



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 4

MARCH 2009

Rs. 15

REFLECTIONS

Guruji Krishnananda

As I sit in front of this blank page and search for words to carry my thoughts, I do not find many. I am over-joyed and excited to know that there are thousands of wonderful people around the globe who carry similar dreams that I do. There are thousands who are eager to channel the Light. Many are already channelling. And those who are new to this possibility of channelling Love and Peace in the Light are as excited as I am. They are ready to channel the Light and make this planet the most peaceful in the creation. There are, of course, some who do not agree. We send Light to them. They are also our brothers and sisters.

This event on 26th February 2009, when thousands channel Light and begin a unique and silent World Movement and spread and strengthen the Movement by channelling the Light daily for 7 minutes is just the beginning. The next move would be to have a lively Network of Light. We must have a common platform to interact with each other, to share our experiences and Love and to allow Light descend on earth and transform the life on this beautiful earth.

I am aware that there are many groups who are channelling the Light now. We must unify in Light. This unification builds up a huge field of Light. And then Light works.

We all know that Light is the Divine Energy. It has its own Intelligence and Wisdom. It knows our Intent of transforming this earth into a place of Love and Peace silently without any slogans and sermons. The Light helps every individual to realise this dream.

These are not empty words and futile dreams. This is the Future birthing now. This is not the first time that such a Transformation by Light is happening. This has happened many times. Our history may not have it recorded. But our history is only one leaf in the great book of time. There are many unknown written pages. The Future is what we write on.

I have many things to say, many visions to unfold. But I would humbly wait to hear other voices, share other visions and gain strength from other hands.

One can only initiate a process, a Movement, and without others participation and Love it cannot move on. This world is waiting for a Movement like this. Let us transform the world. Let us channel Light daily.



Another Ugadi (New Year) is near the threshold. Another opportunity and another adventure to shape the destiny.

This New Year will witness new systems taking shape as the old systems collapse faster than we expect. We should not lose hope. A Great Intelligence, the Divine Light, will bail us out. The future is bright, full of Light. ■



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)
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NEWSLETTERS

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Guruji lighting the lamp to inaugurate the Spiritual Library at the Anekal Centre on Amara Jayanti.

NEWS AND NOTES

- ◆ More than three hundred people attended Amara Jayanti celebration at Taponagara on 1-2-2009.
- ◆ On Amara Jayanti a Spiritual Library and Yoga Classes were inaugurated at the Saptarshi Dhyana Kendra, Anekal. Thirty people were honoured as well.
- ◆ Light Channels World Movement—A Mega event was arranged at Koramangala Indoor Stadium on 26-2-2009 at 6:30 PM.
- ◆ Guruji has launched a personal blog - lightdivine.blogspot.com - from 1-2-2009.

MEDITATION ON SPECIAL DAYS

| | | |
|----|------|-------------------|
| 04 | Wed | Shukla Ashtami |
| 06 | Fri | Shukla Dashami |
| 11 | Wed | Pournima |
| 19 | Thur | Krishna Ashtami |
| 25 | Wed | Masa Shivaratri |
| 26 | Thur | Amavasya |
| 27 | Fri | Chandramana Ugadi |

SUNDAY PRASADA was sponsored on

- 4-1-2009 - Thenmozhi S. & Mallika Sridhar
11-1-2009 - Ravishankar
18-1-2009 - Lalitha Laxmanan
25-1-2009 - Manjula Prasad & Sujatha M.P.

This month's newsletters are sponsored by Shri. Vijayakumar, Shri. Brajabandhu Mishra & a well-wisher from Bangalore.

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 12 Noon to 1PM |
| Fridays | Light Channeling from 11AM to 1PM |
| 2nd Sunday | Shambala Group meets at 2PM |
| 5th Sunday | Light Channeling from 10AM to 1PM |

DVDs of Guruji's Sunday classes are available to members. Contact office for membership details.

