



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 5 Issue 4

MARCH 2010

Rs. 15

**REFLECTIONS**

**Guruji Krishnananda**

Someone told me that when a Light Master tried to interact with some gurus, he could not do so because they were seeped in the ancient knowledge and energies and had not updated themselves with the new knowledge and energies. He kept silent. My Guru kept silent on many occasions. Keeping silent has become a part of my interactions with many.

Old is gold. But we have to add lustre to it after some time.

There are no full stops with Knowledge. More we learn, more remains to be learnt. In these recent decades, a lot of new Knowledge about the new realities has been channelled by Light Workers. The scientists are yet to analyse and assimilate it. For now, they do not accept it, naturally. But the Spiritual leaders are unaware of it. They are content with the old. They are closed. Then, how can they guide this and the future generations to face the new realities.

The Light Master could not, naturally, communicate with them and remained silent.



There are several levels of communication even at the physical level. There are lower and higher levels. There are the levels of ignorance and stubbornness and there are the levels of awareness and visionaries. I remember a great political leader saying, "I took the dreams for the world to a leader and he spoke only for his country. I could not communicate".

I have urged my flock to interact with me at the highest levels of exploring the rainbows and chasing the dreams. We have to dare. We have to adventure. If we do not, we do not grow. I am aware that many do not understand me. But I wait. I wait for the wings to grow. I wait for the eyes opening and lights glowing.

Waiting patiently is a part of my job.



Lead by Sridhar and Manoj, more than fifty Meditators have made history. They went to many schools in many cities and made thousands of students channel Light. At the time of writing this (11th Feb 10) the number of students who channelled Light had crossed 35,000! I do not know how to thank these wonderful people.

Many young ones could see and experience the Light. Being innocent and pure, their channelling has added more Light to the world. This will definitely impact the world. ■



**MANASA FOUNDATION (R)**

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 562 149. INDIA.

Phone : (080) 2846 5280, 2271 5501, 93420 30250 (10 AM to 1 PM)

e-mail : [info@lightagemasters.com](mailto:info@lightagemasters.com) website : [www.lightagemasters.com](http://www.lightagemasters.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  
at Disney Kids Montessori School,  
6th Cross, Jyothi Nagara,  
Chandra 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/-  
Money Orders are not accepted.

**NEWSLETTER**

Gift a Subscription to a friend.  
Send us the name and address,  
along with the Subscription  
amount.



Photo taken after Sunset at Taponagara

**NEWS AND NOTES**

- More than 30,000 students from Karnataka, Tamil Nadu and Andhra Pradesh participated in "Light Channeling" program on 1-2-10 organised by the team lead by Sridhar and Manoj.
- A new website [www.lightagemasters.com](http://www.lightagemasters.com) was launched on 1-2-2010.
- A reading room for the residents of Taponagara was inaugurated by Guruji on 1-2-2010.
- More than 500 people participated in the Amara Jayanti celebrations at Taponagara on 7-2-2010.

**SUNDAY PRASADA  
was sponsored on**

- 03-1-10 by Apoorva Deshpande & Feroza Panday  
10-1-10 by Rakesh Mishra  
17-1-10 by K. H. Prabhudeva  
24-1-10 by Haresh Shetti  
31-1-10 by Pramila Mishra

**Live webcast of Guruji's Sunday lectures is available for students. Please contact Manasa office through email for details.**

DVDs of Guruji's Lectures during classes are available to members. Contact office for details.

**Informal Group Meeting with Guruji on Saturday, 20th March, 2010 from 11AM to 1PM. Those interested may register their names with the office.**

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

**MEDITATION ON SPECIAL DAYS**

08	Mon	Krishna Ashtami
14	Sun	Masa Shivaratri
15	Mon	Amavasya
16	Tue	Chandramana Ugadi
23	Tue	Shukla Ashtami
24	Wed	Sri Rama Navami
25	Thu	Shukla Dashami
30	Tue	Pournima / Hanuman Jayanti

**PROGRAM AT TAPONAGARA**

Sundays	Lectures from 11AM to 12 Noon Special Meditation from 12 Noon to 1PM
Fridays	Light Channeling from 10AM to 1PM
14th Sun	Shambala group meeting at 2PM
21st Sun	Ra group meeting at 2PM Light Channels group meeting at 2.30PM
24th Wed	Sri Ramanavami Special Meditation from 12 Noon to 1PM

**PROGRAM AT ANEKAL**

- Amara Jayanti was celebrated at our Anekal Centre on 1-2-2010. Students from other Centres in Bangalore city also participated in the function.
- On the occasion of Amara Jayanti volunteers of our Anekal Centre organised Light Channelling by 2000 students at different schools in Anekal.

