



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

is 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 4 Issue 6

MAY 2009

Rs. 15

REFLECTIONS

Guruji Krishnananda

A lot of Knowledge about the New Age, Shift in Consciousness and about the Earth's entry into the Photon Belt in 2012 has been gathered by the Light Workers and Light Channels. But, not strangely, the governments have suppressed it, perhaps, afraid of managing the fear and chaos. For the governments, the common people are just numbers or votes, whereas, for the Spiritual leaders, each individual is a soul and a responsibility for Spiritual upliftment. Strangely, the media has totally ignored the Knowledge. It is sad.

All this gathered Knowledge is available in Internet. We must, without wasting time, turn to Internet and Blogs and pick up the Knowledge. We must know what is happening and what will happen. We have to prepare for 2012, for the New Age. We have published a very comprehensive book "New Age Realities, Beyond East and West" and we are going to publish a special book on 18-5-2009 called "2012". With these, we are placing important knowledge at the reader's fingertips. Along with these, I wish to train people specially for the eventuality. We are already doing it, in a way, in our Meditation Classes. But, it is sad to note that, no one appears to be awakening and preparing. I do not see any anxiety, let alone the alertness.

It is the human nature to postpone preparations till the end, to presume that all bad things happen somewhere, to someone and we are always safe and untouched. I am not trying to create panic but only awareness.

People love to worship, worship God, a stone and even me ! Because, worshipping is easy! Worshipping is easy, but following the principles and teachings are so difficult and boring !

I have always escaped the embarrassment of getting worshipped but was suddenly caught unawares a few times. At such times, I just wanted to vanish into thin air and never return. People close to me understand me and the truths. Worship is an act of Love and Respect which is hardly reflected in pujas and rituals. Worship is best expressed in following the teachings and guidelines in a dignified and sensible way. Worship is not a one-time puja. It is a continuous attempt to live the ideals.

I complete seventy years of existence on this planet. I am happy I came here and lived here. I learnt many lessons, lived great experiences and met beautiful people. I continued the work of my Guru and, I am aware, there is a lot to do. One life time is not enough. That is why I will come back again and again. When I read Seema's article and Twinkle's write up, I was moved to tears. So much of Love and understanding. I try to live upto their words. That is the best that one can do. ■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, Bangalore Urban - 562 149. INDIA.
Phone : (080) 2846 5280, 2271 5501, 93420 30250 (10 AM to 1 PM)
e-mail : info@saptarishis.com website : www.saptarishis.com

MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Himamshu
4th main, Malleshwaram

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

External Guidance is available
by post and e-mail. Please refer
column 1 on page 6 for details.

**DOORWAYS (Eng.) / TAPOVANI (Kan.) /
PRAKASHMARG (Marathi)**
Newsletter Annual Subscription Rs. 200/-

NEWSLETTERS

Gift a Subscription to a friend.
Send us the name and address,
along with the Subscription
amount.

GURUJI'S BLOG

lightdivine.blogspot.com



Guruji addressing the gathering
at Mumbai on 7.4.2009.
Two Marathi Books, "Prakashvat"
and "iGuruji" were released
on the Occasion.

NEWS AND NOTES

- On the occasion of Guruji's 70th birthday, 7 books in four languages were released on 24-5-2009.
- The Books "i-Guruji(Part II)", "2012- A Overview" and "The Light" will be published on the Birthday.
- Orientation Classes for Juniors and were conducted by Guruji on 29th March at Anekal and on 14th and 15th of April in Taponagara.
- The First Anniversary of opening Meditation Classes at the Anekal Centre was celebrated on 27-4-2009 at Anekal.
- A new Bus Stop at Chikkagubbi will be inaugurated on 18-5-2009.
- From 1-5-2009 onwards, the Friday Light Channelling session will begin from 10am instead of from 11am.

MEDITATION ON SPECIAL DAYS

02	Sat	Shukla Ashtami
04	Mon	Shukla Dashami
09	Sat	Buddha Poornima
17	Sun	Krishna Ashtami
23	Sat	Masa Shivaratri
24	Sun	Amavasya

SUNDAY PRASADA was sponsored on

1-3-2009	by Shantha & Alamelu
8-3-2009	by Sanjay Karkare, Swaroopa Rani, Saleel Karkhanis & a well wisher
15-3-2009	by Pundalik Dhakorkar & Reena Gujral
22-3-2009	by Roopa K.S. & C. Swaminathan
29-3-2009	by Smitha Shetty & Ajay Kumar M

