



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 12

NOVEMBER 2012

Rs. 25

**REFLECTIONS**

Guruji Krishnananda

Some people have asked me about the "Presence" that I have been talking about. It is very simple. I shall elaborate a bit. This whole Creation of galaxies, earths and life on all the earths manifested from an ocean of Consciousness. The whole Creation is in the ocean of Consciousness. Consciousness is invisible to us. But it is everywhere. We call this the Presence. This Consciousness has Intelligence, Energies and Knowledge about everything. We have to just become silent or meditate and expand our awareness by willing. Then we become aware of this Presence. One has to practise this a number of times.

We can talk to the Presence. Not through words. But through our thoughts, in the beginning. We can talk and listen to it. This is very important; listening. Practice, Patience and Love are essential. Then, we enter into the Communion. Anyone and everyone can do this. We have not tried this. Become aware of the Presence and communicate with it.

One of the great truths that I came to know in my life is that there are other planes of existence beyond ours. There are other earths. People like us live there. We can visit these earths astrally. My Guru visited many earths when he was here and gave us a lot of details of life there. I met great Rishis during my Astral travels and received a lot of knowledge from them. But, if someone asks for logical explanations for certain phenomena, I cannot do it. I am aware that there are realities beyond logic which we can perceive but cannot prove. If someone says I cannot accept what you speak of, I humbly say, like my Guru did, "fine. Do not accept." I believe we have to experience the truths directly to know what they are.

People continue to ask about Dec 2012. I have been consistently saying, continue to live your life normally, as if nothing is going to happen. But prepare spiritually to enter the New Age. Preparing spiritually is becoming good, honest and peaceful. The changes that may occur are, first, Spiritual. Then these may bring about changes in the physical world. Those who are Spiritual need not worry. There are people waiting to help. ■

**MANASA FOUNDATION (R)**

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

Phone : (080) 2846 5280, 99000 75280 (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

**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.

**Spread the Revolution By Light. Follow us on**

[www.facebook.com/Guruji.Krishnananda](http://www.facebook.com/Guruji.Krishnananda)  
[www.facebook.com/lightchannels](http://www.facebook.com/lightchannels)



[twitter.com/Light\\_Channel](https://twitter.com/Light_Channel)



[lightchannelsworldmovement.wordpress.com](http://lightchannelsworldmovement.wordpress.com)



[lightchannelsworldmovement.blogspot.in](http://lightchannelsworldmovement.blogspot.in)



[plus.google.com \(Guruji Krishnananda\)](https://plus.google.com/Guruji_Krishnananda)



[www.speakingtree.in/swami.krishnananda](http://www.speakingtree.in/swami.krishnananda)



[www.linkedin.com/in/lightchannels](http://www.linkedin.com/in/lightchannels)



[www.youtube.com/ManasaFoundation](http://www.youtube.com/ManasaFoundation)



[www.disclose.tv](http://www.disclose.tv)

**NEWS AND NOTES**

- ◆ On the occasion of Ayudha Puja on 23-10-2012, the residents of Taponagara had gathered with their vehicles in the parking area of Tapovana. Guruji specially energised all the vehicles. Residents also participated in energizing the vehicles.
- ◆ New batch of Shambala Group begins from January 2013. Those who want to join may register their names with Manasa office before 30-12-2012. External Guidance students can also join. The existing batches of students may register their names for renewal of their membership. Please do not pay the fees for this now. The fees may be paid in the month of January depending on the situation then.
- ◆ During the Eclipse timings on 14th and 28th November, 2012 our students can channel Light to the whole earth, in their own homes for the entire period or as much as they can.
- ◆ A new page "Revolution By Light" is set up now on Facebook. The URL is [www.facebook.com/lightchannels](http://www.facebook.com/lightchannels). You will find Guruji's videos, our blog posts, our tweets, photos etc. on the same page. You can use "Invite your friends" application on this page to share with your friends.