## Light Channelling Sessions on 1st February 2010



**BBMP Junior College,  
Bangalore**



**Chaitanya High School,  
Bangalore**



**Govt. Model Primary School,  
Bangalore**



**RPEI College,  
Bangalore**



**South East Asia Educational  
Institution, Bangalore**



**CES,  
Bangalore**



**St. Mira's High School,  
Bangalore**



**MS Convent, RT Nagar,  
Bangalore**

## 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 Lectures)  
(Compiled by Shobha K Rao)

03-01-2010

This is a year of wonderful and new beginnings. It began with an eclipse. Eclipses always bring us new energies that initiate new Spiritual processes and strengthen the old processes; also help us in many other ways. We have to open up, receive them and allow the processes to get activated and strengthened. These energies have intelligence. Whenever we refuse to accept them and change, they create situations wherein we are forced to accept the change. Thus we go through certain learning experiences.

We have entered a layer of the Photon Belt. It brings lot of positive changes in us and in the world. Beginnings of changes are seen in the turmoil around. After the turmoil the old systems will collapse and new systems will emerge.

Let us be very clear that the world is not going to end. Follow an action plan spiritually but don't make drastic changes in your material life. I suggest an action plan as follows, that you may either adopt or modify:

1. Practise seven rounds of Saptarshi Pranayama daily, stage Meditation for a minimum period of one hour followed by channelling blue light for a minimum of seven minutes. Practise Shambala Principle One and always be calm.

2. Attend to all duties and responsibilities. All life is Spiritual.

3. We have to experience 'whole' life; otherwise we can't say we have made use of our coming down to this earth.

4. We have to understand the realities of this Universe, Creation and the purpose of coming here etc. We must be equipped with new knowledge about 2012, Photon Belt etc., and be aware of the happenings around us, in the whole world.

5. We must begin to operate our inner faculties like intuition and third-eye. To see with the third-eye practise three rounds of Saptarshi Pranayama, and try to see with the third-eye.

6. We have to establish direct contact with the Rishis and get reassured that they are protecting and guiding us in every small detail of life.

Use blue light in your practices. Do not worry about the details like the shade of blue light.

Whenever we have Akhanda Dhyana just link to this place, and join us from wherever you are.

Behind the words that come through me there are great energies from the Rishis. When you listen to me, watch the DVD or the webcast, you receive these energies.

10-01-2010

A person committed a mistake, suffered pain, recognized it, felt genuinely sorry for the mistake and meditated for long hours to get relief from pain. She got relief. 'Faith heals and sorry works'.

The specialty of the brand of the Rishis is that they never sell, commercialize or exploit it.

Anyone can prepare and open up to receive directly the new energies and knowledge from Prakasha Brahma Loka and Neela Brahma Loka. They are waiting to enter us.

The Spiritual world opens to you, when you apply in your living whatever you find as valid and true. Practise Shambala Principle One. Calmness leads to Stillness and we automatically get connected to the Divine. It changes our life. Being calm and advancing in that gives the experience of Samadhi.

Heaviness in the head during Meditation or after Meditation, or even when not meditating is because of more energies. At such times relax for 5 minutes. The shield of love and grace of God and Rishis always protects us.

Experiences do not measure our progress. The experiences at the level of the mind are not real experiences. The experiences of the soul are the genuine ones, like experiencing Samadhi, experiencing calmness and expansion.

In Meditations there will always be highs and lows. Don't worry. Accept both. Fluctuations occur in any area. The seasons change. Similarly the energy levels change.

We should be aware that we are guided by the Rishis at all levels, with knowledge, supportive techniques and new energies. It gives us confidence and makes us feel very secure.

The intuition becomes very active when we operate and exercise it. To open the third-eye, practise 5 to 7 rounds of Saptarshi Pranayama and imagine the third-eye between the eye-brows, and try to see through it. Only regular practise and perseverance will help.

The young ones are born with advanced Spirituality. The Rishis take care and help them to sail through 2012. The concern of parents is natural, human. Whenever you have to be human, don't try to be Divine!

Wonderment is the greatest gift to humanity. We have to wonder at the beauty of the moon every time we see it.

You may meditate in the Ra Meditation hall for three hours at a stretch. Whenever you feel the heaviness in the head, relax.

A simple truth 'Light is God' is difficult to understand. Please contemplate on it and try to explore. You will come across greater truths and understand things very clearly.

