



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 04

March 2026 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – March 1992 issue)

I met an old friend recently. We discussed things dear to both of us - Meditation, Spiritual Science, Work in this area etc. It was elevating. While discussing a personality I came across two points of view. One - We don't have to change. Why should we struggle to change to something else which is unnatural. Amara's words throw light here. He said that our natural state is Purity, Perfection, Peace... Samadhi. We have become unnatural. We have to go back to our original state. We have to struggle, Meditate. Two - The Spiritual change or "the Thing" just strikes us or occurs. We don't have to work for it. Amara had explained that the Rishis, the Spiritual Scientists, meditated for hundreds of years to sublimate their lives; to reach the Higher Planes. So, the effort is essential even in the field of Material Sciences. The idea of a Radio would not have struck if the person had not opened and waited.

Whenever I come across incidents of individuals undergoing pain and fear during the Spiritual changes I do not understand them. There will be no pain, no fear and no confusion in Spiritual processes. It could be ecstasy or wonder but definitely not pain. When I try to understand the cause for pain the first point that strikes is that if the Higher forces are invoked or released before certain preparatory processes are complete, the system will not be able to contain the Higher forces and hence the pain and suffering etc. There are many other points. But this space is short.

On 18th Feb, the Poornima day, during the Kumbha Sankramana I was given Deeksha. Although I cannot reveal the details I wish to share a beautiful experience. The energy that I received was so much that I was in a dazed state for nearly two days. The remarkable part is that I attended to all my normal work. I even took Meditation Classes. All the time I was in an ocean of Bliss. Words are inadequate to express. They, at the most, indicate.

After this, several great personalities visited astrally and blessed me. I understood at the time, that whenever a person is given the Deeksha he will be blessed by all the great souls.

With this, another phase in my Spiritual Life begins. I seek the blessings of all the people. ■



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.



Maharshi Amara's 107th Birth Anniversary was celebrated at Taponagara on 1st February 2026.

NEWS AND NOTES

- ◆ Maharshi Amara's 107th Birth Anniversary was celebrated at Taponagara on 1st February 2026 and at Anekal on 2nd February 2026.
- ◆ The 16th World Channels Day was celebrated on 30th January 2026. Close to seven lakh children from 1500 schools channelled Light on this Day. Many joined from different parts of the world through Guided Live Online Light Channelling sessions conducted from the Meditation Hall at Taponagara.
- ◆ Orientation class will be held in Taponagara on Friday, 1st May 2026 from 11AM to 1PM. Live webcast of the class will be available for External Guidance students only. Regular students are requested to attend the class in Taponagara. Last date for Registration is 28th April 2026. To help us plan for arrangements students are urged to register without waiting for the last day of registration.

MEDITATION ON SPECIAL DAYS

02	Mon	Kamadahana
03	Tue	Full Moon Day - Lunar Eclipse: 2.14PM-7.53PM
11	Wed	Krishna Ashtami
17	Tue	Masa Shivaratri
19	Thu	New Moon Day Chandramana Ugadi
26	Thu	Shukla Ashtami
27	Fri	Sri Rama Navami
28	Sat	Shukla Dashami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 PM Light Channelling: 12Noon - 1PM
03-3-2026	Lunar Eclipse Special Meditation: 2.14PM - 7.53PM
08-3-2026	Shambala Group meeting at 2PM
15-3-2026	Ra Group meeting at 2PM
29-3-2026	Light Channelling: 11AM - 1PM

There is Solar Eclipse on 17th February from 3.26PM to 7.58PM. Please channel Light to the whole world during the entire eclipse period.

KAMADAHANA TECHNIQUE

On Monday, 2nd March 2026, at the time of moonrise, imagine a *Homa Kunda* in front of you. Invoke *Agni Deva* by saying once the Mantra 'Om Agni Devaya Namaha' and imagine fire in the *Homa Kunda*. Imagine the *Arishadvargas* – *Kama* (excessive desire), *Krodha* (anger), *Lobha* (greed), *Moha* (attachment), *Mada* (arrogance), *Matsarya* (jealousy). Imagine *Kama* coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. Imagine that it is burnt completely. Repeat the same for other five. Then thank *Agni Deva*. Afterwards, you can experience the Light in you for some time.

ECHOES OF TAPONAGARA

Birdsong welcomed the residents to the monthly Poornima Meditations. Some stopped to admire the beauty of the sky as it accommodated both - the crimson sun and the moon. They met very briefly before one made way for the other to shine. There are no ego clashes in nature...

