



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 8 Issue 1

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REFLECTIONS

Guruji Krishnananda

(Excerpts from previous Newsletters)

One day, I saw a butterfly hovering over a flower. In a moment it flew away.

Suddenly, the Universe opened its arms. New dimensions were beckoning. There were new lights and wings. And something in me expanded with higher Crescendos. In that fleeting moment, I danced, cried and flew with a thousand wings. I lived a thousand lives with a thousand dreams. I experienced Bliss in the thousand comforting arms of the Divine. I wanted to die at that moment finding fulfillment of my search of millions of lifetimes.

Words do not come easy to express my human feelings when I, sitting distantly beyond the clouds, look at my earth moving silently and my people ever busy in their tracks and traps. The Time has its agenda of destinies and swallows into its bosom all the struggles and dreams of the present, revealing slowly the unknown future. I know that the future has such exciting wonders as also terrifying experiences. I also know that the Time has brought many ships of opportunities. But my fellow beings are groping in the dark and miss the boats. Many, with torches are trying to help and guide. But people do not hold the hands of help and Love. They miss and drift.

Words do not come easy to express my feelings.

This is an astonishing incident. I must tell you.

This evening, I got a new pen. It is good. I began writing with the new pen. As I was writing I thought "let me write with this new pen regularly and use the old pen occasionally or when I go out." After some time, for no reason, I picked up the old pen to write. It did not write. I tried all ways to make it write. But, no, it did not write!

Then, suddenly, I had an idea. I sent Light and Love to the pen and spoke to it saying that I did not mean to neglect it and that I was sorry, if I had hurt it. Then I picked up the pen with extra care and began writing. And, it wrote!

I was moved beyond tears.

Everything in the Creation is alive and has feelings and sentiments! It is only we who are not sensitive to them. Being insensitive, we do not know how many times we have hurt how many consciousness-es!

When Amara visited another earth and, while walking, accidentally stepped on grass, the grass screamed with pain and all the trees around rebuked him for that. He used to narrate many such incidents. We did not learn anything from his experiences and remained insensitive.

In fact, we have not learnt much from him. If we had, we would not be carrying so much of non-love in us. ■



MANASA FOUNDATION (R)

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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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amount.



Residents along with Guruji celebrated Diwali by
bursting crackers at Taponagara

NEWS AND NOTES

- ◆ This year's last meeting of Shambala group and Ra group were held on 11th and 18th of November. People of these groups received initiations in the Astral presence of Guruji from the Masters from Shambala and Ra-Rishis respectively.
- ◆ Residents of Taponagara had gathered in the Lecture cum Meditation Hall and channelled Light for the entire period of eclipse on 14-11-2012 in Taponagara.
- ◆ Residents of Taponagara had gathered on 14-11-2012 for celebrating Diwali in the presence of Guruji by bursting crackers.

MEDITATION ON SPECIAL DAYS

06	Thu	Krishna Ashtami
11	Tue	Masa Shivaratri
13	Thu	New Moon Day
16	Sun	Shoonya Masa begins
20	Thu	Shukla Ashtami
22	Sat	Shukla Dashami
24	Mon	Christmas Eve
25	Tue	Christmas
28	Fri	Full Moon Day
30	Sun	Akhanda Dhyana

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

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Special Meditation and Light Channelling: 12Noon - 1PM
25th	Christmas Special Meditation: 12 Noon - 1PM
30th	Akhanda Dhyana (Group Meditation): 6AM - 6PM

30-12-2012
Akhanda Dhyana
in Taponagara from
6AM - 6PM

All are welcome.
To participate please register
your names

with the office on or before
25-12-2012 along with the timings.

Meditating more during Shoonya
Masa from 16-12-2012 to
15-1-2013 helps in several
unknown ways.

Guruji is listed as a Master on
Speaking Tree now. Please visit
www.speakingtree.in to read his
blog and watch his videos.

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

UPDATE ON LIGHT CHANNELLING WORK

- ◆ By now close to half a million children channel Light regularly in more than a thousand schools. A small group of volunteers could make this happen with their selfless and untiring efforts and immense support from school authorities, teachers and children.
- ◆ A new Regular Light Channelling Centre was opened in Cooks Town area in Bangalore when a temple in that area gave us permission to conduct regular Light Channelling sessions on every Friday. ■

LIGHT CHANNELLING EXPERIENCES

When I visited Kanyakumari on a Saturday, the sky was overcast and I learnt that people had not seen the Sun for a couple of days. On Sunday night the city experienced a heavy downpour. I was a bit shaken because I had fixed Light Channelling session the next day. I prayed to Rishis and Guruji.

