



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

was 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 5

APRIL 2013

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old newsletters)

Once I wrote –

“The Spiritual work that we have taken up is not new. We are not the only group working in this direction nor are we the first. We are only continuing the work initiated by the seers of the past and it cannot be completed by us in this or any one lifetime. Our effort is to keep the flame burning and pass it on to the next generations. These points are to be very clearly understood by anyone who is serious about this.”

“The work by any and all the groups is to be viewed as one and the same. Then the accomplishments, struggles and failures of any one group will be matters of pride and concern to all the other groups.”

“If all the groups can come together and work with a common program, results can only be spectacular.”

I feel like repeating it again and again because the time has come for ‘Unification’. We have to break all barriers of countries, languages, religions, colours, creeds, etc., and join together on the plane of Spirituality to build up a new world of Peace and Prosperity. The Meditators are the most peaceful, powerful and the perfect people. They can not only draw more Spiritual energy from the higher planes but they can also bring down more knowledge both of Spiritual science and Material science which can be applied for living a better life; happier and more peaceful.

These facts have to be first thoroughly understood by the Meditators themselves and they have to organise themselves for the colossal work of spreading Meditations and removing the compartments created by selfish man.

This is a strange land. This is the land of the Rishis and Tapas! This is the land of Spiritual Masters like Ramakrishna, Vivekananda, Aurobindo, Ramana and many others! The Spiritual that I am underlining is ignored. This land of yogis and gurus is passive to most important Spiritual work ahead. This has to be taken to the West for certification and then we sing all melodies.

But as I wrote earlier – east or west, wherever the work begins, it is ours; the humanity’s.

The sadhaks around me address me as ‘Guruji’ and sometimes as ‘Swamiji’. Any form of address is alright. But I want everyone to take me as a Spiritual guide who is intimate, nearer and ready to be of help in solving the Spiritual problems and moving ahead in Sadhana. ■


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 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.

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PRAKASHMARG(Marathi)**
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NEWSLETTER

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

REGULAR LIGHT CHANNELLING CENTRES IN BANGALORE

- ◆ Sri Siddhashrama, 17th cross, Malleshwaram - Everyday 7PM - 7.15PM
- ◆ Anjaneya Temple, Mahalakshmi Layout - Mondays 6.30 PM - 7PM
- ◆ No.62, II Cross, III Main Road, Near Alpine Apartments, Dena Bank Colony, Ganganagar - Tuesdays 7.31 AM - 8AM and 7.31 PM - 8PM
- ◆ Maruti Mandira, Vijaynagar - Wednesdays 6.30 PM - 7PM
- ◆ Munch Kins, No.890, 38th Cross, 20th Main, 4th 'T' Block, Jayanagar - Thursdays 6.30PM - 7.00PM
- ◆ No. 481, 7th Cross, 7th Main, III Phase, J. P. Nagar - Fridays 6.30PM - 7PM
- ◆ No. 312, Phase 4, Golden Park Apartment, K.C.D.C Main Road, Bommannahalli - Saturdays 11AM - 12 Noon
- ◆ Women's Peace League, 36, Shankar Mutt Road, Basavanagudi - Saturdays 6PM - 6.30PM
- ◆ Sri Ranga Kalakshetra, 13th Cross, 2nd Stage, Indiranagar - Saturdays 5.30PM - 6PM
- ◆ Balamuri Mahaganapathi, 8th cross, near Hoysala Circle, Kengeri Satellite Town - Saturdays 6.30PM - 7PM
- ◆ Shiksha Sagar Primary School, No. 77, 5th Main, Postal Colony, Sanjaynagar - Saturdays 6PM - 7PM
- ◆ Gurudwara Sahib, Opp. Anjaneya Temple, Ashwathnagar Main Road, Sanjaynagar - Saturdays 7.30PM - 8.30PM

MEDITATION ON SPECIAL DAYS

03	Wed	Krishna Ashtami
08	Mon	Masa Shivaratri
10	Wed	New Moon Day
11	Thu	Chandramana Ugadi
14	Sun	Souramana Ugadi
18	Thu	Shukla Ashtami
19	Fri	Sri Rama Navami
20	Sat	Shukla Dashami
25	Thu	Full Moon Day
		Lunar Eclipse: 11.33 PM - 3.41 AM of 26th

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM-12 Noon
Special Meditation and
Light Channelling:
12Noon - 1PM

Please visit www.speakingtree.in
to read Guruji's blog and watch his
videos.