**Channel Light everyday for 7 minutes in the morning and in the night.
Channel Light & Heal the World.**

TAPONAGARA DIARY

The Year of final Choices – 2009 appeared in front of us in a blink and swept us into its fullness. The early morning thick fog and cold temperature could not slowdown the silent spirited Work that happens everyday, here in Taponagara. Shyamala Ma'am and her admin team only seem to work more and more. Her team size has marginally increased but her job list and responsibilities have increased much more.

The most visited place in Taponagara – The Children's Park – has become such a huge hit that its metal merry-go-round actually broke. Of course it was repaired and made functional on an urgent basis. The little noisy busy bodies bring so much joy at the very entrance of Taponagara.

For the Shambala Class Taponagara was graced by the Astral presence of a great Being. Many new students joined. About two hundred Sadhaks joined the Eclipse Meditation.

Preparation for Amara Jayanti started well in advance. Every nook and corner of the Structures and Office premises was thoroughly cleaned. Guruji, Somayaji and Jayanti strived a lot for the Library building at Anekal throughout January as its inauguration was due. ■

NUANCES

Shobha K Rao

Everything in this manifest world is in constant change. There is movement in every area, even within us. This is one of the characteristic features of this physical plane, and that is Life, the conscious and animating energy. This is only a small part of it. There are other facets of life also that are related to our living.

Only on this plane the Divine manifests and expresses in myriads of beautiful and strange ways. The bubbling brook running down a hill, the sunshine dancing through the fresh green leaves, the wind whistling through the branches of trees, the wild and pretty little flowers smiling up at us from the green meadows, raise our energy levels and our spirits.

Life is for living, living the true way by being aware of everything in and around us. A little alertness makes one more sensitive to Life and the happenings in the world. We learn to observe the nuances, and the tiny differences everywhere in nature which lend all the beauty to life, making each moment a beautiful one, making each day a different one.

We often hear people complaining of boredom and monotony in life. Our participation and involvement with nature is lacking and that makes life monotonous and boring. Just a few moments of being aware of the cool breeze blowing on the face, watching the beauty of the sunrise, the vast blue sky, or the new blossoms on the tree on the roadside add something new to our life. We forget these little things which add 'spice' to living and refresh us. The Divine is staring at us from all corners, through all its manifestations. A little Awareness is all that is required to acknowledge IT! ■

PEACE

Jayant Deshpande

When we want something and we get it, we feel happy and if we do not get it we feel unhappy. When our wants keep changing and increasing, then depending on whether those are fulfilled or not, we feel happy or unhappy. In this way if we have to be happy all the time, all our wants and wishes must be fulfilled at all times. Since this does not happen, we cannot be happy in this way, at all the times.

All of us want happiness and peace. Peace is our original state of being. We naturally strive for it. We strive for our wants, thinking that we will be happy and peaceful when our wants are fulfilled. But peace does not come by fulfillment of our wants or wishes. May be we do feel happy temporarily and then we continue our struggle for our new wants and wishes. The everlasting peace eludes us as we go on working desperately to fulfill our wants and to change situations in our lives.

The real everlasting peace can come only by understanding the Spiritual realities; by understanding that all our wishes cannot be fulfilled, by understanding that peace is an inner state and cannot be sought outside. This understanding comes as we grow in Sadhana. We understand more and gather more inner strength to ultimately accept God's wish. This is surrender and is the only way to everlasting peace and happiness.

This does not mean that we should not have any wants or wishes; that we should not strive to fulfill these wishes or to improve situations in our lives. We will always have wishes for ourselves and for others. We also continue to work for our wishes but we accept the outcome as God's wish. ■

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.

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

Spread this Message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

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

- 1 Experience the Light in your Core and spread it around.
- 2 Experience and spread Love.
- 3 Experience the Oneness of Life in everyone and everything.
- 4 Carry on the daily activities first in mind, then verbalise it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising talks about it.
- 6 Gear up the body, mind and intellect to fight out the negativities.
- 7 Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.

