



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 7 Issue 4

MARCH 2012

Rs. 25

REFLECTIONS

Guruji Krishnananda

If I speak of New Age Spirituality, eye-brows may be raised, questions thrown and critical comments made. I am aware of this. I agree that there cannot be old age and new age spiritualities and that Spirituality is one for all times. But Spirituality, in practice, has been greatly distorted over centuries. It is no more the same that the ancient sages and old masters had taught. It is more religious with added rituals and practices sadly drawn away from the essential Spiritual core. It is a natural deterioration occurred over long periods. We have to realize this. The time has come to help people recognize the non-spiritual rituals and superstitious practices that were added over a period of time. This is not an easy task because deep sentiments and strong beliefs are very touchy to be touched upon. It would be easy if the religious heads remove the non-essentials and restore the religion to its Spiritual glory. But, I do not expect them to take this very bold risky revolutionary step. They continue their traditional occupation playing safe.

But the times are changing. There are new challenges, new energies and, this is important, new awakenings. There is also new knowledge, more knowledge. Sometimes, we strongly feel, that we require clearer and specific guidance in leading our lives spiritually. It is in this background that I have dared to use the words "New Age Spirituality". It is important to realize that we are entering shortly the New Age and we must know what is Spiritual because it is the practice of the Spiritual that takes us to the New Age. In understanding the purely Spiritual, I have an advantage. I learnt it from a great Rishi, Amara, who was a true New Age Master having access to greater Knowledge of the New Age directly, as he was constantly in touch with the Rishis in the higher planes, who monitor the happenings on this earth and guide people through their chosen channels to enter the New Age.

Spirituality, old or new, is a value system. It is being good, honest and peaceful. It is manifesting Love. It is manifesting Light. It is caring for everyone and everything. It is respecting all life, nature and everything because everything contains the Consciousness that we carry. Spirituality is living in freedom, respecting others' freedom. It is respecting the norms of the society that we live in. It is a self-discipline and respecting the disciplines of the society and nations. It is a constant search for truths and tuning to the Will of the Divine. There will be no conflicts here. No aggression. No divisions.

We need not believe in god as we do now. But we will understand God as the Intelligence behind this creation, life and death. New Age Spirituality removes all boundaries and brings oneness. ■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

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

e-mail : info@lightagemasters.com website : 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

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. 300/-
DD should be sent in favour of
'Manasa Light Age Foundation'
Money Orders are not accepted

NEWSLETTER

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



Guruji sharing a lighter moment with participants during the Informal Group Meeting on 11-2-2012

NEWS AND NOTES

- ◆ More than 500 people participated in Amara Jayanti celebrations held at Taponagara on 5-2-2012 and at Anekal on 1-2-2012.
- ◆ Four books were released on the occasion of Amara Jayanti celebrations at Taponagara on 5-2-2012 - "Master-Pupil Talks" in English by Guruji, Kannada translation of this book, "Guru-Shishyara Sambhashane" by Champa, "iGuruji (Vol. 6)" by Seema Almel and "Light Body and Other Realities" by Study Centre.
- ◆ Special Meditation was arranged at Taponagara on 20-2-2012 on the occasion of Maha Shivaratri.

Orientation Class for students will be arranged at Taponagara on 4-4-2012, Wednesday, at 11AM. External Guidance students can also participate through webcast. Interested students may register before 30-3-2012. Please contact office for details.

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

MEDITATION ON SPECIAL DAYS

01	Thu	Shukla Ashtami
03	Sat	Shukla Dashami
07	Wed	Kamadahana
15	Thu	Krishna Ashtami
20	Tue	Masa Shivaratri
22	Thu	New Moon Day
23	Fri	Ugadi
31	Sat	Shukla Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Special Meditation and Light Channelling: 12 Noon to 1PM
11th Sun	Shambala Group meeting at 2PM
18th Sun	Ra Group meeting at 2PM

Informal Group Meeting with Guruji on Second Saturday, 10-3-2012 from 11AM to 1PM. Those interested may register their names in the office.

