



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 20, Issue 12

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Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – March 2012 issue)

If I speak of New Age Spirituality, eye-brows may be raised, questions thrown and critical comments made. I am aware of this. I agree that there cannot be old age and new age spiritualities and that Spirituality is one for all times. But Spirituality, in practice, has been greatly distorted over centuries. It is no more the same that the ancient sages and old masters had taught. It is more religious with added rituals and practices sadly drawn away from the essential Spiritual core. It is a natural deterioration occurred over long periods. We have to realise this. The time has come to help people recognize the non-spiritual rituals and superstitious practices that were added over a period of time. This is not an easy task because deep sentiments and strong beliefs are very touchy to be touched upon. It would be easy if the religious heads remove the non-essentials and restore the religion to its Spiritual glory. But, I do not expect them to take this very bold risky revolutionary step. They continue their traditional occupation playing safe.

But the times are changing. There are new challenges, new energies and, this is important, new awakenings. There is also new knowledge, more knowledge. Sometimes, we strongly feel, that we require clearer and specific guidance in leading our lives spiritually. It is in this background that I have dared to use the words 'New Age Spirituality'. It is important to realise that we are entering shortly the New Age and we must know what is Spiritual because it is the practice of the Spiritual that takes us to the New Age. In understanding the purely Spiritual, I have an advantage. I learnt it from a great Rishi, Amara, who was a true New Age Master having access to greater Knowledge of the New Age directly, as he was constantly in touch with the Rishis in the higher planes, who monitor the happenings on this earth and guide people through their chosen channels to enter the New Age.

Spirituality, old or new, is a value system. It is being good, honest and peaceful. It is manifesting Love. It is manifesting Light. It is caring for everyone and everything. It is respecting all life, nature and everything because everything contains the Consciousness that we carry. Spirituality is living in freedom, respecting others' freedom. It is respecting the norms of the society that we live in. It is a self-discipline and respecting the disciplines of the society and nations. It is a constant search for truths and tuning to the Will of the Divine. There will be no conflicts here. No aggression. No divisions.

We need not believe in God as we do now. But we will understand God as the Intelligence behind this Creation, life and death. New Age Spirituality removes all boundaries and brings oneness. ■



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.



ECHOES OF TAPONAGARA

Just as blades of lush green grass envelop the barren earth after the rains, the rains in Bangalore have beckoned a new beginning in Taponagara. Every evening, the residents of Taponagara sit together in the structures of Manasa and Antar-Manasa in Meditation. Their goal is simple: to intensify their Sadhana and to spread Peace and Love to the world.

Gurujii tenderly planted every tree in Tapovana, and he also planted the seed of community and togetherness in every resident of Taponagara. The residents come together to celebrate every festival, and 1st October was no different. The residents of Taponagara celebrated Ayudh Pooja - a practice of offering Love and gratitude to ones' tools and vehicles. They lovingly sent Light to all the vehicles and tools present in Taponagara, expressing their heartfelt thanks.

Each Poornima (full moon), residents of Taponagara gather in Antar-Manasa and practise *Kamadahana*, a meditational practice of burning personal negativities in an astral Homa Kunda - a consecrated fire, followed by Light Channelling.

On the 7th of October, Antar-Manasa came alive with mischief, Love and laughter, as the residents gathered for their monthly practice of *Kamadahana*. After intense Meditations, the residents basked in the afterglow of a peaceful session at the amphitheater, where they enjoyed delicious *Badam* milk and a sumptuous yet healthy peanut chaat.

The moonlight trickling through the trees brought back memories of the beautiful times they had spent with Gurujii in this very place.

Everyone bid each other goodbye with wide smiles, full tummies, and happy hearts - already looking forward to the next month! ■

GURUJI'S MAHASAMADHI PROGRAM

AT TAPONAGARA: Sunday, 23-11-2025

11AM Welcome
Talks
Special Meditation

12.30PM Prasada

AT ANEKAL: Monday, 24-11-2025, From 6-7 PM.

THE STAR**A Meditator**

When I think about Guruji, I think of all that he has done for me, all that he has taught me, but very rarely have I stopped to think of how incredibly difficult his Life must have been, and I do not mean the early days after leaving Manovati.

I started thinking about what the 'job' of a Guru generally entails? A Guru teaches us right from wrong, introduces us to a higher way of living, and to the ultimate Truth.

I speak for all of us when I say, Guruji has done much more than the above for us. I feel that what Guruji has done for us goes beyond the purview of a Guru.

If we were to look back, we would see how he has very delicately plucked so many thorns out of our lives. Here I pause to wonder how exhausting his Life must have been. How draining it must be to listen to our problems day in and day out.

