NEWSLETTER OF LIGHT WORK



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 12 November 2026 (English Monthly) Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – May 1999 issue)

A person wrote to me - "I took you for granted and lost." I was reminded of Amara. People came to him as to a soothsayer; sometimes, as to an astrologer; a man with unusual psychic capabilities, narrator of Astral ventures. Also, a teacher of Meditation! Amara had much more to give. But… Amara was taken for granted!

We take for granted Rishis, Sadhana, God, Life and everything.

On 14th April 1999, when I was meditating at Noon, I saw a wave of subtler energies entering our Manasi field. It entered me and through me several storage points underground. Being the Solar New Year Day, several Meditators had come to Taponagara and were quietly meditating. The energy entered them also and they began glowing with Light.

I thought of all those Meditators who did not come to Taponagara.

It looks like a joke, but it is a reality. The more we give the less others receive! When I lived in a small pump house, people came and meditated for hours. Now I have a big Meditation Hall. I do not see Meditators there on Fridays, the day allotted for long Meditations. Earlier, some were meditating for hours and wonderfully well. I gave them a lot of facilities. Now, they have virtually stopped Meditations. When I lived in a hut in the village a few years ago, and was trying to gather from the depth of my mind all that Amara had given me as wonderful Knowledge, Meditators from Bangalore would come with dozens of questions and genuine interest in understanding the Spiritual knowledge. But I do not come across people like the earlier visitors.

The more we give the less the others receive. May be, each individual has to struggle by himself to realise the value of the Knowledge.

I will be completing sixty years. A cycle is completed. I look back with satisfaction. The Light from Amara that enlightened my world is now shining in several hearts and this will spread and enlighten many.

When I look back, so many people and events stare at me. I could have avoided many mistakes, could have given more to others and could have drawn more from Life. Perhaps, this is how everyone feels at this point. Let me live better and fuller, the remaining life.

People around me are trying to celebrate this day. Let everything be subdued, underplayed and silently majestic - emotions, expressions, and everything. ■

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)

Sri Aurobindo Complex
1st Phase, J P Nagar

Prasanna Gangadhareshwara
Temple, 2nd Cross,
1st 'R' Block, Rajajinagar

Wednesdays (7 PM - 8 PM)

Arya Samaj
C M H Road, Indiranagar

Hymamshu
4th Main, Malleshwaram

Thursdays (7 PM - 8 PM)

Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

Maruti Mandira, Vijayanagara

Saturdays

(7 AM - 8 AM)
Rural Service Trust, Udupi Shree
Admaru Matha, Bidarahalli

(8 AM - 9 AM)
Ramana Maharshi Centre for Learning,
Sanjayanagara

(7 PM - 8 PM)
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

Guided Online Light Channelling Session
Every third Sunday
11 AM – 11.30 AM
Live on:
www.lightagemasters.com

Online Meditation classes

English

Basic Class:
- **Saturdays: 8AM to 9AM**
- **Sundays: 9.30AM to 10.30AM**

Regular Class (after completion of Basic Course):
- **Saturdays: 8AM to 9AM**
- **Sundays: 11AM to 1PM**

Kannada

Basic Class:
- **Sundays: 9.30AM to 10.30AM**

Regular Class (after completion of Basic Course):
- **Thursdays 7PM to 8PM**



Meditators participating in the Kamadahana session at Antar-Manasa; Light Channelling sessions were conducted at an Apartment, and schools in Bengaluru.

NEWS AND NOTES

- Guruji's Maha Samadhi day will be observed at Anekal on 23-11-2026 and at Taponagara on 29-11-2026. To participate in the program at Taponagara, please register with Manasa office, before 27-11-2026.
- Manasa Calendar for the year 2027 will 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 15-11-2026 to book your copy.
- A new batch of Shambala Group will begin on 10th January 2027. 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 2026. 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 2026.
- New students who wish to join the Light Channelling work may register their names with Shri. Manoj Chopra (WhatsApp number 93438 64912). They will be initiated on 29th November during Guruji's Mahasamadhi program.

