



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 10

SEPTEMBER 2009

Rs. 15

**REFLECTIONS**
**Guruji Krishnananda**

We build temples and allow the priests to reign there. We follow the rituals prescribed by them. We allow them to pray for us. We allow them to work as the middlemen, as our agents. We do not try to contact God directly. We do not even know that God is accessible directly, without the middlemen and the self-appointed agents. Somehow, we do not think about these seriously. Maybe, we are not serious about God, as much as about temples and priests.

I find similar attitude in our students towards the Rishis. They believe in their existence, undoubtedly, because they pray to them and get the benefits. But they do not try to contact them directly and rely on me to work as a middleman which I always desist. I have always encouraged the Meditators to develop direct contacts.

We accept gods and Rishis as our wish-fulfilling entities. But we do not even try to know that we are required to follow certain principles and instructions from the gods and Rishis. Because we do not have the contact, we are not aware of these instructions at this level. But, we are aware of them at the Astral level, where the Rishis communicate.

It would be shocking to know that sometimes, some people, do not follow the instructions from the Rishis. They argue, defy and continue to live in their own ways which are not conducive to Spiritual growth. When I bring this fact to their notice at this wakeful level, they argue with me, defy and continue in their own ways!

Those who do not listen to the Rishis go away from us. If they hold on, it is a matter of time before they suddenly vanish. I, personally, have no comments. People choose or un-choose because they are free to do so. My job is to guide, not to judge.

People, naturally, ask questions about the Swine Flu. There are no simple and direct answers. It is also not easy to digest the truth. This is a result of our collective Karmas. My Guru had predicted about such things in 1978. I advise my flock to channel more Light and build a shield of Light around. And, on the human plane, follow the medical advice.

Dealing with the problem at both the levels is important.

I wrote a book, "Beyond 2012", for publication on Maharshi Amara's Mahasamadhi day. Never did I struggle so hard to bring about a book, as I did this time. It is not easy to put across new Knowledge without thinking of disbelief etc. But the time is short and we have to say things that we have to say whether some believe or not. ■


**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.

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Re-

09.



Re-treat session conducted by Guruji on 15-8-2009.

**NEWS AND NOTES**

- ♦ The Temple of Light (Prakasha Brahma) at Antar-Vana was inaugurated on 25-8-2009.
- ♦ The Ra-Group had gathered in the Meditation Hall to take guidance from Guruji at Taponagara at 2PM, on 16-8-2009.
- ♦ Meditators from different Spiritual Paths had gathered at Saptarishi Dhyana Kendra at Anekal on July 25th.
- ♦ The subscribers for Newsletters have to furnish the Subscriber number while renewing their Newsletters.

**SUNDAY PRASADA  
was sponsored on**

- 05-7-09 by Kiranmayee & C.  
Swaminathan
- 12-7-09 by P.T. Narayan, Shantha  
Lakshmikanth &  
Brajabandhu Mishra
- 19-7-09 by Shantha Lakshmikanth,  
Sunanda S. Deshmukh &  
Amogh J.S.
- 26-7-09 by Saiprasad C., Venkatesh  
T. & M. Jyothi

**PROGRAM AT TAPONAGARA**

- |          |  |
|----------|--|
| Sundays  | Lectures from<br>11am to 12 Noon<br>Special Meditation from<br>12 Noon to 1 pm |
| Fridays  | Light Channeling from<br>10 am to 1 pm   |
| 13th Sep | Shambala group meeting<br>at 2 PM  |
| 20th Sep | Ra-group meeting at 2PM  |

**MEDITATION ON SPECIAL DAYS**

- |        |                                 |
|--------|---------------------------------|
| 03 Thu | Worship of Ananta<br>Padmanabha |
| 04 Fri | Pournima                        |
| 12 Sat | Krishna Ashtami                 |
| 17 Thu | Masa Shivaratri                 |
| 18 Fri | Mahalaya Amavasya               |
| 19 Sat | Navaratri begins                |
| 26 Sat | Durgashtami/Saraswathi Puja     |
| 27 Sun | Mahanavami/Ayudha Puja          |
| 28 Mon | Vijaya Dashami                  |

This month's Newsletter is sponsored by  
**Ms. Pragati Raaj**

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

**LOVE**

Vaishali Joshi

Love permeates every part of creation. The spark of Divine love is inherent in us, yet we think of it as a feeling for our near and dear ones. All love at the human level is an expression of the one great love that has created everything in this Universe, in varying grades.