I try to think back and ask myself if I ever stopped to ask him how he was doing. Rarely did I ever do it. I was so consumed in trying to tell him all my problems that I did not stop to think about his thoughts, his dreams—his dreams for us, never for himself!

There was so much he wanted us to see, but because of our various shortcomings, we did not see what he spent his whole Life in making us see. How lonely must Life be, when you see a sky full of stars but the people you are trying to show it to only see the clouds.

After all these years, I'm yet to see the sky fully, but when I do look at the sky now, I see a star shining bright and that star is Guruji Krishnananda. ■

NEWS AND NOTES

- ◆ Guruji's Maha Samadhi day will be observed at Taponagara on 23-11-2025 and at Anekal on 24-11-2025. To participate in the program at Taponagara, please register with Manasa office, before 21-11-2025.
- ◆ Manasa Calendar for the year 2026 will also be released during the program at Taponagara. Only a limited number of copies, only for those who request for it, will be printed. Please register by 15-11-2025 to book your copy.
- ◆ A new batch of Shambala Group will begin on 11th January 2026. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this group may register with Manasa office before 31st December 2025. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2025.

MEDITATION ON SPECIAL DAYS

01	Sat	Shukla Dashami
05	Wed	Full Moon Day
12	Wed	Krishna Ashtami
19	Wed	Masa Shivaratri
20	Thu	New Moon Day
23	Sun	Guruji's Mahasamadhi Day & Program
28	Fri	Shukla Ashtami
30	Sun	Shukla Dashami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11 AM - 12 Noon Light Channelling: 12 Noon - 1 PM
09-11-2025	Shambala Group Meeting at 2 PM
16-11-2025	Ra Group Meeting at 2 PM
23-11-2025	Guruji's Mahasamadhi Program
30-11-2025	Light Channelling: 11 AM - 1 PM

**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

People say, when we are ready, the Guru comes to us. It is true. Guru is God. He will always come. He may come in the form of a human guide. We somehow meet our guides always and when we look back, we realize it is a unique story, a unique journey. But the Guru also comes in different ways and different forms. You read a book, you know many things. Through the book you meet a person, a human Guru. So, he can come in the form of a book, or an experience. It could be a song, a bhajan, an opportunity or even a problem. Whenever we have problems we curse and suffer. But a problem can lead us to the Guru. If we are alert, if we are really, really waiting, we know when the Guru comes and we recognize him.

A person wrote to me saying, "I have not practised Meditations during these two months properly. Please permit me to continue in the same Stage." This honesty itself qualifies him to be promoted. We know, it is not the number of hours of our Meditation that measures our Spiritual progress. There are many other things. Throughout the letter I could feel that honesty, simplicity, and goodness. I was very much touched.

We don't introspect. But, Sadhana begins with introspection. That's the real check-up. This is a day of check-ups and we can check-up ourselves, when we stand before the mirror. What we check-up here, is the practice; the practice of the technique; how long we practice, how many days etc? But the progress that we have made is checked by the Rishis,

the Astral beings, because they monitor every thought of ours. Do not think the check-up is done only today, at this moment. It's being done every moment. Every thought of ours, every emotion of ours and every act of ours is noticed, monitored; assessed. Then, when we come here, the person who sits before us, the senior Sadhak, may not be aware of all these things. But the Astral Master will guide him to say, "Yes you practice in the next stage or please continue." So, this is the process of check-ups.

My teacher, Sri. Nagaraj was here during the inauguration of our Study Centre. On Thursday night he passed away. I had met him earlier in the Nursing Home. He was in fact waiting for me. When I went there, I could see so much of peace on his face. Even at the human level, I could understand that he wanted to leave the body and was ready to accept death. He never spoke a word. And when I sat before him, I felt very sad. We human beings go through these emotions. I tried to talk to him at a different level. He said, "You know the Rishis. Please help me to get over this; to come out of the body." I told him that I could only pray and came out. I knew he could not leave the body at that time. After two days, he forced the people to take him back to the house. He stopped taking medicines. He prepared himself. He was determined to leave the body. Actually, that was not the time of his death. Here, we have new knowledge; new information. We think the time of death is fixed. Death occurs exactly at that time; not a minute later or not a minute earlier. This is the general law, rule. But under some special

