



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 8

JULY 2009

Rs. 15

REFLECTIONS
Guruji Krishnananda

A social worker's Ashrama was bulldozed by the enraged state machinery. The TV set, computers, documents, utensils, and even toys were destroyed. He spent the night under a tree with his wife and two young daughters. Later on, when a journalist asked him how did he feel about the experience, he answered that when he took up the work he knew that he would have to face such experiences. He was cool, calm and was not bitter!

History reveals that people were burnt alive, crucified and were severely tortured when they spoke truths and taught Love. They knew their ends even before they began their work.

I wonder what makes them choose the work and remain cool and courageous when they face such brutality and injustice! What spirit gives them such courage and inspiration!

Anger creates distances. Anger makes us hasty and hateful. In anger, we make wrong decisions. We know all these. And yet, we succumb to it. We lose our relations, lose a part of living and fall spiritually. Is it not possible to keep aside the anger and not lose people and life? It is possible. We do not try. That is all.

It is possible to keep aside the anger and allow it to evaporate. It is possible to forgive a person even before he says "sorry" or does not say "sorry". It is possible to remain untouched by the world and sit like Himalayas, unshaken and majestic. Everything is possible provided we choose. We Meditators do not have choices to live otherwise. We have to manifest Love, and forgive. If not, what use is Meditation except a posture and a fashion?

On 18th May 2009, new and great energies were anchored at Antar-Vana. Seven chosen people channelled rare energies from the Great Ra, called Prakasha Brahma, for seven days from 8th June to 14th June. Our special Channel Suvahini captured some details about what transpired during this glorious period. I wanted to include this in a future book. But I could not resist printing them in a booklet. I did this to share this wonderful information amongst our family of Meditators. This is strictly for the family and not for the outsiders now.

Manasa family may contact the office and obtain a copy.

Many have enquired about me not writing the Blog for quite some time. I am touched by the concern and affection. I could not write the Blog these days because I had lost the muse for some time. I was disturbed though for a short time.

I will write. There is so much to write about and live! ■


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.) /
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 at the 21st Annual Conference
of Karnataka State Chartered Accountants' Association.



Yellamma Temple under construction at NG Gollahalli.

NEWS AND NOTES

- External Guidance students who want to meditate for 3 hours daily may begin and report to us after one month.
- The Temple of Light (RA-Temple) is under construction in Antar-Vana.

MEDITATION ON SPECIAL DAYS

02	Thu	Shukla Dashami
07	Tue	Guru Poornima, Lunar Eclipse 2.02 PM to 4.15 PM
15	Wed	Krishna Ashtami
16	Thu	Dakshinayana begins
20	Mon	Masa Shivaratri
22	Wed	Amavasya, Solar Eclipse 5.28 AM to 10.43 AM
31	Fri	Worship of Mahalakshmi

**SUNDAY PRASADA
was sponsored on**

3-5-2009	by a well-wisher
10-5-2009	by M.N. Annapurna & Chankrakala D
17-5-2009	by L. Sharadamma
24-5-2009	by B.S. Krishnamurthy, Shashank B.C. and Ajay Kumar
31-5-2009	by Anjali Patil

PROGRAM AT TAPONAGARA

7th July	Guru Poornima Special Meditation from 12 Noon to 1 PM Lunar Eclipse special Meditation from 2.02 PM to 4.15 PM
12th July	Shambala group meets at 2 PM
22nd July	Solar Eclipse special Meditation from 5.28 AM to 10.43 AM

PROGRAM AT ANEKAL CENTRE

- Meditation classes are conducted at Saptarshi Dhyana Kendra on Mondays from 6PM to 7PM and on Tuesdays from 6AM to 7AM.
- On every 5th Sunday, Meditators from different Spiritual paths gather at Saptarshi Dhyana Kendra, Anekal for a mini-conference.

This month's Newsletters are sponsored by
Smt. Nirmala Balakrishnan

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

TAPONAGARA DIARY

Seema Almel

Guruji's birthday in the month of May makes it the best part of the year. On the night of May 17th, the residents of Taponagara held a birthday party at the dining hall. The gathering had more than fifty joyous participants. The hall was specially decorated by some of the enthusiastic residents.