We have to learn how to transcend human love and transmute it into Divine love. Feeling of Oneness with nature, other human beings and all else in this Creation helps us to make our love pure and unselfish. Meditation helps in this direction to overcome our attachments and limitations and to manifest Divine love.

The best example of Divine love is that of a Guru, which manifests at all levels. It is not only unconditional, non-judgmental and forgiving but also does not change under any circumstances. At the same time it is not blind, does not compromise but educates the erring disciple for his/her own benefit. The Divine love of a Guru guides a disciple to attain perfection and experience the ultimate, God. ■

#### INSTRUCTIONS FOR THOSE WHO MEDITATE LESS THAN 3 HOURS :

- ★ Practise Saptarshi Pranayama for 7 rounds before meditating.
- ★ Meditate following the Instructions of the Stage regularly.
- ★ Meditate more on Full moon and New Moon days.
- ★ Channel Blue Light for a minimum of 7 minutes daily, before going to sleep.
- ★ Practise Shambala Principles. Positivise.
- ★ Be aware of the Blue Light in your system and experience it whenever possible.
- ★ Try to increase the period of Meditation.

**FUNDAMENTALS**

Jayant Deshpande

In the school our teachers used to say, "Understand the fundamentals thoroughly, then studying will not be difficult." Many times, we are overawed by the volume of books we have to study and in our eagerness to somehow complete the syllabus, we ignore the fundamentals. It took me several years to understand that spending more time to understand the fundamentals thoroughly, helps in quicker understanding of the vast syllabus we may have.

Now I am realizing slowly that it is true in any field of life. It is true even in our Spiritual pursuit. If we thoroughly understand and practise certain basic principles, we can make very fast Spiritual progress. Soluntra says that it took her several years to understand the principle of "Accept and Love." Realization of this one principle alone can help us make such great Spiritual progress which study of volumes of scriptures will not be able to help.

Sometimes in our long Spiritual journey, we acquire a lot of knowledge but we forget the basics. The basics are the foundation and help us build our Sadhana. If the foundation is weak we are bound to collapse at some stage. For example, if humility is the principle, then having any amount of wealth, material or Spiritual will not bloat our ego. We will know that we are not the source of this wealth but the Source has graced this upon us and our heart will be filled with gratitude.

As we make progress slowly, we also realize that the basic principles or the fundamentals are in fact the highest principles. When we take birth, we are showered with love. Love is the first principle we are taught in the school of Life and it is the highest principle. ■

**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 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)

5-7-2009

Atrocities in the world occur because of our individual or collective Karmas. Rishis are aware of all the happenings but cannot prevent certain things. The point is that we have to change.

We are at the most crucial and important point in time. Experimentation and the processes in Creation continue to take place. After 28 Mahayugas the question: 'Why should there be pain in Creation?' has been taken up at the highest level of God, Saptarishis and Vishwamitra Maharshi. They want to introduce many new things in Creation. They have chosen our galaxy as the field for experimenting. Our earth is a very special earth. We are already experiencing the compression of time approximately from 24 hours to 13 hours. The debate is in progress, to reduce the freewill, to make some amendments in the laws of Karmas and introduce new laws, to make changes in the physical body and bring about some improvements. They want to reduce Kali Yuga at least by half. Impact of the blue energies of Prakasha Brahma, channeled for seven days is being studied by the Rishis. These energies help the physical bodies to become Light bodies, and for this the first point of preparation is to become pure and honest. These are the basic values. We cannot bypass them and there can't be any dilution at all. We have to be committed.

Hereafter we have to begin talking to God and the Rishis directly. Whenever you attempt to contact, you should not meditate but should sit with total emptiness, without any condition, surrendering everything and waiting for Him to fill you up. Then the contact happens. It requires lot

of practice.