**PROGRAM AT ANEKAL
15-4-2013 at 11AM**

Guruji's Holy Ashes will be
placed in the newly constructed
structure at our Saptarshi Dhyana
Kendra and the Structure will be
energized by channeling Light.
On the same occasion the fifth
anniversary of our Saptarshi
Dhyana Kendra will also be
celebrated.

We publish Light Channels
Newsletter which can be
accessed online on our website
www.lightchannels.com. It is
distributed to schools where
Light Channelling is conducted.

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

EXPERIENCES OF LIGHT CHANNELS

After starting Light Channelling practice, I see good changes in me. My anger is reduced and I have become more active. I had difficulties in reading English. Now I am able to overcome that. My memory and handwriting have also improved.

- Karthika S., Std. V., St. Joseph Xavier R. C. Primary School, Kulasekaran Pattinam, Tamilnadu

In one school, children were very noisy. But after the session, the Headmaster was surprised at the pin drop silence and agreed to regularize channelling of Light in his school. When I called him for confirmation of participation on February 1st, he told me to hear the reply from the students themselves and it was a deafening 'Yes'!

- Nirmala Bala, Volunteer

In a difficult school, the Headmaster did not respond well and gave us permission reluctantly to conduct Light Channelling once last year. I wanted to take permission for a channelling session on February 1st in this school. While waiting outside the Headmaster's office I remembered Guruji's words to experiment with Light. I started channelling Light to him and conveyed with it whatever I wanted to say. He came out after a while, just looked at me and asked when I wanted to come for Light Channelling. It was amazing how he remembered me after almost a year and immediately gave permission. Words were not needed at all....the Light spoke for me!

- Nithya James, Volunteer

When I started channelling the Light I saw that the whole world around me became Light. There was Peace all around. I could not see anything except Light. It was a good experience.

- Jaffer, Std. III, Govt. Urdu School, Hegde Nagar, Bangalore

TAPONAGARA DIARY

Seema Almel Somayaji

February is always a special month for Taponagara as the very first day is Maharshi Amara's birth anniversary and is celebrated as World Channels Day. Guruji's Spiritual Presence and constant guidance superseded his physical absence. All the preparations for the commemoration and the World Channels Day proceeded beautifully.

The Residents Meet continues, the format for the gathering is being refined. As Guruji transcended, it is as if he has become a part of each of the Meditator and has also become Taponagara. Residents Meet brings his Presence in sharp focus. Even though his wit and humour are missed, his Divine Presence can be felt.

In the February Residents Meet, Nedu Durai's teenage son Abhishek, who having won the State as well as Zonal level Taekwondo competitions, showcased his martial arts skill by breaking a tile in one kick. Mr. Deepak Gurjar's teenage daughter, who has been learning Hindustani Classical vocal music formally, sang a bhajan. Through her innocent voice the invocation to the Divine seemed to elevate the energy of the gathering. Other kids recited poems and jokes. It was a pleasant evening.

A Resident inaugurated her new house in Taponagara. Taponagarites gathered one evening to channel Light for the house warming ceremony. The camaraderie amongst everyone was evident as most Residents felt like the host and the host like a guest. ■

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.

THUS SPOKE GURUJI

Excerpts from Guruji's talks
(Compiled by Shobha K. Rao)

23-03-2003

A person told me that he wanted India to win the world cup, so he drew energies from Amara and passed them on to the team members. Of course, India won for the first time! The truth was that he did not receive energies from Amara. Masters from higher planes do not take sides in such matters. Amara stopped me from telling the person about it. He said that particularly in these times of Pralaya we should not upset the balance, upset a person.

Rishis have been telling us from a long time that we should not interfere with others' life. Our Spiritual progress gets disturbed. There is a difference between helping and interfering.

The Astral body receives energies from the Grahas when we repeat a Mantra that connects us to the planets. The Astral body receives energies from the higher planes only when we meditate; it absorbs energies released by the Chakras when we meditate.

People are content with whatever they have achieved, they resist transformation and they get stuck at a stage in Sadhana. Greater efforts are required to reach the higher stages.

My Guru said that in Satya Yuga Meditation is not necessary. But people practise the Shambala principles, particularly the principles of spreading Love, experiencing Oneness.

Amara told us that intense Pralaya started from 1987 and it continues for 49 years. The future periods will be very tough and trying.

When you meditate, do not think and do not do anything. Let us always remember that intellect takes us only to a certain point. Experience alone

brings us wisdom, faith and true knowledge directly.