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

- ◆ With overwhelming support from school authorities, more than six lakh children and teachers channelled Light on 1st February 2012, the World Channels Day.
- ◆ In the month of May this year we complete four years since we started Light Channels World Movement in May 2008. On 7th May, 2012 we will have a Light Channels Meet in Bangalore when many can join from all over the world from their respective places to link up and channel Light. Everybody is welcome to participate. ■

LIGHT CHANNELLING EXPERIENCES

Earlier I used to talk in abusive language with my friends and other school children. After I started doing Light channelling, this has reduced considerably.

- Harshal Chaudhari, Student, Gadge Maharaj Residential School, Mumbai

As I had committed to volunteer for a Light channelling session on 1st February, I requested my boss to permit me to reach office two hours late. He did not agree and instructed me strictly to come to work on time. I was highly disappointed and prayed to Light. In the night my boss called and gave me permission! I felt so happy and excited about the whole thing.

- Alakananda, Light Channels Volunteer

On February 1st we were channelling Light in a big hall in a school, which was full of sparrows. When we started channelling, the sparrows were making noise. I thought that the noise will disturb the students so I told them to ignore the noise and focus on channelling. The moment I said this all the sparrows became quiet and remained quiet throughout the session, which lasted for five minutes! After the session when the students opened their eyes and began talking, even the sparrows began tweeting!

- Santosh Kore, Light Channels Volunteer

TAPONAGARA DIARY

Seema Almel Somayaji

There is something stronger in the air. It is silent yet potent. It has been here all along but now it makes its Presence known. It can be seen in ways small and big in most of the residents and even in visiting students. Smiles are deeper, voices more rooted. It is the intensification of the New Age energies in Taponagara. Somewhere within, a threshold into the Light Age has been crossed. The strong energies in Taponagara are pushing people to choose very clearly. The first month of the much anticipated year brought clarity.

Shambala Class and RA Class were held. A new batch of Shambala Meditators was initiated. Preparation for February 1st - World Channels Day - went on in full force. Meetings were held, a dedicated team meticulously worked on the details. Here again without losing the intensity of their zeal the Light Channels volunteers seemed deeper in their bearing. The experience of the last two years has brought depth in their approach.

Simultaneously Study Centre members were glued to their laptops writing and finalizing the four books which were to be launched on Amara Jayanti. All preparations for Amara Jayanti celebration were set in motion. Arrangements for food, flower decorations, volunteer job allocation, etc. were finalized.

The interactions during the Residents Meet with Guruji have also deepened. In silence and strength Taponagara moved into the year of opportunities. ■

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 Gurujī's Sunday Lectures)
(Compiled by Shobha K Rao)

01-01-2012

Once we know the Light and experience the Light, we are then in Satya Yuga. It is a great experience.

The great Rishi from Shiva Loka said, 'First remove the fear of destruction, of 2012, and have hope. This will be a great year because with a little effort we achieve a lot.' Just choose, intend, that is enough. This year will have the key for the Light Age. It is up to us to operate it and create new destinies for ourselves and for the world. The year carries all the energies gathered so far and also special energies. It will consult the Rishis before it releases them. The energies help us to prioritize, bring clarity to the relations; not merely amongst us - it is relating to the Light, the Rishis, the Guru, Nature, Mother Earth and relating to the year itself. The year brings clarity to our goals. In this year we move closer to God, closer to Light.

The Day of Judgment is a period which has begun from 12 Noon of Christmas day. It is not a day when we will be judged and punished. We have done Sadhana in our own way. Lord Kalki will begin rewarding. It is also a period of better opportunities. If we choose, intend, Lord Kalki will help, give us a special push. It helps us to know, accept our shortcoming, say sorry and get over it. We will be communicated astrally, maybe later on directly.

We can have the contacts from higher beings when we don't have prejudices or don't carry negativities. People from the lower realms are also trying to contact. We can make out the contact from higher realms with our intuition. The contact should help us move towards God, should expand us. Anger against injustice is alright but anger against a person whom we don't like invites the dark energies and we fall. We

have to be alert.

