



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 9

AUGUST 2009

Rs. 15

REFLECTIONS
Guruji Krishnananda

We had some exciting times when the Rishis revealed the identities of some people who had incarnated during the times of Christ and Ramakrishna Paramahansa and had worked with them. They have again incarnated and are in the Manasa Family, some working closely with me and some from a distance. The revelations are no doubt exciting but the reality is more important. These Spiritual workers are living as ordinary men and women entangled in their chosen webs of the world. They are what they have chosen to be. When the call has come to re-assemble as the original group, they are struggling in their webs !

Master V is forming a new group to work during the next cycle of Yugas. Anyone can join this group as a monk, a real monk !



It is sad to see that people, generally, understand the extreme views about 2012: The world ends or nothing happens ! Both views are not correct. Neither the world ends nor things do not remain unchanged. I have been explaining that there would be changes, great changes. They would shift us to the next level of living where Love and Light are the atmosphere and our true manifestations. If we opt for the shift voluntarily there would be no pain and where there is resistance, there would be pain. We choose joy or pain. And in choosing, we create our destiny.

The end or the beginning is what we make or create as destiny.



In these few weeks, I have grown !

It is a tall claim, I know. But let me bloat a bit, once in a way ! I went through a series of learning experiences which were new and painful. Pain teaches the lessons of Life very fast. Strangely, I learnt most of my lessons by pain. I do not, of course, regret the pain. It is a part of Life.



Once Amara told me, "Take shelter under Spirituality and go through pain." He revealed what I had to go through and gave me a smile. His smile and grace were my shelters. I sailed through Life successfully and with smile, though, after many tears. Tears are not important. The Lessons are. ■


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 Hymamshu
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.) /
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NEWSLETTERS

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along with the Subscription
amount.



The Temple of Light under construction.

NEWS AND NOTES

- ♦ On Guru Pournima day, 7-7-2009, Manasa Meditators gathered at Taponagara, worshipped Para Brahma and meditated. They also meditated there on that day during the Eclipse.
- ♦ The Temple of Light (Prakasha Brahma) will be inaugurated at Antar-Vana on 25-8-2009.
- ♦ Kannada, Telugu, Tamil, Hindi and Marathi translations of the Booklet "Light", Kannada, Tamil and Marathi translations of the Book "2012 - End or Beginning" and Hindi translation of the book "Dhyana Yoga" will be released on 30-8-2009, during Amara's Maha Samadhi Day observance.

MEDITATION ON SPECIAL DAYS

05 Wed	Pournima
06 Thu	Lunar Eclipse 4.31 AM to 7.48 AM
13 Thu	Sri Krishna Janmashtami
18 Tue	Masa Shivaratri
20 Thu	Amavasya
23 Sun	Worship of Gowri Devi and Lord Ganesha
25 Tue	Amara's Maha Samadhi Day
28 Fri	Shukla Ashtami
30 Sun	Shukla Dashami

**SUNDAY PRASADA
was sponsored on**

7-6-09	by Nagendra Prasad & Usha Kumari
14-6-09	by Ramachandrachar & Raja Tendulkar
21-6-09	by Jayashree M. V. & Subbaiah T.
28-6-09	by Nihar, Vanajakshi & a well-wisher from Mumbai

AMARA'S MAHA SAMADHI DAY**PROGRAM**

30-8-2009, Sunday

11AM	Omkara Welcome Talks Guruji Addresses Release of Books Special Meditation Omkara Blessings
12.30PM	Prasada

PROGRAM AT TAPONAGARA

Sundays	Lectures from 11am to 12 Noon Special Meditation from 12 Noon to 1 pm
Fridays	Light Channeling from 10 am to 1 pm
13th Aug	Sri Krishna Janmashtami Special Meditation 12Noon 1PM
25th Aug	Inauguration of the Temple of Light at Antar-Vana and Special Meditation
30th Aug	Observance of Amara's Maha Samadhi Day

**Bhajans CDs are available from
30-8-2009.**

This month's Newsletter is sponsored by
Rishik R.

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

MAHARSHI AMARA

Jayant Deshpande

His Astral Ventures inspire us to make more efforts to peep into the mystical realms and the human aspect of his life inspires us to live this life fully as human beings. He lived with perfect balance in all aspects of life. His life gives hope to the common people that Spirituality is within their reach. He gave a new meaning to Spirituality. He was a revolutionary in that sense.