**MEDITATION ON SPECIAL DAYS**

07	Wed	Krishna Ashtami
13	Tue	New Moon Day Worship of Mahalakshmi
14	Wed	Deepavali Solar Eclipse: 1.07AM - 6.15AM
21	Wed	Shukla Ashtami
27	Tue	Shiva Deepa
28	Wed	Full Moon Day Lunar Eclipse: 5.44PM - 10.20PM Vishnu Deepa

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

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12 Noon Special Meditation and Light Channelling: 12Noon - 1PM
Sundays	Lectures: 11AM - 12 Noon Special Meditation and Light Channelling: 12 Noon - 1PM
2nd Sun	Shambala group meeting at 2PM
3rd Sun	Ra group meeting at 2PM

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

## UPDATE ON LIGHT CHANNELLING WORK

(Compiled by Jayant Deshpande)

- ♦ In the month of September our Volunteers covered 332 schools and conducted more than 400 Light Channelling sessions where 1.37 lakh children channelled Light.
- ♦ More than 2 million children have channelled Light at least once and close to half a million children channel Light almost daily in the Light Channelling sessions conducted regularly in about a thousand schools. ■

## LIGHT CHANNELLING EXPERIENCES

On 19th September, a Light Channelling session was to be conducted at Sirole, at 12 Noon. The Sun was very hot and there were very few clouds in the sky. I prayed to Light for help. The Principal requested us to complete the session in 5 minutes, as it was very hot outside. But when we were about to start the session, we were surprised to observe that the Sun had hidden himself behind the clouds! I thanked Light for the great help. We conducted the session for 20 minutes! The Principal thanked us and said that in the whole of last year no other morning school prayer was so peaceful. We were filled with joy and gratitude.

– Santosh Kore, Volunteer

Once when the class was being divided into sections, I prayed to Light not to separate me and my close friend Deeksha. And my wish was fulfilled! A cow in our house used to chase us. I prayed to Light and now it is not chasing us.

– Pallavi Shri, Std. VI, S. D. M. Higher Primary School, Ujire

The Light Channelling programme has made a big difference in our lives. We practise everyday for 5-7 minutes after the assembly. The students have gained more of positive energy. The teachers have reported that this technique helps them to get along with the day well. I myself find the flow of good feel and energy in me when I practise it. We are, and we will continue practising this Light Channelling technique, to spread Love and goodwill among us.

– Ms. Sridevi E., Asst. Headmistress,  
Raghavendra English School, Vidyananganagar, Bangalore

## TAPONAGARA DIARY

Seema Almel Somayaji

The spirit of Taponagara is love and freedom. With the increase in the community of Meditators settled here the spirit has only strengthened. A gentle wave of Oneness seems to encompass everyone; responsibility towards establishing the second Shambala is slowly increasing and choosing Light seems to have become the top priority.

Giving and sharing are intrinsic features of Taponagara's spirit; this shows in the many gifts it continues to offer. Besides the huge reservoirs of Divine and rare Spiritual energies available to any Meditator living anywhere by just linking-up, many facilities have been given to the villagers around. The Children's Park continues to be the most visited place; it is empty only in the night. This small patch of playground with swings, see-saw, climber, merry-go-round and even a tree-house, painted in vibrant hues, exudes life-force and brings out the child in everyone.

Jyoti Project, conducted every evening, by the dedicated efforts of Smt. Sharadamma, helps the village kids with their school studies; hygiene and general knowledge are taught while self-expression skills are nurtured through story-telling and painting. Computer tutorials are given for free; Shri. Vikas Karanth, a highly accomplished software engineer, spends his hard-earned Saturdays to make this happen. The spirit is getting stronger. ■

## 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)

02-9-2012

People who are connected to Taponagara, whether you meditate regularly or not is not important, but how much closer you are to the Rishis, how much Love you carry, how much Light you carry are the important parameters. I am using the word 'connected' carefully. Many of our students are not living here. They are elsewhere all over the world but they are connected to us. People who may live in the village and in Taponagara may not be connected.

All these people who are 'connected' to Taponagara, will be given a kind of push. This push is required in the coming days. We will be giving you lot of energies and you should be able to receive it and keep it in your system. The Rishis give a kind of push so that you get prepared to become qualified and also capable for holding these new energies. Then what are you supposed to do? You have to make conscious efforts to elevate yourself. We expect you to expand in every way. Expand in emoting, thinking and more than anything, in your behavior. You also have to rise, open up and also make conscious efforts.