The residents were happy to know that it was a full house during the first Poornima Meditations of the year. After the Meditations, the residents wished each other a Happy New Year whilst gorging on delicious food prepared so lovingly by the Volunteers.

Unlike the vicissitudes of time, the number of residents participating in the evening Meditations has only grown. What started with just a couple of Meditators meditating in the evening to further their Sadhana has now increased to quite a sizeable number.

During the Residents' Meet the dining hall reverberated with devotion with a little Taponagara resident's rendition of a devotional *bhajan*. Later an announcement was made about a sports event being planned. Keep your eyes peeled to see the Taponagara residents at their sportiest best very soon. Sport is much loved in Taponagara, and the residents will be putting their best foot forward, come tournament time.

The wonderful Volunteers of Manasa silently prepare all year for World Channels Day, going to multiple schools and colleges to seek permission to Channel Light. They have no personal gain in doing so; their only simple desire is for the world to vibrate with more energies of Love and Peace. The intensity of this work peaks before the World Channels Day. The wish of these Volunteers was fulfilled, with close to 7 lakh children and thousands of adults channelling Light on World Channels Day. ■

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

I came to know about Manasa Foundation through my son Rakshith. He shared his experiences about Light Channelling and suggested to me and my wife to practice it. I had the opportunity to join a Light Channelling session, online on a third Sunday. I found it interesting and could focus on the practice.

One day while I was waiting in a Dentist's clinic for my turn I practised Light Channelling. My experience that day was very different from the earlier experiences. I was deeply immersed in Light although only for a few minutes.

I wanted to channel Light sitting in a calm place so I visited Manasa Foundation on 28th December 2025 during Akhanda Dhyana. I channelled Light sitting in different structures. First, I sat in the room where Maharshi Amara's Holy Ashes are kept. It was a wonderful experience and I did not know when 90 minutes had passed. After that I sat in the Cosmic Tower for about 40 minutes, which was another excellent experience. I was in an altogether different state after channelling Light in both the places, may be due to the sacredness of the place. Later I sat in the Sapta Rishis Cave and Guruji's Samadhi Hall. I wish to visit the sacred place again to have the same experiences.

- Ravi, A Light Channel

After Light Channelling session at Vishal English School, Bangalore one of the teachers shared her experience. She said that she experienced an 'out of body' state when she was spreading Light to the entire Universe.

- Chandrakala D, 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

Spiritual leaders help us get over all our problems. Religious leaders cannot help us. It is a very sad thing to say. They have a sea of problems. How can they help us? Ask a child. The child will give solution to this sea of problems. Ask a great scholar. He will confuse us. So, Spiritual Masters like Amara come down to just laugh at these things, make us laugh too, make us grow; we have to grow. There are wonderful people on this earth who teach Meditation. We haven't met them. Here, we are fortunate that we have this treasure of knowledge given to us by Amara. Amara did not read books; he did not go to Himalayas and get this knowledge. He got it directly from the source; from the Sapta Rishis. He learnt it directly from Vishwamitra Maharshi, when he was just a kid of nine years. So, we have a treasure of knowledge, wonderful techniques and guidelines. We specialize in this. Not only we just teach you a technique, pass on the relevant knowledge but we are also here always to clear any doubt; to help you cross over any hurdle. It is always only when you practice something, only when you try to achieve something you come across a host of hurdles, problems, doubts. Whenever you have a problem, we are always here to guide you, help you and this is a wonderful opportunity that we have to make use of.

In this Path, we have knowledge, techniques, guidance; we do not give importance to miracles. But miracles are happening very frequently, if not every day. When I say we don't give importance to miracles, I

would like to add, we would like to see things beyond miracles. Miracles are not the end. There is a strange power behind this miracle. Our focus is on that power, on that principle. I can list out dozens of cases which have happened recently. Only a few are printed in the Newsletter. Many, we are unable to print. I will quote one or two. A small child narrated a story to Amara in Amara's Samadhi. The child is innocent. We know Amara is not there. Only his ashes and energies are there. He heard his voice reciprocating!

A person wanted to read a book. She did not read. She did not see the words. The words just vanished. She heard the voice; she heard the book 'Guruji Speaks!'