He said, "Remove ego and you are with God." These seven words appear very simple and one may tend to give long and complicated explanation for these but he always avoided such explanations. Once when somebody asked him, "How much time do we need to surrender to God?" He said, "It requires only a fraction of a second." We struggle for lifetimes to give up the ego and finally when we truly realise, it takes only a fraction of a second to give up or surrender our ego.

He talked with Gods with effortless ease and yet when he spoke with people, they felt that they were talking to a person who was one among them. Once when a priest of a temple spoke about Lord Ganesha for a long time, he listened to the priest earnestly with folded hands without interrupting him. Such was his humility.

Once when Gururji's son went to meet him, Maharshi Amara got up from the chair to greet him. We may wonder why he got up to greet a young boy. He saw God in every individual and the respect for every individual was a result of this realization. He interacted with everybody with such great respect.

If these finer aspects of his living can be practised by all, this earth will be a wonderful place to live in. ■

AMARA

Shobha K Rao

Amara is the most lovable person known to us. He is a great Maharshi who has been introduced to us by Gururji and ever since that point of time he dwells in our hearts. Many look up to him for help which is given immediately.

The knowledge of Spiritual Science and Meditation has been brought down to us directly from the Rishis by Amara. Thus he has made it possible for thousands to be in the beautiful Path of the Rishis, which provides help and perfect guidance by way of relevant knowledge and energies suited to this period of transition to the New Age.

Amara has brought the Astral world to us and made us aware of the life in it. Now we have the fascinating knowledge that our existence at the Astral level impacts directly our life on the physical plane. This knowledge can be used in many ways to improve the life here at this level.

Amara was a great musician too. His expertise in this field is evident in the melodious songs written and composed by him and Gururji, which have been brought out in the form of a CD - "Arpana". The most beautiful song "Rishi karya ki jyoti sadaa jale" speaks of Amara's intense love and commitment to the work of the Rishis. Though a great Maharshi, he always said that he was only a 'Rishi Worker'. That was Amara, a very simple and humble person who communicated with a Divine Personality like Lord Shiva or a little child with equal reverence and respect. His teachings are simple and he lived all that he spoke of, which reflected his magnanimous and humble personality. ■

**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 Gururji 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 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 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.

GURUJI SPEAKS

(Excerpts from Guruji's Sunday Classes)
(Compiled by Shobha Rao)

7-6-2009

On 18th May Rishis anchored powerful new energies, the Ra energies in Antar-Vana under the central platform where the "Ra Temple" is being built. This will be the most important structure on this Earth. We will open it on 25th Aug, 2009. You just have to sit in it to get benefits. Once we align with these energies they first begin to correct us, help us to surrender and shift to the New Age easily. I am going to form a group - the Ra Group, and train people to sail through this period leading to 2012. We are entering a new phase where techniques are not required.

A new and important phase has begun for Manasa and the whole world from 1st June. Whenever we enter new phases there will naturally be some confusion, struggle to adapt to the new ways. Let us enjoy this struggle, prepare ourselves by going through it to receive the wonderful energies. Each one is put to a great test. From 15th June onwards we will be in a new phase as the energies anchored in Antar-Vana will be available to the whole world. Each individual and each country has to carry its cross.

If we positivise our emotions and thoughts our Meditations become easy and vice versa. We must consciously carry the influence of Meditation and allow it to work through us. If our emotions and thoughts are either agitated or negative we will not be able to meditate. We speak of these things after understanding and experimenting.

There is a rhythm in this Universe. We have to build up a rhythm in our system at all the levels and align with the rhythm of the Universe. When we establish this rhythm we will be aligning with

the rhythm of the entire galaxy, and also aligning with the Intelligence in us, in the Path, in the Rishis and all the Intelligences in the galaxy. Contemplate on this point.

When we choose a career or anything we must know that we choose a package which we have to accept. For that we have to be humble, have great love not only towards what we have chosen, but also towards the entire Universe and towards God who is everything.

We are entering a new phase. In the Study Centre I want to take up a great work.

14-06-2009

The Rishis say, "God is perfect. The Creation is not perfect." This is a very important point. So far this point has not been mentioned by anyone. The Creation is not complete. Experimentation is going on.

There are earths where there is no suffering or pain. We have to work, equip and qualify to go to those earths.

When we sit for Meditation somehow sleep creeps in. At such times, we have to check our Trataka and posture. Also do not let the awareness slip into unconscious areas. Be aware of the processes. Be a witness. Do not analyze or try to understand things. Rishis say that if you want to skip or minimize sleep, skip eating because the digestive processes require sleep.