We cannot be busy throughout life with the material world. We have to draw lines of contentment. Each one's lines are different. We must be conscious of this and shift our attention more towards Spirituality.

The Rishis know the past and the future. Instructions vary from individual to individual. When you follow the instructions of the Rishis to the last word, your life will be full of peace.

Make use of the opportunities that you have with your guru. Your guru represents God; he is a kind of a mediator, a kind of agent.

30-03-2003

When the baby comes out of the womb it gets the vital body or the Pranamaya Kosha; then a link is established between the two bodies i.e. the physical and the Astral.

The period between death and birth varies from individual to individual - from a few days to a few decades. After death, special guides take us to a place where we are allowed to take rest as long as we wish. Sometimes these souls also wait for their soul mates, who will be living on this earth for some time.

During Meditation the thoughts will be with us as long as we have the intellectual sheath. It is because our Awareness will be still at the level of thoughts only. We should not be worrying about it and ignore the thoughts. When our Awareness rises and goes beyond the level of thoughts, we will not be aware of the thoughts. We will reach periods where we will find no thoughts. Sadhana is not a few days of Meditation. It varies from individual

to individual; sometimes spreading over a lifetime. We have to pursue it.

Let us be aware of our negativities; because once we recognize them, we can throw them out. We can easily rise above them. When we do not respond to the negativities, it makes us Spiritual. This is the most challenging time; it is the fight between the good and not good; the fiercest fight. Dark energies create confusion; they take us away from peace and God. So we have to be careful, particularly during these times of Pralaya.

In April 1974, the New Age started. The transitory period from Dark Age to New age is 432 years. This is the most difficult phase when Pralaya occurs. It is a period of churning, when we have to give up the old ways of Dark Age, old ways of emoting, thinking, our attitudes and everything. It is a total change; and hence difficult. The Rishis give us so much of energies and opportunities, as it is not easy to come out of the influence of dark energies. We have to make use of them. This Ugadi is one more such opportunity.

06-04-2003

Pain in any part of the world touches us. We have to therefore meditate quite a lot. Any number of hours of Meditation is not enough, as we have to send the vibrations of Love and Peace to the world.

When we practise Saptarshi Pranayama, we will be taking in a very subtle Prana. It has many benefits; major benefit is that it clears certain severe Karmas of the past lives. The Rishis have introduced it for the first time on this earth.

When we meditate, we go beyond the intellect and perceive the truth directly and completely and it will be

THUS SPOKE GURUJI

Excerpts from Guruji's talks
(Compiled by Shobha K. Rao)

in our unconscious layer. Only long practice of Meditation helps us to bring this to the surface. Rishis go beyond the intellect, perceive the truth and bring down the knowledge from the Divine planes.

Amara said that we have to practise good because that is the shorter way. In practising good, we throw away the bad and ultimately we go beyond the good.

Every creature, every being that is created will attain Moksha. The dark people or souls take more time. They wait till the worlds are destroyed; or they will be shifted to a higher plane where the bad part is totally destroyed. Then they start ascending.

We try to read the significance of our dreams. It is natural. In the subconscious level, there is a kind of mixture of knowledge - from the books we have read, knowledge gathered by listening to people, our Astral experiences and unfulfilled desires also. When we have a dream, sometimes all these surface. They will be incoherent and confusing. Therefore, every dream cannot be explained. It is only by sharpening our intuition we will know the significance or truth.

When we continue to make consistent efforts in spite of failures, we definitely change our lives, and our destinies. This is the secret of Sadhana.

All of us have experienced that there is another person within us - our ego, which always takes us away from the path of Spirituality. Once we recognize this, it is easy to start ignoring it.

It is not easy to come to the Rishis. This is a path for those who have exhausted all their intellectual pursuits and who are willing to

surrender. Knowledge makes us humble and helps us to surrender before God.

Meditate and positivise your emotions and thoughts and you will see wonderful things start to happen. We become Divine. We can experience this.

Sometimes during Meditation, we may lean against the wall, but we should not change the direction.

27-04-2003

We have to get detached from the things at different levels, as these give us different types of experiences; but the real experience is beyond these levels. We meditate to go beyond the levels of the body, mind and intellect to the many higher layers of Consciousness. We can easily enter those layers and expand when we become pure. We meditate, to allow our Awareness to have this expanded experience. Going beyond is detaching ourselves from many things.