This month's newsletters are sponsored by
Shri. Vijayakumar, Smt. Usha Satishchandra
& Shri. Brajabandhu Mishra

Sunday Prasada may be
sponsored with Rs. 2000/- and
the Newsletter with Rs. 5000/-

GURUJI'S BIRTHDAY PROGRAM

24-5-2009, Sunday

11 am Omkara
Welcome
Speeches
Guruji Addresses
Release of Books
Special Meditation
Blessings by Guruji

12.30 pm Prasada

PROGRAM AT TAPONAGARA

Sundays Lectures from
11AM to 12 Noon
Special Meditation from
12 Noon to 1PM
Fridays Light Channeling from
10AM to 1PM
9th May Buddha Poornima
Special Meditation from
12 Noon to 1PM
10th May Shambala Group meets
at 2PM
31st May Akhanda Dhyana from
10AM to 1PM

TAPONAGARA DIARY

Taponagara is on the outskirts of burgeoning Bangalore, but the city is approaching fast. Especially with a secondary route to the new Bengaluru International Airport which also leads to the Saptarshis' Centre. New roads have improved access and reduced travel time; and yet the Centre is off the route just enough to maintain its tranquillity. Taponagara is now near and also far from the city. Quite like the Principle, Guruji emphasises on - balance the Material and the Spiritual.

Despite the increasing population, the flora and fauna at Taponagara has remained. This place was once known for a variety of birds which inhabited here. A reputed ornithologist used to stay here for research work on birds. The village is aptly named Chikkagubbi, which means 'a small sparrow' in the local language.

Less than half a kilometer from here is a beautiful lake, most don't know about it. Though it has less water it supports many species of insects, birds and snakes. A few meters on the other side of the lake is Antar-Manasa.

There are many snakes around this area, especially in Tapovana. Unique birds, scorpions, rabbits and even cobras have been spotted in the Antar-Manasa campus.

Twenty years ago, Guruji birthed Taponagara; and nestled in the arms of Nature, now it manifests the Divine.

GURUJI, TWINKLE'S BATMAN

Twinkle

(Twinkle and Guruji know each other from thousands of years and, in this life time, from 25 years, since Twinkle's birth.)

For a long time I have wondered, what would I say, if asked, to speak about "Batmama the Batman!" I never have got an answer for that till date. Perhaps I may never get the right words to describe. How do you exclusively describe something which is a part of you? It is like we never get words to express how much we love our parents. They are just precious.

I have always been lucky as I have always had the love of my parents and family and as an extra topping I have Batman.

Running down the memory lane, I remember, at the first sight of Batman, I would run down the street shouting his name, throwing my school bag, tossing my shoes haphazardly and quickly climbing on him insisting that I need to be carried by him. By the way, I was in Kindergarten then!

And then there are times where Batman and I would go for grocery shopping, which was few yards away from home, on his moped and without going straight back home, we would go to all different lanes around the house till I finish my chocolate bar. Ofcourse, this was "OUR LITTLE SECRET".

He has always been a four year old when I was a four year old, a teenager when I was a teenager and he is now twentyfive year old when I am twentyfive year old. He has always been the best friend, a guide and so much more.

I keep teasing Batman that he makes everybody, who comes to him, cry! The point is when human beings, in all their attempt to be strong, easily cry when they get a shoulder to lean on. That is what Batman is, a person so full of love and compassion. He is so easy to

talk to because he "LISTENS". He understands without much explanation and, most importantly, is not judgemental about the person who is interacting with him. He is always supportive. He gives choices and asks us to take a decision. He never imposes. If we are right, fine. But, if we are wrong, he still supports us, bails us out and teaches us to take responsibility for our actions.

He is a Rishi, a true Spiritual Being, who knows to say NO when he has to. He is perfect in his approach to life with abundance of pure love to offer to one and all. But, yet, he still holds on to being the imperfect human being enjoying all that life has to offer, making mistakes and learning from them. Thus, respecting the way of LIFE here on EARTH, a gift given to us by God.

I prefer the freakish part in Batman. We would always start our day fighting. I would ask him to wake me up early in the morning and he would. But the catch here is that the ONE thing that I would not like is to be woken up in the morning! He would be so persistent that I would go crazy. He, being so obsessed with things kept in their respective places and the reading-tables being spotless, would drive me crazy! He would casually say "you will get a husband just like me." And I got one, like HIM! Now, I cheekishly tell him "whatever you even casually say comes true. So lay off my case!"