When we take up any Spiritual path, we have to surrender. Unless we know it and consciously prepare ourselves, surrender is not possible, Samadhi is not possible. In Samadhi we surrender. Suddenly we realize that when we are aligned with the Divine, it is better we choose and follow what God tells us. Samadhi helps us to follow this. In months we can journey miles. This is the essence.



Healing is good but sometimes people take it as a whole occupation, as it gives such satisfaction. But, you receive a little of the Karmas

from the persons whom you heal; you have to clear them. Therefore, first you have to be a Meditator and then a healer. Healing does not bring transformation in the healer. If a person grows spiritually he need not practise healing. Mere association with him will remove diseases. Amara was not a healer. But whenever we went to him, we got many things solved; many diseases went into the background. The person who is getting healed should spiritualise. He should take up Meditations or some Spiritual practice. You should not heal a person who does not believe in it or one who is not ready. All our activity is not to just heal, but to rise above spiritually and to take as many as possible along with us. Healing gives the person relief. It helps him. You have to tell him that there are energies unseen and there is God. He need not believe in God. You must tell him to take up Meditation later. You will be taking away the opportunity of the individual to understand and grow spiritually when you just heal indiscriminately, or solve a problem.

09-9-2012

Behind my words there are energies from the Rishis and also their wisdom. When you carry the Truths that you have received and understood from the Rishis, you are not carrying just the rare, precious knowledge, but you will be also carrying the energies. You don't have to try to convince anyone about the Truths that you are aware of. The Truth has its own power. Understand the basics correctly. Read the 'Descent of Soul' again and again, you will directly have more revelations.



From the mails I receive everyday and from the people I meet occasionally, from my own

observation and monitoring not only our students but also the world, I notice the turbulence. Everyone has already been touched or is going to be touched by this turbulence. Turbulence is a 'Dharma Yuddha.' It's a kind of battle between our conscience and ourselves - to do the right thing and not do the wrong. The turbulence that occurs within us is more important than the turbulence outside. To deal with the turbulence outside there are people, there are Rishis who take care of these things. But what happens within us? The Rishis guide us, but we have to choose.

The second most important point about turbulence is that, in the beginning it will be a small issue. If we do not sort it out it becomes a monster, which we will not be able to manage or deal with, or even contain. That's why we have to look at the mirror of conscience occasionally, if not every day. As a part of this turbulence, this process of transition, there are also awakenings. People in all areas of life, from a student to a worker, somehow have begun to ask 'what am I doing here?' This is a crucial time. We have already chosen our tracks on the Spiritual or the material plane. Let us go along with this transition process and wait. We have to be careful. December is only a few months away. Let this pass.

Turbulence is a test. We under the Rishis have so much of knowledge, access to all types of energies and personal guidance, from me and the Rishis. Face it and pass it. Then you are ready to sail through 2012, to enter the New Age. You have to give up all types of old ways that come in the way of your Spiritual growth.



A healer can go on healing. It's a very noble work, but the personal growth is sidelined. It is difficult to tell them so, when they ask whether

## GURUJI SPEAKS

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

healing is their mission in life. It may upset them. One of the principles of Shambala says that you should not upset or try to correct anyone.

16-9-2012

I have been speaking about non-confrontation. At these times this is the best policy. Avoid confrontation as far as possible. It is just to conserve the energy and time so that we will focus on preparing for the December events. But if a situation demands that you have to confront and face the situation squarely you have to do it. Remember that for all laws, the Spiritual laws, if one part of the law says that we should not get angry, the other part says that whenever there is an injustice you have to get angry. You have to follow the law completely, not partly. Every Spiritual law has a counterpart. At these times of course you have to be careful. You have to use your intuition, use your wisdom to deal with the situation.