The Universe gave the best gift to Guruji on May 18th. RA Light was anchored during the inauguration of Antar-Vana – a small yet incredibly beautiful park next to Antar-Manasa. Though this place is absolutely new it is vibrant; the ambience and the energies help enter one's innermost sanctuary, and that is why the place is aptly named – Antar-Vana. The neatly pruned greenery, overlaid with perfect pathways gives a feeling of orderliness amidst the thicket around the parapet. There is a well nearby, and a bore-well pipe continuously pours pumped water into it, this gives a feeling of a bubbly stream flowing nearby.

The 70th Birthday was celebrated on 24th May, the following Sunday. Taponagara was decorated with hundreds of flowers, preparations having begun at 6 AM. Though the food prepared was simple, as usual, it was very delicious. More than four hundred people joined the celebrations; most were specially dressed for the occasion. The intense love for Guruji was represented by gifts, flowers and joy; the emotions were so deep it almost became palpable. Ten books were launched; the authors and translators were honored. All the thousand copies of the booklet – Light – were sold; and if that wasn't a record in itself, the next thousand copies were nearly exhausted by the end of May. Guruji blessed everyone individually on his birthday, everybody felt gifted. ■

THE MARK OF GROWTH

Shyamala Devi

Regular and sincere Meditations and transformation at all levels bring Spiritual growth. Still we worry about Spiritual growth and we are eager to find out about it. Whenever we are asked to continue in the same stage of our Sadhana, we again worry if we have not made Spiritual progress and feel elated if we are promoted to the next stage thinking that we have made progress. We should know that many times it is the Love and Grace of the Rishis that takes us to the next stage, providing another opportunity to make renewed efforts to transform. Promotion is given even if we would have reached the minimum expectations. We cannot just relax feeling elated.

Spiritual growth is a moment to moment progress. It reflects in our every moment's living. It expresses through our emotions and thoughts. Every moment we are Spiritual or not spiritual. Every moment we either rise or fall. And major events in our life decide our level.

On the TV, I saw a mother who had lost her little son, screaming and hitting her chest. Death is a very big loss, and for a mother it is the climax of sadness. I thought within myself, if that should be expressed openly. A few days later I was spellbound to see a father's composure at the loss of his son. Not that he did not have pain and sadness; the graceful stature, acceptance and surrender to the verdict of the moment were the result of the knowledge to which he was exposed, his personal Meditations and transformation. He made me contemplate deeply and say to myself, 'if this is not Spiritual progress, what else is!'

Understanding of the truths and actually living those truths are the indicators of our Spiritual progress. ■

**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 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)

3-5-2009

I deliberately avoid long explanations because the more we explain, the less is understood. For example: Read the Bhagawad Gita, Lord Krishna has given us certain things. But many intellectuals have added their own versions. The commentaries are written by wonderful people. It is not to slight them, but the point is that we try to understand these things logically and our logic brings different things, other than the Truth. So I try to convey certain things. You can contemplate and draw much more.

We have duties and responsibilities towards this Universe, not just towards the society or the nation or the world, but towards the entire creation. We have to become aware of these and fulfill them. If we don't, nobody questions us, nobody punishes us. But there are laws that operate and the Universe ignores us naturally. Contemplate on this.

Although the conventional Spiritual wisdom says that we should not have emotions, I say that we have to have emotions, otherwise we are not human beings. We have to emote, we have to be sentimental, otherwise we miss many things in life. Being sentimental is not wrong although our elders have spoken against this. One has to celebrate life, all the time. One has to be emotional. And one has to be sentimental. Being sentimental and emotional is at the personal level, but when it comes to the Work aspect, there are neither emotions nor sentiments. There is nothing personal there. When we take up the Work seriously, all emotions, sentiments and relations vanish. The only relation then is with Work. When we take up Work like this, we know the beauty of it, the greatness of it.

Work itself is Sadhana. What

makes people skip food, skip sleep and sit through the whole night and work? It is the Love, the Love for the work, the Love for God. It's God's work that we are doing. When there is such Love, Sadhana is not required. God takes care of everything.