A lady speaks to plants. What is the principle behind this? It is the level of her purity. A girl lost a gold ring several times. She lost it when she was in UK, when she was here, several times. She would say, 'Please get me the ring.' She would only pray. This happened four or five times. Every time she got the ring back. The ring was kept once on the table, once somewhere where she could easily find it. How did the ring come? I know the person; that person brought the ring and kept it there. What is this miracle and what is the principle behind this? It is just Love, the Love of this Astral being towards this little girl. Miracles are happening. Many of us have experienced miracles. But miracles themselves are not the end. We have to go beyond the miracles. That's why we don't give importance to miracles. We give importance to the power behind it; the Love behind it.

This is a wonderful Path. I

would like to emphasize on only two factors. When we take up this Path; two factors are important; one is practice. Unless we practice, we cannot grow and we cannot experience. Practice daily. There could be interruptions, disruptions. It doesn't matter. Two, we have to live all that we have learnt. It is almost similar to saying 'Meditate and positivize'. These two factors are very important. If we don't do this we cannot progress.

2007 was a year of tests. Each of us went through many, many tests. 2008 will be a year of opportunities. There are energies from the eclipses, energies from the New Year, Ugadi. We have wonderful energies and this is a wonderful opportunity; opportunity to always transcend, to grow, to transform. Such an opportunity will not come so easily. We have to make use of it. The future years, the Rishis say will be the years of judgement. We cannot perpetually go through tests and fail. We can easily avoid. Some day we have to get the results also. Coming years will be such years. We have to keep away our egos and follow the Rishis. They are simple ways, simple instructions.

'Reflections Part I' had not been printed for a long time. Though there was a demand somehow, we could not do it. We have reprinted it. Part II of 'Reflections' has been published for the first time. I am not talking as a salesman. A Guru is not a salesman. Please buy this book; not only buy read it, it is more important. Buy one extra copy and gift it to a friend. That is how the knowledge has to spread. In this book maybe you have many answers, many clarifications. You will find it very useful, beneficial. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Usha Satishchandra)

23-11-2025

Guruji would say that we have to experience emotions. I never thought that it was important. It is important to experience emotions. It's a beautiful experience. Mind is a reality. It is a gift. Our intellect is a gift; this body is a gift. And the experiences related to these are important. I wondered what experiencing emotions could be. Maybe, it is experiencing the emotions of Love. When I think of my mother, I become emotional. I will have tears. That is a beautiful experience. When we very intensely think of our loved ones, we become emotional. When we intensely think of God, any form of God or Guruji, we become emotional. Thinking positively, allowing our thoughts to expand is a beautiful experience. Such profound things we learnt from him. We are here to experience this beauty in Life and not to miss this Life.

He added more knowledge to the knowledge he had received from Maharshi Amara. The knowledge of the science of Meditation for example, which Maharshi Amara had received directly from the Sapta Rishis. At any point of time, we cannot assimilate everything. The knowledge is passed on to us in bits, as much as we can assimilate. Consider the techniques of Meditation, for example. During the times of Maharshi Amara, people used to meditate in the Chakra Activation stage for many years. They would spend a year or more activating each Chakra. Now, we can bypass this stage and straightaway get initiated into higher stages. Guruji himself modified or improved the techniques of Meditation. He explained that the ones we are currently practising can be practised till we are established in the New Age. And when the New

Age is established, there will be no need for any techniques. There will be no need for Meditations.

Those of us, who are very deeply involved in the work, we wouldn't be here had we not met him physically. Some, who joined us later and could not meet him physically, would have met him at a different level. He gave our lives a higher purpose by giving us the opportunity to continue this work of teaching Meditations, of spreading the Light Channels World Movement, and the work of spreading the awareness of New Age. He gave meaning to our lives and even to the lives of those who are not directly involved in the work. Like I said earlier, living itself is a purpose; higher living is a purpose. When we do that, we will be working for the Rishis. Rishis will be able to channel wonderful energies through us.

He passed on the dream of his Guru to us - the dream of a beautiful world, full of Peace and Perfection. All of us cannot live in Taponagara physically. But we all carry Taponagara in our hearts. That way, we are all Taponagarites, whether we live here or not. And we believe in this dream. We have to actualize this dream. That is our responsibility. Our role is very important. And such occasions of Guruji's special Astral presence help us a lot to realign ourselves to this great dream. It helps us to rededicate ourselves to Sadhana, to higher living.

