



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

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Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – June 1992 issue)

A great Yoga teacher loses temper often. A Swamiji behaves arrogantly. The Head of a religious institution boozes secretly. A world famous Yogi turns out cheap performer on stage. Personality development courses conducted in posh hotels involve fee of several thousands. Every day lectures, seminars or conferences are held. Every day thousands visit temples. People declare that God is a piece of imagination and religion as non-science and yet go through all rituals when they build houses and marry off their children... Contradictions; pretensions; confusion. And all of us go on living assuming that we are the wisest.

Some rise above these, trying to seek meanings, answers and the underlying Truth. Here also, many get caught in the blind alleys of intellectual pursuits. Truth is simple. Buddha, Ramana, Amara and all other Masters spoke and lived Truth. But confusing theories, misleading talks and mystified perversion attract many. Complexity fascinates. Escaping all the traps, some go ahead and take up the pure Spiritual pursuits like Meditation and they perceive the Truth directly; experience it. For them, all questions find their answers, problems find their solutions, confusion clears out, artificial life vanishes, snobbery ends and the Light that shines within dispels all darkness.

A beginner has to discriminate between Spirituality and the other aberrations like religion, intellectualism, pseudo-yoga, pseudo-spirituality, the superficial life etc. A person who gets over anger, imbibes humility, does not pretend and pursues Higher things, leads a genuine life. He is Spiritual. He is a Yogi. No personality development course is required for him. His internal growth towards perfection develops the personality. He lives great. Nothing can substitute Honesty and Truth.

A Sadhak asked me - "Why should there be mediators like the Rishis between us and God? Why not He contact us directly?"

God does not require mediation. It is we who require the mediators. Our eyes and ears are closed. Our faculties are asleep. Our channels of communication are blocked by impurities. We cannot perceive. But when we can perceive Him by Sadhana, we don't require the mediators. Then we don't require the Rishis and gurus.

That is why we have to meditate and grow; to perceive. ■



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.



Orientation class was conducted at Taponagara on 1st May 2026.

NEWS AND NOTES

- ◆ Guruji's 87th Birth Anniversary was celebrated at Taponagara on 24-5-2026 and at our Saptarshi Dhyana Kendra in Anekal on 18-5-2026.
- ◆ Volunteers involved in Light Channelling and Healing work were initiated by the Rishis during the program at Taponagara.
- ◆ The Orientation class was held in Taponagara on May 1, 2026. About 170 people had gathered in Taponagara and about 110 more joined online for the class. The class consisted of two sessions separated by a short break. Both the sessions were blessed by the Masters and many participants reported experience of deep Peace and expansion of Awareness.
- ◆ Shambala Group members received special initiations from Shambala Masters on 10th May 2026.
- ◆ The RA group members received special energies of RA on 17th May 2026.

MEDITATION ON SPECIAL DAYS

08	Mon	Krishna Ashtami
13	Sat	Masa Shivaratri
15	Mon	New Moon Day
17	Wed	Lord Kalki's Birthday
22	Mon	Shukla Ashtami
24	wed	Shukla Dashami
29	Mon	Full Moon Day

PROGRAM AT TAPONAGARA

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

RELEASE OF NEW BOOKS

The following books were released during Guruji's Birth Anniversary Program at Taponagara on 24th May 2026:

1. "Guruji Krishnananda on Soul" - a compilation of content on Soul from Guruji's teachings.
2. "Atmavarohanamu" - The Telugu translation of our book "Descent of Soul".
3. "Shambala Sutramula Abhyasamu" the Telugu translation of our book "Practising Shambala Principles".

ECHOES OF TAPONAGARA

When do we truly trust a person? Where does this trust come from? Trust takes birth from Love. When we love a person and they love us in return, we know they will be there for us in the most difficult circumstances.

Love does not come with an * or “conditions apply” written in fine print at the bottom of the page. Every day, a member of the housekeeping staff at Taponagara prays very ardently to Maharshi Amara at his Samadhi. She is from a different state and does not understand English or Kannada, and she may not fully comprehend what is being taught here.

Manasa is known for its freedom; nobody compels her to offer respects, yet she still does. What makes her do it? They say Love transcends all barriers—more so when it is Divine Love. Divine Love not only touches but also soothes and pacifies, becoming your companion, your anchor, your home.

Taponagara quietly readied itself for Guruji Krishnananda's birth anniversary program. Taponagara is Maharshi Amara's dream actualised. Maharshi Amara's dreams became Guruji's dreams, and he spent his whole life fulfilling them. That was the Love and reverence Guruji had for his Guru. Today, almost 14 years after Guruji's passing, the volunteers of Manasa work with a single aim: to keep their Guru's dream alive, for Guruji's dreams are their dreams.■

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

About 120 children channelled Light in Sagar Convent, Manjunathnagar, Bangalore. The Headmaster said that he channels Light to get relief from the daily tension of handling the management of the school and also for his personal problems.