We have created so many memories together for lifetimes that, much as I like to share them, on second thoughts, I feel I shall keep them as "OUR LITTLE SECRETS".

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. 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. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core 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.

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. They live in Peace and Perfection without aging.

- 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 it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising 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.

SOLUNTRA KING'S SPEECH

01.03.2009

The Light Channels World Movement was a major event across many aeons of time. The gods and goddesses of all dimensions and the Light have worked for this event. On behalf of all of us, I would like to thank the Light, the God - Creator of all, for the blessings and grace that we have received.

Some of you may not be aware of who you really are. You all are Light beings from the realms of gods and goddesses and you have been working for the Light for many lifetimes. The Light that was received on the 26th Feb has accelerated many things. All the work that we have been doing has culminated on this day. But since there are so many souls that do not know what is happening, we have so much of work to do. All the darkness in humanity is being exposed by the Light to be destroyed.

On Maha Shivaratri, Lord Shiva came down. He is still with us. I understood from Him that when the energy came down on the 26th, Devi spread Herself through all the realms of the earth and all the demons that were still on earth literally got expelled and they returned to their Source. Then the Goddess said that the Kali Yuga is no more and we are now heralding the Age of Light.

The Light came down from the very Source, the God, Creator Itself. The Light is so powerful, our bodies cannot even cope with them. But because of all the preparations that have been going on in our bodies from a long time, we weren't adversely affected. We were able to hold that Light and send it to all humanity.

The Light created a doorway between the inner and the outer worlds and they merged and became one, helping us move into Unity Consciousness, which is necessary for the dawn of Light Age. ■

GURUJI SPEAKS

08.03.2009

In this wonderful period of three years, we can achieve things that normally require hundreds of years to achieve, which is why, this is a very interesting period. It is the period of a long initiation. We must become aware of the energies that we are already receiving from the Photon Belt.

These energies are already working in a wonderful way. The calamities, disasters and collapses are the most positive steps. The Divine systems being built by the Rishis are taking birth, which easily take us into the Photon Belt and the New Age. To become aware of this, we have to meditate, connect to ourselves and go along with the system. Soluntra said beautifully, "Love and Accept". This has become the Mantra of the Saptarishis Path.

In any path, it should be like this. Take up Meditations and Spiritual Sadhana to grow, to become pure and simple like a child, like Christ suggested. Then we can be anywhere and be good and efficient.

When we are pure, we are efficient. Purity helps us to gear up all our strength and also brings the strength of our Father (God), our guru and all the Rishis. Once we become pure and get connected, we have the strength of this entire Universe.

It is easy to be Divine and it is very difficult to be human. If you are divine, you are perfect. You are a finished product and you are with God. Whereas, an ordinary human being struggles to become divine and faces challenges. Of course, there is such beauty in the struggle. While struggling and facing these challenges, we grow. The process of growing can be very beautiful and enjoyable if you know how to enjoy

it. This is why, being human is not so simple.

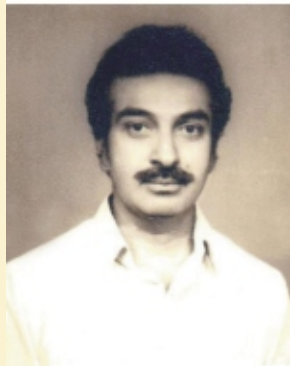
22.03.2009

In every cycle, we sit here with the Rishis and try to grow. Rishis say, let this be the last time that we sit here like this. We are in the final stages of Sadhana. But we are always in the final stages. When do we grow and graduate? We have not taken Sadhana seriously enough. If we really understand Creation, the purpose of life and the Photon Belt, we will take Sadhana very, very seriously.

People come to me with various requests. I am here only to help; only to be of assistance in any and every possible way at all levels. My main purpose of being here is to help people grow in Sadhana, to help them understand what is Sadhana. I am also here to answer any question that you bring and to assist you in solving any type of problem - emotional or Spiritual. But for that you need not meet me physically.

I am not discouraging you from meeting me. There is a beauty in these meetings and I love and enjoy meeting people. But when there is an urgency and I am busy, the best thing to do is, enter into stillness and communicate. I know it works because I have seen it working hundreds of times. Recently, I received a letter wherein a person had written about certain problems. In reply, I wrote a letter but I could not post it and soon, all the problems were solved.

The moment you think of writing, the Rishis will become aware of it. If you are in real distress, go to a quiet corner and establish contact with the Rishis. The contact is immediate and you start getting help straightaway. ■



Gururajji just before
joining Amara's work in 1981.