You have to remove the negativity in you by yourself. Even God cannot do it. Master V and God help.

Experience the Universe through the Shambala principle number One; you will never get angry, your health improves, your attitude towards life changes, you will be a person with much more maturity. You will be able to take the right decision.

The New Year message from me is: Choose Love you choose me or, choose non-love you unchoose me.

The Rishis say that you have to choose to be either in Shambala group or Ra-group. The idea is to specialize here. They want to train us in many ways. They told us that when we initiate a person either here physically or astrally, we accept him into our fold.

08-01-2012

Distance vanishes when we enter the Ocean of Light; we can have access to any dimension. This helps contacting the higher beings, Rishis and angels. Think of the Ocean of Light. You are there. Imagine the Rishi or even a God in front of you. You can communicate, talk to him. It takes some practice and lot of help from the Rishis.

The entire program of the release of energies is in the bosom of the year. Enter the Ocean of Light; imagine the year as a God in any form you like, and you can talk to him, ask for these details. This helps us in preparing to enter the next Age. For the first time the New Year has released some energies of the next Age, which help us in awakening. If one is already awakened, there will be more awakenings; it is an endless process. Most of us think that we

have chosen. We must choose Love completely. These energies help us in making clear choices and not going back; they make us understand the problems and situations and revise our approaches.

Meditation is a process in which we enter into stillness; we should not talk or pray. In stillness we have to allow our Awareness to rise and expand. We should not do anything. We have to 'just be.' We can pray during other times, not during Meditation.

Since some years, an industry in Meditation, Yoga, Healing has grown up. They make money. An innocent lady joined a course, taking permission to pay the fees in installments. In between she was unable to attend the course. They told her: 'because you did not pay the fees in time you gathered Karmas and you could not attend classes'. The people who make money may perhaps attract Karmas not the innocent who are exploited!

A person told me that he is hasty and sometimes feels very diffident to talk with people. He asked for help. You can get over it by living in society, interacting with people, making conscious efforts; we will help you with energies. The world is our laboratory. People around us are our teachers.

Whenever we allow a negative emotion in us, it is a strain on the mind. You are advised to practise the Shambala principle number One or Two, to be always peaceful, happy and strain-free. We can then deal with any situation or problem.

The people who conduct the check-ups and all volunteers have to meditate. If you are not meditating regularly, regularize.

GURUJI SPEAKS

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

15-01-2012

When we experience the Ocean of Light it is as if we have gone back home, where we are completely at Peace. There is Bliss. We are in the core, there is so much of stillness here; we feel whole, secure and perfect. All other things of the world are distant, at the periphery. We have to be aware of it.

From today we are entering a phase of Time called Uttarayana. There will be a shift. This Uttarayana is very important. For six months we will have many opportunities to grow, perfect ourselves, which helps us to live the next part of the year - Dakshinayana, when we attend to the material part.

The Rishis from Shiva Loka say that this earth is unique, we are not aware of it. But now, we are being ruled at every power point by people who are dark. The Rishis observe that there is so much of Love on this planet; more people are turning to Spirituality. They say that the Knowledge and energy available is not being utilized, particularly by the people in this Saptarshis' Centre.

The Rishis have observed that we are good but complacent. We have to take this year seriously. They have released energies here and all over the world. They have stored energies for the whole world in Cosmic Tower, to be released gradually at the appropriate time. Whenever people are ready the knowledge and energies reach them.

They attended to the important work of preventing destruction at the end of the year. They have prepared a kind of plan to prevent diseases after 2012. Finally they say that they are very happy with us.

A marriage was proposed between two people, whose horoscopes did not match. They

asked me 'In spite of this can we go ahead?' My answer was 'Take up Meditation and then you can go ahead.'

Many registered their names for the calendar, but did not collect it. Spirituality begins in doing things rightly, following the small details of life properly. We don't become Spiritual just because we meditate.

School children who channel Light are able to understand Light. These are advanced souls. They are the hope.

22-01-2012

If you experience Light once, your life changes. Many experience Light for a brief moment. Allow this experience to linger on for some more time, for the whole life. Then you will not have even a trace of non-love.