Also, when a teacher was facing family problems and had almost gone into depression he suggested her to channel Light. Now she is not only free of her family problems but is also always cheerful.

Another teacher, Mrs. Archana shared that when she had joined the school, the students were very indisciplined and she had lost her peace of mind while handling them as well as her home. With a twinkle in her eyes, she said that she has been practising Light Channelling daily for 20 minutes for the past three years and now she finds that she is cool and calm. At the same time the students have also become disciplined as they also channel Light regularly.

- Chandrakala D., Light Channel Volunteer

Today (10-09-2025), once again I conducted a Light Channelling session at Unnati School at their request. Many of them said that they were practising Light Channelling and affirmed that they would continue. The childlike innocence and joy of these rural students and changemakers (teachers) and their interest in Light Channelling was touching. The faculty member also felt good and said she would definitely take it forward.

- Maithreyi Sasank, 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 2008

Astral travel is a very thrilling experience, and we have adopted certain days for that. On those days our Astral travel is monitored. On any other day, when we go out in space, it is a huge area where we may come across all types of entities - good, bad. Some may even harm us. My Guru used to mention people getting caught or kidnapped at the Astral level, and several times he went there to get them back. So, it's too risky. Anything new you try, practise very carefully. Come back to us; check with us about the practise part. But, I have always been encouraging and insisting you to read books. You must know things, in fact know everything. Don't censor yourself. Do not judge. Let us try to know every view. That is how we add up to the wisdom.

A Homa was performed and lot of photographs were taken, and in the photographs wonderful things were seen, like bright spots of light, Shree Chakra, the forms of Gods etc. And the person who did this, a wonderful person, thought these were indications that he had to pursue Spirituality and achieve certain things spiritually. How to go about that, was the question posed to me. I explained to him many things. And I initiated him into a technique this morning. It was then a wonderful thing happened and there was a Vision. The Rishi told me, "Please tell him, it is not because he repeated certain mantras those bright spots and other things were seen. Just because he is a very good man these things were seen." And I would like to repeat, it is not because of the Mantra repetition, or the ritual, he is a very good man; a pure soul. And we have promised to guide him in his Spiritual pursuit.

It's not a coincidence that this happened this morning.

A person wanted to meditate, and she had a headache, but she found a way. She prayed to her Astral body to meditate and she saw a replica of her own form, white in colour, going to the place where she used to sit and meditate. This form went there and began meditating. I think it is the first time that I am coming across such a case. This is the serious part. And there is a vital part to it. But I can't help sharing the humorous part. I thought several times before mentioning this. Every one of you now will be thinking of asking your Astral bodies to meditate. Despite all these risks, I want to tell you that, it's about the intention - the purity of intention, the intensity of intention that matters. I think that is the most essential point that we have to grasp here. It is not the ritual; it is the intensity, the purity. This lady wanted to meditate and it was not the Astral body that went and meditated, it was her own Chaya Purusha. This entity, the Spiritual essence of this person, went and it was meditating. A part of us will always be doing things that we really, really want to do. It is a very beautiful instance. I am happy about this.

Spiritual Sadhana begins with the body. We have to underline this; we must emphasize and even over-emphasize this point. Without the physical body, we cannot do any Sadhana in this plane. It's very important to note this point. So, we should not neglect the body. We should not over-strain it, or punish it with fasting and other such practices. Nirjala Upavasa, is good, but never overdo it. We

should not abuse the physical body. We know the definition of Meditation is silencing the body, mind and intellect. Silence begins with the body. If there is no Silence or Stillness in the body, Meditation cannot occur.

When people are meditating here, I notice some of them making body movements. It does not help in establishing Stillness. Here the co-operation of the body is very much essential. The body has to co-operate. We have to treat the body like a friend. We must remember that the body has its own intelligence. It can be very helpful and also not very helpful, if we don't treat it properly. It is interesting to know that body has its own likes and dislikes; its own preferences. The first thing is that, when we want to meditate, the body resists. It does not like to sit and subject itself to a discipline. We have to request the body; ask it to help us. So, with such a friendly approach, we have to begin our Sadhana. If we force ourselves, the body will eventually fool us. It will take us to sleep instead of leading us into deep Meditations.