GURUJI SPEAKS

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

04.01.2009

We must be aware that we create, build and make our future happy by our thoughts and dreams. We must go on dreaming. The whole Creation is a dream of God. He dreamt, so we are here.

Many things are happening in the higher Astral planes. There are many great things that are waiting there to be birthed. The whole New Age is waiting at that level. They have to be channeled and received with great love. This is a great privilege and responsibility of every one of us. This is the moment in history, the greatest phase where the whole future, the whole New Age is waiting for us to birth it. We should take this as seriously as possible.

We can manifest the New Age by channeling Light. We must know that it is not just one person or one Avatara who will establish the New Age. Every one of us on this earth must establish the New Age.

Channeling Light is very easy if we trust there is Light and ask it to come down. Without any effort, it will flow through us. We do not require any technique. Techniques are for those who cannot love.

Light heals. Healing is required for the individual and the world. We feel helpless because we think we can only vote and suffer. But we have the greatest power available. Light not only heals, it corrects and cleanses the whole of humanity of falsehood. When the manmade systems collapse, the Light will replace them with divine systems. This is the time to become aware of our own power and potential.

11.01.2009

I say this with all the humility that I can muster. It is very easy to speak to God. God is closer to us than anyone. We think we need

techniques, Shlokas, Homas etc. to reach Him. We believe God is there somewhere and I am too small a person to reach Him. These are not true. The techniques are difficult but God is not. Forget all techniques, just think of Him with genuine love, He is there to respond. I urge everyone to try this. Speaking to Him is the greatest experience. We can speak to Him when we are alone, when we are in a crowd. We can speak to Him anywhere.



The Guru comes to us when we are ready. How will he know that we are ready? God knows everything about everyone because He is omniscient. God knows when we are ready. And how does He come? He does not come to our doorstep in the form of a human being. We have to understand that God is not just a form. He is the formless energy. He can come in any way. He may come through a friend. God may come as a book, an idea, an experience. The experience could be very good or very bad. God comes as pain, as a problem. God comes to us in many ways, which we may not recognize. Each one of these will be the first contact and will lead us gradually and ultimately to the highest truth. Our journey ends with experiencing God.

How do we prepare ourselves to receive Him? We prepare ourselves over lifetimes. All the preparations from previous lifetimes create an opportunity, which we may choose or miss. God provides the opportunity and waits. But He always comes, He is always by our side, at the doorstep. We just have to open the door and welcome Him that's all.

25.01.2009

Expansion of awareness leads to

experience. To expand our awareness, we require stillness. This is the essence of Sadhana. Meditate and establish stillness. Awareness expands naturally, automatically. Even when we are not meditating, stillness to a great extent is possible. For that, we have to withdraw from all unnecessary involvements at all levels, which is true Pratyahara. As generally understood, Pratyahara is not living in a cave. We have to live in the world. Our withdrawal should not dilute our responsibilities.

Purity also brings stillness. When we experience purity, there will be such calmness, peace and stillness, it connects us to the Light. And when our awareness reaches the Light, we become still and the awareness expands to the Ocean of Light. That is Super Samadhi. It is very simple, but it is not easy to implement. The point is, we have not attempted these things.

We have to expand our awareness consciously to the whole world because we are a part of its humanity. It is only then we become compassionate and experience oneness. What happens in the neighborhood, in the neighboring country and in other parts of the world affects us. The whole world is like a body. If there is a wound in one part of the body, the whole body experiences the pain. All the violence in the world is affecting us. We suffer even when we have no Karmas. It is because of the Karmas of this world.

We have to expand our awareness to the realities beyond this physical world. There is the Astral world. We must be aware of it because we are connected to it. What happens there affects us. And after becoming aware, we must try to contribute. How do we do it? By not being negative. We shall try to add love. ■

EXCERPTS FROM SUNDAY LECTURES

(Compiled by Devi Latha)

04.01.2009

As 2008 ends, it leaves us with many challenges and opportunities, threats and hopes-abound to make 2009 an interesting year. Will it be a rocky road ahead or have we passed the worst? Guruji says, 2009 would be an interesting year and each one of us will get gifts. Rishis are waiting to shower the gifts. On an earlier occasion Guruji had mentioned that when we receive gifts we should be careful and be prepared for tests.

