



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 02

January 2026 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – October 1998 issue)

It rained for days as the lush green crops swayed to the unheard melodies. Men stared at another face of Nature with joy, awe and fear. It is nice to watch the changing seasons.

It was midnight. We were in the Western Ghats surrounded by darkness and darker clouds. Our car did not move further. We had a problem! The driver spent an hour in repairing. The others prayed and waited. After some time, I closed my eyes, gathered a particular energy after praying to the Rishis and passed on the energy to the car. I saw the ball of energy entering the car and waited. Nothing miraculous happened immediately. But I was aware that someone was trying to communicate with me at a different level. I sharpened my attention and was surprised to realise that the car was speaking to me! It said that it had its limitations. A spring was broken. But we need not panic. A person would come and help soon. And in about ten minutes, a bus stopped and the conductor of the bus helped us. The car was ready to move on! This was not a big surprise to me because I knew that help would come!

While speaking to me, the car had mentioned that when I saw the car in the morning, I was not too happy with it! It felt hurt! I apologized, explaining weakly, that I did not mean to hurt it. It was old and worn out. And it was not a personal remark. The car did not make any further comment and must have accepted the truth. Then I sent a lot of love and energies. I could feel that it was happy with me. At the end of the journey, I did not forget to thank the car!

We know that this is an imperfect world. But this is our world. These are our neighbours; the co-habitants of this beautiful earth. We love them; we love the world. We will try to improve the world and life here. We know how easy it is!

But if we cannot improve the world, let us not condemn it. Let us not complain. Let us have enormous patience and wait. Let us love this world and take care of it.

I find more people coming to us for healing. Many of them have got relief from the disease and pain. I find that when people take up Sadhana (Meditation) and sincerely try to grow and transform, the healing occurs fast. It is perhaps learning a lesson, trying to surrender or expanding our Love that hastens up healing.

Spiritualising our life removes all pains and problems. ■



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.



Gurujii's Mahasamadhi Day was observed at Taponagara on 23rd November 2025.

NEWS AND NOTES

- ◆ Friday, 30th January 2026 will be observed as 'The World Channels Day'. On this day, online Guided Light Channelling Sessions will be conducted from Taponagara. The sessions will be as follows :

Session 1 - English - 11 AM

Session 2 - Kannada - 12 Noon

Session 3 - Hindi - 8 PM

Session 4 - English - 9 PM

You are welcome to join us in all or any of the sessions in Taponagara or online from your place. If you wish to join us in Taponagara, please register with Manasa Office by 28th January.

To join us online please visit our website www.lightagemasters.com

- ◆ Maharshi Amara's Jayanti will be celebrated in Taponagara on 1st February 2026. You are welcome to join us on this special occasion. You may please register by 30-01-2026 in Manasa office.
- ◆ On 25-12-2025, Meditators gathered in the Meditation Hall at Taponagara to offer their Love and respect to Christ and channelled Light to the whole world.
- ◆ Manasa Calendar for 2026 is available for download from Play Store and App Store on Android and iPhone platforms.

MEDITATION ON SPECIAL DAYS

01	Thu	New Year's Day
03	Sat	Full Moon Day
11	Sun	Krishna Ashtami
14	Wed	Makara Sankranti Uttarayana Begins
17	Sat	Masa Shivaratri
18	Sun	New Moon Day
25	Sun	Ratha Saptami
26	Mon	Shukla Ashtami
28	Wed	Shukla Dashami
30	Fri	World Channels Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
11-01-2026	Shambala Group Meeting: 2 PM
18-01-2026	Ra Group Meeting: 2 PM

AMARA JAYANTI PROGRAM

Sunday, 01-02-2026	
11AM	Welcome Talks Special Meditation
12.30 PM	Prasada

ECHOES OF TAPONAGARA

“Guruji was an artist; everything in Manasa has an artist's touch to it!” exclaimed one sexagenarian as she enthusiastically gave a tour of Taponagara to her friends. For many, Taponagara may not fit the traditional mould of an *ashrama* — it is fairly small, and a busy road divides the Meditation centre into two parts. Yet every structure is a work of art and a reminder of how hard Guruji had to work in setting up Manasa. Every brick in Taponagara echoes with Maharshi Amara's name. Taponagara stands as a testament to Guruji's Love for his Guru.

Thus Spoke Guruji, Volume – 5, the Telugu translation of Practising Shambala Principles in Ebook format, and the Manasa Calendar were released on the Mahasamadhi Day. All these projects have been brought to life by many hands united in their Love for Guruji and Manasa.