Surprisingly, when I woke up I could see the clear sky. I thanked Rishis and Guruji in my heart and went to the school to conduct the session.

– Swaminathan C, Volunteer

The town I live in, is in the Rainforest Mountains of Rio de Janeiro. On 1-11-2011 we had the worst landslide disaster in the history of Brazil. Thousands died. The town is still fragile as many mountains do not yet have vegetation and are full of cracks.

Today (30-10-12), a huge thunder, lightning and rain storm began. I called upon my blessed new friend Manoj Deshpande and requested him to send Light this way. Immediately, my other new friends Aditya Varun, Hemant Sharma and Deepthy Raghavendra came online and were sending Love and Light to us.

After an hour, the wind dissipated the heavy clouds and the storm ceased. The Sun came out and the sky was blue again. I went outside and spoke to God and Rishis, and with tears in my eyes and a knot in my throat I bowed in Love and gratitude for the blessing my town and people received.

– Ms. Nancy Rogeria from N. Friburgo, Rio de Janeiro, Brazil, on facebook

TAPONAGARA DIARY

Seema Almel Somayaji

The season of festivals continued into October, and in Taponagara, the Spiritual essence behind these special days is always given more attention. During Navaratri, a special Meditation technique was practised. Many had beautiful Spiritual experiences during this period.

The Spiritual intent behind Ayudha Pooja is to energise all the important equipments of daily use like our vehicles, machinery, etc. In Taponagara every year a group energising session is conducted by Guruji. The evening before Ayudha Pooja Day, Residents were busy washing and preparing their cars and two wheelers for the next morning. The rustic tractor used for gardening sparkled as it was freshly painted. Two kids even brought in their tricycles for blessings. Tapovana parking area was packed with neatly arranged vehicles adorned with marigold garlands; after Guruji came, all those gathered closed their eyes and sent Divine Light to all the vehicles. Sweets were distributed and the daily wage labours were given gifts. Later other Office equipments and computers were also energised.

An impromptu group photo was also taken before everyone dispersed. Another beautiful moment in Taponagara was captured in our hearts forever. ■

LIGHT CHANNELS WORLD MOVEMENT

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

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

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

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

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

Spread this Message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

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

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

GURUJI SPEAKS

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

14-10-2012

Last Sunday I was not here. Jayant spoke on my behalf. I am told he spoke very well. I want every one of you to know that whether I speak or he speaks, or no one speaks, these two hours are a kind of Divine time. It is like having an appointment with the Rishis. Their presence is enough. Many people and also Astral visitors come here to meet the Rishis and take their advice and guidance. All the people who watch the webcast are connected. Even those who cannot watch the webcast can link up, meditate during these two hours and get the same benefit.

Sometimes people say 'I am bad.' Some say 'I commit lot of mistakes.' This awareness that you are committing a mistake is good. Using this awareness you have to stop committing the mistake, stop being bad if you think you are bad. You may commit mistakes, but that doesn't make you bad. But if you keep thinking that you are bad, a kind of negativity develops and covers you; then you really become bad. Never do this. You will be destroying yourself.

People write and ask for guidance and instructions for various issues related to December 2012. Such questions like: 'I have kept some money in the bank. What shall I do? Shall I withdraw and spend?' I have been consistently saying that you have to live a normal life. The world will not end. Let things happen. We will face them. Don't worry. We have enough wisdom and Spiritual strength to face anything. So let's wait. But you have to prepare spiritually. Be good. Be honest. Carry lot of Light always. We have to prepare on the Spiritual plane not on the material plane. We have written books, spoken quite a lot about it. I think

we have given almost all the knowledge about end of 2012. More knowledge is only more details. We have the techniques. We have energies and we have the Rishis. But we have to make use of all these things.

21-10-2012

There is a clear message from the Rishis which says: "By 14th of November choose from the level of the heart." I have been talking for a long time about choosing. Some have chosen. Some think they have chosen, but it is only from the surface. I am speaking of choosing from the level of the soul. The Rishis say, 'you choose, we clear your Karmas.' I think it is the greatest opportunity. They are trying to do everything possible to see that we sail through 2012. Turmoil, turbulence is already there. But there will be confusion. You have to deal with this confusion, conflicts between individuals, could be family members or anyone. You can consider it as a kind of test. We have to be careful. Never get panicky. We are in safe hands. Even if you lack something they will say 'don't worry, come.' But we have to choose and change. It is so simple, but sometimes it is so difficult when we allow the egos to play with us. Perhaps this is the greatest opportunity to tell the ego 'you help me but you don't decide for me.' Once we make our intention clear, the ego will help us. Even the bad Karmas help us.