We have exercised our free-will to experience this creation. We have faced many challenges and are bound to face some more. We can understand challenge is a task, which cannot be accomplished easily. It could either be a problem or a goal. We can overcome the challenge by understanding it fully. It will be easier to break the entire challenge into smaller pieces and tackle one at a time. Love, Light and Truth could be effectively employed to manage the challenges.

In our life we get several opportunities. Sometimes, we use our free-will and choose. Often, we don't exercise our free-will effectively. Guruji says it is the time to choose - to choose Light. When we choose Light we also unchoose darkness. One may ask how one can know whether the choice made, is right or wrong. When we choose Light as our companion, the right choice will be made. It is automatic.

—K. N. Swaminathan

11-01-2009

More people are now seeking fame than ever before. Greed for fame is as strong as that for money. Fame seems to bridge the psychological need-gap and fills a bigger void. Attention and appreciation are required, but when this need becomes compulsive then it is pure greed. Lack of emotional nourishment can create a hunger for fame. The disconnection from our

inner-strength leads people to look outside to feel good within. Fame is hollow; it is nothing more than a large group's opinion, appreciation and acknowledgement. A Spiritually grounded person does not need fame and is never taken in by the great self-perception it creates in one's own eyes.

Society defines who is successful; it creates a perception which everyone is expected to chase. One should step back and see things for what they are. Success is not society's certification, but satisfaction with what one is doing and has done.

The best times for creative thinking, ideating and understanding are when we are alone. In solitude, if we keep our emotions and thoughts calm and positive then a wiser aspect of us takes over. Solitude enables stillness. In stillness lie all solutions. Solitude is a beautiful gift one can give to oneself and to others. When we spend time in solitude then we can share more quality things when we are in company of friends.

Mental blocks like we are too average keep us from experiencing Spiritual miracles. Only when we try and experiment can we see Nature's secrets unfold; like beating traffic by going into stillness or communicating with Parabrahma.

—Seema Almel

18-01-2009

Recession has not spared any industry. It is like a chain reaction. Recession worries every one. Though, a lot has been written and a lot is yet to be written about this turmoil, it is painful to see people suffering. The brighter side of this recession is that people are shedding their earlier falsehood and genuinely display oneness and caring. These beautiful qualities are inherent in every one but they are dormant and covered by falsehood. When the falsehood withers away,

our true nature surfaces. Were we waiting for the recession to uncover falsehood? Are we going to change only when we are shaken to the core?

Although, we are frustrated with the old system, we feel comfortable with it when compared to an unknown new system. The tug-of-war between the old and the new ways has begun. Whether we like it or not, the implementation of the new system moves forward. If we don't destroy the unwanted qualities on our own, we will be pushed to a stage where we are forced to do so. It is a chance to spring-clean our life.

—Sreedevi B.V.

25.01.2009

Like all new beginnings a New Year brings in a lot excitement, renewed resolutions and the desire for more Light in our lives. Before, we dive into the New Year, I think if we review the year that has just passed by, we can assess our hits and lessons learnt as well as incorporate these in our plan for 2009.

2008 taught me that worrying only consumes our energy and weakens our will. Instead, if we stay calm then solutions flash to us effortlessly. Sometimes, the enormity of a task or the fear of failure can scare us to retrieve our steps. At such times, it helps to realise that consistent effort and steadfast faith in the Rishis and ourselves will make a journey of thousand miles easier than we perceived it to be.

2008 was a year of phenomenal changes both for individuals as well as economies. It is only natural that when we are grappling with new situations we solicit support from our friends and family. In my experience the only constant, rock solid source of love and support at such times comes from the Rishis and Light.

—Devi P.