circumstances, when the Rishis recommend, these rules are relaxed. In his case, the rules were relaxed and he was allowed to leave the body. It was Thursday night. I could not attend the funeral on Friday. We had our Satsang here. The guides who helped him to leave the body, brought him here, as he wanted to come. He participated in the Satsang and requested the Rishis to allow him to be with me all the ten days. Rishis have brought him. He is here and like all the people who left their bodies, the first feeling would be a great relief, to be out of the body, particularly if the body is damaged. His body was very much damaged. And once we come out of the limitations of the body, then there will be a kind of expansion. We will become aware of so many things, that we could not understand, when we were in the body. It is then he realized, that he should have meditated regularly. He asked for a technique. I had given him one. He practised it, and once when I went to him, he told me, "I am unable to experience Samadhi." I told him that it takes long practice. I never checked. After all he was my teacher. I always respected him and looked up to him as a Guru. I did not ask him. He did not practise. When we leave the body, we go and stay in a place and take rest for some years. He says, "I do not want to take rest. I want to take birth immediately. When I take birth again, I want to come, stay around here, join your Path, work for the Rishis etc." It is very touching! In the body, he was nearly an 80-year-old person. Now, he is like a small child, very eager to come and join the Rishis. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

07-09-2025

Those of us involved in the work of sending healing energies, do it between 10 and 10.30 PM. We pray to our Rishis and Santoshi Devi, then think of all the healers, and experience Oneness with them. Then we send Light to the person who requires healing. We will not know many finer details such as the amount and type of energy required for the person. The Rishis and Santoshi Devi decide about such finer details. We just pray to them. We do not draw energies from any other source on our own. We just make ourselves and our system available for them to work. They pass on these healing energies through our system and that is our role. We are just tools. We cannot heal a person; the healing is done by them. This is the truth. The energies heal. There are many other factors involved in healing. The person, who receives healing, will definitely get relief, but the person also has to go through a process of transformation. There are many such details which Guruji had told us.



When we become bitter, jealous or angry, is it the mind, or the intellect, or the ego, or is it the soul that becomes bitter or jealous? A discussion with a person made me reflect on this point. We know that the thoughts take birth in the intellect. The idea may generate in the soul, but this idea is converted into thoughts in the intellect. Similarly, the emotions take birth in the mind and are expressed through the mind. The emotions need not necessarily be negative; they can also be positive. The source may be somewhere else. Divine Love for example comes from the soul and when it reaches the mind, a loving emotion generates in the mind. The whole system experiences Love. The intellect will have loving thoughts for that person.

Even the body experiences Love and the whole system feels elevated. The opposite happens when we experience something negative such as jealousy, bitterness or anger. Although they rise in the mind, the whole system gets affected, and the soul also suffers in the process.

We can say that our ego, which is the collective intelligence of this system of body, mind and intellect becomes bitter or jealous. But we are not the ego, we are the souls, a particle of Light. Then, can the soul pass on the responsibility to the ego and say that I am not involved in this process? This is where I feel that the soul has to take responsibility for the behaviour of this system.

Without this system, the soul will be one with God. This system imposes limitations. The soul, in fact, has the capacity to decide not to allow jealousy to remain in the system. Jealousy will rise, and it cannot be helped, but we have to get rid of it quickly. But the soul gets influenced and is covered with a cloud of ignorance. Meditations help us remove this cloud of ignorance. In Meditation, the soul, that is we, become aware of ourselves, of our true nature, our strength, and our connection with God. That is why Meditations are so important. Then this cloud of ignorance can be removed and then soul will not allow any negative emotions to remain in the system for a long time.

We have to be very thankful to Guruji that he explained such beautiful points to us. He said that the ego is not necessarily an enemy. Only when the soul allows it to take decisions, it becomes a problem. Then the soul has to go through the consequences. It has to experience suffering and pain, through the system. That is why the soul must take ownership

and control of this system. Meditations help us to know that the soul is the master of this system, and not the ego. Then it can keep the ego in check, and it can also make use of this system of body, mind and intellect to experience the beauty in this Creation. It can focus on experiencing higher things through this system and keep the negativities out of this system.

The system then can enjoy the beauty of this Creation. The nature for example. The sky for example. We see the sky through our eyes, a physical instrument, but something happens even at the deeper level. The mind and intellect also experience the sky, and this experience ultimately reaches the soul. The soul too experiences the sky. Similarly, a bird, music, the ocean, a butterfly, a human relationship, all these are experienced by the soul through this beautiful system.

When we focus on these higher experiences, then the whole Life becomes a beautiful experience. While I was noting down, I suddenly thought of the great master Eckhart Tolle. While talking about beauty in the Creation, he mentioned, "This floor looks so beautiful." Through the floor he could connect to God. It was so profound to hear him say that. It may not happen to us when we look at the floor, or a beautiful carpet. And every time, we may not be able to appreciate the beauty of such physical manifestation. But we have to practise such things consciously. This is part of Sadhana. Looking at the sky is like Meditation. When we meditate, we do not experience Samadhi every time. We may experience it momentarily and may not even become aware of it. But we go on meditating. Similarly, appreciating the beauty of the sky, of nature, of a bird, of a butterfly, of music, can also take us towards Samadhi. ■

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.