The least we can do for the upliftment of the world is channel Light. Spirituality is all about expansion and manifestation of love.

17-01-2010

Everything in Creation has an individual consciousness which responds. It has feelings, and emotion.

The principle of being calm is

## GURUJI SPEAKS

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

given to us by Vishwamitra Maharshi. Be calm. You get connected to him, and you will never get exploited.

All that I speak of is practicable and can be applied in life. You have chosen this Path. If by choosing to apply all that you learn here you lose something, it is worth losing. We take up Meditations to grow. It's a very simple truth.

During an eclipse two types of energies are released - physical and Spiritual.

Physical energies like radiation etc., which have to be dealt with by following the advice from scientists.

The very subtle Spiritual energies don't enter us unless we invite them. We meditate and allow them to enter us. They clear our Karmas and heal. They bring us enormous strength.

We don't have answers to questions about the earthquake in Haiti. We don't understand completely how the Universe works. Creation and destruction go side by side. We have to direct our prayers, our energies to any place of calamity or natural disaster.

I have stopped meeting people physically, but do not hesitate to write a mail or a letter and ask for any type of guidance.

The answers that we give to questions vary from individual to individual and from time to time, depending on the Spiritual level of the questioner. For the same question we answer in a slightly different way, because certain realities change, and people also grow. Once, while talking casually I said, 'Morals are man-made.' I never said, 'Morals are wrong'. Somehow some people did not understand it. I have to wait till people grow.

There must be seriousness in Sadhana and Meditation. Rishis extend to everyone all the benefits that the people who meditate here have. On any day only the real intent to meditate is enough.

Webcasting of Sunday classes is not merely simultaneously watching and listening. There is a kind of connectedness, which I can feel sitting here, without seeing the faces. I feel very happy about it. People have thanked the wonderful team who work for it.

People from the Light Channels group have gone to schools, made hundreds of students channel Light. It is to state that if we want to work we work, otherwise we shirk, dodge or fool.

24-01-2010

The Rishis have removed more than 50% of the vibrations that came from the pain and suffering of the earthquake hit population at Haiti. A revealing point is that each individual on this earth has to share and also deal with most of the remaining part of it. We deal with it by meditating more and channelling more light.

We have to awaken to many truths, many realities, and also awaken from many points of ignorance.

We have to awaken to the truth that there is only one God. God is Light. All gods are manifestations of the great God Parabrahma.

People have to awaken to the reality that the idols represent God, represent the deity. The God or Deity is energy that is stored underground, below the idol.

We have to awaken to the fact that we have to go beyond Pujas. As long as we perform Pujas we consciously remain distant and distinct from God, as duality persists.

We must know that 'Punyas' take us only to heaven, not to Mukti. We cannot appease God by putting money in hundis.

We must awaken to the reality that God is everywhere and not only in temples. All that is required is a connection from our pure heart.

We have to awaken to the reality that the Rishis exist. They are ever ready to help us.

We have to awaken to the reality that there is a system or a huge

machinery to monitor and administer our Karmas.

We have perhaps lived in all the earths where there is less light and more light. We have to awaken to these realities. All this will make us wise.

We have to awaken to the truth that Spirituality is just being good and honest, and it is a state of our living, very much internal and subjective. One need not meditate but one can be Spiritual. Meditation is the greatest gift given to mankind by the Rishis as it leads us to Godhood.

If you can grow faster and better in some other path you are welcome to go. Refer to your intuition. Rishis do not distinguish between paths as the source is One. They say, "Every way is our way."

Please follow the instructions given about Meditation. The colour of the light to be used will be clearly mentioned.

I strongly suggest, particularly to the beginners, to read our books. Make some effort to understand before you ask questions.

For genuine reasons if you cannot meditate, think of light, carry light, experience light. But when you meditate and carry light all your problems get solved. Stick on to Meditations.

External guidance students are requested to send their practice reports, questions, and their experiences separately, as each is being attended to by different people.

There is a suggestion by one of our students and a resident, that all of us channel light at 10PM.

Contemplate on this point: 'Every act of ours, every thought and every emotion impacts the world.' So let us be very responsible.

The brief moment of pause and peace before we respond to anyone or to a situation will make a world of difference. Sadhana is not merely knowing, understanding but applying in our living. ■

## 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.

## TAPONAGARA DIARY

Seema Almel Somayaji

January 2010 was a month of new beginnings. In the monthly residents' meet many new ideas came forth, right from streamlining the township's garbage disposal system to increasing the greenery around the residences. Guruji has always emphasised the importance of enriching one's knowledge base by reading books. This triggered an idea of starting a library for the residents.

