



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 08

July 2026 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – September 2000 issue)

Sometimes, I wonder, what am I doing here! Answering the same questions, explaining the same points, encountering the same egos, closed minds and confused thinking! There is so much of Light around here. But closing the eyes, people see only darkness!

Whenever such thoughts enter stealthily, I wake up suddenly with a shudder and shake them off as creeping ants. I should develop more patience and perseverance. This is my work. I have chosen the work. And when I dwell on these thoughts, Light floods into me; Light and Love; Love from my Guru, my Rishis and God bringing me all the strength and inspiration to work; to work more and better.

Then, I wonder, was it a test!

Last time, I wrote - "People talk; they don't listen." It was my observation over years. Well, I received several phone calls and letters. They said, "You must have written about me!"

I would like to add, this time, that some people ask questions and before I try to answer, they ask another! And before I answer this, another! They ask questions, but do not listen!

Listening is the grown-up's act of maturity and respecting others. If we do not listen, how do we learn? It does not require great contemplation to realise this. Saying this, I wait for the calls, again!

Someone remarked, "Meditation is dry." It was a casual innocent remark. But I felt sad because that someone was a Meditator!

I had participated in Bhajans, playing Tabla, during many all-night Bhajans. Even now, when I find time, I listen to Bhajans and shed tears of ecstasy and love. But when I meditate deeply, I experience the unstirred Bliss stirred by Bhajans. Many people are taking up Meditations because of the quality that they add to our peace, happiness and Life.

Some people think I have powers. When they have problems, they mind-link, pray and get solutions to their problems! Not once, but many times! Some think that I am just a human being like themselves! I am needlessly glorified!

Do I have powers?

The Rishis have all the powers. I am only in link with them. They are the Masters and we are all the Sadhaks under them. This must be clearly understood. ■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

Phone : 99000 75280 (10 AM to 5 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES

Held in Taponagara on Sundays

Basic Class:
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.



Guruji's 87th Birth Anniversary was celebrated at Saptarshi Dhyana Kendra in Anekal on 18-5-2026 and at Taponagara on 24-5-2026. The tree in the photo is the tree behind our Anekal centre, which used to speak with Guruji.

NEWS AND NOTES

- Guru Poornima will be celebrated in Taponagara on Wednesday, 29th July 2026 with special Meditation from 10 AM to 1 PM. If you wish to participate, please register with Manasa Office by 27th July.
- Light Channel Volunteers begin visiting schools to teach Light Channelling to school children after opening of schools after the summer holidays. Teachers and school authorities are also keen to learn this practice, which helps them deal with stress and many other challenges they have to deal with. Principals of 250 schools in Pune, attended a session conducted specifically for them by our Volunteers. In another session conducted by our Volunteer at the Cricket Club of India, Mumbai, 85 people practised Light Channelling. Many were keen to learn more and continue with regular practice after a Spiritually elevating experience.

MEDITATION ON SPECIAL DAYS

07	Tue	Krishna Ashtami
12	Sun	Masa Shivaratri
14	Tue	New Moon Day
15	Wed	Ashadha Masa Begins
16	Thu	Dakshinayana Begins
21	Tue	Shukla Ashtami
24	Fri	Shukla Dashami
25	Mon	Shukla Dashami
29	Wed	Guru Poornima Full Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
12-7-2026	Shambala Group meeting at 2PM
19-7-2026	Ra Group meeting at 2PM
29-7-2026	Guru Poornima Special Meditation: 10AM - 1PM

During Ashadha Masa, which begins on 15th July we get wonderful and great energies directly from Parabrahma Loka. We can meditate more during this entire month and absorb these energies. They peak on Guru Poornima, the Full Moon Day, which falls on 29th July 2026. On that day meditate as much as possible, and in the night before going to bed, imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.

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

ECHOES OF TAPONAGARA

Remember childhood field trips? Getting on a bus with classmates? Having names called out by roll number? On the 18th of May (Guruji's Birth Anniversary), about 30 Meditators went to Anekal from Taponagara in a bus. Every detail was taken care of by the Volunteers. Everybody on the bus was welcomed with food to munch on and water to keep hydrated. Listening to Bhimsen Joshi bhajans set the mood for the program.

The people of Anekal are simple and loving. Their love and care instantly put people at ease. They welcomed everybody with chilled mango juice which felt like nectar on an unusually warm day.

An Anekal teenager's speech moved one and all. She spoke of her relationship with Guruji. Despite never having seen him, she speaks to him like she would to a friend, and he always responds. She has always found Guruji gently guiding her through all her problems.