Physical proximity with the Guru is not required for Spiritual progress. In fact, physical proximity does not help Spiritual progress. It is not even the emotional nearness, not the intellectual proximity; I think it is the Spiritual proximity that helps Spiritual progress. In Spiritual relations, there is no distance. This Spiritual proximity we have to develop with Love, with respect and with trust. Spiritual proximity is possible and we have to establish it with a Guru, with the Rishis and of course with God. It is not difficult. But we have to make an attempt.■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Usha Satishchandra)

01-02-2026

One of our Meditator friends, remarked, "I had a fascination for visiting places of great Spiritual importance, but after spending many years in this Path, I have realized that it is actually our Sadhana that ultimately matters." How true it is. Visiting places of great Spiritual importance helps, no doubt. It will have a Spiritual effect on us. The places will be vibrant with a lot of energy. When we visit these places, we receive the energies present there. Great events would have taken place in these places in the past and to know about the history itself would be a very beautiful experience. Trying to understand the historical and Spiritual importance of these places will help and we may also get connected to the Masters associated with these places.

But, visiting these places is not enough. After visiting the places and after having experienced the Spiritual effect, we have to do something. It is like visiting a temple. When we visit a temple, we receive a lot of energies. But that is not enough. We have to do something after that. I remember Guruji used to say that his *darshan* is not enough. When people, who visited Taponagara from other cities, would say, "We just want to have his *darshan*", Guruji used to say, "*Darshan* is fine, but that alone does not help. After the *darshan*, we should not go back satisfied with it. We must begin our Spiritual journey." After visiting the places of Spiritual importance, we have to start the journey, which takes place within us, internally. Spiritual growth is an internal journey. It takes place in the space which is inside us. Visiting these places will help us, will have an effect, definitely. But ultimately, for Sadhana, we have to come back to our inner space. That is where positivisation and purification have

to take place. Our emotions have to get refined and our thoughts have to become positive.

What the Meditator friend said causally is a beautiful point. When people make such statements, they speak from their experience.

We have spent so much time with Guruji. Many of us have been very fortunate. And many of the students who joined later, haven't met Guruji physically, but they have met Guruji in a different way. We have the Astral guidance available here. If this was enough, we would have all been Rishis by now. We know that in Spiritual Sadhana, getting contented at any level does not help. We know that only intense Sadhana helps us grow and only then we become eligible for the Grace to descend.



Sometimes people say that after they have been shifted to the next stage of Meditation, their Meditations are not good. Their Meditations were better in the earlier stages. Why does this happen?

When we are shifted to a higher stage, the demand of Sadhana will naturally be greater. We may have to spend more time in Meditation. We may be asked to do some additional practices. So, we will have to spend more time, which may be difficult. Then, the higher stages demand more positivisation, more purity. So, we have to make more efforts, internally. We have to manifest more Love. So, naturally, because of the higher demands, Sadhana becomes difficult. It is like climbing a mountain, as we go higher and higher, the climbing becomes more and more difficult.

I wish to mention here what Maharshi Amara said when a similar question was asked to him. Imagine, 50-60 years ago, the questions

students had then, same questions are there even now. And his reply was so beautiful. He said, "This is a common experience of many. When they take up higher Sadhana, first, the disciplinary demands are naturally higher. Then, you have to clearly understand that you have to consciously change your habits. Develop positive tendencies and put down your ego. All these cannot happen overnight. You have to wait and practise."

As we move higher, the details of our living become very important. Our thoughts become important, what goes on inside us becomes important. How we react to situations, begins to matter. And our Karmas of the past, will also be interfering. So, naturally, more sincerity, more efforts are required.

Sometimes, I think all of us go through these phases, when we wonder, "Why are we not enjoying Meditations? What is wrong with our practice?" Maharshi Amara had said, "It is not the practice, but the perception that matters. We should not enjoy Meditations. It is not a music concert. Meditation is silencing. When we enjoy anything, we will be keeping our mind active, because it is through the mind, we experience everything. When mind continues to be active, then how can we be silent?"

We have to be silent in Meditation. We have to be still in Meditations. We have to be like a witness. We do nothing. We are told in the Basic classes that Meditation is a process of silencing. We are aware intellectually, but to realise the basics, it takes years and years of efforts, and sometimes, even lifetimes. What we learn in the Basic classes, takes a lot of time to experience. But the basics remain the same. We do nothing in Meditations. We have to be a witness, not a participant. ■

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.

LORD KALKI

Guruji Krishnananda

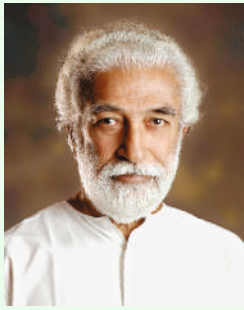
The role of Lord Kalki during this transition period is very significant but we cannot understand everything. So many things will be happening at the Astral level. Some we can understand, many we do not. To mention a few, Lord Kalki will gradually educate every single individual on this earth, at the Astral level, about us entering the New Age. Right now, he is meeting different groups and giving them lot of instructions. Lord Kalki will monitor and spread new energies. He is the one who decides about which energies have to be spread in which area. He is the boss at this time, the person in charge of all Pralaya processes. He will protect people and also punish those who don't listen to His instructions, change over, and choose. He will advise the dark people to go to the background and stop disturbing this process of Pralaya or growth. But whenever people don't listen, He will destroy these dark forces.