I am very happy to share that we are releasing 'Thus Spoke Guruji' – Volume 5', on this occasion. There is a treasure in this book, and in every book that is published here, because these books contain the knowledge that is passed on by the Rishis, through Guruji. This book contains his talks in the year 2004. Rishis will bless all the offerings that we are placing at their feet today - this

book, the Manasa calendar for next year, and the E-book, the Telugu translation of 'Practising Shambala Principles'.

All these will be energized by the Rishis. When we read them, we receive these energies. We receive not only the knowledge that is presented in words, but much more than that through the energies. Our volunteers have worked as a team to bring out these offerings. I am sure you will like these. I congratulate all the Volunteers who are involved in this beautiful work. It is a very satisfying work, and our Volunteers really put their soul into any work they are involved in.

Every work is important. Our Volunteers work with selfless devotion, and I feel very grateful towards each one of them. This is a great responsibility and one person or a few individuals cannot fulfill this responsibility. Everybody comes together and that's why we are able to continue this work. And I think of all of you, each one of you whose support is so important.

14-12-2025

21st December is declared by United Nations as the World Meditation Day. What do we do on this day? We meditate of course. We join millions of people meditating in different parts of the world, under the guidance of different Masters. When so many people meditate, the vibrations created by their Meditations carry a potential to cause a shift in Consciousness. We are waiting for a great shift. We hope it happens this time. It is not that shifts have not happened earlier. If we look back and see Life fifty years back, we will find that there were many wrong beliefs prevalent then. Now, we don't believe in those things. There has been a shift in awareness. We are hoping for great shifts. ■

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.

16th WORLD CHANNELS DAY - A REPORT

Manoj Chopra

I have always believed that accomplishing big goals doesn't require many people—it requires a small group which is focused, dedicated and passionate, and truly understands, and is aligned with the work. Our Volunteers reflect all these qualities. Above all, they have imbibed the vision of their Masters—Guruji Krishnananda and Maharshi Amara. World Channels Day is *one such big* step towards their dream.

In pursuit of establishing World Peace, the 16th World Channels Day was celebrated on the 30th of January 2026. Around a hundred Volunteers worked tirelessly and made around seven lakh children channel Light. Thousands of people joined the online sessions, which were planned meticulously by the social media team. While World Channels Day went smoothly, substantial work was carried out behind the scenes. It was a sincere and collective effort by the entire **Manasa family** to establish Peace by bringing down **more Light**.

Sixteen years is quite a good amount of time for reflection! The world may appear the same—violence, corruption, etc., still persist like before. One may wonder where the impact of channelling by lakhs of children and adults is! Where are the visible changes? The truth is that Light always works, but we may not see its immediate effects on the physical level. Light offers an opportunity to transform. We are not ready yet, we are busy with trivial issues, like satisfying our ego. Light works at the subtlest level and takes time to manifest. There is already lots of Light but we are failing to manifest. We have to understand that Light never imposes changes on anyone. To manifest the changes, we have to give up our old ways and accept the changes. We believe that the New Age will descend from somewhere outside, but it begins from within. As more and more souls awaken to the Light, the New Age will unfold through all of us.

The media is interested only in sensationalism and highlights negative news only. Yet, if we observe carefully, we can see the truth emerging from the turmoil. Many silent yet profound Spiritual changes are taking place. We need a lot of patience and Spiritual wisdom to understand their impact. For change to manifest at this level, humanity must prepare itself. The Astral Masters are patiently waiting for humanity to take the next step.

Behind the success of World Channels Day lies the selfless Love and dedication of our volunteers. We are deeply grateful to the Teachers, Students, School Authorities, and the thousands of adults who participated in the online sessions on that day. They truly understand and resonate with our vision and our work. I strongly believe that great achievements are never the result of any one individual alone—they are always the outcome of collective effort and teamwork.

We are also deeply thankful to Guruji for blessing us with the soul-satisfying work of Light Channelling. This work not only gives purpose and meaning to our lives but also contributes to fulfilling the vision of the higher Hierarchy. Let us move forward together for this greater purpose and continue to channel Light daily. ■

QUESTIONS AND ANSWERS

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

Q: Can you give me guidance to live without involving religion?

A: We have to first realise that we are just passing visitors on this earth. We have come here to work out our Karmas or obligations from past life's actions. We can clear these directly through Meditations or by living a disciplined life. Love is our nature and Truth is our way. Love, Truth, Purity, Perfection - if we live even one of these, it is enough. It leads to everything.