Guruji often spoke about a tree in Anekal. When covered with caterpillars, this tree happily let them eat the leaves. The tree said to Guruji that it would generate more leaves later and not to use pesticides. Its magnanimity in choosing to feed the caterpillars instead of protecting itself left people feeling deeply moved. Many people went to see the tree and offer their respects to it.

After the function, the Taponagarites began their journey back home. What they didn't anticipate was that it would take four long hours! People remarked that they could have reached Hyderabad or Chennai by then. A few drops of rain are always enough to bring Bangalore traffic to a screeching halt. However long the ride may have been, it was enjoyable because of the amazing company. Did people vow never to get on a bus again? Yes. Did they have nightmares about it? Yes. But did they have a blast together? Absolutely.

That is the specialty of Manasa. When a person is enveloped by its field of Love, even the most grueling situations become bearable. With Manasa, one is always home—even on a moving bus crawling at a speed of 5 km per hour. ■

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

A regular participant of our RLCC, Smt. Vijaya Laxmi had gone for a picnic with her friends. When they halted at Hassan she conducted a Light Channelling session for about 40 people in the Govt. College grounds there. She was surprised that everybody sat and practised in absolute silence, and in that open space it was a Divine experience. After the session ended, everyone told her that it was a very nice and wonderful session. She was thankful for the opportunity.

- Nirmala Bala, Light Channel Volunteer

After the Light Channelling session in Sri Vinayaka Sunrise School, Bengaluru, Yogesh, a 9th class student said that he felt warmth and being loved while channelling. Another student, Lathik, of 8th class said that he felt different which he could not explain in words but could only experience. The PE teacher, Mr. Rajesh said that he was introduced to the Light Channelling technique by Manasa, when he was a student in the school.

- Radha B. T., Light Channel Volunteer

LIGHT CHANNELS WORLD MOVEMENT

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

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

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

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

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

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

Spread this message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

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

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

THUS SPOKE GURUJI

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

February, March 2008

Last week, I happened to address a small crowd. A few points were very much appreciated there. I would like to share them. All of us will be working in systems; career systems - offices, factories, businesses. May be, some people belong to political systems or religious systems. There are many other systems. We should be careful in not allowing the system to suck and swallow us. We should never lose ourselves in any of these systems. We must always live above the systems simply because, any system destroys our individuality, snatches our freedom and more than anything, it dehumanizes us. You have to think about these things when you are alone. I had friends; when some of them became supervisors, their smiles vanished. They would behave, all the twenty-four hours, carrying their designations on their faces. We can carry our designation only when we are in the office, but outside? Many do this because, we identify with the system. We allow the system to operate through us. It dehumanizes us. We lose our freedom when we are working within the system, studying, or building our careers. So, we must always have a parallel creative engagement, a creative occupation, a hobby, call it by any name. The finest thing would be reading, music, and fine arts. I had interest in all these things. This helps us not to be sucked in by these systems. When people retire, they don't retire from Life. The fact is, after retirement we start enjoying Life; we experience the most beautiful things in Life.

I remember, a colleague somehow thought I was a very great man, very well read, etc. He got an autograph book and said, "Write something here." It happened in 1960. I wrote, "Dreaming is our birth

right." When he read this, he had tears in his eyes. He said, "I have never heard such words." I too had never heard. Somehow, I wrote. Looking back, I have observed that many times, many words have come out of my mouth. I have wondered, "Did I say this?" These ideas are not our ideas. They are from the Rishis. I had not met Amara in 1960, but I think Rishis must have been monitoring my Life even then. They must have put these words in me. They cannot come from an ordinary person like me. Anyway, dreaming is our birth right. And this is the most important thing. We should never stop dreaming and never surrender our dreams.

I want to make one point very clear. Sometimes we ask some people to continue practising the same technique of Meditation. It does not mean that the person has not made any progress. People should not come to such easy conclusions. People in Samadhi stages are fully aware of this. Even before they come to me, they know that I am going to ask them to continue practising the same technique, and it does not mean that they have not made progress. We have mentioned many, many times that the Rishis are happy with the progress people are making. We are happy. But why do we keep asking you to practise the same technique? The simple and the most important reason is that techniques become unimportant for us. When we say continue practising the same technique, we provide you an opportunity to get over the technique; to go beyond the technique.