GURUJI KRISHNANANDA

Abhilashitha Vinay

He was one of the very few adults that we siblings looked upto while growing up. He was our best friend and confidant. Even though he was Divine he was very much Human who celebrated Life! Every moment with him was fun and laughter but at the same time it was a moment of great learnings and everything positive that one can think of. What is that made him so special, so warm, all the time?

I feel he was so approachable because he offered a non-judgmental safe space for us to express ourselves without inhibitions. He was the same for all who came to him seeking some sort of solace or clarity or sometimes just seeking him!

He was a storehouse of knowledge, wisdom and the best of energies that the Creation could offer. He was in perfect alignment with the Cosmos. Just being in his presence, one could attain great Spiritual heights. He was that space to where people would want to come back to, again and again. He was an avid reader, an artist, a dreamer but more than anything he was a Universe of God's Love.

Being in his presence healed us all at deeper levels of our very existence. Even though he was a very special Soul, I truly feel he put in a lot of effort to manifest his Soul at the level of the Physical, at all times. Only a person with great compassion for all, can sail through the trial by fire like he did in his life and accomplish great feats. The beautiful knowledge and energies that we get to experience is all the fruits of his labour.

He was and is always the best student that Maharshi Amara and Vishwamitra Maharshi could nurture. He always followed the Rishis to the T, but in his way, with their consent of course. That kind of confidence comes to only those who are in touch with their souls, who are always connected to the Rishis and have great Love and pure intent.

I am sure we all miss his physical presence greatly even though it has been over a decade. More than anything I feel the world now has missed out on someone very Precious.

GURUJI - THE MASTER

Sunil Bisarahalli

Masters take birth on this Earth to guide humanity in every century. And Masters like Amara and Guruji not only take birth again and again, but also go to great pains to help others to achieve the highest in their Spiritual journey.

Guruji was one such Master. Whenever Amara came, he came down. Amara came to gather people and pass on the highest knowledge in the simplest form while Guruji established a centre which could continue Amara's work.

His speciality was establishing the Rishis' centre ground-up. For this, he was the chosen one by the Rishis and Amara.

Establishing the Rishis' centre requires great amount of love, patience and the ability to materialize dreams. Guruji was a specialist in this. He built Manasa Foundation from ground-up to what we have today. He does it in every cycle.

Great organizations do not continue without people. He inculcated qualities like discipline, far-sightedness, accommodation etc., in his students and close people around him. With great patience, he taught them not only Meditations but also improved the very quality of their lives.

Perfection was another quality we saw in him. Perfection could be seen in the way he lived the material life as well as the Spiritual. But he never imposed this on others. He gave a lot of leeway, slowly guiding them in every minute step of their lives.

Living with him was a lesson in itself. There were no wasted words, no wasted actions and certainly no wasted emotions. He was as human as any of us and as Divine as anyone can be. ■

QUESTIONS AND ANSWERS

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

Q: What is Mantra Siddhi?

A: Attaining powers through a mantra.

Q: Is it better than Meditations?

A: No. In Meditation we go beyond the powers and get everything.

Q: Everything?

A: Yes, and anything.

Q: Can the Gayatri mantra be repeated by ladies?

A: Yes.

Q: But some religious leaders say, 'No'?

A: They may have their own reasons to say such things.

Q: Can we repeat a mantra aloud?

A: No. The best results are obtained when it is repeated in silence.

Q: Can we give a mantra to a ten-year old boy?

A: Yes. He can take up Meditation only after the age of twelve years.

Q: How to develop 'Mantra Shakti'?

A: First, you have to tell me why you are after this.

Q: It is to help others. Is it wrong to help others?

A: No. I do not say it is wrong. But it is not necessary. I do not know how exactly you want to help. If you want to help spiritually, you can pray, send Love and send Healing energies.

Q: What is Japa Yoga?

A: It is the continuous repetition of a mantra.

Q: Is this good?

A: Every way is good. It may take time. That is all.

Q: My brother has fever. Can I do japa to help?

A: The idea is very much welcome because a soul is in distress. But mere japa may not help. You don't know which mantra helps fever! Also, you have to direct the energies gathered by japa to the person. It is not as simple as you presume. Don't ever attempt such things. You may add up problems

instead of getting relief. The best way is to pray to the Rishis.

Q: How does a Meditator worship?