A person remarked that he saw anger in my face in my photo! Another said that he saw me as a field of energy in which he entered and felt happy. The point is that, it all depends on the person who beholds. I am like a mirror.

When people introduce themselves to me they speak a lot about themselves. The question is, do you have the urge and the humility to take up Sadhana? That is the most important thing. You should approach a Guru with humility and follow him blindly. You will never be let down.

Guru Pournima falls on 7th, we'll also have the eclipse on that day from 2pm to 4pm. The series of three eclipses are great opportunities.

Mahabharata war took place in Kurukshetra. The war is happening now in every individual and in every house. This is the time to choose and conquer the dark forces within us.

12-7-2009

We have the freewill and also the conscience. The conscience always guides us and warns us whenever we are about to commit a mistake. We ignore it. We, the people under the Rishis are warned astrally. The sad and shocking part is that we don't listen to the Rishis.

A new group is being formed by Vishwamitra Maharshi, which will work for the entire Mahayuga. Each one must realize his or her role and responsibility. It is then that things happen. Anyone can join this group. One has to surrender and sacrifice his entire world. It is an opportunity given to us.

Now I will give you few points for contemplation.

**Rigidity:** Rigidity works against Spiritual progress. Sometimes we form our own principles which may be right or wrong. But we hold on to them. If we hold on to the wrong principles we cannot make progress. We have to surrender even the so-called principles to progress in Sadhana.

**Desire:** Desire is not lust. When Lord Buddha spoke about desire he meant that we shouldn't go after wrong desires. The whole Creation is a desire of Avyakta Brahma, the Unmanifested God. We have to have desires to transform, to achieve our goals.

**Prayers:** When we pray, we pray for Grace, for a concession. God is Perfect. God does not break any law. He postpones the problem which is permissible under the laws of Karma or He converts it. He knows what is best for us. He helps us.

**Faith:** A person requested me, 'You have to create faith in me.' Another asked, 'Help me to have faith in you!' Either a person has faith or he doesn't have it. It does not happen through logic or the intellect. It just happens. Faith has to come from within.

We have to align with the Core of the Universe or God who is perfect, and be aware of it all the time. We then become perfect, the best, as the Universe carries the best. It is then that we live in expandedness. That is the goal of Sadhana. Usually we align with ourselves and therefore have problems. We have to shift this alignment to something bigger or greater.

19-7-2009

We have more knowledge, more facilities now. But there is a lack of love, lack of commitment and

## GURUJI SPEAKS

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

devotion. Vishwamitra Maharshi is forming a new group. Anyone can join. To my personal disappointment, it has not happened. Meanwhile let us do our Sadhana well and shine as lamps individually, that's enough.

Contacting the Rishis is easy. When we enter into contact, we have to use the strength and wisdom gained by Meditations to pose a question, wait and listen. The first thought that we get will be the answer from the Rishi. The contact should be limited to Spiritual life. We have to take the risks to sort out the details of our everyday living.

Several people wrote to me saying that they forgot the Shambala session which we had last week, and asked me as to what they should do. When you forget it indicates that you do not give enough importance to it.

Sometimes people ask unreasonably simple questions, the answers to which are huge theories. E-mails are not meant for transmitting books! Sometimes people write too many mails in a day just because I respond to them promptly. You may ask me questions but also make some efforts to read the books and find the answers by yourself. There is a very important eclipse on 22nd. You may join the group Meditation here or meditate at home.

More than 50 people have given names for joining the group being formed by Vishwamitra Maharshi. These people will be given instructions after the eclipse.

Only those who have meditated for 3 hours for a month, minimum of 5 days a week are eligible to join the 'Ra-group'.

We have made some changes in the syllabus. Beginners begin with the Basic course for one month, at the end of which before they come for Initiation, they should be able to meditate for a minimum of 24 minutes. By the end of the next 'Chakra Activation Stage' they are expected to meditate for a minimum of 48 minutes. In 'Samadhi Level I' you should be able to meditate for 1 hr and 12 minutes. Then you enter 'Samadhi Level II' wherein at the end of this stage and during this stage you should be able to meditate for 2 hours and 24 minutes. Only when you are able to meditate for 3 hours you will enter the last stage or the Enlightenment stage, wherein you have to meditate for 3 hours.