There is also one more aspect of it. Once you choose, don't go back. Once these Karmas are cleared let us not add Karmas. Daily Meditations are enough to clear the day-to-day Karmas. Rishis say manifest Love and Peace all the time. Once the Karmas are cleared Lord Kalki will take over our lives. He will be guiding at the Astral level,

protecting at all the levels. He will tell us what we have to do. Following simple things that I have been explaining, is enough. When you sit alone and pray to Lord Kalki you will see that everything will be so clear. We have to follow all these things.

Life-force is a very special energy which comes from Maha Vishnu. This energy is everywhere in this Material Cosmos, on all earths. After the creation of this Material Cosmos, energies from different Divine Lokas were brought and kept here. Life-force is one such great energy. All of us carry it, but we don't know. When it tries to manifest itself somehow we ignore it, sometimes we even suppress it. We must be aware of this life-force. You must always be in a mood to sing, dance and live. It is only then that you will be experiencing what we are expected to experience - God in His diversity. The entire Universe will be with you to help, guide, encourage and inspire.

Pure Love with good intention solves most of the problems. But we have to attempt it. Instead, we hold on to our own positions and fight. Each person is different. There will be no conflict if we accept the other person as he or she is. We have to try it very seriously and sincerely. We have to accept everything as a gift from God. Normally we don't accept.

Liberation is a huge, long and continuous process. First, we have to get liberated from our wrong emotions, negative thoughts and our prejudices. It is not easy. This is possible when we try to live at a higher level. Liberation begins from within; we must allow it to continue. There is imperfection in this

GURUJI SPEAKS

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

horizontal life here. There are shortcomings in us and in others. Having known and experienced all these things we have to live in a higher level. It is only then we can get liberated from the lower emotions and thoughts. Once you reach a higher level, from there again you have to try to reach a still higher level. And then the liberation from this lower level happens. There are many levels. Imagine steps of a staircase. It is only when you keep your foot on the next step, you will be able to take this step above, otherwise you will be holding on to the lower step. Liberation is a very easy process. I have seen this happening in people sometimes, when they come close to me. When they realize that a situation cannot be got rid off, they accept it. People are changing. It is a kind of liberation from fears, insecurity etc. When you are with God, when you carry Light why should you feel scared of anything? Accept Light. Light is God. God is with you. You ultimately reach God, after liberating from one level to the other higher level. When you reach the Light you don't merge, but you are with Light, with God. Then you can say that, that is the final liberation, Mukti. Till that time it is a process of liberation. You must seriously try and get liberated. Then the state of your living will be so wonderful and beautiful. You can experience God all the time.

God is waiting all the time to speak to us. We haven't tried seriously to listen to Him. If you want to talk to God now He will talk to you, anytime, anywhere, about anything. He is everywhere, around us, in us. But first you must become silent, peaceful and try to be aware of Him and then send Love to Him. In the beginning either we speculate too much or we say 'no, I cannot

speak.' The mind tries to behave like God. But if you are careful you will be able to make out the message from your own mind and the message from God Himself. You have to be patient, loving and peaceful; you have to spend a lot of time. And it is possible, not difficult.

28-10-2012

Our books carry energies. Rishis bless the book when it is released. All the books that are printed and all the books that are going to be printed are blessed. DVDs, webcast also carry energies. Whenever you watch the webcast, it carries energies. You can experience them. Get connected to these energies and you will understand more about what is being said.

Every system has reached its saturation point. It has to collapse. Reformation is impossible. One most important factor is that we have to prepare to enter the New Age, as so many wonderful things are waiting to be given to us. Naturally everyone will not change. People don't want to change. Those who decide to change, will be given gifts like telepathy, teleporting, living on Prana, which is one of the greatest gifts to mankind. One way is to receive special techniques, practise them consistently; it takes decades to master them. The other thing is to surrender. Just tell the Presence, God, 'I want to change genuinely.' You will be given these wonderful gifts. There are plans as I know- plan A, plan B, plan C,.... plan Z, which will be applied. Since all of us are different, we have to have different approaches. Channel Light. Carry Light. Light should be the most important part in our life. Your Meditation technique involves experiencing Light. You can start experiencing Light from now itself.

I wait for the instructions from the Rishis.

