



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

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## REFLECTIONS

Guruji Krishnananda

First, let me wish everyone a very Happy New Year. This is not just being conventional, nor being occasional nor just being routinely proper. I mean it. I mean and wish from my heart that the life on this earth be full of peace, joy and love. ***It will be.*** It will be, ***if*** we choose! We have to choose Peace. We have to choose Love. We have to choose Light. We have to choose these in our hearts.

If we choose these wholeheartedly, if most of us, if not all, choose these genuinely, then, the Universe helps and works out to provide us these. There is no doubt about this. These words are not mine. These are from the Rishis in the higher planes.

When we choose some, we also un-choose some. We have to un-choose violence, hatred and non-love. We have to choose Light and un-choose the Darkness. We can choose Light and also spread Light. Light is Peace. Light is Love. When we spread Light around us and all over the world, all violence vanishes, all acts of non-Love will disappear and we enter the New Age of Light and Peace, even before we enter the special energy field called the Photon Belt in 2012. Again, these are not just my words. These are from the Rishis, from all Channels and from all those wonderful persons who are channelling Light on to this earth.

Every one of us can choose and channel Light, and establish the New Age.



Many have written and asked questions about the Mumbai terrorist attacks. I too am anguished and have some questions. The vibrations from the pain that Mumbai suffered impacted me very heavily and I took quite some time to pick up and continue my work again.

I am a Spiritual Guide. I speak only from the Spiritual angle. I do not want to speak about the failed leaders, both the political and the religious. I do not want to say anything that we all know at this human level. But I want to say clearly to all my fellow beings that this was another wake-up call. Another wake-up call to unify, rise above all divisions and fight against the dark forces at all levels: individual, national and global levels. But, although there are weak noises, such a thing has not happened. It is sad.

I do not expect much from the leaders. For me, the hope lies in those silent tears shed by the thousands who gathered in the Mumbai beach and wanted Change. The cries for cessation of all acts of violence will not go waste. The energies from these are gathering like a wave, here and all over the world. ***This*** wave of energy is gaining momentum silently and will surely bring all the Changes.

May the New Year bring all the Changes. ■



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 Sai Mandali  
Sampige Road, 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.



Our stall at the Bangalore Book Festival 2008 was designed and managed by our own volunteers.

**NEWS AND NOTES**

- ◆ Our participation in Bangalore Book Festival from 14th to 23rd of November 2008 was a great success. Our books reached hundreds of people. The Light Channeling animation clip was well received by all the visitors on all the 10 days.
- ◆ Shri. Rajan, our student from Indiranagar Centre, sponsored one hundred 'Living in Light' booklets at Bangalore Book Festival on 20-11-2008. These books were distributed free on that day to the visitors of our stall.
- ◆ The Light Channeling animation clip was displayed on the LED Hoarding at Anil Kumble Circle, M. G. Road, Bangalore from 19th to 28th of November 2008.
- ◆ Solar Eclipse special Meditation is arranged on 26-01-2009 from 11.06am to 3.22pm at Taponagara.

**MEDITATION ON SPECIAL DAYS**

04 Sun	Shukla Ashtami
06 Tue	Shukla Dashami
11 Sun	Pournima
14 Wed	Uttarayana begins
18 Sun	Krishna Ashtami
24 Sat	Masa Shivaratri
26 Mon	Amavasya, Solar Eclipse

**SUNDAY PRASADA**  
was sponsored on

2-11-2008	- by Rajashree Padaki
9-11-2008	- Nikhil K S & Vilas Khedkar
16-11-2008	- Goda Srinath & Hari Krishnan
23-11-2008	- Guruprasad & Alagirisamy
30-11-2008	- Ravi G H & Aarti Kenny

This month's newsletters are sponsored by Shri. Vijaya Kumar Shri. K.E. Murthy & Usha Satishchandra

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

**PROGRAM AT TAPONAGARA**

- Sundays - Lectures from 11AM to 12 noon  
- Special Meditation from 12Noon to 1PM
- Fridays - Satsang from 11AM to 12Noon  
- Light Channeling Work from 12Noon to 1PM
- 11th Jan - Shambala Group meets at 2PM
- 26th Jan - Eclipse Meditation from 11:06AM to 3:22PM

**New batch of Shambala Group starts on 11-1-2009. External Guidance students can join as well. Last date for registration is 31-12-2008. For details please contact Manasa Office.**

DVDs of Guruji's classes are available to members. Contact Manasa Office for membership details.