Gururajji in front of
Manasa's building in 1995.



Gururajji's face sculpted by
our student Ravi Shah.

QUOTES FROM GURUJI

- ♦ When we shift the focus of Sadhana to Transformation, all our problems get solved.
- ♦ The challenge of Sadhana is in pursuing it.
- ♦ We have to approach the Spiritual with a little irrationalism.
- ♦ Every change and every event is a gift from God.
- ♦ Without desire, there is no life.
- ♦ Yoga occurs when our desire and God's desire become one.
- ♦ The idol is only a symbol. God is beyond the idol.
- ♦ Pralaya is the time when we have to choose.
- ♦ The time has come for us to consciously put down negative thoughts and emotions.
- ♦ If you smile at a person with great love, you are working for the Rishis. In every smile, Satya Yuga is channelled.
- ♦ Every soul has its own responsibilities.
- ♦ Reject the darkness mentally. Vibrations from this builds up a Movement.
- ♦ Getting over bitterness and anger is a part of Sadhana.
- ♦ If we really want to change, we do change.
- ♦ The best guide is within us.
- ♦ Spiritual progress is measured by the quantity and the quality of love that we manifest. ■

MY GUIDING LIGHT

My Guru has taught me to accept the realities of Life and God's wisdom to live life in peace and contentment; helped me to get over deep-rooted negativities, ever assuring help and guidance at all times. He has filled the void of my father in my life.

Though he is a Rishi, he projects himself as a human channel for the grace of God and the Rishis; reminds us that we have to be grateful to the Light and the Guru Dakshina is spreading Light. He is my Guru, the guiding Light of my life, illuminating the Path I tread, giving warmth, showering Love and care. The only way I can reciprocate is not to lose my way.

—Vaishali Joshi

Light, Divinity and surrender were just words till I met my Guru. Meeting my Guru for the first time, was like meeting the Light, face to face. Every word he spoke was like a Mantra. As he spoke, the words got life and started vibrating. That is how it became easy for me to understand and follow Gururajji's speeches.

Ever since I came into the Divine fold of Gururajji, I have become a different person and more human. He is the breath of my life.

—Bhagyavathi B

The Light of my Guru attracted me and introduced me to the wonderful world of Meditations and Spirituality. Since then the Light is protecting me, providing me opportunities, and encouraging me to grow. Whenever I failed I was never condemned but extended more help and support. But for the Light of my Guru I would not have survived, both spiritually and materially. Because of my Guru, the journey has been very peaceful, comfortable and joyful.

—Sudhakar L

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The annual fee for English is Rs 1,000, for Kannada and Marathi, it is Rs. 700.

Textbooks and one year's Newsletter subscription, in any language, are included in the annual Fee.

- ♦ 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 Guruji himself.
- ♦ Sri Jayant Deshpande answers letters written in Marathi.
- ♦ 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.

Cheques/DDs are to be drawn in favour of "Manasa Foundation (R)". Rs. 50 has to be added to the non-Bangalore cheques.

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, THE LIGHT OF OUR LIFE

When I was lost in the darkness and started believing it to be the reality, he came in my life and showed me the Light. He made me aware that even in this darkness we can shine with the Divine Light. When I saw dominating ways of ego ruling the Life around us and wondered, how I would survive in this world, then he came and showed a higher way of living.

He showed us the Light shining in the Divine beauty of a sunset and a moonrise, in the smile of a child and in a piece of soul stirring music. He poured out his heart with so much Love and knowledge that I could not assimilate it completely. I have my preferences, likes and dislikes and my own priorities. He does not comment on any of these. Some day I have to merge all my priorities with his priorities, in surrender. He must be waiting as he always does.

—Jayant Deshpande

19 years ago I met my Guru, simple, humble, pragmatic and very unassuming who appeared more like a professor than a traditional guru. He remains the same to this day even though he has become a great Master working with the Rishis in the Astral levels. I understand him as an infinite Light and the real Guru.

He is a perfect guide who has built this Path of Rishis on Principles. Glorifying the self finds no place in him.

He can prepare an individual as a Rishi, help everyone to establish direct contact with the Rishis and the Light. But one has to follow him to the last detail. The first Rishi-worker whom he has prepared to work in the Astral levels, the many Meditators who can link up and receive guidance to the Light within or who can communicate with the Rishis are just a few glimpses of his infinite capabilities and generosity. Only a Rishi can work like this.

—Shyamala Devi

Is he more human or more Divine? A human manifesting Divinity to the optimum levels permitted or the other way round?