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 Vaishali Joshi)

We were indeed elevated after watching the Sunday Classes DVD. Every time we listen to your beautiful talks it almost feels as if you have answered the very questions we wanted to ask you. —Feroza

While listening to your lectures on the DVD, my attention got focused on your words, "We should opt for Light, we should select Light." During my morning prayers I started requesting you and the Rishis that I want to live with the Light. From that day there is a sort of calmness, unknown joy and contentment in me. I realized that this change is because of the Light in me.

One Sunday morning, I linked myself to Taponagara and started spreading Ananda. I focused on Mumbai and spread the Light, suddenly I heard a voice, "Spread it to Gaza, Gaza-Purusha." I was shown a glimpse of that place, I obeyed the orders. The next Sunday when you spoke about the same in the class, I really felt the Love and care behind it. —Nagashree

Cockroaches in our house had increased alarmingly in the past few months. We used lot of pesticides but the effect lasted only for a few days. Then I remembered your words about the mental contact. I made mental contact with cockroaches and spoke to them, "If you multiply like this we feel disgusted and it is a nuisance. We do not wish to kill you as we have no enmity with you, so please go away from this place." Surprisingly within a few days the cockroaches were gone. One month has passed. We rarely see cockroaches now.

—Abhijit R. Shingade

QUOTES

Narendra Babu

Be punctual like the Sun.

—Maharshi Amara

Meditation takes one from the human to the Divine.

—Guruji

If you don't find God in the next person you meet, it's a waste of time looking for him further.

—Mahatma Gandhi

The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety.

—George E. Mueller

Faith is taking the first step, even when you don't see the whole staircase.

—Martin Luther King Jr.

Behind every argument there is someone's ignorance.

—Louis D. Brandeis

The more you know, the less you need.

—Saying

Obstacles are the things you see when you take your eyes off your goal.

—Henry Ford

A contented mind is a continual feast.

—American Proverb

It is the stillness that will save and transform the world.

—Eckhart Tolle

I love you, not for what you are, but for what I am when I am with you.

—Roy Croft

The only true wisdom is in knowing that you know nothing.

—Socrates

Peace begins with a smile.

—Mother Teresa

What you think of yourself is much more important than what others think of you.

—Seneca

QUESTIONS AND ANSWERS

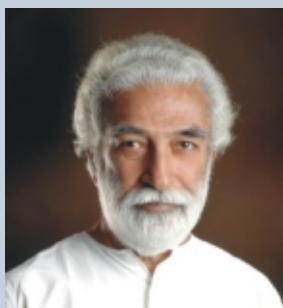
(Compiled by Shobha K Rao)

- Q: Is it true that older the soul, bigger the Chakra?
- A: The soul does not age. Age is related mostly to the body. The Chakras do not grow. They remain the same in size.
- Q: These days you speak of non-love often. Is non-love the absence of love or a separate energy?
- A: It is a separate thing; a different thing. Love heals, non-love destroys.
- Q: Kindly explain the concept of Pooja.
- A: Pooja is an expression of Love and gratitude. In the beginning, people were able to talk to gods, express their Love and gratitude directly. As time passed, we lost the capacity to talk to gods, and we chose people who could talk directly to Him. Maybe they became priests. As time passed and things got deteriorated, the priests introduced rituals and Poojas. That is how this concept of Pooja and rituals has come.
- Q: Is the earth hollow with a physical sun inside it?
- A: The earth is hollow. There are special beings living there. There is no physical sun inside the earth, but there is a concentrated energy inside the earth.
- Q: What is the difference between the ego and self-respect?
- A: Arrogance.
- Q: When we stare at the flame of the burning camphor before Meditations where exactly should we focus our gaze?
- A: We have to focus our gaze

- either at the centre of the flame or at the whole flame.
- Q: Does the repetition of a Mantra help silencing the mind or is it that the energies help?
- A: It is the repetition of the Mantra not the energies that silence the mind.
- Q: Which body in our system gets tired? Is it the physical or the Astral?
- A: Both the bodies get tired; physical body as well as the Astral body.
- Q: When a person dies of burning, does his Astral body also get affected?
- A: Yes it does, but to what extent we do not know.
- Q: Do we have to come down here after every Mahayuga?
- A: No, it is not required.
- 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: What is the difference between worship and Meditation?
- A: When we worship we express our devotion and gratitude, we praise God and we offer him gifts. We keep God at a distance. In Meditation, we experience Him, surrender and merge with Him. In the ultimate stages of Meditation, we become Him. Worship is an act of Dvaita; Meditation is an act of Advaita.