Akhanda Dhyana has been organised at Taponagara on 31-12-2008 from 6am to 6pm. All are welcome.

**TAPONAGARA DIARY**

The weather was unpredictable; cold followed clouds, which gave way to intermittent sunrays. Despite everything the only thing that remains stable in Taponagara is the Peace and Love it holds.

November had many new things in store. Various construction projects like the Children's Park, Hanuman Temple and Yellamma Temple got initiated. The pace at which this work is progressing is amazing. It makes the current faster movement of time seem slow!

The month also saw various awareness campaigns for Light Channels World Movement like the animation at Bangalore Book Festival, out-door digital hoarding and radio advertisement. Due to this, new Sadhaks are knocking at the doors of Taponagara. Here, everyone can be accommodated, because eventually, the whole world has to become Taponagara. This budding second Shambala is a State of Being, full of Divine Love.

On the last day of November, Taponagara was bathed in Divine Light as Meditators practised Light Channeling for three continuous hours. ■

## OUR NATURE

Jayant Deshpande

It is normally said that our behavior is difficult to change. Yes, but it can be changed. Our true nature on the other hand can not be changed. Our true nature is Light. Our true nature is Love. Our behavior is influenced by our nature but gets clouded by darkness temporarily. The darkness finds expression in our behavior temporarily. This temporariness is longer for some and shorter for others but it is temporary and has to go some day. After all it is only Light that is eternal, the darkness is ephemeral. It is the Love that is eternal. It is the Peace that is eternal, pain is only temporary.

The darkness brings pain whereas Light brings joy and peace. In love we share, we give, we forgive and we do not judge. All these bring joy and immense peace. On the other hand when we hate, when we are unable to forgive, when we are jealous, we go through immense pain and suffering.

Preparing this system to allow the Light to express itself with all its glory is Sadhana. Tuning up our behaviour with our true nature is Sadhana. If we can be aware of this purpose and focus our Sadhana towards this then we can turn inwards easily and focus on improvement in our attitude, our behaviour rather than focusing on the external factors which seem to influence it. The influence of the external factors enters us only when we allow it to influence us. We can avoid the influence by remaining focused on the purpose.

Every bit of this Creation yearns for peace, for alignment with Light. We are also a part of this Creation and we too yearn for peace and this alignment although all of us may not know it clearly. As the intensity of this yearning increases, the alignment also improves. Finally when the alignment is total, our behaviour expresses our true nature in all the details. ■

## PARTICIPATION

Shobha K Rao

The Spiritual journey of a genuine seeker of Truth is generally long and arduous, demanding all his attention on the goal. As he journeys, the person has to have a very clear perception about the purpose of his Sadhana and also his destination. The Spiritual guide can only show him the way. The conscious, sincere and consistent effort has to come from the Sadhak.

Conscious effort includes participation of the Sadhak at all levels of living and in all areas of life, to live this Life fully. One has to expand the goals gradually from the individual to Universal levels. It is a process which makes the individual realise that he has to think less about himself and more about the world at large. This realisation motivates him to take up higher work which is work for the welfare of the entire Creation. The Rishis' work is the best example of selfless service.