We have to understand that we are a part of the whole. The Rishis and the Universe have their own plans and agendas and they are in perfect alignment. When we take up the work of the Rishis we have to understand and accept the 'One Universal Plan.' We shouldn't get

disturbed by small upsets, obstacles and deviations that are natural on this earth. Sometimes out of ignorance we inject our own agenda and we fail. It's natural. We have to be careful, check and introspect everyday.

Every crisis is a test and also a challenge. It opens a doorway. Once we deal with the crisis we will see that we would have improved in many ways. It is possible to turn every crisis into a great opportunity and thus add more colours to our life.

Problems come to us to teach us. We have to deal with the problem, understand the problem and befriend it. The problem itself will reveal several answers and solutions. Once the lesson is learnt the problem vanishes.

There are many missions, many works and goals in life. We choose. Nothing is thrust on us. And if by chance we give it up nobody scolds, punishes or judges us. The Universe is always magnanimous and has many other people to do the work.

I had great plans for my 70th year. I had taken permission from the Rishis to completely withdraw except for coming to these classes; and makeover the whole thing to other people and retire. The Rishis have asked me to come back. I realize that I have no retirement!

There are many great things ahead. To take up this work we are not ready yet. There is not much time.

21-6-2009

Rishis have built shields for all the Meditators of this Path. People in special groups have special shields. Sometimes these shields get damaged or punctured by our

GURUJI SPEAKS

(Excerpts from Guruji's Sunday Classes)
(Compiled by Shobha Rao)

strong negative emotions or thoughts. The Rishis repair the shields. In fact the Rishis are our shield. As long as we are aligned with the Rishis we have the shields. When we don't intend avoiding negativities we allow dark energies to enter us. They destroy us. Without our knowledge we will ultimately become channels for dark energies. We have to be careful. Fill yourself with Light. Light brings love. Love brings Light.

We create our destinies every day, every moment with our thoughts, emotions and acts. We have to be careful and have to introspect. Only then we know our weaknesses and also our strengths. Some negative thoughts may come, it's natural, just ignore them and burn them consciously.

We have to forgive. We are part of God. If you commit a mistake, say sorry and forgive yourself. Also, it is important that you forgive the other person spontaneously before he says sorry, or he may not even say sorry. There are a million such small acts that make Sadhana.

Initiation first connects us astrally to the Rishis and also connects us to God. Initiation qualifies us for many benefits. It also makes us more responsible. After Initiation we have to think of the world. You must be aware that the world requires our help, guidance and service.

It is not easy to give up the old ways. The old energies do not allow us to move forward, they hold us back. We have to get liberated from these and a million other factors. We have to understand that we are in advanced times and we have to accept it. It's not easy.

When we meditate for three hours, the Rishis can do certain things to our systems so that in the next three years we will be reaching a stage where, it becomes easy for us to sail through the year 2012. A person asked me whether he can change the position of his legs during Meditation. I said that he can even get up, go around the room a few times and sit down. We will not be halting any processes activated during Meditation as they are not just on the physical level but at a deeper level too. Only a strong diversion at the mental level affects the process, otherwise it continues.

Observations were made by Suvahini during the channeling of Ra energies by seven of us from 8th to 14th June, between 10PM and 1AM. Many rare and precious things were revealed to her by Vishwamitra Maharshi. I got this information printed in a small booklet for the members of Manasa family.

28-06-2009

I am giving you a few points to contemplate upon. If you contemplate on these points more knowledge related to these points comes to you. One has to try sincerely.

It is the intellect which thinks, not the mind. Similarly we now know that it is the Awareness that wanders and not the mind.

It is the Awareness that connects us to the Intelligence in a person or an object and then we can communicate. Wherever there is Intelligence, Knowledge can be stored there. Here knowledge is stored in the walls; we can communicate with the walls.

We repeat the Mantra OM while

meditating to keep the mind engaged. In channeling we become passages, channels. We give up our individuality, become zero and the energy gets channeled through us.

If you commit any mistake while practising Meditation you don't have to worry. There will not be any negative reaction. God showers his Love and Grace. If you want to tell anyone about how to meditate, you can refer to our book, and also give the person the greatest technique—“Think of Light, experience Light.” When you experience Light you will be experiencing Love, you will be experiencing God.