Going to Anekal is like visiting one's grandparents' house during the summer—where you are thoroughly spoiled and return weighing more than you did before! On the 24th of November, Guruji's Mahasamadhi Day was observed in Anekal. Guruji would say that being Spiritual is being good, and the goodness of the people of Anekal touches everyone's hearts. One always feels pangs of sadness when bidding goodbye to the wonderful people of Anekal.

The weather one Wednesday evening was crisp and cold, and people wrapped themselves in colourful shawls and sweaters as they made their way into the Meditation Hall at Antar-Manasa for the monthly Poonima Kama Dahana practice. There, they were met by a resident cat. Normally fond of solitude, she didn't mind small doses of attention from time to time. She narrowed her eyes, curiously observing the humans as they spoke of things like burning of jealousy and anger. She wondered what the words meant. Nevertheless, she sat outside the door almost protectively, ensuring the Meditation inside was not disturbed. After a very intense and soulful Meditation, she accompanied everyone to the dining hall, where the Volunteers had prepared steaming *ragi* malt and the most delicious *sundal*. ■

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

A 76-year-old lady who participated in the third Sunday Guided Online Light Channelling session on 21-7-2025 said that it was a very good experience. Her whole body was filled with energy. It took her ten more minutes to come out of it after being told to stop channelling.

- Padmaja Bajpai, Light Channel Volunteer

Following is the feedback received from Ms. Saumya Damodar, Headmistress, KSVK School, Channasandra, Bangalore:

“Light Channelling is helpful for today's youngsters who need to build their character and skills. It is the need of the hour for the students as they are very distracted. This practice will enable them to break the diversion and help to concentrate more in studies. It brings positive attitude among them. It relaxes their mind and body. Positive approach and thoughts bring down the restlessness in the children and help them to be in good health. It is a very good experience to sit in silence. It gives relief from tension. Every day this Light is experienced in greater heights. We are practising it regularly and can feel the changes in us.”

- Kalpana Rajashekhar, 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

We can always read from the Puranas that Avatars come down and do great work. But again, the works of the Rishis, who support the Avatars, are not mentioned. The reason is that they would love to be in the background and express their humility in this way. Amara, I always say, was the personification of humility. After meeting Amara, other people appear short. I feel like saying that they appear 'dwarfs'. But again, no Master is a dwarf. They are very tall people that walk on this earth. But, Amara was taller than these people. Amara had rare knowledge. He brought this knowledge directly from the Source, directly from the Sapta Rishis. He had great powers and he had vision. He had the wisdom of the Ages. We would take any problem to him, could be a small one, could be material or Spiritual. The way he would deal with the problem, help us get over the problem, was amazing and unique. Only he could do, because he had the wisdom of the Ages.

Usually, whenever we take birth, there will be a disconnect from the past. We will not know about our past. Amara said, "Only the Avatars remember everything. They will know who they are, and the great Rishi, Vishwamitra Maharshi, will be always aware of, who he is." We know that he came down as Christ, he came down as Vivekananda. All the time he knew, he was Vishwamitra Maharshi. But, now I realize that Amara also was like that. He knew everything about his past. There was absolutely no disconnect from the past. That is why, such wisdom and such Love, you cannot see in any other

Master. As a human being, he was cultured - the way he talked to us, the way he treated anyone. He was a King after all, and the greatest thing was, he had closest contacts with all the Rishis, the Sapta Rishis, and all the Divine personalities. He never spoke about these things. But while narrating some works, somehow, he would blurt out, that he had just met Lord Shiva, had been to Vaikuntha! I can go on telling you like this. It looks like a fairy tale. But, with Masters, all fairy tales appear pale. Amara will come down again to bring more Knowledge and more Energies. Remember these two words.

Whenever Masters come, whenever they work, they bring knowledge and energies. He will come down to explain things in a new way. He will come down again to explain the Truths. They have been so grotesquely distorted. We do not know what the Truth is. We are forced to live the most unrealistic things. He will come again to throw light on the Truths. He will tell us, 'This is it.'

As we advance, Life becomes more complex. It requires a great Master to say, to interpret the principles, the old principles and the same principles, but they will be interpreted in a way, suitable to this Life. Only Masters can do that. If you read our literature and our books, you will see that he has explained so many things in a new way.