A lady asked me, 'Sometimes I see specks of Light. What are they?' They are energies. They also indicate a special grace. Sometimes when people have some difficulties; they will not be able to meditate; they have to be helped. Help comes. It is not based on any logic. So whenever a grace like that comes you will see these specks of Light. Whenever there are messages from the Rishis you will see these specks of Light. When you see this Light, if possible close your eyes, try to listen, try to grasp the message. You won't hear a voice, but there will be a flash and you understand the message. Read it. Accept it. Don't try to analyse.

We are unable to experience Light in Meditation because we meditate mechanically most of the time. If we have love in the core we will experience Light immediately. We have to go to our core and find out whether we are really living a proper Spiritual life. If we have negativities and hatred piled up in the core, which we don't want to give up; we don't manifest Love, after spending so many years in the Path. How do you expect to experience the Light? I think individually we are different. We have our own reasons for not experiencing Light but I want you to find out by yourself. When you find out and if you want to deal with that, come to me. I am here always.

A person asked, 'I have some travel plans in December'12. Please advise if I can go ahead.' If possible change your plans of travel, if not, do not worry. Get connected, spiritualise, that's enough. We are protected. ■

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 2,000, for Kannada, Marathi and Hindi, it is Rs. 1000.

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.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

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 JAYANT DESHPANDE'S TALK ON 7-10-2012

(Compiled by Shobha K Rao)

Guruji says, the fact that we are sitting here, meditating regularly, or watching the webcast, attending check-ups regularly indicates our Spiritual progress. We can assess our progress by trying to find answers to these questions: How much of Love have I manifested in my living? Do I still carry anger in my heart? Am I honest with myself and others? Do I still get angry and then justify my anger?

In this Path we understand Spirituality clearly, as just being good and honest. It is such a simple and profound statement. When we are good we will be honest naturally, we will be loving, we will be compassionate. Spirituality is not about powers, capacities and not even about experiences. We may have no capacities or powers but we will have the power of God working through us. When a Spiritual person intends something, God's forces work to fulfill his intent. Naturally His intention will always be based on Love.

Accepting a person as our Guru and following him blindly really helps us. We have understood from Guruji that in Spirituality there is no end to growing, there is no end to expansion. We have seen Guruji dealing with people so beautifully; he never bargains with shopkeepers and the relationship is beyond commerce, beyond transactions. In turn, people also reciprocate in a similar way.

When we choose Light, we allow the energies to work on us and help us; changes in us will be automatic. But if we choose to nurture our hurts, if we choose to nurture the anger and hatred, it means we have not chosen Light; because in Light we forgive, in Light we go beyond hurts, we go beyond anger and

hatred. We have also heard from Guruji that if we choose to carry hatred or anger against anybody we become the channel for dark energies. We will be damaging ourselves and we will be spreading unhappiness, tension and stress all around us. And when we carry such things naturally we cannot carry Light.

Recently a layman said something about the Cauvery water issue that touched me. He said, 'why not share water? We are Indians and if we share and also pray to God sincerely, God will give us water.' People in Shambala follow such principles, make sacrifices; therefore God showers on them higher gifts.

We have lot of healing energies in Taponagara and also knowledge about them. We may not completely understand how the healing energies work, but we know that behind healing there is Love.

We are going through a period of very intense turbulence. I somehow feel that it is we who give strength to negativity. It will just go away when we decide not to keep it. We as souls are the masters of this system. We decide what stays in the system and what doesn't. And when we decide and choose Light, then the help comes from all quarters; even our Karmas help us.

All around I am observing intolerance towards the wrong things and injustice. If the darkness has to go, the people pursuing darkness have to either transform or they have to be pushed back. I feel destruction is inevitable; but I think it depends on us. At the individual level we have to take responsibility of a lot of things. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Do we receive special energies from thunder and lightning?

A: Yes. Every unusual occurrence in nature like earthquakes, Tsunamis, volcanic eruptions etc. will always bring energies. Even thunder and lightning bring several types of energies, gross to subtlest. These energies are absorbed by nature, seas, oceans, rivers, animals. Meditators receive the subtlest energies even if they are not meditating when there is thunder and lightning. These energies help in many ways, mainly in cleansing the system, energizing it.

Q: How important is the physical body in Meditation?

A: As important as mind and intellect. In fact silence begins with the physical body. So the physical body is very important.

Q: Can we meditate in our Astral bodies? Will the same technique hold good for it?

A: We can meditate in our Astral bodies. The same technique holds good.

Q: Will Karmas get cleared when we meditate in our Astral bodies?

A: When we meditate the Karmas get cleared. It doesn't matter whether you meditate in the Astral body or the physical body.