An artist restraining from losing himself in his unmanifested paintings, a reticent writer reluctant to unleash the force of his emotions, a philosopher judicious in expressing his thoughts, a human with accepted limitations. And yet a Guru on a mission - full of dreams for humanity, with an action plan for everyone, brave and adamant about establishing the New Age.

He represents humanity to the Source and embodies Him for the world to believe in, bridging both. He exemplifies his ilk - the great Rishis of all times. He isn't a shepherd; he wants no flock because he introduces everyone to the lion within. A portal for salvation, he saves us from becoming dependent followers.

He is my Guruji - my personal Parabrahma. At seventy, this unknown messenger of Light is stronger than ever because mankind's future rests on his shoulders like never before.

—Seema Almel

While thousands talk of the material changes, the economic crisis, etc., very few can talk authentically about the Spiritual changes that are happening around.

Our Guruji is one of the few in the world who is able to see the Spiritual changes that are happening here and in higher dimensions, guide the humanity to cope up with the Spiritual changes.

Our guide Guruji is in the forefront than we could ever think of. Traditional swamis would be surprised to see our Guruji speaking of universal principles, loving and living this life fully, going beyond rituals and explaining Spirituality in its multifaceted ways.

His Light and Love is the only hope for humanity. —K.Ramachandra

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

- Q: How do we communicate with the Rishis?
- A: It is by connecting to the inner self or higher self.
- Q: How do we do this connecting?
- A: There are several ways, and the simplest way would be to connect in love, connect in surrender.
- Q: Can a guru enter the body of a disciple and make him or her perform certain exercises?
- A: It is possible. But a genuine guru will never do it.
- Q: After Initiation I have seen some people dancing. Why?
- A: After Initiation people enter into a state of ecstasy. It is voluntary. It has nothing to do with Initiations.
- Q: Can we make out the source of the souls of the people that we meet? Is it Parabrahma Loka or from other Lokas?
- A: It is difficult but possible. It is better not to know certain things. All souls come from God. This knowledge helps us to live with others very peacefully and very affectionately.
- Q: What is Spiritual?

- A: Being Spiritual is just being good, being plain and unpretending. Being Spiritual is being just a normal and sensible human being. Being Spiritual is being patient, listen to the people, listen to the birds and listen to the sky. Being Spiritual is trying to listen to the Universe. Being Spiritual is trying to experience the goodness in this Universe and in human beings.
- Q: How do you define a path, a Spiritual path?
- A: A Spiritual path has a value system and has very clear guidelines. It helps the individuals and it serves the whole world.
- Q: Is Light a new energy?
- A: Light is the most ancient energy. Light is there from the beginning.
- Q: What is the role of mind and intellect in Creative Visualisation?
- A: The intellect provides the idea. The mind provides the matter.

BRIEF RETREATS

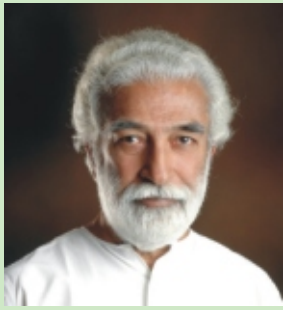
Guruji Krishnananda

I am aware that people want to meet me for various and serious reasons. I am happy about that. I too want to meet. But the work and the Spiritual responsibilities are forbidding. To meet people informally, I began the i-Guruji sessions. But we had to limit the number and screen the people. I found this not satisfying. Hereafter, on 3rd Saturdays, I arrange "Brief Retreats" at Antar Manasa. I welcome our students, both the Regular and the External, and anyone who wishes to spend informal and intense time with me.

To participate in the Retreats, one has to register in our office.