A person said he came across this statement that, "Krishna is the Supreme God." When he read this,

he stopped reading the Geeta translated by this Master. Here, I would like to say, whenever people speak like this, let us understand that, all these forms are the manifestations of the Supreme God, Parabrahma. If a person speaks like this, it is just out of devotion. We should not get affected by such expressions. All forms are the manifestations of Parabrahma, who is Light, who is the Ocean of Consciousness. Each form represents the Supreme. Each form connects to the Supreme. If anyone disputes this, let us not argue. Let us say this is our understanding and our conviction, and that is all. With arguments we can't make others realize the truths. We may score a point. That's not the point. There is only one God, and we know it.

Generally, we sit for healing between 10 PM and 10.30 PM and practise the technique for healing. Sometimes it is not possible. Then, we can sit for healing at any convenient time, except between 1 AM and 3.30 AM. People who live abroad have to always follow their local time.

Opportunities are of two kinds. One is to grow; to transform. We have Meditations; we have Shambala Principles; we have so many things. The other kind of opportunity is to take up the work; to work for the Rishis. For this, a kind of preparation is required. First, you have to choose. This is not easy. You have to be very clear in what you want to do. And the second and most important part is, once you choose and join the work, burn the boats. When I say burn the boats, I don't mean cut off from Life. It is not so. There are certain bondages. We have to cut off from them. If we can do this, yes, we are ready for the work. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Usha Satishchandra)

01-03-2026

Recently, I attended the wedding of a very close friend's son, where I experienced a kind of overflowing joy. The groom's and the bride's side participated in all the programs as one family. There was no trace of tension, negativity, or anxiety anywhere. Everyone seemed full of joy. And I thought this is an indication of a kind of shift in Consciousness at some level.

We recently had Taponagara family sports event. There too, I saw everyone participating with overflowing joy with no trace of any problem, or competition. People came together just to celebrate Life and share their joy. It indicates advancement at some level. Similarly, after working with great intensity for the World Channels Day, more than 100 volunteers celebrated its success in a very unique manner. We visited some of the places associated with the Life of Maharshi Amara. The experience was exceptional. Everybody felt spiritually elevated. It was a great blessing. From the very beginning we received help, experienced grace, and support from the Masters. A full day program was flawlessly executed with everybody's co-operation. Coming together like this, keeping aside our egos and keeping our focus on the higher purpose of such gathering, made this a wonderful experience. A thought then arose, that we are already in the New Age!

This is how we can begin manifesting the New Age in our individual lives, in our families, societies, and in smaller and larger groups. It then spreads. We can see it in pockets, and see it manifest in such events. Darkness may still rule the world, but we can experience

the Light in togetherness. This is an indication of a Shift.

What is shift in Consciousness? It is a shift in the awareness of individuals. For a global shift in Consciousness, majority of the world have to experience this shift in awareness. When such a shift takes place within, then it naturally manifests outside. There is then no room for ego clashes, competition, hatred, or jealousy. The focus shifts to the purpose of higher experience.

I narrate a very beautiful experience, to highlight the help we received. As part of this program, we visited the very famous, Holy Ghost Church, in Bangalore. Guruji used to frequently visit this church and every time, without exception, he would have a very deep experience, a deep contact with Vishwamitra Maharshi. We were travelling in multiple buses. One group reached this church earlier and found it closed. The large front door is fitted with an iron grill, allowing visitors to look inside and offer their respects. As we were about to offer our respects from outside, a worker there said, "Why don't you come in through the side door?" And I thought, "Oh God! How much care, how much Love was being showered on us." We were invited to sit inside and offer our respects to the Master. It was very touching. I remember, Guruji used to say, "Whenever we come together selflessly for a higher purpose, the Universe blesses."

On one side we can see a kind of shift in Consciousness at the level of such groups, but on the other side we can see that the darkness still rules. The process of this shift, also known as *Pralaya*, will not be complete until the whole world

shifts to a higher level, and the darkness is wiped out completely. We are currently passing through a phase of uncertainties and turmoil, and I see that some people are experiencing fear, anxiety and stress. How do we deal with these challenges? How do we get over anxiety and fear? We know the solution is in Meditation and positivisation. And I have realized that the only way to achieve this is to relate to God with great Love, to have faith in Him and become aware that He really exists here, right next to us, and is within us, all the time. Intellectually we know that there is not a single moment when He is not there. The solution is to realize this deep within us. We will then have no fear, because we will know that God knows and allows things to happen to us. He is the one who loves us the most. He does not judge us. Maybe, our Sadhana is to realize the truth of God's nearness.