PROGRAM AT ANEKAL

Guruji's Mahasamadhi Day will be observed in Saptarshi Dhyana Kendra on Monday, 23-11-2026 at 6 PM.

MEDITATION ON SPECIAL DAYS

02	Mon	Krishna Ashtami
07	Sat	Masa Shivaratri
08	Sun	Naraka Chaturdashi Deepavali Worship of Devi Mahalakshmi
09	Mon	New Moon Day
10	Tue	Balipadyami
17	Tue	Shukla Ashtami
19	Thu	Shukla Dashami
23	Mon	Guruji's Mahasamadhi Day
24	Tue	Full Moon Day Shiva Deepa
25	Wed	Vishnu Deepa
29	Sun	Guruji's Mahasamadhi Program

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
08-11-2026	Shambala Group meeting at 2PM
15-11-2026	Ra Group meeting at 2PM

GURUJI'S MAHASAMADHI PROGRAM

29-11-2026, Sunday

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

ECHOES OF TAPONAGARA

Three children close to the ashram danced to the rhythm of makeshift drums. Their drumsticks were dried twigs from a nearby tree, and their drums were discarded pieces of thermocol from a large packaging box. The 'music' coupled with their laughter and excitement was probably the sweetest sound anybody had heard. The lifeless black and white world around them came alive in colour as they laughed without a care in the world. Guruji's words about the innocence of children came to mind.

A Meditator wanted to begin Light Channelling sessions in their Apartment building with the intention of letting Light touch more lives. As all firsts are special, a few Meditator students from Manasa along with Shri. Jayant Deshpande gathered to mark the occasion, channel Light together with the residents, and answer any questions they might have. It was a beautiful session and some of the participants shared wonderful experiences later.

The temple in Chikkagubbi welcomed Lord Ganesha with devotion, Love, and music! Some Volunteers were to gather at 12 Noon to meditate and offer energies to Lord Ganesha. At 11AM, someone remarked that meditating might be impossible because of the loud music. Somehow, at 12 Noon, the music had almost stopped, and everyone gathered there had a beautiful Meditation. Was it coincidence? Could Taponagara be a place of magic?

Residents here face the exact same problems people in other cities do—trash-laden streets, bad traffic, and sometimes no roads to actually drive on!

But there are also miracles, tiny ones like the one above. The miracles may not change one's life, but they give one hope to keep going—and that is the most magical of all.■

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

Smt. Shobha Salve, Principal, Zilla Parishad School, Bharodi, Taluka Bhiwandi, Thane said, "Usually, people who come to us expect to receive something from us and it puts a lot of pressure on us. But today, you came and gave us something instead. We feel so refreshed and relaxed. We have forgotten our stress and are ready for our school's routine work happily and peacefully. This will bring nice positive changes in our lives. We will practice Light Channelling at home as well as regularise it in our school. We are truly grateful to you for teaching this wonderful technique in our school."

A Teacher from same school said, "When I and my colleague came to the school, we had stress but after the Light Channelling session we felt very relaxed and our stress is gone. Our minds have become peaceful. It will have positive effect in our work area, so we both have decided to practise it at home and also make our students practise it. We are thankful to you for this."

- Anushka Joshi, Light Channel Volunteer

After the Light Channelling session at Swami Vivekanand Prashala, Solapur, Samriddhi, a Class 7 student said that when she came to the school, she was tensed about certain things and was seeking a solution to a problem related to studies, and after channelling Light she could get a solution to the problem. Another student, Aliya Diwan said that she spoke with Light about the difficulties in her life, and she got an answer from the Light.

- Nikhil Gandhi, 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)

April 2008

After sometime, may be ten years, may be even earlier, we will not use these techniques that we are using now for meditating. There will be no Mantras, no Chakra Activation. We employ only Light, use Light. We experience Light and live in Light. We become Light. It looks so simple, but it is possible, not difficult at all. So, we have to employ more of Light.