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
iGuruji	150/-
Living in the Light of My Guru	220/-
A Package from the Rishis (containing 5 Booklets)	250/-
- How to Meditate	
- Dhyana Yoga	
- Descent of Soul	
- Practising Shambala Principles	
- Astral Ventures of A Modern Rishi	
The Masters Answer	120/-
Channelled Knowledge from the Rishis	250/-
Guruji Speaks Part - I	200/-
Guruji Speaks Part - II	200/-
The Book of Reflections - Vol 1	200/-
The Book of Reflections - Vol 2	200/-
Patanjali Yoga Sutra	(out of print)
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences	150/-
Awareness	60/-
Living in Light	10/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಐ-ಗುರುಜಿ	150/-
ಅನಿಸಿಕೆಗಳು	120/-
ಋಷಿಗಳಿಂದ ಬಂದ ಕೊಡುಗೆ	250/-
(ಐದು ಪುಸ್ತಕಗಳು)	
- ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	
- ಧ್ಯಾನ ಯೋಗ	
- ಅತ್ಮದ ಅವರೋಹಣ	
- ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	
- ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತೀಂದ್ರಿಯ	
ಸಾಹಸಗಳು	
ಗುರುಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ	
ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಸಿಷ್ಠ ಗಣಪತಿ ಮುನಿಗಳು	100/-
ಅನೇಕರಲ್ಲಿನ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ऋषींकडून मिळालेले ज्ञान (Marathi)	200/-
प्रकाशवाट (Marathi)	150/-
आयुगुरुजी (Marathi)	100/-
ध्यान कसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
ध्यान कैसे करे (Hindi)	50/-
प्रकाशमय जीवन (Hindi)	10/-
தரியானம் சைய்வது எப்படி	50/-
ಊನಿಯಿನ್ ವಾಯಿಲಕನ್	200/-
ಊನಿಯಿಲ್ ವಾಳ್ತುಕಕಾ	10/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲಾ	50/-
ವೆಲುಗುಲೆ ಜಿವಿಂವಡಂ	10/-



GURUJI KRISHNANANDA (1939)

MANASA FOUNDATION (R)

established in 1988 by Guruji Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city.

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.

STUDY CENTRE

is a unique Centre for Studies on Spiritual Realities at Antar Manasa, guided by the Rishis.

JYOTHI PROJECT

is mainly for the village children. They are helped in their school studies and are taught Shlokas, Bhajans, hygiene, General Knowledge and Computers. They are also encouraged to express themselves creatively through story-telling, drawing and painting.

LIGHT CHANNELLING

by Meditators with Guruji arranged at Taponagara on all Fridays from 10 AM to 1 PM. All are welcome.

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". Income Tax concession under 80-G is available)

SPIRITUAL EXPERIENCES

(Compiled by Sudhakar L.)

My brother who was present at function in Mumbai on 7th April 2009 was able to see the strong energy field around Guruji. Like everybody does, he instantly fell in love with Guruji. When he was standing in the queue for blessings from Guruji, he saw that the trees outside the windows were expressing their extreme happiness and love by continuously moving their leaves in spite of the burning afternoon sun. Those sentient beings were probably representing the feelings of the Mumbai city. During the 7 minutes of Channelling many people said that they saw the Light. Some saw different colours. Everybody experienced the Peace and Ananda of Taponagara. I was able to feel the powerful energy in the form of flash of bright light three times coming straight from Guruji.

—Purnima Parulekar

One day I came astrally to Taponagara. I could see myself as light body. Glowing, I was entering the main complex and realised that it was not the brick and cement structure. It was like a palace. I took the stairs up to the Meditation Hall and saw a lot of people, all light bodies, glowing. They were all moving around. Even Guruji was there - absolute brilliance and Divine. He was talking and interacting with all of us. But we were not seated, we were all standing or moving or floating around. And the Building was such a beautiful palace.

—Vidya Arora

Early in the month of March, in my Meditation I had this experience that I am taken out of my body and onto the other earth and golden fireballs of light were given to me, to

hurl onto our Mother Earth. They were not light as I expected, but very heavy. As I hurled them the earth seemed to break up and release steam-like grey matter. I was scared and exhausted at the end of the Meditation, but decided to see what would happen the next day, as I felt it must have been my mind playing tricks. The next day as I was hurling the golden fireballs, I felt the Rishis laughing joyously, clapping their hands in joy and I was told not to worry and also that astrally the grey matter was being removed from our earth through those means. So I continued doing this whenever I was asked for.

On 26th February we had joined Guruji and all those channelling Light at 7.30pm by mindlinking from Mumbai. We could feel the positive energy almost as soon as we sat in Meditation. However, I was told to concentrate the light on the waters, where the next threat would come from, and on 'quark', which I thought was a rare bird, but when I looked it up, it is the smallest particle existing in nature!

—Zarin Antia

While doing Light channelling during the Event at Kormangala Indoor Stadium on 26th Feb 2009, I experienced the Light for the first time. I felt as if many tube lights were switched on inside my body. I felt such bright white light in my body and the entire earth is inside my stomach. Seven minutes flew away so fast that I kept feeling that I could have channelled light for not more than few seconds. Though I am trying to put this experience in words, I am unable to exactly put it across what I experienced.

—Kavita Kanade