The best part of the ideation was that the execution was almost immediate. Under the leadership of Sri Swaminathan, the residents gathered in the early hours of a morning and cleaned the entire area.

The Manasa library was actualised within a few days. Smt. Sunita Deshpande volunteered to work in the library during the weekdays. A room in the Utility Block's ground floor was readied in a few days' time and was inaugurated on February 1st.

Probably this is the sign of the New Age, the gap between the cause and effect is minimised. It could also be the effect of the eclipses which enable new beginnings. The month saw two eclipses within a fortnight of each other. Meditators gathered and channelled blue light to the entire earth. The Rishis stored eclipse energies in Taponagara, so that they can be used for humanity's welfare.

In preparation for the Light Channelling program on 1st February, the Administrative Office was buzzing with activity. For the first time ever, work of this intensity involving around sixty volunteers got initiated. Last year two volunteers Sri Vinay and Sri Kavindra, quit their careers and moved to Taponagara to join the Rishis' Work. This month, long-time volunteer - Sri Prashanth, did the same. This was truly a month of new beginnings. ■

## EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

Today (9-2-10) after the Light Channelling session in Malleshwaram one teacher was in tears. She said, 'I experienced God near me.'

—Manoj Chopra

I am a massage therapist and holistic practitioner. It is very important for me to keep my vibrations, and light high. I was happy to learn about Light Channelling. On 11-2-2010 I channeled light for half an hour. I was bathed in sunshine. It was a glorious feeling! I absorbed it all in, dispersing it wherever needed.

—Marlene Castelluccio

Everything in the newly developed website which you have lovingly dedicated to Amara is amazing. Your new photos, especially the one in standing pose in white background brought tears to my eyes. Lot of purity, light, Divine vibrations and blessings were felt throughout my exploration. I can feel the commitment and love behind this work. I am highly motivated by their silent work, to tread the path with renewed vigor and enthusiasm.

—Padmaja Balaji

I revere your books and I am touched and inspired by the work done by you. The first time I saw Amaraji's photo, I recognized it as the one which I had seen in one of my Meditation sessions as a vision. It had seven people, all in white robes, working very seriously; one of them was clearly your Divine self. They were involved in the work to assist planet earth with the support from other galaxies through selective energy channelling.

—Lalitha Subramanyam

There are times when I remind myself that God and my Guru watch me all the time and I am monitored. Hence I avoid doing something which is against their teachings or will make them feel bad. This faith has increased multifold and given me strength.

—Geeta Joshi

## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: Can someone's Karmas be taken upon by us? Can Karmas be transferred?**

**A:** Generally no. Karmas educate us and not punish us. There are laws that forbid us transfer of Karmas. If a person's Karmas are transferred or removed he will be deprived of the learning processes. It is possible in rare cases. The simplest thing would be to pray to Rishis.

**Q: Can the deformities acquired in this life be removed by Spiritual means?**

**A:** Deformities acquired due to Karmas can be removed by Meditations. But those acquired due to an accident have to be lived with. You have to develop love and faith for Meditations.

**Q: What is an Overself? Does everyone have an Overself?**

**A:** Overself is our own major part that we leave behind when we come down to take birth here. God is our Overself. We are a part of God. We can always draw knowledge, energies and strength from God, our Overself.

**Q: Can you tell us more about Master V's group?**

**A:** Master V has decided to disband his group. There is an option for people to opt out of it, because working with Master V requires lot of sacrifices. We have to keep aside all the personal ambitions, even ambition to achieve liberation, and surrender or sacrifice our personal life and work with him. We have to completely tune and align with him. It's not easy. We have understood quite a lot, but there is much more to be understood, realized and experienced. Master V is Light. He is described as Light. We have to become light and experience

light. Work is different. 'Work, work and work' will be the mantra. Then Master V picks up, he chooses. We may not announce either here in the class or to the world about his group. But by their work these individuals will shine.

**Q: In spite of several experiences why do I fall sick frequently?**

**A:** We should not relate experience and health. One can have a reason at the physical level to be sick. The sickness could be because of Karmas. We have to study these things individually. Experiences do not burn Karmas.

**Q: Is past life regression possible through hypnosis?**

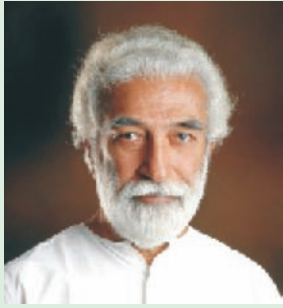
**A:** When we hypnotize a person his awareness is taken to the sub-conscious mind which has unfulfilled desires and fantasies. But the recordings of the past life are in the unconscious and not in the sub-conscious mind. Hypnosis will not take us to this level of the mind. Only by Meditations we can approach the deeper mind.