When we take up Sadhana, we do not worry about mistakes. That's what I suggest. Do not worry about your own shortcomings. We are all imperfect. I am imperfect. This plane is a plane of imperfection. Why cry about these things? When we take up Sadhana, and begin Meditations, we definitely transform. We transform if we meditate; please mark my words, if we meditate and positivise we transform in spite of ourselves. We can't resist this transformation; we transform. When we do this, all these shortcomings just go to the background. Sadhana is a movement towards perfection. Then I suggest, do not worry about these mistakes, present, past or even future. We are going to commit mistakes. Do not worry about these things.

On any issue, we must take a stand. That is one of the most important aspects of Pralaya. This is the time that we have to choose and we have to choose the right. On any issue, could be political, could be water disputes, drinking water disputes, anything, there is always the right and wrong. We must choose the right but we need not actively participate. We need not go to the streets and shout slogans. Taking a stand, having a strong opinion about this is very important. This, we cannot avoid. Such issues could be at any level, could be our own level, at the level of the families, society, nation or global. When we choose, we need not do anything at the physical level, because we cannot. Every one of us cannot join an agitation or participate in a revolution, we cannot do it. We have lot of limitations. But when we choose, we have to have this anger in us against *Adharma*. I have said many times, we have to reject these things at our inner level, at the level of emotion, at the level of intellect, level of soul; at every level we have to reject the injustice. When we do this, we will be vibrating our opinion. We will be vibrating our protest. If many people have chosen these vibrations and vibrate like this, at some point of time, they become a wave; they become a field of energy. It is then this field of energy begins vibrating again and it brings the required effect. It establishes *Dharma*. It establishes the rightness and people cannot go on beating monks; these things will stop someday. This is as true as there is Sun outside. We are aware of it; but again, it takes some time and this is the permanent solution for all our problems. I think it is then we will be entering the New Age naturally. There will be a revolution. This is the revolution that I have been talking of, from 1988. From the time I met my Guru, my Guru talked about this revolution and this is the Spiritual revolution. We participate in the Spiritual revolution by choosing the right and expressing our anguish and anger against *Adharma*.

Mark my words. Usually, we don't elaborate things here. We always address an intelligent audience. People can understand. No elaboration, no long explanations are required. That's why our talks here are not *pravachans*. We say these lecture classes are not mere lectures here. So, every word sometimes becomes very important. The energies that we carry, they represent our personality. I would like to say, our energy field is our personality. If we carry the right field, we attract naturally, the right results. If we carry the right energy field, I say without exaggeration, all problems vanish. We live in Peace. That is the purpose of life. We remove all problems. Then, in Peace, we get connected to the Source of Peace - God Himself. Then many things happen. So, carrying the right energy field is very important. How do we carry it? We know it; always the right emotions, the right thoughts. That's why the Shambala Principles, they are the highest in this Universe. We have to practice Shambala Principles.

We know Meditation is establishing Stillness at all levels; at the level of body, mind and intellect. In Stillness, the intelligence and the individuality of the body, mind and the intellect merge. The body has its own intelligence, its own individuality. Similarly, the mind and intellect. These intelligences and individualities they merge with the core. The core is our soul. When such a merger occurs, that is Yoga and this core in Stillness merges with the Greater Core, God Himself. This again is the next step of Yoga or we can say higher Yoga. Without this initial Yoga of merger at the individual level, the higher Yoga cannot occur. In Yoga which is the merger, the connection, we have all the wisdom and strength of the Greater Core; of God. Our lives can then be peaceful and meaningful. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

06-09-2026

This is a period of *Pralaya*. Guruji had explained that the *Pralaya* processes were initiated in the year 1987. There are 7 phases of *Pralaya.* Each phase is 7 years long. We are now in the 6th phase of the *Pralaya.* And in 2029 we will enter the 7th phase, the last phase.

The purpose of *Pralaya* is to create opportunities for change, positivisation, purification and transformation. *Pralaya* is a beautiful process that destroys darkness, both within and without. The energies help in surfacing of the truth. When the truth surfaces, we notice it. If there is darkness within, it surfaces and we become aware of it. Then we can say, "We don't need you; we throw you out." That is how darkness can be removed.