Q: Will the Rishis guide when we meditate in our Astral bodies?

A: Let things be very clear. They do help. Every time, anywhere they help.

Q: Are there any Karmas that would be cleared only when we meditate in the physical body?

A: No, there are no such Karmas.

Q: How can we overcome the lean period in Meditation?

A: Sometimes Meditations will be very good, sometimes they are not. There are some ways of overcoming it. One is not to worry about it. This lean or dull period is not of our making. It is in the nature. There will be highs and

lows. It is natural. You don't have to do anything. Just carry on with your normal practices. After some time you will reach the high again. This is one way of dealing with that. Second way is to make more efforts. Then Meditations will be good all the time. The third way is experience more Light during the times when you are not meditating. Many of us are not doing it. We channel Light and whenever we have some problem we think of the Light. You must carry the Light all the time. It is possible.

Q: How best sincerity in our Meditation helps?

A: Sincerity helps everywhere, not only in Meditation. If you are sincere in Meditation you make a faster Spiritual progress.

Q: My friend has a lot of problems but refuses to take up Meditation. How can I help him?

A: If you really want to help him, leave him alone. Each one has to go through their learning processes by themselves and whenever they choose to. So you cannot do anything. You can send Light but nothing more than that. There is also one Spiritual law, that you should not impose anything, even good things on others.

Q: Along with the great changes at the end of December '12, will there be changes in weather conditions?

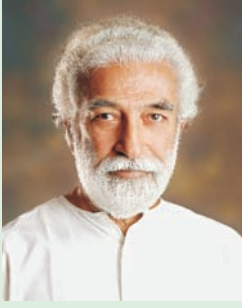
A: Of course. There will be changes I think, in every area that you think of or don't think of.

Q: Death is pre-determined. Is the death of those who may die during Pralaya also pre-determined?

A: Death of people during Pralaya depends on their Spiritual activities, Spiritual condition, Spiritual intent. An untimely death is possible. So it is not determined. ■

LIST OF OUR PUBLICATIONS

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GURUJI KRISHNANANDA (1939)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

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)

During and for a few hours after Meditation, I experience expansion, compassion, delight, calm, Love, glowing Light and Ananda; sometimes many of these qualities at the same time. Earlier, I used to feel one or the other, not many at the same time.

Three weeks ago, on a Saturday night, I attended an Astral class, the recollection of which was possible in the morning. I was told about Laws of Karma and the Guru. Later, in the Sunday class, Guruji told us about the same points!

- Nandita Vijayan

On a Full Moon night, after Meditation, as soon as I laid my head to rest, a hand just touched my hand. Something incredible passed onto me which took me into the ocean of Consciousness. I experienced it as a Divine matter, a powerful field. I was a witness here, in this totally different amazing realm. It is happening often, but definitely on Full Moon days, at late night. I know the touch and feel of this hand; it is the same one over and over again. Later, Guruji told me that it was the gentle touch of a Rishi!

- Vidya Vishwamitra

On 2nd October when I was meditating, my body steadied and mind stopped wandering. Not a single thought entered my mind; I saw bright light all around me. There was silence and peace, which was soothing to my heart. This is the first time I experienced this and I wish to experience it more.

- Harilal Dudhia

Sometimes in a dream there is a ball of multi-colored lights like stained glass, a dream where I was following Guruji. I was given the number 77 and

I was declared "free at all levels". There is less fear now and there is a feeling of expansion, deep healing. I am more in the 'Here and Now'.

- Marcia Stowe

During the Meditation in the Cosmic Tower on 25th October'12, suddenly I could see a bright white light flashing. Then, from top of the Cosmic Tower a jet of energies entered me through my head. Once the energies filled my system, I became light, physical matter of my body disappeared; I was weightless and was floating. I was made of nothing and I experienced Divine Bliss.

- Kiran Naik

A few days ago, I was searching for some important documents which I had misplaced. Suddenly I remembered Guruji's words of making use of Light. I experienced the ocean of Light for about a minute and I felt as if Guruji asked me, 'Where do you keep all your documents?' And an answer from within said, 'In my laptop bag.' I immediately got up and found the documents there. Now I realize that I had never really tried to communicate with God. I thank Guruji and all Rishis for such great and simple techniques.

- Ashutosh Bhatt

I can feel the Love and Light with me for most of the time that I meditate. I feel I am in Light and for some moments I can't feel my body, as I can feel only Light, though I know that I exist. It's a beautiful feeling...feel like it should have lasted for a longer time.

- Rama Devi

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