I mention a few things about the information given by the Rishis who were here during the 'Shoonya Masa'. They say that there will be more confusion and chaos not only in the world, but even within us. If we meditate, experience Light the confusion just vanishes like the morning fog. There will be silent miracles. Accept them with gratitude as gifts from God. It is important to throw away non-love as early as possible to sail through even daily life and 2012 events.

I would like to train people individually, giving special techniques. Check the quality of your emotions and behaviour. If you think you are ready, come to me. Daily practice of Shambala principles is very important. We have uploaded the animation part of the first and second principles on our website. I want you to see it.

A person, who is good and conscientious, says, 'In spite of knowing that what I am doing is wrong, somehow I do it. I am unable to do the right thing. What should I do?' Just make a pure intent. Take a decision. Reject the first negative thought that comes to you, also everything that you find as wrong. Meditate, practise Shambala principles. Make effort and get over it.

A person would get up in the morning prepare the children to go to school, hurry, struggle to fulfill her commitments. For some time she observed that although she woke up late and there were only 10 minutes to prepare her children, when she reached the school there would still be ten more minutes!! In this case the time stretched. We don't have to seek. Things come to us when we deserve, or we don't know whether we deserve or not, out of love from God, from Rishis, from everywhere.

Rishis say if you experience stillness you can throw away non-love and negativity. Love, energies and of course grace from the Rishis help us. When people are aware of this why do they go elsewhere for help?

On Thursday, January 19th night, I was having many emotions and thoughts, that we have already entered 2012 and still struggling to throw away non-love, after years of Sadhana. At that time suddenly something happened. Suddenly I was full of life. I knew what I have to do; how I have to guide others. How the world will be helped by the higher powers. I thanked the Rishis. They told me that they had allowed my higher self to come down. I have lot of information and techniques. I am waiting eagerly for you to come to me. So prepare yourself. ■

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 Gururji 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 CORRESPONDENCE WITH GURUJI

(Compiled by Shobha K Rao)

In the past I enrolled for so many workshops, courses and even Spiritual trips, costing thousands of dollars; I began thinking that Spirituality was not cheap and that I had to spend so much to find God. I asked myself, 'How would people who are not financially well off find God?' Now I know that to reach God we don't require money. I am grateful and I know that finally I have found what I have searched for so long.

- Anne Chapman

Now I am always fully aware of the quality of my thoughts, emotions and actions and able to control extreme emotions. When I interact with anyone I am using the Awareness to train my mind towards the value systems as taught by you. I am able to challenge my thinking against the benchmarks that I would like to demonstrate to Rishis.

- Rakesh Mishra

As a result of meditating and receiving energies, I got healed quickly after the surgery. I did not have to take medication for pain, which was amazing. The problem with the health insurance company which refused to pay for my surgery was also resolved. I convey my deep gratitude to the Rishis and Light.

- Bharti Dudhia

It was my deep desire that a Light Channelling session should take place in my school; but getting permission from the school authorities was doubtful. Recently a Light Channelling session was conducted in our school, when all the children listened with full attention! Indeed for me it was a marvel of the day with so many revelations! The euphoria still continues to prevail.

- Deeksha Suresh

I fill myself with Light most of the day and find that I don't tire easily. I am in harmony with people and places as there are no conflicts. I am experiencing a rare tranquility and I am in no hurry, as things are falling in

place without much effort from my side. All my problems, be it in office or at home, have vanished miraculously.

- Rama Devi

Channelling Light and sharing the same with others is easier than before with people being more receptive. There is a rejuvenation of attitude where I find myself more calm, compassionate, tolerant and unmindful of the negative remarks from others.

- Jayanti Natarajan

I observe definitely a sustained transformation in myself. As is evident to me - through contemplation - the questions that arise from within that you answer so beautifully, as well as the increasing capacity to talk and interact with people from a level of fearlessness.