Any physical destruction as I understand, is a result of many things. It is a result of disharmony in the world. During Satya Yuga, there will be no natural calamities. People live in perfect harmony with each other, with nature, with other living beings. When there is no disharmony, natural calamities do not take place. Right now, the harmony is not there. That's why we have floods in Nepal! Thousands have died. It appears very cruel. But, people of this world, are in a way responsible for this. If people really change and live in harmony, then such calamities will not take place. If people respect nature, give up greed and hatred, there will be no exploitation of nature or other living beings.

That is the world we have to move towards. Then, there will be no natural calamities. In the Spiritual world, there are solutions for every problem, individual or global. The solutions are simple. But the implementation of the solution is made complicated by people. Whenever we, the Volunteers discuss, talk about such things, - corruption for example - we conclude that collapse is the only solution. A collapse will create opportunities for new systems to come in. In the current circumstances, how do we bring new systems? Only when there is collapse, the opportunity will be created for new systems to come in. But a collapse will also cause a lot of chaos and uncertainty for some time. It will also create a lot of pain. There will be confusion till the Divine systems are established. After the collapse of the existing systems, the Divine systems will be established. The Rishis are waiting to bring down the Divine systems. But for that, the current corrupt, imperfect systems have to collapse.

So, we may have to go through this pain for some time, whenever that happens. But even then, I feel, collapse is better than the existing corrupt systems. Guruji used to say that Divine systems will be implemented immediately. We don't know how that happens, but that is what the Rishis and all of us are waiting for. The Rishis will minimise the problems that are created due to collapse.

So, coming back to Nepal floods, I believe they wouldn't have occurred if there was harmony, if we had not abused the nature. While it is sad, there are also great examples of human effort. People are working tirelessly to rescue people who are stranded. We were so happy to know that after ten days, a person was brought out alive. And I read this morning that a lady was rescued after ten days, who somehow managed to stay alive in her house, which was covered by mud. There is that concern for people. This is heartening to know. Humanity is alive and that gives us so much of hope.

Every time such calamities cause suffering anywhere in the world, we wonder, what is it that we can do? We feel so helpless sitting here. How do we help these people? And how do we avoid such problems?

We can at least try to create harmony in the area of our influence, within us and around us. That will help the global effort in creating harmony. We can allow the destruction of darkness within us. We can send Light to people affected by these floods. They are part of us. As humanity, we are one. When there is problem somewhere, we have to feel for them, we have to emote for them. How does it help? I have understood that when we emote for these people, somehow, our Love reaches them, touches them. Maybe, deep within, somewhere, they know that they are not alone. That there are people thinking about them. Our emotions, Love and the Light that we send, attracts help from the Universe for the people who are affected. We can channel more Light; we can meditate more. All this will help.

I believe that when these 7 phases of *Pralaya* end, the darkness will also end. At this point, so much of energy is wasted in fighting darkness at the global level and also at the individual level - within, and in the Life around us.

When these *Pralaya* processes are completed, a beautiful phase of building the New Age will begin. If we do the math, the *Pralaya* should end in 2036. These ten years are going to be very difficult. After ten years, the Life should be very beautiful. I am not a person with capacities to know the future. I say this purely based on the information about *Pralaya* provided to us by Guruji. And hopefully, if we are still there after ten years, we can participate in that glorious phase of building the New Age. We will enter a new Consciousness. ■

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

Sunil Bisarahalli

Among the various things taught by Guruji, one of the most important things is being practical. He always said, "Spirituality is a lot of common sense." He was the most practical human being I have ever seen, be it in dealing with others, physical works or Meditations. His approach always gave us new dimensions and directions.

He not only had practical solutions to any problem that we took to him, but also gave such solutions which we could implement immediately. Once, at 2.30 AM, he called me to come out with him to check something out. When I started to follow him immediately, he turned around and asked me to wear slippers as there were many cobras in the area. He was also holding a stick to ward off any snakes on the way.