I was speaking about the importance of a human guide, a guru. We can relate to him easily. There will be a personal chemistry. He will understand the need of the student, as it varies from person to person. And because he knows us personally he will design a way, design a technique and he will also help us. Being in touch with a human guru is very important. It saves lot of time. People who live far away, write mails. I answer every mail, every letter. Don't think of the physical distance. Some of these people who are away are very close to me. In fact it's an irony and a joke that people who live very close by, they don't interact at a higher level. When people have a lot of opportunities to meet me, they will be speaking about themselves and

so many things and never about anything that is Spiritual. I want to assure everyone, particularly the students who take up external guidance, that we have the one-to-one relation.

A person had a severe headache and she wanted to heal another person who was having a lot of pain. This person drew the energies after praying to Santoshi Devi and passed them on to the other person. That person got relief. Then something else happened. The severe headache of the person who sent the healing energies also vanished! The Universe will be monitoring always through guides, intelligences and through the energies also. But we don't notice. If you expand your Awareness a bit, you will see that even around you so many things will be happening. We don't make efforts. We are happy in whatever we have achieved or we think we have achieved.

23-9-2012

I came across a very strange occurrence. A person was shocked when he realized that the dreams that his friend had were almost the same as he had. We are connected in Consciousness. So sometimes, we will not only be dreaming for ourselves, but also for others. We have to make note of all these things and some day we will have the whole picture.

A person told me 'I want to join you, your work.' Normally we welcome such people, but this is not the time to change the track. And meanwhile you can always grow spiritually. Meditate, understand more. Meditation is the beginning, the first step. There is much more that we have to achieve. Focus on that. Let us see after December.

This is a very important point, a kind of revelation. At a different level a huge battle is going on between the forces of Light and the forces of dark. When you allow the emotional highs and lows which are our weak points, to linger on for a long time, you will become a channel for dark and this lifetime will be gone, wasted. We have to be very careful about this. That's why we ask you to meditate and be with the Rishis. That's enough.

I see everyone going through turbulence. Turbulence forces all the dormant nature of ours to surface. We will go through lot of pain, suffering, confusion etc. sometimes, for no reason. Turbulence is to see these things surface - good and bad in us. This is one part of the process. The other part is, how do we deal with these things? There will be questions, dilemmas etc. If you follow the simple laws, if you follow the Shambala principles and meditate, this turbulence will not touch you, because you deal with life very properly. You will have that wisdom. Even if you don't have all the wisdom, you will have access to the wisdom of the Universe. That is the purpose of taking up Spiritual life - to be in touch with the Universe, God. The Universe provides us wisdom, energies, all types of help and guidance; everything. So after turbulence how do you deal with issues? This is very important. If you deal with these very properly we sail through not only 2012, but we always sail through life. We will not have any problems. We will be always smiling and will be at Peace. This turbulence is happening at the individual level and at bigger levels. We can see it at the national level also. ■

## 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 CORRESPONDENCE WITH GURUJI

(Compiled by Shobha K Rao)

Some time ago, my father was admitted to the hospital in an unconscious state. I experienced the presence of an invisible, loving hand that helped me in every detail. I felt my mother was educated at a different level, as she was calm and bold. The hospital was filled with goodness. I thank you and Rishis for being with me and my family.

–Suresh Kumar C

I feel Light Channelling is a fast-track route to understand humanity and experience Light. Whenever something disturbs or touches me very deeply, I cannot rest till I put it into words. The struggle is so great! Many hours, attempts and tears go into writing one page, the contents of which are nothing new to the world. But, I feel complete in the end. Thank you for bringing clarity, strength and detachment, drop by drop.

On 31st July after completing the Light Channelling sessions in a school, I opened the car backdoor to find a fresh yellow flower. We still wonder, how the flower offered to Shri Krishna's photo adorning the car found its way in the closed car! It was a day of great blessing because a brash, young girl confessed that she apologized to the persons whom she had hurt and that henceforth she would always be kind.

–Padmaja Balaji

I realize that so much of what happens and so much of what has happened in my life, has been my reaction to external factors that are out of my control. My life is shaped by the state of my inner self, and now I see the need to keep the inner self clean and clear. Sometimes I look inside and find clutter and dirt. I have found that bringing in Light purifies it.