Swine Flu is part of this effect of our entry into the New Age in 2012, like the recession. A Message from the Rishis which Amara received in 1978 contained points about new diseases and epidemics. Swine Flu was perhaps foretold. There must be a way of dealing with this from the Spiritual level. In spite of knowing the techniques, and having the knowledge, we don't apply the knowledge. That is where we fail. The Astral body gets the disease first. If we can treat the Astral body, we will not have the disease. Swine Flu or any disease can be prevented before it gets transferred to the physical body. It can be dealt from the Spiritual level. There is a whole science behind this.

Experiencing Oneness is very important. Experience Oneness with the entire humanity, then your strength is that of the entire humanity. A drop becomes a mighty ocean when it merges with it. Similarly, become one with the Divine, become Light. This does not happen by merely trying to experience Light, you have to become Light; become one with God, then you have all His power. That is how the Rishis do Tapas at a higher level and become one with God. They then have all His powers, all His energies and also all His responsibilities and duties. You can create galaxies. You can keep any evil out. You have the love of the entire humanity covering you. This is a point for contemplation. When you contemplate there will be more revelations from the deeper areas of the mystical world. Those

revelations will be the individual Vedas, your own personal Vedas.

10-5-2009

Beware of your psychic experiences. The mind enjoys fooling us. The mind is an independent entity. It will give us wonderful psychic experiences and visions. It knows what we enjoy. So it gives us such experiences. We should never get fooled by it. That is why I repeatedly tell you to go beyond experiences. Sometimes we have very genuine experiences. You can verify, referring to your own intuition. We should know that when our Sadhana is weak, we have more experiences. We have to be careful about our experiences and ignore them. Or make a note of these experiences and go beyond them. We know what psychic experiences are, and what the experiences of the soul are. We have to go after the experiences of the soul.

Intellect brings a part of the Knowledge. Only the experience brings us the whole Knowledge. Experience is more important than Knowledge. This is very important to know, contemplate on it. We speak and lecture about many things like Love, Peace, Stillness and Vastness. These remain as mere words when you know them only intellectually and do not know them by experience. We have to experience. This is the purpose of Sadhana. Meditations lead to experience.

A person commented "You say that you are giving individual Mantra and Dharana but you give the same Mantra and Dharana to everyone." I explained that when you take a bottle of water from the ocean, it becomes your water. Similarly, when the same Mantra is given to you, it becomes your Mantra. We give not just a Mantra, but also give energies unique to

GURUJI SPEAKS

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

each individual and tune up the system. The same energy is not passed on to everyone.

We are going to change the syllabus with urgency. Within one year and three months a person will be eligible to get initiated into a stage of enlightenment. There is no time limit for this stage. If you follow us, you will see that you become enlightened. It depends on your Sadhana. Hereafter all of us have to practise to sit for Meditation for longer times at a stretch. This is very important in view of the fast approaching year 2012. There is preparation on a war-footing.

We have to prepare for 2012. We must get trained to speak to the Photon Belt. Henceforth the Photon Belt will be the Guru. To receive instructions you have to change, get tuned and gear up. This Path speaks of Meditation and Positivation. I want to see such changes in you.

24-5-2009

On every birthday we take birth. The body may be same, but the cells will be different. We are not the same people. On this birthday I am a different person. There is a new person sitting before you. All my achievements that people spoke about on this occasion are because of all of you. I often speak of the example of a peak. A peak stands above and we praise it. I am like a peak but every peak has to have a base. You are the base. Without the base, there cannot be any peak. So let us share this glory. I have a lot to say, but somehow words do not come easily. Something holds me back. Maybe, I am touched by the affection and it makes me speechless, wordless. All that I want to say, many times I cannot say. And maybe I reserve it for some other time.

I am aware of my extended life.

And it is the grace of the Rishis that is working through me. That's why I am able to sit before you and smile. I am very much fine with my past and present. I don't have any regrets or complaints. I am also fine with certain future events that I know about. If the Rishis ask me to come with them, without looking back I will leave the body and go with them. I accept anything at any time. My life belongs to my Guru and the Rishis. They may use this in any way they like. I am just a tool.

Many times I feel lonely, as people are unable to receive the things that I really want to convey. When I feel lonely, I am aware it's my human part which feels lonely. The other part is never lonely. I am always with my Guru and God. I think we shouldn't grumble about being lonely. For me loneliness has actually helped, maybe to contemplate, to grow. Loneliness helps Spiritual growth.