We meet here on Sundays hence some positive improvements in the quality of our living and in every aspect of our life must occur. Consciously we have to allow these improvements to occur. Amara said that if there is one Meditator amidst a thousand people he should stand out and shine.

The world will not end in 2012, we know it. Life will continue but there will definitely be great changes from that period, during that period, even before we approach 2012. We have to allow the changes to occur in us. People who resist changes will have problems. It is the most important thing that we do not stop the work that we have taken up nor lose interest in living. We should never ignore our responsibilities and duties.

In the past two weeks, the Rishis have revealed the past of some individuals. Vishwamitra Maharshi was Christ. He had disciples. Whenever he takes birth these people also take birth. These revelations are important to these people so that they become much more aware of their responsibilities and commitments and they unite to take up the common work. ■

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, Marathi and Hindi, 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.

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

It was amazing to read the contents of the booklet "Seven Days Channeling Ra". I realised how little I know and how vast our Universe and the Knowledge is. I truly feel very privileged to be connected to you. If I could absorb even a small percentage of all that you are, and have to offer, I would consider myself very fortunate.

—Radha Kirtane

I am full of wonder and anticipation for the amount of knowledge that is revealed in the newly released books. Also the booklet 'Seven Days Channeling Ra' is amazing.

—Khursheed Narang

"Doorways to Light" has shown me how one can express pure Bliss and delight. My journey through the book with a backdrop of sublime classical music gave your experiences and narratives the qualities of another dimension altogether. I read the book very slowly, dwelling on every word, experiencing and imbibing energies. Your simplicity of expression is ever so endearing! My thoughts of love, joy and gratitude in having you as my Guru cannot be easily expressed.

—Vidya Virkar

You gave us so much Light and power during our stay at Taponagara, I am witnessing many wonderful improvements in life both internal and external. When I needed to translate a book in a short period, I was healthy enough to work all day and everyday for several months without collapsing. Working so hard was never possible for me. Now I feel the presence of Light more closely.

—Lynne Karatani

Of late I am experiencing vast expansion of Consciousness, Bliss and Peace at more subtle levels. I am able to lead a happy, joyous and peaceful life without any

worries or problems. —A.S. Patil

Any work related to Taponagara, regarding translation or Newsletter gets completed with amazing speed. This is so because it takes precedence over all other priorities. I treat this opportunity as a blessing from you. I feel that you are always with me whatever I may be doing. It is your Grace that works wonders through me and I am only a tool.

—Purnima Parulekar

Whenever I need any guidance or an answer to any question, I link up to you and have a conversation. I visualize that I am talking and you are listening quietly. But I always get guidance either immediately or a little later and find myself at Peace.

—Anuradha Patkar

During Meditation now and then I see a stream of stars coming down. Once I saw a very bright Light and could feel your presence. One night I was feeling very uneasy and had cramps in my back and legs. As soon as I prayed to you I was struck by a beam of Light on my chest. I got immediate relief and slept well.

—Bharati Mate

My quest for solution to a health related problem led me to you. I thank the Divine Almighty for having discovered this wonderful Path, and getting answers to questions that I could never have found, had I not met you.

—Sudipta Ghosh

One of the best things in my life was the contact with you. It was really a miracle. Though my husband is a Meditator, I never felt any inclination towards it. When we moved to Bangalore for three months, I joined the Meditation Course at Taponagara and was initiated. Being in Taponagara during that time gave me a unique feeling.

—Jayashree Menon

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

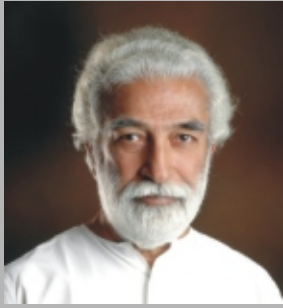
- Q: How do I know that I have Spiritual wisdom?
- A: We will know by our acts whether we have Spiritual wisdom or not.
- Q: Is finding a partner a Spiritual process?
- A: In a Spiritual process, love, honesty, integrity - the whole value system is involved. That's why every process is a Spiritual process.
- Q: Does timidity indicate lack of Spiritual development?
- A: No. They are two different things. One can be timid. It is one's nature or a trait. But that has nothing to do with the Spiritual development.
- Q: Does 'not forgetting' delay the process of forgiving?
- A: We have to separate the two processes of forgiving and forgetting. A Spiritual person should forgive without hesitation whatever the other one's wrongs are. It is possible.
- Q: How can I accept anything without proof?
- A: Don't accept. First you have to experience. Then you will have the proof.
- Q: Can we separate our anger from our actions?
- A: Yes. We can separate our anger and all prejudices, and act with great love.
- Q: Why did God create misery?
- A: God does not intend that we should go through misery, pain or suffering. It is our responsibility. In spite of having knowledge and strength sometimes with our freewill we choose the path of misery.
- Q: How do we seek God?
- A: There are many ways, the

individual has to choose the way suited to him. The way becomes very clear to you if you have an intense urge combined with great love towards God.