The requisites for participation in such selfless work are great Love, honesty, sacrifice, surrender, humility, commitment to the cause and Vairagya. This kind of work can be taken up by those who are equipped with these qualities, and are manifesting them in their living. Opportunities to work are offered to them, but they have to choose to work and they are helped to move towards their goals. They have to be attuned to their Spiritual guide and the Light within. In the Rishis' work Divine Love plays an enormous role by guiding the entire humanity with utmost patience to the Light Age of Peace and Love. ■

## 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](http://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.

## GURUJI SPEAKS

(Excerpts from Guruji's Sunday Classes)  
(Compiled by Raghavendra Somayaji)

02.11.2008

Before Creation, there was stillness. From the stillness the Light emerged. And from the Light, Consciousness emerged. Then there was Creation. Even in the Creation, there is stillness. It is out of stillness that the first sound, the primordial Om emerged. Wherever the Om emanated, galaxies were born. The ocean of stillness is still there. We carry this stillness in our Anandamaya Koshas. We meditate to establish stillness at this level so that we have a connectedness with the stillness within us. When we are connected to the stillness within, we are connected to the stillness of the Universe. In stillness, there is total awareness and fullness; we need not make any special effort to contact the Divine or the Rishis. The contact occurs automatically.

We have to experience the Stillness, Love and Light. Only the experience brings us true Knowledge. Without the experience, we are just hollow.

—◆—

This is the time to choose. It is a very great opportunity and perhaps the last opportunity. What is it that we have to choose? We have to choose Light and all that it has—Love, Truth, Vairagya, Surrender. Since we are entering into the Light Age, we have to choose Light. When we choose Light, all help comes from the Universe; we are protected and guided in every detail and we easily sail through this difficult phase. When we choose Light, we automatically unchoose what is not Light.

Choosing is enough because it is so difficult. It is not the number of hours of Meditation, it is consciously choosing Light that is important. At a subtler level, those who have aligned with the Light are coming together. That is why the polarization is occurring at this level. Those who have not chosen

Light will be helped and given more attention and Love. They are not separated and condemned.

09.11.2008

The form of God that I love more is that of Lord Krishna. I used to think of Him often and offer energies. Sometimes, there used to be a connection. At such times, I would naturally be very emotional and I used to feel great satisfaction and fullness. I used to get answers, messages and instructions. Then, one day, when I was offering energies, the form vanished. There was only an outline and I could not see the form. In the outline I saw only Light. And it was not just an ordinary Light. It was a very special Light. The Light said, "I am Krishna." Then, the worship stopped. I could not worship. I experienced the Light. There was no communication but I knew the answers, I knew all that I had to know at that time.

When Krishna is Light, we do not pray to Him and we do not worship Him. We experience Him and we become Him. When we are conscious of Him, it is Krishna Consciousness.

We hold on to forms and we worship idols. We think the idol is the deity. The idol is not just a stone; there is much more to it. But when we go beyond the idol, we meet the real deity.

We can go on doing Poojas, Abhishekas and all types of worship to form. There is nothing wrong. But to meet God, we have to go beyond the form. It is then the prayers stop. We do not pray because He knows. There is no communication because we know. I do not worship because, I experience the oneness. I am that.

23.11.2008

Light is the most important factor in our lives because Light is God.

The best way of knowing the Light is to experience the Light. When we truly and wholly experience Light, we stop asking questions, we stop wandering and praying to the Rishis for petty things. A person who knows Light will not ask for such things because we get everything without asking. We have to be just aware of the Light. A person who has experienced the Light will stop grumbling, complaining and gossiping. Cynicism and non-love vanish. We become still. We become wise and strong.

Once we experience the Light, we will have all these and much more. Our life gets transformed. Every word, every gesture, every act will be different. Our Sadhana gets shifted to a higher level. When we experience Light, all our Karmas get burnt. We will be free of all types of bondages and we attain liberation, which is the ultimate freedom.

—◆—

We have to go back to our childhood and become innocent. Innocence is purity and love. A child is pure in every way, at all levels—physical, mental, intellectual and Spiritual. Innocence means Truth, no prejudices, no judgments, no dislikes, no jealousy, no aggression, no selfishness, no stubbornness and no conflicts with anyone or with the world. Innocence means no fear. It means wonderment. Every time we are with nature, we must wonder as if we are seeing it for the first time. Every time we must jump with excitement and joy. Wonderment is the essence of innocence. And innocence is alignment with the Divine.

All these are possible and it does not take great effort. We have to choose and make an effort. We have to intend to be innocent and we become innocent. ■

## EXCERPTS FROM SUNDAY LECTURES

(Compiled by Devilatha)

02-11-2008

The world is going through Pralaya with increasing intensity. The established structures of Kali Yuga are crumbling and making way for new and unknown structures based on a higher value system.