I am not a great man but behind me there are Rishis. I derive whatever the little wisdom I carry, from the Rishis. I am also aware that my counterpart is doing Tapas at a different place. I am not unaware of my strengths but I always think of the Rishis and remain humble.

I withdraw further, only to work more. The more I withdraw the more I can equip myself with knowledge and energies. All that I gather as energies or knowledge is meant for all of you. So the more I withdraw the more beneficial it will be for all of you. And it's not a paradox that the more I withdraw the more I am with you. At a different level I can do a lot, much more. At times when you have serious problems, do not hesitate to ask for help. My shoulder is very big. The whole world can lean on it. And the shoulder is ever ready to support you. I would like to say that you have to use my presence on this

earth very properly.

Now very briefly and quickly let us know what are the things that we have achieved from the time we established this Centre. We have a very clearly defined Path, a well-established System. Some are already ready and are able to contact the Rishis. When I am not there this work will go on, this guidance will go on. I think that's a great achievement. We have gathered so much of energies under this very Hall, in the Cosmic Tower, in Kundalini Tower, in Antar-Manasa, and recently even in Antar-Vana. These energies are not only for us, but for the whole world. We have also gathered so much of Knowledge, and put most of it in books. We have DVDs of my lectures now. The Study Centre was able to bring out three books within such a short time. The Study Centre is a feather in our cap. We have initiated the Movement of Light Channels. For me the greatest achievement is gathering you, the Manasa family.

What are the next goals? We mention some here. The most important and urgent one, is spreading awareness about the Light. Our next target would be to prepare people, to train them to sail through 2012, then promoting Oneness. I have a great ambition to gather all the Light workers, have one group on one platform. Some day this will happen. My next target would be to spread awareness about what is Spiritual. The other targets would be to help everyone establish a direct contact with the Rishis and God, to make people aware of the value system and consciously follow it. I have Action Plans for all these.

Today I give a Mantra that changes your lives: "Shun anger and embrace humility." But you have to consciously practise it. ■

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 CORRESPONDENCES WITH GURUJI

(Compiled by Vaishali Joshi)

The Book "iGuruji vol 2", makes interesting reading. Many secrets are revealed in the book, which makes one feel that we are too small to understand the big game plan of Divine beings; though our mind wants proof of things. Above all, the important message is that one has to surrender to God and continue his Sadhana. —Prof. A.Santharam

The information given in the Book "2012 - End or Beginning" is simply mind-boggling. Yet I believe every word of it to be true. After reading about people living in Light bodies being shifted to a different realm like that of Shambala, I am beginning to understand the significance of our Shambala Group Meditation. —A Sadhak

The "The Book of Reflections" is very unique. There is a living presence in every word and silence and peace pervades all through the book. It is so touching and universal that I could not control the tears of joy and happiness. After reading the book I realised that Meditation is the only key to enter Pure Consciousness. —D. Satyavani

During our visit to Taponagara we were touched by the welcome treatment given to us, the hospitality and the humble behavior of the Sadhaks. We were unhappy when our time to leave was nearing, and yet were unable to meet Guruji. So we sat in front of Maharshi Amara and expressed our feelings of anguish. When we came out we saw Guruji in front of us, having just stepped out of the car! He stopped to talk to us with a lot of love and affection and blessed us. We could not control our tears. Even though we are physically far away now we feel a strong bond of love, and mentally close to Taponagara. —Bharati Shingade

Your concluding remark in the June 'Doorways' has certainly hit hard. I sincerely understand your feelings and Love towards all of us. And somehow feel extremely confident that the people who have faltered or blundered will rise and rise in such a way, so as to make you proud. —Eknath Kulkarni

Your reply evoked mixed feelings in me. One was of extreme happiness that a great Maharshi wrote to an ordinary man extolling his virtues, and projected Himself as an ordinary man. The second was an embarrassment for being put on a high pedestal. The Lesson you have taught me is that whatever the status a man occupies, Humility is the hallmark for judging him. —VNS Murthy