Whenever we are gripped with fear and filled with anxiety, we can fill ourselves with Light. Practising this consciously will help us relate better to God. The conscious awareness that God is with us, will help us connect with Him and receive His energies, wisdom and strength. That will help remove any fear, or anxiety. Although our present is fine, we imagine the worst will happen in our future. We are gripped by fear and anxiety of a future that may never even happen. The imaginary fear causes a lot of pain. The real world is probably not as painful as we imagine. Although we have everything here the fear of the worst in the future blinds us to everything we already have. The practice of filling ourselves with Light, regular Meditations, and practice of Shambala Principles will help us overcome such unknown fears. ■

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.

NIRAKARA PARABRAHMA

Guruji Krishnananda

Our philosophy is a growing philosophy. In this background let us understand one point very clearly. Here we worship Nirakara Parabrahma, the formless God, who is Pure Consciousness. We do not do it with flowers, fruits, Mantras or rituals. We worship in a special way, with Meditations. Meditation is the highest form of worship. Worship is an expression of our Love and respect. We worship by surrendering. Surrender is also a way of worship. We surrender totally so that we have so much of Love, faith and respect. We worship by completely putting down our ego and living in His awareness and by manifesting Him, manifesting Love, Peace, all that. Our worship is not confined to temples; or even confined to Meditation halls. God is everywhere, so wherever we are, we worship. Someone asked my Guru, "Where is your *ashram*?" He said, "This whole world is an *ashram*." So, which is the place where we worship? It's everywhere, anywhere. Our worship is done silently, internally. We must have this awareness always that He is everywhere and He is within. We must know Him as not a fearsome God somewhere in a temple but as the only eternal companion. ■

(Source: Thus Spoke Guruji, Vol 5 - September 26, 2004)

GURU POORNIMA

Guruji Krishnananda

On Guru Poornima we have to meditate more. Guru is the one who takes us from darkness to Light. And this Guru is God Himself, the Nirakara Parabrahma. The human being is only the representative of the Guru. We must always relate to this part in the human guide. There is a Universal Principle in me, that Universal Principle is God Himself. This Light, this Guru, this Universal principle is in everyone. In Meditation we try to relate to this Guru. That is the purpose of Sadhana. It is to discover the Guru in us, to relate to Him and to experience Him. Without the experience we remain what we are, wherever we are, as we are. It is only when we relate to this Guru and experience Him then Sadhana progresses. A little experience is enough to transform an individual, and when there is no transformation in us, it means we haven't yet experienced the Guru within. We have to make efforts towards this. Only when we relate to the Guru within and experience Him, we begin to move.

When we experience more of Him, and expand in Samadhi, then our Sadhana begins. Unless we begin to make efforts, Meditations do not help. Meditations relate us to God within and without. Both are difficult - to relate to Him within, and to experience Him within and without. To experience Him without is to experience Him around us, in people, in Life around us, and in nature. We must find this Guru and experience Him. *Paripoorna* Samadhi is when we will be able to experience Him within and without and all the time. Experiencing God within, without and all the time, in all *avasthas*: *Jagruta*, *Swapna*, *Sushupti* is *Paripoorna* Samadhi. Unless we understand this, we will not know our goal.

Most of the times, people don't define their goals, that's why there is confusion. Just one moment's experience removes all confusion. For this moment, we may have to meditate for years sincerely and regularly. It's very difficult to recognise the God around us and within us, because He is Nirakara. He is just a Presence. Because it is difficult to relate to Him that way, we have a human agent, a human Guru. We must have great faith in the human Guru. ■

(Source: Thus Spoke Guruji, Vol 5 - July 2, 2004)

QUESTIONS AND ANSWERS

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

Q: I am affected by a Tantrik. I feel that 35 years of my life have been affected by an evil force. Can you explain the phenomenon?

A: It is very sad. Tantriks can aggravate a problem or create a bigger problem to make money. The forces of black magic work only when we are weak. When we are strong, nothing can touch us. A regular Meditator will not be affected by these.

Q: I had a very bad dream. When I consulted a Tantrik, he gave me some strange instructions. I did not follow them. But I am disturbed now. What shall I do?

A: Being a Meditator, you should not have gone to a Tantrik. Now please meditate more.

Q: How do planets influence our Life?

A: Energies from the planets influence our thoughts and emotions, which in turn influence our decisions. These decisions affect our Life.

Q: Rahu and Ketu are not planets. But they are considered in Astrology as planets. Why?

A: They are strong energy fields. They are personalities. Though they are not planets, they influence like planets.

Q: In Bhakti Yoga the devotee will have a personal deity. It is a Path of duality. Can the devotee really experience the non-dual state?