Another time, when we were sitting for Meditations, he asked me to switch off the overhead fan as "the sound of the fan would not allow us to go deeper into Samadhi." Like this, with an outlook of practicality towards everything that we approached, he made following the Spiritual laws easy and possible.

People, especially the younger generation today looks for practicality and a reason behind everything. He thought and lived ahead of his times. He could talk on any subject that was discussed, be it politics, finances, business or Spirituality. In fact, our set of basic books can also be named as "A Practical Guide to Spirituality."

His whole approach towards Life was based on the principles of Love and Freedom, Love towards everything God has created and freedom even to make mistakes and learn from them.

He is the great epic written by his Guru, Maharshi Amara. We are the footnotes. ■

GURUJI & SURRENDER

Vaishali Joshi

One of the many admirable and deeply inspirational qualities of Guruji is his total surrender to his Guru, the Rishis, and God. He said that surrender begins with Love, with trust. When we truly Love, we naturally trust. His Love for his Guru and the Rishis was complete, and his trust absolute.

He also said that surrender is possible only when we are free from everything that holds us back - our ideas, our principles, our philosophies, our understanding, our prejudices and our fixed opinions. The more we hold on, the more rigid we become. When there is rigidity, there is resistance. And when there is resistance, surrender becomes impossible.

He said that we can begin our surrender by not being careful with God or Guru. The relationship with God or the Guru is the closest relationship we can ever have. Being careful creates distance.

He explained that total surrender means filling our entire being with God, and living constantly in the Divine Presence. It means accepting the Divine completely, without reservation.

Every moment of his life was an expression of his surrender. In response to the call given by his Guru, he willingly gave up everything that belonged to his individual life—his career, his ambitions, his hobbies, his personal wishes and desires. His Guru's word was Veda for him.

His surrender made him a perfect tool in the hands of God, and led to the establishment of this sacred Centre of the Rishis on Earth. His surrender opened him to receive and bring down pure and undistorted knowledge, and wisdom from the Rishis. It made him a perfect channel through whom Spiritual energies required for the welfare of humanity could descend.

Let us strive to walk, however imperfectly, on the path of surrender shown by him; we can begin by learning to Love a little more, trust a little more, and let go off a little more. ■

QUESTIONS AND ANSWERS

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

Q: Rajneesh says, "A Sadhak will never be free from ego. He is selfish because he wants liberation. But an *upasak* is different. He does everything out of love." Is it right?

A: Why should we treat them as two different people? A Sadhak is a devotee when he worships the Divine. A Sadhak is an *upasak* also. It depends on how we understand things. Ego is self-identity. If we say we want to grow, want liberation that is not selfishness.

Q: The Supra mind was brought down by Aurobindo. Rajneesh says, "It cannot descend uniformly on all, we have to ascend." Your opinion?

A: Yes, true. Whenever there is knowledge on earth, it does not reach all at the same time, even the Spiritual knowledge. The Supramental energy cannot reach all. We have to ascend, open up and receive.

Q: How is Life on other earths? Are there beings like us, of flesh and blood?

A: Yes, there are people like us! But Life is not the same everywhere. There are fourteen categories of Life. In Satya Loka there is only Spiritual activity. The other extreme is, there is only material activity in the lowest Loka. We have millions of earths equally spread, belonging to this group of Spiritual and material activity. Even there, Life is different.

Q: All saints talk of grace. When we are a perfect being who gives grace to whom?

A: We are perfect, no doubt. But we are not aware of it and we do not act accordingly. Grace flows from God to us.

Q: Is there a being above perfect beings?

A: That is God Himself.

Q: How to develop detachment?

A: It is by minimising our contact with the world and mentally withdrawing, and shifting our attention to a higher plane. And also, by expanding our awareness in Meditation, and at other times thinking in global terms helps. And understanding that all human relations are temporary and they cease to exist.

Q: What is a permanent relationship?

A: Our relationship with God.

Q: When is a relationship called permanent?

A: When there are no conditions, no demands and no expectations.