Q: Can the religious leaders offer the state of Sat-Chit-Ananda?

A: All religious leaders cannot offer this state. There were a few souls like Ramakrishna Paramahansa, Ramana Maharshi and Maharshi Amara who could. They were not religious leaders!

Q: Why does every Spiritual or religious person keep a beard?

A: People think such things bring powers. There is nothing that is Spiritual, I can think of in that.

Q: Will religious leaders accept Lord Kalki when He appears?

A: No. They will not accept anyone except themselves!

Q: One should not give up one's religion. What about the inter-religious marriages where a woman embraces her husband's religion?

A: One need not give up one's religion. If one changes, it makes no difference in the goal. Religion is only a way, not an end. All religions lead to the same God.

Q: I belong to a particular religion. We have a tradition of gurus. How can I call you a guru when I have accepted another as my guru?

A: All human gurus are guides. God is the only Guru. Meditate; that's enough. Other things are not important.

Q: Why are there so many religions and Paths?

A: To fulfil the Spiritual requirements

of all people at different levels of Spiritual evolution.

Q: Ours is the only Path that speaks of Yugas as 20,000, 15,000, 10,000 and 5,000 years. Others speak of millions of years. Which is correct?

A: Remember that ours is the only centre which is working directly under the Sapta Rishis, the Hierarchy. They are preparing us for a great purpose - to guide the world. A lot of Spiritual knowledge is given to us. This knowledge is unique and comes from them.

Q: In older times, people were very much evolved. They used to travel in spaceships. Now we are like this in the 28th cycle of Mahayugas. Did we reach the highest point 28 times and also the lowest point 28 times?

A: Yes. It is true. In Satya Yuga, we lived like gods. In Kaliyuga we lived with evil. We rose 28 times and fell 28 times.

Q: Will a Yuga of a particular cycle be better than the other?

A: The conditions remain the same in all the Yugas. It is the souls that make the difference. Some souls of a particular Yuga may be great. They live beyond the influence of Time. Then that Yuga will be a better one.

Q: Are there Yugas in the Higher planes also?

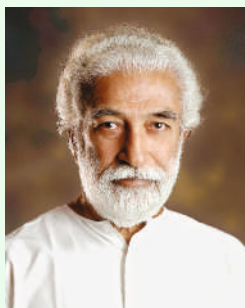
A: Yes. Wherever 'Time' operates, the Yugas are there. Only in the plane of 'Pure Consciousness', there is no Time; no Yugas, only eternity!

Q: Even without effort, all beings progress spiritually when the time comes. Then Creation stops one day. Is it correct?

A: No. We need not link up Creation and Spiritual progress. Many return after attaining Liberation and many come to occupy the vacant places. The Creation continues. ■

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)

Shambala Principles 1 and 2 help me remain peaceful throughout the day, even in the midst of activity. I experienced that keeping a smile always improves the quality of interaction with people. Shambala Principles may seem simple but they are pretty powerful. I use them to remain in Peace, to heal health upsets, to be creative and for connecting with people. It's like, with Shambala Principles, you create a different world inside you and you can deal with anything in life.

I had a strange and sudden pain in the whole body. I just sat and experienced Light for about 30 minutes. Almost 90% of the pain disappeared. And after one day, I was back to normal!

- Hemant Kumar Sharma

In spite of the struggle and suffering, and without any outer achievement, at some deeper level, contentment and silence is increasing,

- Meena Rana

Whenever I practice any technique,

I experience it. I experience a sense of Peace and clarity which I can't explain in words. I usually surrender everything to the Light. Light will do what is right, not what I want.

- Vikram Desai

By the Grace of Guruji and the Sapta Rishis, I have got my new job in October 2025, with a hike; my 'New Life' has started again. There were days when there was no money for normal expenses. I neither asked my family members nor anyone else. During this period, I got a lot of time to spend with Light. It was a churning period. There were great experiences of unexplainable inner joy, inner anger, loss of hope, fearful mind, unclear mind etc. Finally, I got the right direction to move ahead. I felt the unconditional Love of Guruji and blessings of the Sapta Rishis which helped me in many ways. Many unbelievable things have started happening now!

- Neelamegam R

FORM IV

(See Rule 8 of Press and Regulations of Book Act)

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I, S. B. Shyamala Devi, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Bangalore
Date: 25-2-2026

Sd/-
S. B. Shyamala Devi
Signature of Editor, Publisher & Printer

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