Modern Life, new Life, will have its own complexities, problems and doubts. The old interpretations are not of much help. Although the principles are the same, they have to be explained to us. Amara did this authoritatively in

his lifetime, and he is going to come again, to explain more, to give us more 'Light'. That way his work remains incomplete, simply because, this project is spread over four hundred years more. We take up this project at the end of every cycle; at the end of every fifty-one thousand years cycle. This work or project was given by the Sapta Rishis, approved by Vishwamitra Maharshi. And again, given to us by Amara, and we are participating in this great project.

Let us understand clearly what our work is. I say, 'first it is to equip ourselves.' To every person who volunteers to take up our work, I have always said, not once, several times, 'first equip yourselves.' And how do we do it? By Meditating, by transforming, by becoming a container of knowledge and energies, by understanding and experiencing what Love is. Without this Love, we cannot do anything. Not only we have to experience this Love, we have to manifest it in every way, in every detail of our Life, in every emotion, in every thought. Without Love, we are nothing. So, our work is to first become Light, then to spread Light. Unless we have Light, we cannot throw Light, we cannot spread Light. This is the most important thing. Once we become Light, we don't have to do anything. The Light goes out of us and spreads automatically. Like a candle, like a light, it doesn't do anything. It just burns. It is there. It is as simple as that. But, to reach this stage of Light is not easy. That is Sadhana, that is our work. The first priority is to become Light. To equip ourselves, we have to begin with Meditations. Believe me, there is no substitute for Meditations. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Usha Satishchandra)

14-09-2025

A person asked me, “In this period of *Pitru Paksha*, we hear about *Tarpan*, and that we have to perform some rituals and *poojas*, specially for *Pitru Dosh*. Is doing such *poojas* helpful, or is it alright to just pass on energies to our ancestors?”

Offering energies is what we do here. We think of a *Pitru Devata*, gather energies, add our Love and offer the energies to Him. We pray to Him to pass on these energies to our ancestors. This is the higher way. Whether you wish to follow the ritualistic way or not, is entirely up to you. The best thing in my opinion is to just offer energies.

The person also asked, “If we do not practise these rituals or offer energies, do we acquire Karmas?”

We do it just to express our Love and gratitude. We do not do it out of fear of *Pitru Dosh* or of some negative consequences. If we do not do it, we do not acquire Karmas. When we change, live positively, and live in tune with God, then no *Dosh* can touch us.



Another question from the same book, *Channelled Knowledge* from the Rishis, is even more difficult to answer, and I will just share my thoughts. Maybe, when we contemplate more, we will have answers.

The question asked to me was, “Guruji has said, for negative people, the best thing we can do is, pass on Love and Light. But few people are very negative and association with them may cause damage to our energies, corrupt our thinking, and affect our Sadhana. So, we have to keep away from them. Does it mean that we have to leave them and stay away from them? Or do we

have some karmic bond with that person from our past birth and that is why we are facing such negative energies? Sometimes, their behaviour is unbearable. How do we deal with such people? Even after sending Love or Light, they do not seem to change.”

We do not send Love and Light for them to change. We send it because it is our nature, not because we expect them to change. We have to bring change in ourselves.

Every situation is different. And application of the solution will be different according to the context, the situation and the people involved. The best thing we can do is, send Love and Light as Guruji mentions, and keep away if possible. Leaving them and staying away may be possible or may not be possible. This cannot be answered by me. The individual has to answer this. If it is practically possible, it can be done and you have a solution for the problem. But, if keeping away is not possible, then Life becomes very challenging. How do we deal with a situation like that? I can repeat the same things that we have been hearing from years. Carry Light, strengthen the shield regularly and do not relate to the negative part of the person. Always relate to the positive part in the person, and continue to send Love and Light. We have to consciously not allow ourselves to be influenced by their thinking, their choices, and their suggestions. Ultimately, we have to tune up to God, become stronger, and have conviction in our own thinking and choices. But, if there is a karmic bond, which is very much possible, then, Life becomes very challenging. I have realized that for every situation, we are ultimately responsible. I know, it sounds very harsh. Even for this karmic

bond, the fact that it is a karmic bond, we are responsible for it. Maybe, there is something in the past; maybe there is something that is the root cause. The root cause is there probably in the choices we have made, or maybe it is in our attitude. If we accept this fact, that we are the cause of the problem, although the other person is very difficult, we will look within and introspect. This introspection will help us a lot.