Your words always help. Playing your DVDs is equal to breathing for me. When I imagine myself sitting in Saptarishi Cave in Taponagara and say sorry with complete honesty I feel calm. As Soluntra says, I must love and accept the disturbances in my mind for my own good. Now I realize I was carrying anger in me for last seven years. It is a bit difficult for me to forgive, accept and love those events but I have to do that now. You are more a best friend than a Guru for me and I can share just anything with you. —Prajakta Janorkar

I love and admire you very much because of your endless patience and affection for a difficult subject like me. Your words during Mumbai visit were like soothing rain for drying hearts. I realize I am under the shelter of a Mahaguru who will deliver his people safe. I understand your mission - The Light Movement, and am at your feet for life. —Varsha

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

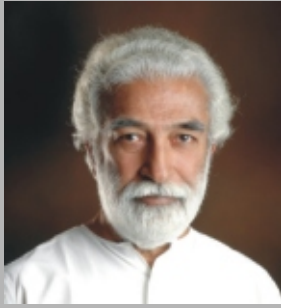
- Q: Some have experiences, others don't have. Why?
- A: If I sit before a person I can understand why that particular individual is unable to have experiences. Purity and humility help in having experiences.
- Q: Your sayings on 2012 in these recent days are very alarming. Why?
- A: The situation is alarming. That is the truth. We never talked of it. We never knew the seriousness. When we are trying to understand more of what happens in 2012 we naturally gear up. To gear up I have to make people alert, cautious. That's why I have to repeat these things.
- Q: What happens to those who do not transform before 2012?
- A: We don't know. Let us transform.
- Q: Can we talk to the Photon Belt?
- A: One can talk to the Photon Belt. You have to think of it that's all. But when you try to communicate with such higher entities you have to raise the level of your interaction. You have to have greater points to discuss or to understand.
- Q: The light we see in visions, is it the same light that we are channeling?
- A: It is not the same light. From the 'Unknown' first Light emerged, the Great Light. From this Light everything came out. The Light we channel is that Great Light.
- Q: When a Mantra is chanted loudly it is effective, more effective. What happens when we chant the Mantra silently?
- A: The first assumption is wrong. The mantra is chanted by the mind. The mind is very efficient only when it is still. So

if you repeat the mantra silently it is very effective.

- Q: What is Self-realization? What is God-realization?
- A: In Self-realization first we become aware that we are a part of God. And when we become aware that we are God, it is God-realization.
- Q: Is Meditation superior to worship?
- A: Yes. When we worship we always keep the duality in mind. We worship for years and lifetimes, the state of Dwaita continues. But when we meditate we are God, we experience God. The state of Advaita comes. When we worship, the identities remain. In Meditation all identities vanish. As we advance in Meditation we understand we are God, we become God. So definitely Meditation is superior to worship.
- Q: What is the state of consciousness beyond Samadhi?
- A: The state of consciousness beyond Samadhi is expandedness. When we are expanded we are one with the Divine.
- Q: Do bad souls also attract negative Karmas?
- A: God created souls, some as evil. They live in the nether worlds. Their nature is evil and even when they do wrong things they do not attract Karmas. But when these souls take birth on this earth they have to follow the laws of Karma on this earth. Then even they attract negative Karmas.

ನಮ್ಮ ಪ್ರಕಟಣೆಗಳು

Doorways to Light	200/-
New Age Realities	200/-
2012 - End or Beginning	120/-
iGurujii - Vol 1	150/-
iGurujii - Vol 2	120/-
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/-
The Book of Reflections - Vol 1	200/-
The Book of Reflections - Vol 2	200/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences	150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಐ-ಗುರುಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರುಜಿ ಭಾಗ 2	120/-
ಅನಿಸಿಕೆಗಳು	120/-
ಋಷಿಗಳಿಂದ ಬಂದ ಕೊಡುಗೆ (ಐದು ಪುಸ್ತಕಗಳು)	250/-
- ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	
- ಧ್ಯಾನ ಯೋಗ	
- ಆತ್ಮದ ಅವರೋಹಣ	
- ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	
- ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತಿಂದ್ರಿಯ ಸಾಹಸಗಳು	
ಗುರುಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸಿಷ್ಟ ಗಣಪತಿ ಮುನಿಗಳು	100/-
ಅನೇಕಲ್ಲಿನ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ऋषीकडून मिळालेले ज्ञान (Marathi)	200/-
प्रकाशवाट (Marathi)	150/-
आयुर्गुरुजी (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/-
प्रकाश की ओर (Hindi)	150/-
தரியானம் செய்வது எப்படி	50/-
ಊನಿಯಿನ್ ವಾಯಿಲಕನ್	200/-
ಊನಿಯಿಲ್ ವಾழ್ತಕಕಕ	10/-
தரியான யோகம்	50/-
ஆத்மாவின் அவரோகணம்	50/-
நவீನ ಗಿಣ್ಣಿ ಉರುವಗಿನ್ ತ್ರುಷ್ಠಿಮ ಸಾಕಸಕುಗುನ್	50/-
ಸಂಪಲಾ ನಿಯಮಗುಗುಗುನ್ ಅಂಪಿಯಾಸಕುಗುಗುನ್	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ವೆಲಗುಲ್ ಜಿವಿಂವಡಂ	10/-
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)