- Feroza Panday

Sometimes I wonder and love to know about my soul, simply because it is strong, focused, spontaneous, and totally dedicated to the Spiritual path and work. It will not let my body and mind mislead, it will never let me rest or give up! It is an everyday challenge, but with a soul like this, impossible is made possible.

- Vidya Vishwamitra

When I used to work in Microsoft, at the end of the training sessions, we would receive t-shirts, bags or other goodies. On the same lines, I wonder if the period of last two months was a training session for me by the Rishis. I have received so many gifts and learning in a rather short capsule of time!

- Sowmya Ajay

Life is so simple with you being around. Since you are approachable, I take the liberty of seeking your guidance time and again. I know you have a humongous task at hand, still like a small child who looks up to its father and mother for every step it takes, I look up to you.

- Jaspreet Kaur

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is establishing the Light Age the mandate of the Manasa family?

A: Our mandate is to work under the Rishis. Establishing Light Age is a huge responsibility. The Rishis do it.

Q: Why are our bodies not ready for the new energies?

A: It is not just the bodies it is the whole system. In each case it's a different reason. Generally it is the ego and our negativities which we are still carrying consciously or unconsciously, which do not allow the new energies to enter us. We have to empty them. We can do it with a little effort.

Q: Do we get energies when we have experiences?

A: Yes we do get energies. Spiritual experiences bring us a lot of energy. Even the psychic experiences bring us energies.

Q: Do we get energies when we pray to the Rishis?

A: It is enough if you think of the Rishis, you will get connected to them. Like water flowing from a higher level, naturally you receive Love, Light and Energies.

Q: Will the mutation from the physical to the Light body be an uneasy process?

A: If you are ready it is a very pleasant and very easy process.

Q: Are there different stages when this body mutates gradually into the Light body?

A: Yes there are stages. We are yet to understand clearly the whole process. But I feel these processes relate more to the mind. If we cleanse the mind, purify it, the body automatically becomes Light.

Q: Does carrying Light all the time help in mutation?

A: Yes. Carry Light always, the process gets hastened.

Q: Why are tests needed for people involved in Spiritual work?

A: To check egos. We should be having tests continuously as they remind us of God, keep us humble.

Q: If we know about our Karmas, will it not help us to avoid mistakes?

A: It is possible. It may happen. But experience reveals it doesn't happen that way. We repeat mistakes. So knowing about our Karmas may not help.

Q: Are the Masters known by the same name throughout the Universe?

A: No. It is not so. Only some Masters carry the same name throughout the Universe.

Q: How does the presence of the Astral beings in our classes help us?

A: They come here to meet the Rishis not to help us. But their presence makes a great difference as they carry great energies and also bring a lot of knowledge, which they may pass on. We may not know about it at this level but we will be aware of it at a different level.

Q: What makes us gravitate towards places like temples, this Kundalini Tower etc.? Is it the energies?

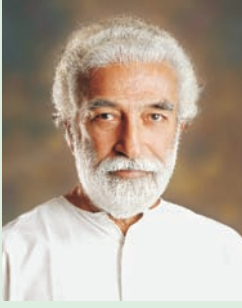
A: Yes. It is the energies. There is a kind of Spiritual magnetism in these places which attracts people who are ready. You don't have to go there physically. You can go there astrally or get connected and get the energies and the benefits.

Q: Is it the same with the individuals?