A: Yes, he can. In the beginning he will have a personal God. As he advances, he will see his personal God in everything and everyone. Finally, the form vanishes. Dvaita leads to Advaita.

Q: What is Advaita?

A: Dvaita means 'two'. Advaita means 'not two'. I and the creative Intelligence behind all this Creation, are not different. We are One. This realisation at the

intellectual level is the first step in Advaita. Then actually experiencing the oneness in deep Meditation is the real Advaita.

Q: Which is true - Dvaita or Advaita?

A: Both are true. We reach the stage of Dvaita first and then Advaita!

Q: What is Vedanta?

A: 'Veda' means knowledge and 'Anta' means end. Vedanta means the end of intellectual knowledge. The knowledge of direct experience begins where the intellectual knowledge ends. It begins with Meditation!

Q: Can we progress without the intellectual knowledge?

A: Yes. We can have the Real Knowledge directly through Meditation.

Q: Will the Third World War take place?

A: It depends on us! If we tune up to the New Age and follow the principles, there will be no war. Changes should be on a massive scale. If not, the war may become a necessity.

Q: What is Yoga Nidra?

A: It is a state of deep rest. It is not ordinary sleep, or Samadhi.

Q: What is the difference between Yoga Nidra and Meditation?

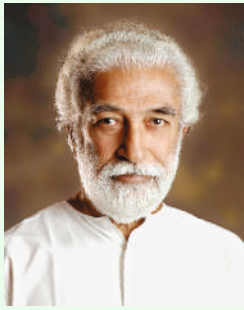
A: In Yoga Nidra we rest. It takes our entire system beyond sleep. In Meditation we don't rest. It is an active period. We are active at a different level.

Q: What is Light expansion?

A: Light contains Love, Knowledge and Power. This is not the physical light. This Light is God Himself. We realise this at a deeper level of Consciousness and also experience It. Whenever we spread Love, Knowledge and positive energies, we will be spreading Light, expanding Light. ■

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)

My attitude towards Life is changing more and more. There is a strong urge to know the purpose of my Life, and the lessons behind the problems.

- Meena Rana

I was in deep grief due to a personal loss. I practised Shambala Principle One to get over it. I felt a lot of positivity, Peace and Stillness. The environment of my home also became very positive.

- Geeta Sharma

The Orientation Class was wonderful - the techniques of energizing the mind and intellect were powerful. I have practised them once more, since then. I have been trying to practice spreading Ananda every moment of the day, and bring my awareness back to it, especially when I feel myself getting agitated, and immediately I feel, grounded and calm.

More and more, I feel the Rishis are guiding me in every thought, word and action. Every special day feels, even more significant and important. The urge to throw out all negativity is, stronger and feels easier.

- Shriya Sasank

In the Orientation Class, I started practising the technique of Oneness following every instruction. Someone started guiding me, I am not clear whether it was through thoughts or voice. He said, "Be one with the Solar System, then all the other systems of Bhoo Loka, then Bhuva Loka, and continue like this till Satya Loka." With every instruction, I experienced expanded awareness and saw an expanded view. There was no thought at all.

I was instructed to experience Oneness with Brahma Loka. Then the

voice instructed me to leave the mind behind and to be aware of Oneness with Vishnu Loka, then Shiva Loka and later Devi Loka. I was further instructed to leave the intellect behind and 'Just be aware that I am one with Nirakara Parabrahma.' I could not feel anything, not even myself, but I was aware. I was in that state for a long time. It was very difficult to come out of that state. I am thankful to Jayant Sir, Guruji and all the Masters for this beautiful experience.

- Abhay Joshi

Recently, I had an extraordinary Divine experience. For a few minutes, I could hear and feel the vibration of "Om" and radiant Light emerging from every cell of my body. The sacred vibration then seemed to move beyond my physical form into the surrounding space, as streams of luminous Consciousness. The experience carried immense Peace, Bliss, silence, and a sense of merging into something, far beyond ordinary awareness.

Now I feel that the journey itself has become an unfolding of grace. Many miracles and deeply transformative experiences have happened in my Life. One truth, however, has become absolutely certain within me - Amaraji is present with me at every step, silently participating in every plan, every movement and transition of my Life.

- Geetika Mehrotra

The words spoken by Guruji in a Class that was shown few weeks ago, really make me look forward to Meditation sessions. Guruji had said that we meet God in our Meditations. So, I tell myself that I should keep my appointment with God, because He is waiting for me! That pushes me to eagerly sit for Stage Meditation.

- Nandita Vijayan

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