LIST OF OUR PUBLICATIONS

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|---|----------------|
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| - Dhyana Yoga | |
| - Descent of Soul | |
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| ಐ-ಗುರೂಜಿ | 150/- |
| ಅನಿಸಿಕೆಗಳು | 120/- |
| ಋಷಿಗಳಿಂದ ಬಂದ ಕೊಡುಗೆ (ಐದು ಪುಸ್ತಕಗಳು) | 250/- |
| - ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ | |
| - ಧ್ಯಾನ ಯೋಗ | |
| - ಆತ್ಮದ ಅವರೋಹಣ | |
| - ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ | |
| - ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು | |
| ಗುರೂಜಿ ನಾ ಕಂಡಂತೆ | 30/- |
| ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು | 10/- |
| ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ | 250/- |
| ಕಾವ್ಯಕಂಠ ವಸಿಷ್ಠ ಗಣಪತಿ ಮುನಿಗಳು | 100/- |
| ಆನೇಕಲ್ಲಿನ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು | 120/- |
| ऋषींकडून मिळालेले ज्ञान (Marathi) | 200/- |
| 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/- |
| ಶ್ರಿಯಾಣಾಂಢ ಶೇಸ್ಯವತ್ರೂ ಂಪ್ಪಡಿ | 50/- |
| ಒಣಿಯಿನ್ ವಾಯಿಲಕನ್ | 200/- |
| ಒಣಿಯಿಲ್ ವಾಪ್ಪಕಕೇ | 10/- |
| ऋषण टश्चि-स य | 50/- |
| "शुद्ध"एट-स | 10/- |



GURUJI KRISHNANANDA (1939)

MANASA FOUNDATION (R)

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

MANASA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Guruji lived from 1987 to 1992.

STUDY CENTRE

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

JYOTHI PROJECT

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

LIGHT CHANNELLING

by Meditators with Guruji arranged at Taponagara on all Fridays from 11 AM to 1 PM. All are welcome.

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 L.)

While meditating on Sahasrara Chakra I can feel the energy flowing from Sahasrara Chakra down to Mooladhara and all chakras getting energized. I can feel the corresponding Chakra positions on the reverse side pulsing, giving a three dimensional feeling from Agna to Mooladhara Chakra. At first I concentrate on the technique and then drift to Yoga Nidra.

—KP Srinivasan

Ever since I began meditating, and practicing Shambala Principles and Light Channeling, I always experience a beautiful violet light which brings peace & contentment. I am swathed in this Light which gets more intense every day.

—Feroza

On my birthday I dreamt of being

at Taponagara at around midnight. There were lots of swings and to my surprise they were all moving but there was no one on them.

Due to some misunderstanding, one of my lecturers was angry with me and did not let go of any chance to make it known to me. I sent Light to him in the class. To my surprise he changed immediately and became very polite, and apologized for having harassed me.

—Archana Pillai R.

Once I prayed to the Bharat Mata and asked her why she was not punishing the people who are harming and shedding blood on her. She replied, "I am a mother, I will tolerate as much as I can. If I take action, good people will also be harmed. That is why I am not taking any action."

—Priyanka Mishra

FORM IV

(See Rule 8 of Press and regulations of Book Act)

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|---|--|---|
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I, S.B. Shyamala Devi, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-

Bangalore
Date: 25-3-2009

S.B. Shyamala Devi
Signature of Editor, Publisher & Printer

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