26-7-2009

Practise of different techniques helps us only to wander. We have to reach a stage to realize that there is no technique but only alignment with God. But people don't accept and continue to wander. Sadhana is the constant remembering that we have to align and remain in alignment with God.

With every answer or communication from the Rishis, we get lot of energies. The answers reach the intellect. The energies reach the soul, bringing much more information than that which is passed on at the physical level, which the soul understands, assimilates and is very happy about.

If you can be aware of the Universe and align with It, lot of time can be saved. You will receive all the help to clear the hurdles in Sadhana, get over the problems of the ego and reach the goal. It is so easy and clearly possible.

I was very much touched when a

person, a beginner, wrote that he has put away the Rudrakshas and the gemstones. He says, 'Now my life runs on faith, not on fear.' This person has spent only a few months with us and is able to say that it is the Love of God that protects us.

In this Path we meditate and positivise. If we meditate and don't positivise the Sadhana remains incomplete. We fall. Whenever there is a fall we have to start from the beginning. We must accept it. At this point there is no place for humiliation.

I am here to guide, not to talk. You have to engage me in helping you in your actual growth. I am very serious. That is why I am not meeting people.

Rishis explain that whenever we have a strong thought and we constantly think of it, we will be strengthening the same thought, thus building a strong field of energy. This field of energy either in your home or room will be influencing you or anyone who comes near it. Therefore positivise every single thought, emotion and action.

Light protects us in every way and definitely protects us from spirits!

Those who do not listen to the Rishis are doing a great disservice to themselves. The Rishis do not punish us. But sometimes they may take some action which may appear harsh to us. But it is only to educate and help us.

On 31st Friday we worship Mahalakshmi. Her energies will be available to us for 10 days. You have to ask for Spiritual benefits. Then she will give you material benefits also. Make use of this opportunity and become richer in every way. ■

## EXTERNAL GUIDANCE

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

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

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Guruji himself.
- ◆ Sri Jayant Deshpande answers letters written in Marathi.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

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

## SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

## EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

When I read 'Reflections' in the Newsletter I went through a strange feeling which I can't express. I know that you never write to make us feel sad, but time and again have just stated the plain facts to wake us up.

After the knowledge of such amazing facts and Maharshi Vishwamitra himself giving the Call we are waiting, thinking, sorting the web,... I feel like hanging my head in shame. I have not felt so helpless in the recent past. After learning about the past life revelations, I understand the true meaning of bondage. We alone are responsible for this situation. In spite of all this, the Ultimate Masters give us endless opportunities. I see a ray of hope here.

—Gururaj Kanade

When I read the first part of the 'Reflections' in the Newsletter, I felt as though a lightening entered me. All sorts of mixed feelings started inside me. I do not know the qualifications to be a real monk. But I feel like saying that I am available for whatever you and the Rishis feel is right for me.

—Shantha Kumari

After taking up Meditations my efficiency has shot to the roof and I feel very calm. There is less anger and irritability. I no longer feel the need to do ritualistic worship. My Rudraksha Mala, amulet chain and gemstone ring went into cold storage after I figured that if I have total faith in God and the Rishis, nothing else is required. I now feel my life is running on faith rather than fear. Your books and talks are always a source of inspiration for me.

—Venu

I read your book '2012 - End or Beginning' with great interest. I have read other books about this topic but your book is the best.

Therefore I will pass this on to as many people as I can. But here in Hungary not everybody speaks English, so I would like to ask your permission to translate it into Hungarian language so that the information could reach more and more people.

—Katalin Popradi

After reading the book 'iGuruji Vol 2' I was overwhelmed with joy. It is another treasure trove of energies. Your answers are always apt and crystal clear leaving no scope for confusion.

When I introspect, I find that my purity level has risen and my capacity to love has widened. With your guidance I have learnt to rise above hurt, and forgive. With your Grace I am a happy person now.