It's difficult to believe, particularly the scientists will never believe this, but the fact is whenever there is an earthquake it's Lord Kalki who allows it. All these catastrophes that we see, He is the one who allows. If you read 'Astral Ventures of a Modern Rishi', a huge, very powerful gadget was given to Lord Kalki. Amara explained this directly to us. He said this gadget is capable of killing an individual, destroying a small place or destroying even a continent. He is equipped with so much of power. Being the Avatar, He is the wisest person. It's only when we are truly wise, wholly mature, the powers come to us, and we can hold powers. Lord Kalki's role is also to instruct the world leaders and he guides the Rishis' work. Our Rishis, Atri Maharshi, always contact Lord Kalki, who is living in Shambala.

Lord Kalki is always active in work unlike us. He is naturally very busy working at two levels. One, the Astral level; two, the energy level. At the Astral level he is meeting groups of people. These groups of people are the groups taken to Him by the Light workers, like we have this group. Our group is spread all over the world. Wherever we are, we belong to our group. Periodically we take you in groups. Lord Kalki addresses us on how to conduct ourselves, instructing and training us. He gives us lot of instructions about dos and don'ts. He is working that way at the Astral level.

At the energy level we are receiving lot of energies, new energies. All these energies naturally go to Him. He receives them. It's a part of Rishis work to gather energies and offer it to Him. He is a reservoir of energies and powers. He uses these energies for various purposes. Normally we think Lord Kalki comes down and causes Pralaya. There will be lot of destruction. I was very much moved and touched when I realized He is preventing lot of destruction. He injects people with these energies so that they transform easily. He also uses these energies to prevent earthquakes, floods and storms. We know only about what already happened, destruction like the Haiti earthquake. But we are not aware of many earthquakes He has prevented. The Rishis are aware of this. Lot of destruction was scheduled. By this time, we should have had a lot of destruction, pain and suffering. This is prevented. Lord Kalki is using His energies for all such work. And we can't understand all his work completely. It's too complex and unknown to us. What we know is very little, even that is so astounding, so great.

(Source: Guruji Speaks September 2011 and March 2010)



GURUJI KRISHNANANDA (1939-2012)

MANASA FOUNDATION (R)

established in 1988 by Gururji 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 Gururji 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 had this experience during our trip to Andaman and Nicobar Islands. While travelling to Bharatpur Beach in a boat, on 26th January morning, I happened to look back at the sea after some time. It appeared as if shards of mirror were floating on the entire expanse of the sea and on the waves. Every single one of these shards was luminous. Even though I was travelling in a boat, I felt a profound sense of Oneness with the sea. I experienced a kind of profound silence, same as we experience during Meditation. It took 30-40 minutes to reach Bharatpur Island; even though my eyes were open, I experienced the luminous sea and sheer Bliss. The deep inner silence that had taken root within me, lasted for 6-7 days, even after I returned home.

- Kranti Dhamdhare

I feel as if someone very close to me is taking care of me, and every aspect of my Life. At times, I am lost for words and cannot describe the experience - it feels beyond language. I always carry a feeling of Peace even with all the thoughts in my mind.

- Vikramsihn Desai

I have started to reflect on my days, and how I can improve and work on my shortcomings. Also, I have become more mindful.

- Nidhi Heblkar

I sit for Meditations, and this for me is like inner Light living with me. As a child I had always believed that God resides inside me and in my heart, so I speak to God these days. It is my God, who is bright and golden. I am in constant conversation with Him. I am generally a very positive person but as we go through Life we have several situations, which sometimes shake you

up. But, to be very honest, my God within, has always remained with me, and how I came across Manasa is also like a miracle in my Life. It was clearly an indication from God, and I could very distinctly feel His presence. I came to Manasa just by luck, without knowing anything about the place; but the minute I got down from the car, I knew there was something and this was a special calling. Soon after this, my Life took a very different turn. And within a month I knew why I chanced upon Manasa and within six months at the pinnacle of my very existence, I was initiated. I know this was God telling me that He is with me at all times. I needed Manasa and my belief in my inner God only became hundred folds stronger!

- Deepa Seshan

Earlier, I used to get upset for the slightest of disturbance. Now, I can stay calm with surrender, hope and faith, despite the current circumstance / difficult situation.

- Uma Devi M

With Meditation there is positivity at home and I think I am getting transformed. Most of the time my mind is calm and less agitated. My sleep quality has improved. My awareness level has increased and my body is getting silenced.

- Mohankumar P M

I read the book 'Awareness' almost twice, and felt very joyous and satisfied. Some concepts were understood better, and with new insights. I felt, every line in the book is brought out so consciously by Sri Somayaji. I realized, this was not at all simple and easy work.

- Shrinidhi R V

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