While practising channeling, I felt our planet was feeling happy to receive Light. I spoke to her. She expressed her joy in the shift of Awareness of mankind to a Higher Consciousness. I asked her if she could save people from getting destroyed by the energies from the Photon Belt. She said that she can't save anyone. She added, "All these processes are being monitored by the Rishis, and the dark people will not be allowed to live here any more."

On Rama Navami I offered energies to Lord Rama. He said, "Be aware of the Light in you." Since then I am able to hear the sound of Omkara in my heart-region, which helps me to be aware of my soul's Light, and I experience a stream of joy coming out of me. —Archana

On Buddha Poornima night during Astral travel, I saw the Vaishakha valley, surrounded by the ice-clad mountains. The Rishis invoked Lord Buddha who emerged from Light. He was golden in color, but was radiating white light. He interacted with everyone who was present there. I saw Guruji, Amara and many Astral beings. There were some dark people who were trying to enter that place, but they were outside the zone of light.

On another day the Light referred to the Photon Belt as "He". The Photon Belt told me the following - "On 21-12-09 at 11.11am, the Suns, Earth and the Galactic Center will be in one straight line. This will cause a reversal of magnetic axes of the Sun and the earth, which will have some effect at the physical level. Also, the earth will react to the bad deeds of the human beings. It is the wish of the Prime Creator that the earth entering into me and the Galactic alignment occur on the same day." He showed me a vision of the human race after 2012. People

who had chosen Light lived in a higher frequency whereas others lived in a lesser frequency range and there was no communication or access between the two groups. "It will be like the existence of Shambala on this earth. Make yourself pure, open up, I am here to help you, I am here to uplift your consciousness." He repeated several times. The Photon Belt passed me energies, which were blue in color. —Priyanka Mishra

I had a strange Astral experience. A very big silver-coloured, round, dish-shaped UFO landed on our earth. On its lower side in the centre there was a large round hole through which white light could be seen. Strange sounds, not very loud, emanated from the UFO. After it landed on our earth, the aliens came out of the space ship and started injuring and killing the people on the earth. They used weird weapons, some sort of laser guns. People tried to run away from them out of fear. The next day the violence stopped, but only few survived, the houses were empty and in darkness as there was power failure. Only some kids were to be seen who were crying. All around there was widespread destruction. I saw all the Meditators. They were safe! —Saleel Karkhanis

While channeling Light I had a vision of Mother Earth, a real goddess indeed! But I was sad to see her wounded severely. She spoke to me, "Please anchor more energies at the equator region. All my dear ones are affected by the dark energies. Channel more Light to them which will help them to transform before 2012." She asked me to anchor energies at the weak areas in her and blessed me with energies so that I can take up this work. —Pratap Kishan

DOORWAYS An English Monthly Newspaper, Annual Subscription: Rs. 200/-

Printed, Published and Edited by S.B. Shyamala Devi on behalf of Manasa Foundation (R).

Published from Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-562 149 and

Printed at M/s. Art Print, 719/A, West of Chord Road, 2nd Stage, Bangalore-560086. Phone : 2335 9992

Owner: Manasa Foundation, Taponagara, Chikkagubbi, Bangalore Urban-562 149.

Editor : S.B. Shyamala Devi