The words 'Take care' in your reply assured me that you and the Rishis are there to take care of me. So I live a relaxed and peaceful life. A few minutes of meeting you, thoroughly charged my system with Ananda. For me, meeting you is worth more than all the worldly treasures.

—Purnima Parulekar

Though I am meditating in the Basic stage, I see a difference in the way I think, like seeing oneness and accepting my mistakes. Meditation is necessary in our daily routine as it helps us to be honest and reach the goal easily.

—Karthikeyan

You are very special to me because you teach me the science of God, Love and Life. I am blessed to have you as my Guru and Guide. I have started my journey to God holding your hand, and I know that you will never leave me before I reach my goal. I want you to know that I will never let you down.

—Archana Pillai



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How do we know that we got initiated?

A: During Initiation people usually experience the energies that they receive. Some cannot experience them. We do not experience these energies at the physical level because they are at a different frequency or level. You have to take my word. Sadhana has to begin with trust, with faith.

Q: Is channeling Light enough to ward off the effects of black magic?

A: It is more than enough. You think of Light. It is enough.

Q: How can we protect our family members from black magic?

A: Ask them to think of Light, also experience Light. Let them also channel Light daily, for a minimum of seven minutes. From your part, send Light to them.

Q: People living away from Taponagara miss a lot. Is there any way to make up?

A: We have to understand that physical proximity is not important. You have to visit Taponagara as often as you can. Those who are away can link up with Taponagara at any time or all the time. You can imagine that you are at Taponagara, that you are spending time with me and talking to me. A strong urge and will to visit the place are enough to bring you to Taponagara astrally. You will be able to see a lot of things and also meet people who are staying at the Astral level.

Q: Are there any instructions for those who cannot meditate for three hours?

A: We have to meditate for three hours for certain changes to

occur in us, for the bodies to become Light bodies. It is not easy. Take your time to reach the three hours period. Meanwhile you can practise any one of the Shambala Principles at other times when you are not meditating.

Q: Are there good and bad souls among the animals?

A: No. They are either tame or wild.

Q: In which Age of the past four Yugas hunting of animals began?

A: It began during the mid-Treta Yuga.

Q: Did the habit of eating animals begin with the animal sacrifice?

A: These two are not related. The search for food led to hunting and eating animals. Later animal sacrifice entered.

Q: Do humans incarnate as animals?

A: No. Only when a person is cursed, he takes the animal incarnation.

Q: Is there any Divine Will behind the animal sacrifice?

A: It is the human will, not the Divine Will behind animal sacrifice.

Q: When we live in Light bodies, do we have Karmas?

A: No. When we live in Light bodies we do not carry Karmas but we can attract Karmas.

Q: What is the purpose of living after 2012?

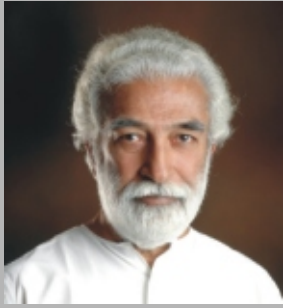
A: The same purpose as we had earlier. We live, we experience and some choose to serve.

Q: What should be our role after 2012?

A: Having been gifted with such rare knowledge and energies we have to help others and guide them.

## LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Beyond 2012	80/-
2012 - End or Beginning	100/-
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/-
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- Descent of Soul - Practising Shambala Principles	
- Astral Ventures of A Modern Rishi	
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ಅನಿಸಿಕೆಗಳು	120/-
2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
ಋಷಿಗಳಿಂದ ಬಂದ ಕೊಡುಗೆ (ಐದು ಪುಸ್ತಕಗಳು)	250/-
- ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ - ಧ್ಯಾನ ಯೋಗ	
- ಆತ್ಮದ ಅಪರೋಹಣ - ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	
- ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತಿಂದ್ರಿಯ ಸಾಹಸಗಳು	
ಗುರೂಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸ್ಮಯ ಗಣಪತಿ ಮುನಿಗಳು	100/-
ಅನೇಕಲಿನ್ ಅಪರೂಪದ ಪುಸ್ತಕಗಳು	120/-
ऋषींकडून मिळालेले ज्ञान (Marathi)	200/-
प्रकाशवाट (Marathi)	150/-
२०१२ - अंत की आरंभ? (Marathi)	100/-
आयुगुरुजी (Marathi)	100/-
ध्यान कसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
ತಿಯಾನಂನು ಸೇವ್ಯವು ಉಪಯುಕ್ತ	50/-
ಉನಿಯಿನ್ ವಾಯಿಲಕನ್	200/-
2012 ಮುಖ್ಯವಾ ಅಲಲತು ತೊಡಕೂ	100/-
ಉನಿಯಿಲ ವಾಢುಕತಕ	10/-
ಉನಿ	10/-
ತಿಯಾನ ಯೂಕೂ	50/-
ಆತ್ಮೂವಿನ್ ಅವರೂಕಣೂ	50/-
ನೂನಿ ಗಿಲಿ ಉನಿ ಉನಿ ಉನಿ ಸಾಕಸುಕು	50/-
ಸುಂಬಲೂ ನಿಯೂಕುನಿನ್ ಅುಪಿಯಾಸುಕು	50/-
ಧ್ಯಾನಂ ಸಿಯುಡಂ ಎಲ	50/-
ನಿಲಗುಲಿ ಜಿಯುಡಂ	10/-
ಸುಂತಿ	10/-
ಸುಂತಿ ದ್ಯೂರೂ	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)

On 31-7-09 I had a dream in which I saw the happenings at Taponagara on the day of 21-12-2012, when the Earth had stopped rotating. It was just after sunset, darkness had not set in. I saw the doors of Manasi field closing and people rushing to get in. Some could, while some couldn't. The world outside the Manasi field was in a chaotic state due to the occurrences of natural calamities and disasters. People were shocked and disturbed. Some people who could get into Taponagara were also in the same agitated state. The volunteers and Guruji were trying to help them to cope up with the situation. Only a few people understood and calmed down to sit for Meditation. Suddenly a cloud was seen in the sky in the shape of a lady, who requested me to bring each one to her, so that she could give them a 'drop of life' to sustain them to go through the difficult period. We obeyed her, but the non-Meditators were reluctant to do so. Some took the 'drop' and calmed down to sit for Meditation. Guruji was trying to comfort them. All of them took the 'drop' from the lady and I was the last to receive it. Food was served to them which relaxed them. I thought that the lady could be Manasi Devi. The Manasi field was safe and peaceful without the occurrence of unpleasant happenings. —Priyanka Mishra

Towards the end of Meditation on 9-7-09, I thanked the Sapta Rishis and the Astral beings that might have been there. When I specifically thought of and thanked Vishwamitra Maharshi, I felt a big surge of energy spreading all over my body for a couple of minutes and a sense of exhilaration, which lasted for the whole day. —Venu

I asked Light a question, "What should we do for transformation to happen fast?" Light replied, "Acceptance is the key, the moment you accept people or situations it will be easy to move ahead. Non-acceptance holds us back and hence hinders transformation". I thanked, bowed and offered my love and respects.

One day I tried to contact Vishwamitra Maharshi, saw a beautiful rainbow and told him, "If it is really you please make another rainbow besides this one." A few minutes later there were two beautiful rainbows! I bowed, offered my love, respects and gratitude.

—Vidya Arora

While meditating, I found myself in a very high plane from where I could see the whole Universe! I felt I was above the earth and the solar system. I could see many galaxies glowing brightly at different points in a dark Universe. I passed through the Sapta Rishis' cave and found myself in front of a beautiful white temple made of marble, surrounded by fountains and beautiful gardens. Later, I reached a similar white temple furnished with dark red curtains and carpets. It was decorated with fresh flowers. Inside the temple I saw a great bowl of brightest white Light. I paid my respects and sat in front of the Light and experienced the Light entering me. I felt I was moving upwards again and soon passed through a tunnel, coming out to see an Ocean of Light. There was Light everywhere, Light and nothing else! I lost myself in the Light.

—Govind Gopal Jaiswal