Blaming the other person for a problem is easier, but when we take responsibility, then we will stop blaming the other person. Once we do it, we will find that we feel lighter immediately. This realization itself makes us feel unburdened. When we make changes in ourselves, the other person may not necessarily change, but somehow, we feel better, and we receive help. It is very difficult to explain how it happens. This association, this karmic bond, in a way helps us to grow. When we turn the focus inwards, and we begin to change, the Universe helps. The person may or may not change, but the situation changes and maybe, we will be able to come out of that karmic bond. I feel we have to accept this fact that the situation we are going through is in a way our responsibility. Then we can evaluate the options we have. If distancing and keeping away is an option, that's fine. If not, then, we have to take help from God.



We have introduced a receipt generator, an App which helps us to generate receipts. Henceforth, for the Meditation fees paid during the month, you will receive the soft copies, through a message on your mobile. If you are not receiving, you may please let us know. ■

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.

RISHIS WORK

Guruji Krishnananda

What is the work of the Rishis? It is to bring Satya Yuga, to spread Satya Yuga. They can't do it by themselves, they have enormous powers no doubt, but there are certain laws. Satya Yuga has to spread through human beings, through us only. So, the work of Rishis is to prepare us to receive and spread Satya Yuga. This is putting it simply and in the best way possible. So, the work of Rishis is to make every one of us efficient Meditators. We are realising now that Meditations are so important. People in all the countries are opening up to Meditations now.

When we take up Meditations, we become not only channels but also a kind of special beings. We can say that we become higher beings. We become wiser, become more creative. We will be more peaceful. We spread Peace very efficiently, very fast. We spread the Kingdom of God that Christ promised. Amara used to say that when Satya Yuga spreads here on this earth, people from other earths start rushing towards this earth to live in Satya Yuga. That is why we specialise in teaching Meditations. That is why Amara brought this science of Meditation directly from the Sapta Rishis. That is why Sapta Rishis chose this place to open their centre for this cycle of Mahayuga.

(Thus Spoke Guruji - February 2002)

CLEANLINESS AND ORDER

Guruji Krishnananda

Cleanliness and order, they are a part of Sadhana. In fact, Sadhana begins with this. Cleanliness of the body, the physical body, cleanliness of the mind or emotions, cleanliness of the intellect or thoughts and cleanliness of our living place, our surroundings, are essential, simply because they build up a field of very beautiful vibrations, clean vibrations, Divine vibrations. In these vibrations, all positivity takes birth. If I am clean, I will also be strangely at Peace. If there is cleanliness in my entire system, I will be emanating only the vibrations of purity. Cleanliness is purity. When we meditate, the whole system gets cleaned, gets purified. And order is absolutely necessary. If we study Creation deeply, we will see there is so much order in the entire Creation. There is order in Nature, there must be order in our lives also. Cleanliness and order are the first steps in Sadhana.

(Thus Spoke Guruji – November 2002)

EXPERIENCE

Guruji Krishnananda

It is through the Mind that we receive all experiences. Mind receives experiences in its four levels of Consciousness – Conscious, Subconscious, Unconscious and Superconscious.

Any experience – First the Mind recognises it. Then it evaluates the experience or assesses it – pleasant or unpleasant etc. In the third stage the Mind reacts. If the experience is pleasant the mind likes it; enjoys it. If it is an unpleasant experience it dislikes.

Spiritual Energy is released in pleasant moments. When the Mind tries to hold on to a pleasant moment the Energy released is expended; wasted. That is why excessive experience, holding on or craving comes in the way of Spiritual Progress.

(Manasa Patra – December 1990)

QUESTIONS AND ANSWERS

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

Q: How to love God?

A: As you love your beloved.

Q: But I do not have any response from God.

A: Have you tried? And what do you expect? Is it Love, if you expect anything back? Love is to give only, to offer, to surrender all.

Q: I want to see God. What shall I do?

A: Meditate... We have to open up our Inner Eyes.

Q: How long should I meditate?

A: Nobody can answer this. It all depends on surrendering your ego and the descent of His grace.

Q: What is Grace?

A: It is the Love from God. It is not to be confused with love we speak of so often in the human plane.

Q: Why should there be mediators like Rishis between us and God? Why can't He contact us directly?

A: 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 directly by Sadhana, we don't require the mediators. Then, we won't require the Rishis and gurus. That is why we have to meditate, to grow; to perceive.

Q: Why are there so many Gods?

A: There is only one God - Pure Consciousness - at the highest level. At different levels, there are many Gods, representing different forces in Creation.

Q: Where do they live?

A: In different dimensions and planes.

Q: Why do they come to this earth?

A: When people here require a Spiritual push, the Sapta Rishis invite them to furnish more energies to people, places and nations.

Q: You say, "The 'Amsha' of God comes and stays for ten days." Why only ten days?