–Linda Sawyer

Everything is falling in place beautifully at home and at work. Every time I make a mistake situations arise, wherein I come face

to face with the negativity in me and this awareness allows me to choose my course of action. It's like a course correction! I thank you for everything Guruji.

–Deepthy R

When I was away from New Zealand I struggled to meditate. But the Universe gave me everything I wanted, for which I am grateful. The Light was always with me and helped me. As a result, I appreciate and enjoy the Meditations now. The dark period is over. I thank you and the Rishis for all the help and for taking care of me. I am truly blessed.

–Anne Chapman

I feel happy as I have only positive thoughts. Desire to help others has become more ardent. I also feel contented. Desires for mundane things have further reduced. There are no distractions now. General feeling of well-being and serenity has enhanced. Temper is well under control. The element of fear of anything, including death, has disappeared

–Mathur V P

I am grateful for the iGuruji postings which are full of help and blessings. I was very touched by how you lovingly guide the sensitive soul to keep the focus on the journey of "positivisation" and not get sidetracked by a failure. What a relief that we can be happy and don't have to understand everything! Thank you Guruji and Rishis for such beautiful experiences with the Ocean of Light!

–Marcia Stowe

I am able to accept things better as I know that I am responsible for anything that happens to me. I know that if it is there in my reality, it is because there is something I need to heal. Instead of blaming someone else I introspect and see what in me has attracted this situation and what I need to change.

–Geethanjali Balakrishnan



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: To live in the New Age we have to have a new Manomaya Kosha or the mind. How do we get it?**

**A:** There are several ways. When we leave the body we will be taken to a place where the new minds for the New Age are available. The new mind will be given to us along with all that is in the old Manomaya Kosha, including the Karmas. This is also possible while we are alive here. We could be taken astrally to that place and the old mind replaced with the new mind.

**Q: How do we live in this world after we are enlightened?**

**A:** A person who is enlightened will not have any problem to live in this plane because enlightenment brings so much of Love. With this Love we accommodate the whole human plane with all its shortcomings and imperfections. We don't condemn and cut off from people. We live and love. And there will be always a kind of equanimity. We are settled with God, established in Love. It is then we become universal. A person who is enlightened is not just a citizen of this world but he is a citizen of this whole Creation.

**Q: How do we motivate ourselves to grow spiritually?**

**A:** If you have a strong intent to grow, that's enough. It will motivate. Shift your Awareness and experience the sky. It is not just looking at the sky, you must become the sky. It is possible. The sky has so much to give us. It will keep you motivated or inspired for lifetimes. If you want to motivate yourselves, internalize. Ask questions to yourself about your progress. If something is preventing you from expanding, try to

understand and locate, then rectify it and get over it. Read a book, even a good novel. Listen to music. It takes you to God. Spend some time with nature. Sit under a tree. Talk to the tree. Unless we make efforts we will never change. Other external factors may help, but they themselves are not enough to make journeys.

**Q: Does Meditation strengthen faith?**

**A:** One can take up Meditations without believing in Rishis, without believing in God. Don't believe in anything. Believe in yourself. You may not have faith at that time. It doesn't matter. But once you begin meditating then you will experience many things. Then faith comes naturally, not because somebody says, not because I tell you but because you have experienced. Meditation brings faith, strengthens it also.

**Q: How much does imagination help in Meditation?**

**A:** Imagination is very important to begin with. We imagine there are Rishis. We imagine there is Light in our system. Once you imagine that there is Light then the Light comes and occupies you. Continue imagining every day, Light becomes brighter and brighter. Imagination is important everywhere not only in Meditations.

**Q: Does aura work as a shield?**

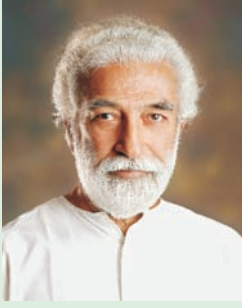
**A:** Aura is an extension of our mind. It indicates the state of our own mind. Aura may help us in other ways but it does not work as a shield.