Q: Why do people with great Spiritual powers suffer?

A: We think they suffer. But actually, they do not. They allow suffering because they prefer to live like any other human being, and follow all laws of this plane. Besides, they do not want to waste the Spiritual energies for their own ends.

Q: What is a photographic memory?

A: It is a specific psychic faculty of the individual to register a picture in all its details and complexities, and recollect it in every detail, at any time.

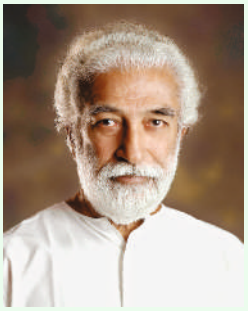
Q: Everyone is bound by the natural laws. Then, did Christ violate the law when he brought back life to the dead?

A: There are also higher laws, incomprehensible to us. Great Masters like Christ are fully aware of these and they do follow. God approves of their actions. ■

LIST OF OUR PUBLICATIONS

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New Age Realities	200/-
Light	10/-
Living in Light	25/-
iGuruji (Vol – 1, 3, 4 & 7)	each 150/-
iGuruji (Vol – 2)	120/-
iGuruji (Vol – 5)	100/-
iGuruji (Vol – 6)	75/-
Living in the Light of My Guru	220/-
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Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of a Modern Rishi	50/-
Channelled Knowledge from the Rishis	250/-
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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)

Meditations at Taponagara were unique. I felt light and less burdened after my Meditation. The Sapta Rishis Cave was the best. It was like going back home and sitting in the company of Rishis. They were so kind, welcoming, like parents welcoming their children back home. Their Love is so un-conditional and unwavering for us. It is our lack of intelligence and ignorance that we don't realise how lucky we are to have access to them. Sometimes, what comes easily is not cherished. Probably, that's why Rishis were testing me more, this past year.

- Archana Kannan

I was feeling a bit disappointed for not being at home to worship Devi Mahalakshmi on Varamahalakshmi day, as I was travelling. I was continuously thinking about this. While travelling, in the evening, the driver took me to a temple, in the premises of a mill. When I entered that temple, I was overjoyed. It was a temple of Devi Mahalakshmi. It was a very beautiful temple. My wish to worship Devi Mahalakshmi on this special day was fulfilled.

- Vishvanath Patil

Whenever I want to take a decision on an important matter and I am unsure about the result, I just sit and spread Light. Within a short time, I am pretty confident of my decision, and the decision is made; the expected result comes with the blessings of Light.

- Sulochana Ramaswamy

I am meditating, and Life in general, is less problematic. I know what is good and bad for me; I am self-aware. I have become calmer, and I don't get angry.

- Jatin Barai

There is an ever-pervading calmness and the collective thought process is more inclined towards Peace, rather than looking at everything from the perspective of a problem.

- Satvajay Thokal

I am much more peaceful and calmer and going with the flow of things. I remind myself to stop judging people and my ability to show empathy to people has increased. I am worrying less about Life.

- Pratibha Patel

There is a change in the perception of my thoughts and my behaviour. I do not ignore the inner voice telling me to notice what I need to change in order to be a better person. Every day is an opportunity and I hope to keep re-inventing the better version of myself.

- Biswamitra Sahu

I was going through a negative phase of not forgiving those who hurt me. Recently, something happened within me and I forgave them. This time I have forgiven with a compassionate view like never before. And since then, I am feeling a lot better. This is one of the greatest changes that I have seen within me in the last couple of months and this was completely unexpected. I am deeply thankful and grateful to Guruji and God for this.

I entered into the 23rd year, in the Path of Rishis. I am eternally grateful to Guruji, Maharshi Amara, Jayant Bhaiya, Rishis, Master V, God and everyone else who guided me, corrected me, protected me, blessed me, and for everything that was done for me. A big 'Thank You' to all the volunteers. I would not have reached the heart of Guruji and Maharshi Amara without the presence of the wonderful volunteers, who made my journey possible.

- Nikhil Gandhi

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