A: By gathering and offering energies.

Q: Is there a technique?

A: Yes. Imagine that your hands are stretched out and pray to God to fill it up with higher energies in the form of Light. Then add your Love and respect and offer it to the deity you want to worship.

Q: In addition to this, can we also continue to perform rituals or give them up?

A: The worship by offering energies is the highest form of worship. A Meditator need not perform any ritual. But we should not hurt the sentiments of the people around us also. So, it is left to the discretion of the individual.

Q: For a wish to get fulfilled, do we have to go on praying till it is fulfilled?

A: If we pray once it is enough. The Cosmic Intelligence notes it. The wish will be fulfilled after observing the Divine Laws, many of which are unknown to us. It may take time, sometimes a very long time. But a wish is always fulfilled.

Q: When we wish good for others, should we pray or the wish is enough by itself?

A: A wish is a positive thought. This itself is not enough. We have to pray.

Q: A genuine wish does not work often. Why?

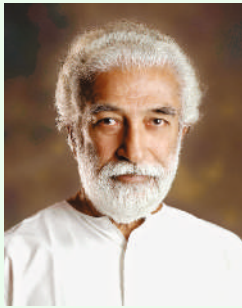
A: The wish may not be the right one at that moment. The person may not be ready. There are many laws, yet to be understood. That is why, things do not work out as wished.

Q: Is it better to pray before or after Meditation? How to combine these two?

A: There is no strict rule. But experience reveals that after Meditations our whole being is fully awake. Then, we can do anything better. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	250/-
Higher Communication and Other Realities	100/-
Light Body & Other Realities	100/-
New Age Realities	200/-
Light	10/-
Living in Light	25/-
iGururji (Vol – 1, 3, 4 & 7)	each 150/-
iGururji (Vol – 2)	120/-
iGururji (Vol – 5)	100/-
iGururji (Vol – 6)	75/-
Living in the Light of My Guru	220/-
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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)

Everyday morning I read, 'Guruji Speaks', any volume. It's like a message for the day from Guruji to me.

- Shibani Trikanad

I have become more conscious about my words and actions; my actions are softer. And changes are visible to the people around me.

- Madhushree

I can pause, get myself out of auto pilot mode, and correct myself before making mistakes.

- Leela Kumar

I lose feeling or sense of body and drift just into bliss and surrender, and also feel the flow of energy as I channel Light and spread it across.

- Pranith Ratheesh

I am calm and peaceful within, when things are not going 'good'.

- Kumar T N

I am accepting my family members as they are and giving them their space. It has improved my relationship with them. They are more receptive and transforming now. Because of which, silent miracles are happening. They are responding positively. I thank Guruji, Rishis and Light. Their Love and Grace have made this possible.

- Vinay B K

There are peacocks near our place which are seen by my husband and kids, but not by me. One night before going to bed I asked myself, "Is the Light that I am channelling really received by anyone or at least by the peacocks?" The next morning at 4.30 AM, I clearly heard two peacocks shouting loudly. I could not see them, as they were across the high compound wall. But I felt they came, to let me know, that they were receiving the Light!

- Bhargavi

Life outside feels like it is moving extremely fast with sweeping changes,

adding lot of stress to our daily lives. The rise of artificial intelligence has pushed many companies to downsize staff and infrastructure, which has resulted in job losses, especially for people who have been working for over a decade. My manager lost his job recently. A few known people were also affected. This has brought a lot of stress in the Life around. At the same time, everyone and I are trying to adapt and learn modern technologies. I must also admit that AI has its positives, because it empowers individuals like me, with greater capacity and potential. I do not remember when I last used Google. 99% of my work is completed with the help of AI-based tools. In contrast, Meditation helps me stay grounded. It prevents me from losing myself completely in the office work and the constant changes happening around me. Inside, there is not even a ripple. It is the opposite of outside. There is only Peace, no fear of death or old age, no longing to live a higher Life, and no waiting for a future Satya Yuga. Within, there is only Stillness, like a foundation beneath everything, while the outside world keeps spinning or at least appears to be spinning.

- Suresh Kumar C

As I am a part of 'Dhol Tasha Pathak', our long hours practice started from June. We perform in different locations, in and around Bangalore. We also performed in Kerala. It was an offering to a 3000-year-old Shiva temple and another one was a long procession for 4 hours, on the occasion of Krishnashtami. It was a great experience and I could connect to God, offer my gratitude and worship Him.

- Rucha Shetye

I never forget that I am 'Sat Chit Ananda' and all the suffering due to which I couldn't continue my Meditation, belongs to my body and mind and not to 'Me'.

- Susmita Roy Chaudhury

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