**Q: If a person meditates less on some days will this be considered when you are evaluating the progress?**

**A:** Whenever there is a check-up and you are shifted to a new stage, and whenever progress is evaluated, one of the parameters is the number of hours or the number of days you have meditated. Many other things are studied, watched, observed by the Rishis. They observe the degree of humility gained, tolerance and acceptance practised, and the love manifested. Being Spiritual is being always good, loving, accommodating, expanded and calm. ■

## LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Beyond 2012	80/-
2012 - End or Beginning	100/-
iGuruji - Vol 1	150/-
iGuruji - 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/-
Guruji Speaks Part - I	200/-
Guruji 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/-
2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
2012 ನಂತರ	100/-
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/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸ್ಮಯ ಗಣಪತಿ ಮುನಿಗಳು	100/-
ಅನೇಕಲಿನ್ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	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/-
२०१२ नंतर (Marathi)	80/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi) 150/-	
தியானம் செய்வது எப்படி	50/-
ಊನಿಯಿನ್ ವಾಯಿಲೆಗಳು	200/-
2012 முடிವா அல்லது தொடக்கமா	100/-
ಊನಿಯಿಲ್ ವಾழ್ಕುಕೆ	10/-
ಊನಿ	10/-
தியಾನ ಯೋಗ	50/-
ஆத்ಮாவின் அவரோಹಣ	50/-
நவீನ ரಿஷಿ ஒருவரின் குஷ்ட சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியಾசங்கள்	50/-
ಧ್ಯಾನಂ ವಿಯುಗಂ ೨೮	50/-
ಪೆಲಗುಲೆ ಜೀವನದಂ	10/-
ಽಂತಿ	10/-
ಽಂತಿಕಿ ದ್ವಾರಮುಲ	150/-



**GURUJI KRISHNANANDA (1939)**

### MANASA FOUNDATION (R)

established in 1988 by Gururji 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 Gururji 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 Gururji 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") Donations are eligible for 80-G Concession under Income Tax Act.

## SPIRITUAL EXPERIENCES

(Compiled by Shobha K. Rao)

On 25th Jan'10 I linked up to Ra Meditation Hall and meditated, and felt my body was full of blue light. I could see only blue light in place of my body. My body increased in size. I could see the entire Creation in me, including the manifested and unmanifested Gods. I experienced inside me thunder, millions of bomb explosions, snow-falls etc. I was feeling hot and cold at the same time. I was feeling light as my body was light, but experienced heaviness due to the energies. It lasted for some time. When I got up I was feeling heavy and was unable to walk properly. I couldn't take food and had to force myself to sleep.

—Priyanka Mishra

On 25th Jan'10 during the last 30 minutes of Meditation I had a vision. I saw that Priyanka was practising Saptarshi Pranayama. In the first round of Pranayama, I saw an orange

rose in her spine, below which there was lot of bright blue light. Both, the light and the orange flower rose along the spine from Mooladhara and reached Sahasrara. In the second and subsequent rounds of Pranayama only the orange rose was seen rising.

—Brajabandhu Mishra

On Amara Jayanti Day, at Anekal I saw clearly countless heads of bright golden yellow light, and a huge patch of light behind Gururji. I tried to put it off as my imagination, but the light stood out brighter as if to show me that everything was real!

—A sadhak

On 1st Feb., at Vagdevi Vilas School, as soon as I opened my eyes after the Light Channelling I saw blue light had filled the ground and the children. From that day onwards I can see Vishwamitra Maharshi in my system.

—Kavita Kanade

### FORM IV

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

1	Title of the Newspaper	DOORWAYS
2	Registration No.	KARENG/2005/16369
3	Place of Publication	Bangalore
4	Periodicity of its Publication	Monthly
5	Editor's, Publisher's & Printer's Name	S.B. Shyamala Devi
	Nationality	Indian
	Address	Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 562149
6	Printed at	M/s. Art Print, 719/A, West of Chord Road, 2nd stage, Rajajinagar, Bangalore - 560086
7	Owner's Name	Manasa Foundation ®

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

Bangalore  
Date: 25-2-2010

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

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, (Off Hennur-Bagalur Road) 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 (R), Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban-562 149.

Editor : S.B. Shyamala Devi