- Q: You spoke of status quo. Does it mean that I should not change my job?
- A: Each individual will have to study his or her own situation. You have to decide whether you can change a job or not. Refer to your intuition; you will get a very clear direction.
- Q: For how long should we maintain the status quo?
- A: Till the end of 2012.
- Q: What do the three eclipses in a row indicate?
- A: These eclipses indicate extraordinary situations at the level of the individual and at the level of the globe, opening new doorways and offering great opportunities. This is a period of special Grace and great help to the individuals and the world at large. If you have committed a mistake, say sorry genuinely from the heart and you will be forgiven. You have to recognize the help. It is also a period of many benefits to the Meditators all over the world who are channeling Love and Grace and bringing Peace on Earth. It is a period for Meditations.
- Q: What is their effect on us?
- A: Directly there could be nothing. But indirectly there are many impacts.
- Q: Is there any special message?
- A: The message is, "Experience and manifest Love. Transform."

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New Age Realities	200/-
2012 - End or Beginning	120/-
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ಕಾಂತಿಕಿ ದ್ಯಾರಮುಲ	150/-

**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".

SPIRITUAL EXPERIENCES

(Compiled by Shobha K. Rao)

At Antar-Manasa Guruji asked us to close our eyes to receive the blue Light energy from Ra which is anchored 200 feet below the Ra Temple. When I closed my eyes, at my Trataka point I saw a mixture of three colours- blue, golden yellow and another one looked like rose. When I went 200 feet below Ra Temple there I saw a blue mist and a stream of blue clear water flowing from the gate of Antar-Manasa towards the well. It was a rocky place and towards the Antar-Manasa building I saw dimly a cave-like opening. I sat on the rocky surface between the stream and the cave and received energies. After reading "Seven Days Channeling Ra" I realised that I had seen at my Trataka the combination of blue, golden and pink energies of Ra Loka! -Nagamani Chandrashekhara

It was actually by your advice: "Speak to Lord Light!" that I could meditate well. Meditation seems to have greatly changed in quality after my visit to Taponagara. With the newly given Mantra 'Lord Light' I almost do nothing in Meditation, other than experiencing Lord Light personally. The moment I begin to meditate, Lord Light enters me from above with His warm and bright energy and fills me entirely. His energy sometimes gives me a deep joy in Oneness with its profound silence, and sometimes gives me a heavenly delight in Oneness with its dynamic dancing up and down and to and fro, all within myself. Every time I meditate Lord Light comes down into me and I get mingled with him and get transformed into a transparent pillar of Light gradually.

-Yasuji Yamaguchi

While hiking in the mountains

with a friend who was in much better shape than me, I had a hard time keeping up with him. To supplement my energy I imagined drawing in Light from a large ocean above my head, going throughout my body and then spreading to the world. I found myself with more energy, overtook my friend and stayed ahead of him all through the hiking. He wondered what was going on, and I told him that I was not running on my own energy. Along our way, when my friend started talking about some negative stuff it caused a drain on my energy and I was bogged down. But still, I stayed well ahead of him.

-Jerry Marzinsky

I was in the most amazing meditative mood, full of Love and Bliss. Sitting on a swing in the garden I was talking to God, to the Light, pouring out my loftier Divine aspirations, my joys, my gratitude. I asked the Light a question, "What is Sadhana?" I got an immediate reply. "It is the effortless effort of finding Mukti!"

-Vidya Virkar

I talked to the Photon Belt and asked him, "What do you suggest to transform our body to Light body and for us to progress spiritually?" He answered, "You have to meditate for three hours daily, not merely to prepare for the three days when the earth stops rotating during the Galactic Alignment in 2012, but also to assimilate the huge amounts of energy that Ra will release at that time. Hence you need to transform your body to a higher frequency. Long hours of Meditation will help transformation. The transformation will take place not at the cellular level, but at the DNA level. The 6th and 7th DNA will be activated."

-Priyanka Mishra

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