**Q: If I can take decisions by myself do I need to go to a guru?**

**A:** You need not. We go to a guru to learn. ■

## 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, 3, 4 & 7	each 150/-
iGurujii - Vol 2	120/-
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/-
Channelled Knowledge from the Rishis-Vol 3	200/-
Gurujii Speaks Part - I & II	each 200/-
Gurujii Speaks Vol - 3	150/-
Gurujii Speaks Vol 4, 5 & 6	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences	150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis	100/-
Pyramid Revelations	75/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	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/-
ಶಂಬಲ ನಿಯಮಗಳ ಅಧ್ಯಾಸ	50/-
ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
ಗುರೂಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಸಿಷ್ಠ ಗಣಪತಿ ಮುನಿಗಳು	100/-
ಅನೇಕರಿಗೆ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ಬೆಳಕಿನ ಶರಣ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
ऋषीकडून मिळालेले ज्ञान (Marathi)	200/-
प्रकाशवाट (Marathi)	150/-
२०१२ - अंत की आरंभ? (Marathi)	100/-
२०१२ - सालाची तयारी (Marathi)	100/-
आयगुरुजी (Marathi)	100/-
ध्यान कसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्त्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
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/-
ಓನಿಯಿನ್ ವಾಯಿಲೆಗಳು	200/-
2012 முடிವಾ அல்லது தொடக்கமா	100/-
தியான யோಗ	50/-
ஆத்மாவின் அவரோಹಣ	50/-
நவீன ரಿஷಿ ஒருவரின் சூಕ್ಷ்ம சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-
ಧ್ಯಾನಂ ಚಿಯ್ಯುಡಂ ಎಲ್	50/-
ಕಾಂತಿಕೆ ದ್ವಾರಮುಲ	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)

On 3rd September'12, as I carried out the inspection of the aircraft, suddenly it started drizzling. It looked like there would be heavy rain, causing delay of flight, as we would have to stop the loading of cargo. We had planned to conduct a Light Channelling session in a school. I prayed to Rishis and God to help. The drizzling stopped, a strong wind blew away all the dark clouds and blue sky was visible above the Delhi airport. There were heavy showers for one hour after I reached home!

– **Gulshan kumar Singhal**

On 5th September'12, on my birthday, I tried to communicate with Guruji at the soul level. I asked Guruji for blessings. I saw Guruji's face with a smile. I also felt and saw a shower of Light. I asked Guruji some questions which he answered with a smile. Later, Guruji confirmed that it was a genuine soul to soul communication.

– **Vishakha Vaidya**

In the first week of September, I was very disturbed in my office. I became aware that it was some sort of turbulence which was trying to dislocate me. With the help of Light I calmed down a bit. In the afternoon, I was in a half-awake state, when I suddenly heard a crackling sound in my head and woke up. Since then, I have been more at peace with myself. Guruji later told me that it was a blessing, an experience.

– **Karthik N**

A few months back I was walking with my dog in the evening. There was loud chirping of birds. They were returning to their nests. I was looking out for them, when suddenly I got

connected to their chirping. Next, I saw only Light all around and I started expanding. I lost my Awareness. I don't know how long I stood there. After a few minutes, I felt that I had come back to my body. I felt that I was carrying something very powerful. I felt I was like a mountain of Light.

– **Rakhee Chopra**

After reading our book on Pyramids, I slept off for some time and then felt as if a swirl took me inside something which led to a Pyramid; I saw Guruji and Master V there. Also, the next morning, when I woke up, I seemed to have returned from a long journey somewhere.

– **Jaspreet Kaur**

Recently in sleep I saw myself meditating beside Guruji on the dais. I was in deep stillness and I was aware of everything. All of a sudden, a lady came, held me and took me gently down onto the floor. I became aware that a man was trying to touch my feet. With folded hands I told him 'I am nothing'. I saw a smile lingering on Guruji's face. After that experience I am feeling extremely calm.

– **Sangeeta Pati**

I feel the energies of Vishwamitra Maharshi, Amara Maharshi and Sapta Rishis stay very near to me all through my Meditation, as if I were always embraced by their warmth. The moment I try to open an invisible lid of my head, an abundant Light begins to flow into my system, so that I need not make any kind of artificial efforts at all. I need to just enjoy the abundance of Light itself.

– **Yasuji Yamguchi**

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