A: The Rishis decide and they say that it is

enough if the earth gets the special energies for ten days, periodically.

Q: What is the Godly state?

A: It is the highest state of our existence where, we are completely in tune with God. It is also a state where we are full of Love and Peace, without any trace of negativity.

Q: What is tuning to God? How to do it?

A: It is tuning to God's characteristics - being at Peace, truthful and full of Love; feel His Presence all the time, at all levels. Meditations and more Meditations help tuning up.

Q: How can I tune to God and attend to my problems without experiencing the heat of problems. Is it possible?

A: Yes; possible. We have to realise that any problem comes to teach us a lesson. Another hint is to push the problems away from the core of our Life. Approach God. When we tune up to God and not feel the heat of the problem, God's powers flow through us. Problems vanish miraculously.

Q: How to invoke God?

A: Invoking God is requesting Him to manifest. It requires great Love and a very great purpose.

Q: How can God, who is perfect, create the imperfect world?

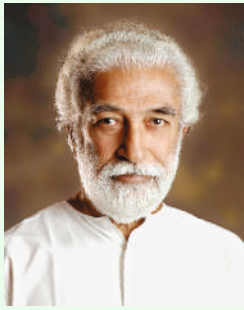
A: God has everything in Him and everything comes from Him. There is nothing like good or bad, at His level. He created everything and gave us freedom to choose. We chose wrong things and created imperfection. Let us not blame God.

Q: I am seeing only Light in Meditation. I want to see God. Please guide.

A: Is God a form only? Form is only a tiny part of God. While 'seeing Light' you are already seeing God, the formless. Again, this is only a beginning. There are many other stages. The next stage after seeing the Light will be, when you will 'experience the Light'. This happens in Samadhi. One cannot explain this. You have to experience yourself. In another stage, you will 'become the Light'. This is 'Aham Brahmasmi' stage.

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 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)

There are many silent changes, all beautiful, unable to give words to them.

- **Sudha Indirabai**

When I expanded myself as a globe of white Light to experience the Universe, I found myself leaving the material plane without the need to look back! I was feeling drawn to the Divine planes instead. I imagined myself going through Brahma Loka, Vishnu Loka and Shiva Loka without waiting. As I expanded into Devi Loka, I felt a lot of Love, comfort and familiarity. I felt, I had been there before, and felt cosseted in familiar energies. Literally, I basked in these energies, as I sensed the loving presence of Goddess Adi Shakti and many other Goddesses all around! It was a thrilling experience and most unexpected! I was in Devi Loka for quite a while and only expanded upwards after some time.

During the Sunday class when we were asked to experience Light, I felt transported beyond the usual vastness that I experience. I, as Light and Awareness, moved on and on. The scale of Light seemed to go on and on and on as I too moved on, experiencing. I sensed the presence of Moola Brahma somewhere, as I felt the endless presence of Light... a dimension of existence I could not comprehend.

- **Vidya Virkar**

I feel I am more aware and now able to see things, people and events in a different perspective than before. Challenges are there in life but, I am able to manage them in a better way, with a peaceful mind and with more awareness.

- **Hirenkumar Shah**

On the 4th Sunday Class when the volunteers spoke, I felt a change happened

in me suddenly, like a powerful initiation. Something changed in me. A strange sense of urgency has set in, where I feel, time is running out. I have to change and improve - so much to do in just a couple of lifetimes - so that I don't miss out on Satya Yuga, on this Earth.

- **Nandita Vijayan**

I am more aware of the everyday miracles and I also take pockets of time in my day to be more present and offer gratitude - I feel happier and more alive with just this simple practice. Spreading Ananda brings enormous Peace and allows me to experience stillness. Thank you so much for everything!

- **Shriya Sasank**

I had the wonderful opportunity of attending the Diwali celebration at Manasa Foundation. I had visited the Centre for the first time, during my nine-year journey. I had come to meditate and get the blessings of the Rishis, but what I experienced during my stay was far more astounding and amazing. I had not anticipated that there would be such a majestic way of celebrating Diwali as a family. I was introduced to the wonderful members of Manasa Family. It never felt for a moment that I am away from home; instead, I felt this is my home. I loved the way how everyone was naturally welcoming, warm and so full of Love. This experience touched me. I had memorable, peaceful, bliss-filled experiences of Kundalini Tower, Cosmic Tower and my favourite was the Ra Meditation Hall experience; it felt as if time had paused. I would say I had this magnanimous experience because of the Grace of the Masters.

- **Satvajay Thokal**

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