaven? What happens on that day? How much significant is this Vaikuntha Ekadashi? As I understand, on that day energies come from Vaikuntha. It is a very auspicious day, a very Spiritual day. Energies from Vaikuntha come. They don't come only to a temple. They come everywhere. We have to open the door within us, not a door in a temple. A lot of people queuing up in the temple is fine. Let us not comment on those things but when I open the door within me, the energies can enter. This is the significance of Vaikuntha Ekadashi. Of course, these energies bring us both Spiritual and material benefits.

(Thus Spoke Guruji - January 2002)

QUESTIONS AND ANSWERS

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

Q: You said that Purity is at its peak in Satya Yuga. Does it mean all people born in Satya Yuga get liberated and go to Satya Loka?

A: In Satya Yuga, everyone is pure like God. We do not go to Satya Loka. We choose to live all the 20,000 years in Satya Yuga. Then if we choose, we can go back to our Source. If not we can live in Treta Yuga and get caught!

Q: I have the fear of death. I shudder at the thought of pain during death. How can I get over it?

A: We have to pass through death and cannot escape it. That is a reality. We shall face it when it comes, and why worry about it now! We have to be alive completely, every moment of this wonderful Life, now. Death will be painful only when we have attachments. There will be no pain, when there are no strings attached.

Q: Can we know when we will die? Do you know any way or technique?

A: Yes, I know. But this knowledge obstructs the normal flow of Life; we have to first grow strong and mature, to receive such, and other knowledge.

Q: Can I transfer my life period to a person I love most, whose life is short?

A: There are laws governing this. Such things are allowed only for a higher purpose.

Q: Can we contact our dead ancestors?

A: Yes. But why?

Q: If a person wants to die earlier, does he have a right?

A: Yes.

Q: Do the dead relatives of a person come to him at the time of his death?

A: In most cases, they do. But the guides from other planes always come.

Q: Can the dying person see them?

A: Yes.

Q: Does his sense perception heighten at the time of death?

A: Yes. During the separation of the Astral body from the physical body, a person may or may not have a heightened perception. But when the separation is complete and when he enters into the Astral plane, he will definitely have a heightened sense of perception. He can see everything around. He can also see everything in the physical world from that plane.

Q: When a person is on the death bed, what is the role to be played by a Meditator near him?

A: To channel energies; build up vibrations of Peace; pray to the Rishis to help the soul shift from the plane of existence, to the other.

Q: What will be the state of mind of a dying person?

A: Intense fear of the unknown death, helplessness and unwillingness to die. This will be the general state. But a Yogi shifts to the other plane without any resistance.

Q: Why exactly do people fear death?

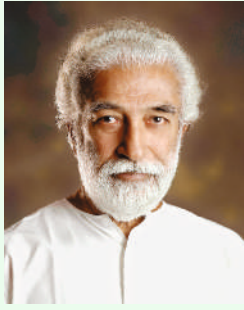
A: For the simple reason that we do not know about death. Reading about it and formulating theories are not enough. The actual experience is different from theory.

Q: When a person is dying, the others around ask him to think of God or they read the scriptures. How do these help him?

A: These help him to link up to God. Coming in link with God, removes pain; brings enormous strength and Peace; and it makes death easy. ■

LIST OF OUR PUBLICATIONS

Table listing various publications such as 'Doorways to Light', 'Higher Communication and Other Realities', 'Light Body & Other Realities', etc., with their respective prices.



GURUJI KRISHNANANDA (1939-2012)

MANASA FOUNDATION (R)

established in 1988 by Guruji Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city. It also teaches Light Channelling to school children free of cost. Volunteers of Manasa Foundation visit schools and conduct Light Channelling sessions and train the student leaders and teachers to conduct sessions on their own. School children are immensely benefitted by the practice of this simple technique, which helps them improve their memory, concentration and performance in studies and extracurricular activities.

MANASA

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 Guruji lived from 1987 to 1992.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APPEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I started to watch a Sunday class webcast during evening, as I could not attend in the morning. Though my internet connection was good, the video streaming had very frequent breaks. I sent Light directly from my soul and communicated through it to my mobile, network connection and the Manasa website, requesting for help, to continue the streaming without breaks. After that, for almost till the end of the video streaming, there were no breaks! I thanked all the entities!

I am practising to be detached more consciously. I am able to be detached and still continue my responsibilities, works, etc., without expectations, by giving up my old, unwanted patterns, in difficult and repeated Life situations.

- Srinidhi R V

I am feeling more energetic and vital these days. I feel much lighter mentally and emotionally. I am able to enter Stillness and meditate.

- Srikantan M

I feel, I live much more in God-awareness now. I have grown more sober. Also, I find, I have to constantly remember, that we are in difficult times, but not to lose hope in the future. I remember Maharshi Amara's dictum of holding on to our "Spiritual Umbrella!"

- Vidya Virkar

I have a new job as a lecturer, at a university. The University campus is very big. I have to walk at least 2 kms and teach for 2 hrs. By the time I come home, I am exhausted and my legs pain. One day, I just imagined, Light filling up my body. I carried Light with me, the entire day, and when I came home, there was absolutely no pain!

- Priyamvada Kulkarni

I was determined not to miss the 'World Channels Day' this year, and I participated in all the four online sessions conducted that day. Even though I couldn't understand some of the Kannada and Hindi words, the sessions were very powerful; I was very happy the entire day and felt very light.

- Padmavati B

I had gone for a Devotional Bharatnatyam Dance program, in a Hall. The lady and her teacher were very sincere and when the musical chime was sounded, its vibrations went deep within me and it felt familiar, like a memory buried somewhere. I felt, I was in a Buddhist Monastery and the gong silenced my system. It was like a call for Silence, Stillness and then Expansion. It was like an Initiation right there, and I carried the feeling of Peace and Expansion for the next day also!

- Nandita Vijayan

The resounding theme of the year seems to be "It is Time to Change." Life has been testing me with many challenges, pushing me uncomfortably to change, but at the same time, the Rishis and Light have been giving me strength and guiding me with so much Love, through all the tough moments. I feel so grateful to be in this Path.

I am excited to grow and change, and throw away my fears. The Last words of Guruji always give me strength, and hope when I am feeling low. I have been trying to just be aware of Light in me, as much as possible, and it helps. I am beginning to understand that, the intent alone is enough, Light always works.

- Shriya Sasank

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