The collapse of the present economic system based on greed and unfair speculation is one facet of the Pralaya energies. The present market players don't understand that Pralaya energies are working on them. The influence of the Photon Belt is still unknown to the majority. Our economists and leaders are only tracking the present system and don't understand how this system will hit a dead end in the year 2012 when the physical reality undergoes global resetting.

Another major area that is collapsing is religion. It is the externalized search for God as defined by man through rituals, rules and restrictions, which have obviously failed to take us to God. We don't have much time left to prepare for the reality shift in 2012. These are the times of rapid adjustments and re-adjustments. Even if our leaders fail to lead humanity at such times, the Rishis will not let us down. They will establish contact with humanity and guide us appropriately. —Ananda G

09-11-2008

I went to give our books to a person, an elderly man in his eighties. He gave me a copy of the newsletter he publishes. Most of the articles were written by him. He bravely writes about his opinions. He writes about the current issues facing our country, like the Kashmir issue, the Kosi floods, how we can solve these problems. I wondered how his writings help, who reads it, will his opinions ever reach the politicians, and even if it did, will they ever bother to act on it.

When I casually mentioned this to

Guruji, he said "It is the love for the country, the concern for his people that makes him write." The purity of his intentions and thoughts vibrate and touch people. When more and more people reciprocate positively to his views, these vibrations will gather strength and manifest in real life. Actually, such people do a great service just by emoting and thinking positively for the society, nation and the world.

Even before the US presidential election results were out, a young girl in her teens, said, "Obama rocks! I love him. I want him to win." I wondered what this girl understood about the politics in America. Just a few glimpses on TV and she says she likes him. There is something about him that we notice. Is it his sincerity? Is it his genuineness? There is something that makes people say, "Let this person win".

—Jayant Deshpande

16-11-2008

Strong preferences make us feel out of place. If we contemplate impartially, we understand the drawbacks of such preferences. We must make relentless efforts to let go of such preferences. This is a struggle between the voice of the ego and the voice of the soul. When we accept and align with Love all differences, attitudes and beliefs merge in Love. Love absorbs everything into itself.

There is always an endless flow of emotions and thoughts going on in us. But, it is upto us to choose the person we want to be. Ultimately, it is this choice that makes us Spiritual or unspiritual. Spirituality is not the end product of certain practices over the years. But, it is a continuous process, a minute by minute movement in God, in Light.

Unbounded blessings, wishes, love and concern from all, humbles us and makes us introspect if we really deserve all this. Just staying tuned

to the Rishis and striving to walk on their foot prints attracts all the abundance. The energies of abundance are so intense that they absorb us and the 'I-ness' in us vanishes. This is when abundance takes over and only abundance prevails.

Intention and preparation are two parts of the work. Our preparedness decides the proportion of work we receive. When we get an opportunity, we must work with passion keeping the Light in us. Without Light in us we cannot do the work of the Rishis. As important as Light is, so is the importance of Work, because Work is an opportunity to manifest Light.

—Shyamala

23-11-2008

The neglected, dull and diseased rose plants started flowering when I began taking care of them. Similarly, when we came to this earth we had a beautiful body, mind and intellect and gradually they became dull. Those who are aware of their original glory have taken up Sadhana with love and passion, they are bound to succeed.

Our life is full of many small things, events and incidents. Generally, we wait for big occasions to celebrate life. Though, we need to look forward for bigger events, we need not ignore smaller events. Actually, if we recognize and pay attention to small events they keep us cheerful, happy, and pleasant. They rejuvenate us and help us achieve bigger things.

To smoothly sail through 2012 we have to transform our ways of living. The Rishis tell us that with little effort we can achieve a lot. This is a great opportunity. Guruji says failure is an opportunity to improve. The focus is to align and live in Light. We know we should not miss such opportunities and remember that these opportunities come once in a Mahayuga. —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.