A: Yes it is true. We would rush to Amara. He had so much of Love, Energies and Knowledge, that we automatically went to him. It is not merely the gurus even some individuals carry such wonderful energies. Such attraction towards people is also because of past associations. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
2012 - End or Beginning	100/-
Preparing for 2012	100/-
Light Body & Other Realities	75/-
Master-Pupil Talks	60/-
iGurujii - Vol 1	150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 3	150/-
iGurujii - Vol 4	150/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis	250/-
Channelled Knowledge from the Rishis-Vol-2	150/-
Gurujii Speaks Part - I	200/-
Gurujii Speaks Part - II	200/-
Gurujii Speaks Vol - 3	150/-
Gurujii Speaks Vol - 4	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/-
ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರೂಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
ಹೊಸ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
2012 ಅಂತ್ಯ ಅಥವಾ ಆರಂಭ	100/-
2012ಕ್ಕೆ ಸಿದ್ಧತೆಗಳು	100/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಭಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	50/-
ಆಧುನಿಕ ಋಷಿಗಳ ಅಭಿಪ್ರಾಯ ಸಾಹಸಗಳು	50/-
ಗುರೂಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸಿಷ್ಟ ಗಣಪತಿ ಮುನಿಗಳು	100/-
ಅನೇಕರಿಗೂ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ऋषीकडून मिळालेले ज्ञान (Marathi)	200/-
प्रकाशवाट (Marathi)	150/-
२०१२ - अंत की आरंभ? (Marathi)	100/-
२०१२ - सालाची तयारी (Marathi)	100/-
आयुगुरूजी (Marathi)	100/-
ध्यान कैसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंभला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
ತಿಯಾನಾಂಮ್ ಸೆಸೆವತ್ತು ಂಪುಡು	50/-
ಂನಿಯಿನ್ ವಾಯಿಲೆಕನ್	200/-
2012 ಂಡುಲಾ ಅಲ್ಲೆಲತ್ತು ತೊಡುಕಮಾ	100/-
ತಿಯಾನಾ ಯೋಕಮ್	50/-
ಆ್ಯತಮಾವಿನ್ ಅವರೊಕಣಾಂ	50/-
ನವೀನ ಗಿಣ್ಣಿ ಂರುವಗಿನ್ ತ್ರುಣ್ಣುಂ ಸಾಕಸುಕನ್	50/-
ಸಂಪಲಾ ತಿಯಾನಾಂಕನಿನ್ ಅಂಪಿಯಾಸುಕನ್	50/-
ಧ್ಯಾನಂ ತಿಯಾನಾಂ ಎಲ್	50/-
ಂಂತಿಕಿ ಧ್ಯಾನಮುಲು	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.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APEAL

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)

I was walking along with Guruji somewhere. Suddenly Guruji asked me, "What do you see?" I said, "I am golden Light and everything else is golden Light." He asked again, "What about your body?" I said, "There is no body. Everything is Golden Light." I was a speck of golden Light and everything else had turned into golden Light- the sky, the trees, earth, Guruji as well as my body. But I distinctly remember that I had retained my identity as a speck of golden Light.

- Sunil Bisarahalli

The Meditations have taken me into deeper silence and peace. While visualizing the bluish white ball of Light, I find myself dissolving into it as a speck of blue particle and then there is no trace of me - just a blue ocean of silence.

- Jayanti Natarajan

I was chosen as a master trainer for the census work. But I had not

prepared for it due to pressure of work; the fear kept me awake till the middle of the night. I saw a bright Light flash twice near the door. It was a benediction which made me realize that I am not the 'doer' but it is Light which always works through us. With deep gratitude I thanked the Rishis.

- Swarnalatha

While reading the book "Master-Pupil Talks" I could clearly hear Amaraji's voice in his answers. Above me the Astral body was seen, linked to a globe of bright Light. Suddenly I felt as if my soul prayed to be with Light. The globe was getting brighter. Light started descending from it, to my Astral and physical forms. A pyramid was formed around me, filled with Light. Gradually all forms disappeared. There was only Light. I was aware of the whole experience and also the deep silence.

- Rakhee

FORM IV

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

1	DOORWAYS	Title of the Newspaper
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 - 560077
6	Printed at	M/s. Art Print, 719/A, Dr. Modi Main, W.O.C. Road Mahalakshmpuram, Bangalore - 86.
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.

Sd/-

Bangalore

S.B. Shyamala Devi

Date: 25-2-2012

Signature of Editor, Publisher & Printer

DOORWAYS An English Monthly Newspaper, Annual Subscription: Rs. 300/-

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-560 077 and Printed at M/s. Art Print, 719/A, West of Chord Road, Dr. Modi Hospital Main, Bangalore-560086. Phone : 23359992
Owner: Manasa Foundation (R), Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban-560 077.
Editor : S.B. Shyamala Devi