EXCERPTS FROM  
CORRESPONDENCE WITH GURUJI

(Compiled by Shyamala Devi)

The quieter we are, the stronger we become. The firm basis of all Spiritual power is equanimity. And as you say, "The sun cannot be blinded; clouds may cover it for sometime only." I have a firm belief that in the end, Truth and Light will prevail.

—Heidy Shalini

The book 'New Age Realities' is very interesting. I need to read this book couple of times more to understand each chapter. I feel we can understand more if these subjects are taught in class. We can understand by reading the books. But there will be more clarity if we learn from the subject expert.

—S K Umesh

The knowledge and information given in the book New Age Realities is enormous. And a lot of effort has been made to simplify the content for the reader. The book needs to be read again and again for the knowledge to sink in. Only then can one think about it and contemplate.

—Vaishali Joshi

There is so much of clarity in the knowledge and there is also new knowledge in the two newly released books, 'New Age Realities' and 'iGuruji'. All members of the Study Centre have worked hard to bring out these marvelous books.

—Shobha

Our stall at BBF was so neatly arranged and maintained; I felt the vastness and peace in the empty space there. Perhaps that extra space in our stalls added to the peace and expandedness. I could not fail to notice the silence and peace in every volunteer present in our stall. Animation speechless! It conveyed everything. I listened to the Light Channels message on Radio One. Felt good and happy.

—Karthik N

## QUOTES

Narendra Babu

It is easy to please God. But it is very difficult to please Man.

—Maharshi Amara

Anything or anyone can be moulded by Love.

—Guruji

The eye with which I see God is the same eye with which God sees me.

—Meister Eckhart

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

—Winston Churchill

How 'spiritual' you are has nothing to do with what you believe in, but has everything to do with your state of consciousness.

—Eckhart Tolle

It is our choices that show what we truly are, far more than our abilities.

—J. K. Rowling

We always like those who admire us; we do not always like those whom we admire.

—Francois de La Rochefoucauld

Blessed are those who can give without remembering, and take without forgetting.

—Princess Elizabeth Asquith Bibesco

Happiness is not about being perfect, but about seeing beyond the imperfections.

—Anonymous

To handle yourself, use your head; to handle others, use your heart.

—Donald Laird

Always do what you are afraid to do.

—Ralph Waldo Emerson

Between stimulus and response, one has the freedom to choose.

—Stephen Covey

Without hard work, nothing grows but weeds.

—Gordon B. Hinckley

The best way to predict future is to create it.

—Harshavardhan

To be without some of the things you want is an indispensable part of happiness.

—Bertrand Russell

I don't know the key to success, but the key to failure is trying to please everybody.

—Bill Cosby

## QUESTIONS AND ANSWERS

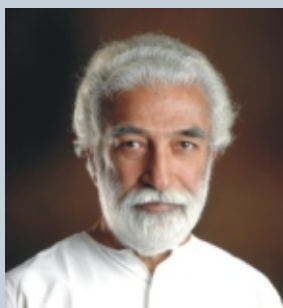
(Compiled by Shobha K Rao)

- Q: Which is our true self?  
 A: The true self is the spark of Light, the soul which we are. This true self is Pure, unblemished, and is always aligned with the Light, with God.
- Q: Who is a Light worker?  
 A: A Light worker is the one who has experienced Light, who lives in Light, is aware of it all the time and he has surrendered to it. A Light worker works under the Rishis.
- Q: How can we be sure that the directions are from the Light or from the Rishis?  
 A: If you really listen to the Rishis or the Light, you know it, nobody need tell us.
- Q: When the Meditators are under the Rishis' protection, then how do accidents happen?  
 A: Protection is like a shield. It is given to us. We have to maintain this shield; prevent its damage, keep it strong by meditating regularly and keeping away our negativities.
- Q: If I want to know my past life, is there a way?  
 A: Yes. There are ways, special practices and techniques. But we have to take permission from the Rishis to go back to the past and know about ourselves.
- Q: Do we really learn from past life regression?  
 A: No.
- Q: Is it required to know our past for our

- Spiritual growth?  
 A: Knowledge of our past is not required for our Spiritual growth.
- Q: When is one afraid of another person?  
 A: Generally, a person is afraid of somebody else only when he has wronged that person.
- Q: Are untruth and fear related?  
 A: Of course they are related.
- Q: How do we recognize the voice of God within?  
 A: We perceive the communication from God with our direct Awareness. When you hear it you know it. When you try to listen, you always hear.
- Q: Does surrender mean accepting anything blindly?  
 A: No. It is accepting anything with open eyes, not blindly. Surrender is a conscious act of love and trust. We surrender to God.
- Q: Is it the soul or the mind that chants the Mantra?  
 A: The mind repeats the Mantra. But the soul asks the mind to repeat the Mantra.
- Q: When we say imagine the light during Meditation, does the soul provide the thought?  
 A: It is true. The soul provides the thought.
- Q: How do we experience a thought?  
 A: We cannot experience a thought, but we can experience the content of the thought.

## LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
iGurujii	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/-
Gurujii Speaks Part - I	200/-
Gurujii Speaks Part - II	200/-
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**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.

#### SATSANGS

Group Meditations with Guruji are conducted at Taponagara on all Fridays from 11 AM to 12 noon. All are welcome.

#### LIGHT CHANNELLING

by Meditators on all Fridays from 12 noon to 1 pm is arranged at Taponagara.

#### HEALING CLASSES

are conducted at Taponagara on 5th Sundays from 2 pm to 2.30 pm

#### 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)

I wanted to practice the first Shambala Principle, but I had difficulty in imagining Light in my Mental Body. The Rishi in contact told me to just think of Light for a few seconds only. Then I felt Light in my entire system. The Rishi said that Ananda is always present in the atmosphere and that I should just think of a connection between my Ananda and the Ananda outside. He also said that if I could experience my own Ananda first, then the linking and spreading becomes easy.

Once I was thinking of the mountains in Srinagar which I used to like very much. Mentally I asked them if they were fine over there. I got a link after sometime and they said that they were fine but felt suffocated due to impurities of that place!

—Archana Vishwanath

Recently in a dream I saw several people storming into my house and wanting to attack me. All of them were wearing black dress and I got very frightened. I cried out aloud, 'Guruji!' Within seconds I saw Guruji standing near me as a very tall person and filled with Divine light. White Light came out from Guruji with a lot of force and filled me like a flood. Light also filled the room. Then the Light moved with great force towards the people. All of them fled as they could not see the brightness of Light and could not withstand its strength. The brightness and strength of the Light was immense. I am unable to describe the Light! When I woke up I could not understand the meaning of it, but I was filled with Light. With my heart filled with love I offered my respects to Guruji, Amara and the Rishis.

—Anjali Patil

I had a few tasks to complete and had very little time. Something in me told me to go ahead with the work in the normal way. I started and did it with all my attention,

without hurrying up and shifted to the next work only after I finished the first. When I finished all the tasks I noticed that I still had time! I realized that when I did a work perfectly, the way it was meant to be done then the time expanded to fit in all. I was made to understand that if things are done lovingly with all attention then we are never short of time.

Lord Krishna has said in Gita 'Do your duty and do not worry about the outcome.' I used to wonder about its relevance and what it actually meant. I was explained that when the job is done perfectly in the actual way, as it is meant to be done, the results would automatically be good, and it shall come to us. It is only when we falter and do not do it properly that we worry, this slows our movement ahead. Perfection happens in the moment, in the present. This way we do not attract Karmas as well. I was also told that feelings are important. When we pray, say or do something, it should be done with feelings. When we sympathize with somebody, again it should be done with feelings. It is only then we could feel the wholeness of the Universe.

During Krishna Janmashtami special Meditations, Lord Krishna appeared and said that I should go beyond myself and not to limit myself to the physical body but to move out of my limited physical body to see and feel the oneness, the whole; I shall grow if I see the completeness. The Meditation was very peaceful and wonderful.

Some days I have conversations with Guruji. I go on and on and I see Guruji smiling angelically; telling me that he is always there. One day the pictures of all deities appeared one after another, each overlapping another; Guruji's picture was in it, showing all as one!

—Vidya Arora

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