We are tested by the Rishis periodically, which may not happen during Meditation. It is to see how much of Love and Peace we are able to manifest. This is also a kind of preparation. The Divinity is infinite and vast. Our love should be so big that it should accommodate everyone and everything - the whole creation. Whenever we take up the Spiritual life, we have to change ourselves. If we fail once, or million times, there will always be another opportunity for us to grow and transform. But when we take up the work of the Rishis, if we are not ready in a time frame, they will say, 'you get ready' and somebody else will be given the opportunity.

When I am available in this physical form, you have to take more knowledge and new energies from

me. You can get your doubts cleared and all your questions answered. You can spiritually grow to unlimited extent. I am closer to the Rishis and I can take you along with me. You can come closer to the Rishis.

Sometimes, closeness brings a kind of casualness. You forget that I am always in link with the Rishis, you ignore my words, not follow the Rishis; you miss an opportunity.

If we have understood the Rishis, whenever we have a feeling of insecurity, we will not hesitate to go to God and Rishis and take help from them. In Him all problems come to an end. The purpose of Pralaya is to take all of us towards God, the value system and Satya Yuga.

What the individual chooses by himself will remain with him permanently. We are all here because of our choices. But again, we should not force ourselves to go out of this track.

I received a lot of suggestions on community living in Taponagara from a person who is not living in Taponagara!

I want to train someone or a group, so that whatever we do here will continue with the same zeal and never at any time fail. The training is to manifest Love, prepare and train the individual to come closer to the Rishis, have a kind of mild contact with them. We will learn to say 'I do not know' and be humble. Our interest and demand is that they should be here all the 24 hours, they should be thinking of the work of Rishis and living with the Rishis.

Let us be aware that there is no Hindu or Christian God. When we understand the truth, we will know that there are so many man-made compartments which keep us away from God. ■

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 Jayanth Deshpande.
- ◆ 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 TALK BY JAYANT DESHPANDE

(Compiled by Shobha K Rao)
February 2013

Guruji used to say that meeting Maharshi Amara was like entering a University. He was an ocean of knowledge and wisdom. In spite of having such amazing capacities at the human level he was a perfect human being.

Looking at our world now it is quite possible that we think the dream of the New Age is a distant reality. But Maharshi Amara and Guruji believed in this dream and they had seen the glorious future. And they lived it. They told us that we are the makers of the dream. We have to work for it. Our efforts will touch the people around us. They touch the Universe, like it happened on World Channels Day on 1st February '13. On that day the Universe poured its grace on us.

We have to begin manifesting the human part more. Maharshi Amara and Guruji lived like normal human beings but they manifested Divine love through their living. If they could do it even we can do it. Guruji used to say that it is the journey towards perfection which is more interesting than the destination. There is beauty in this journey, in the effort and in the struggle. The effort and sincerity to move towards perfection will be appreciated and rewarded.

It appears to me that Guruji absorbed our Karmas. Nagging problems which were there for a long time have got cleared. I have said this based on my experience and those of others. This is a period of intense Pralaya, a period of turbulence and surfacing of negative and also the positive. This is also a period of grace which we are experiencing.

The world may not change, but we can change. When we choose and begin to change, we get all help.

Many people expressed that the work is going on very well here and

they appreciated me. I must admit with all honesty and humility that Guruji has established all the systems so well. He has trained personally many teachers, volunteers, trustees who are working wonderfully. I happen to only stand here and talk.

I convey my gratitude to each one of you who contributed generously for the structure constructed at the place where Guruji was cremated.

Each one has a very beautiful part within, something very positive; which is our true nature. It could be the essential goodness that Guruji used to mention. It could be honesty, sincerity, purity, compassion and love, in different degrees. We also carry the not so positive part, a bit of negativity in varying degrees; like anger, jealousy and hatred, anything negative which is not our true nature. When we carry this negativity naturally we also manifest it. The purpose of Sadhana is to manifest our true nature every moment.

Guruji explained a point from Gita. Lord Krishna says, "Yogastha Kuru Karmani". It means "you have to do all the work in Yoga - living the whole life in Divine Consciousness."

Mahakundalini energy brought down by Guruji in 1996 is meant for all the people on this earth. These energies help people to purify themselves, clear their Karmas. They prepare people for a higher life, to experience higher things, to grasp higher knowledge. Later, Guruji brought down several types of energies, like, Ra energies - the most powerful energy. Guruji has said people on this earth need not know about these things; but these energies are available to them. This is how the Masters work. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: We are aware that in 2018 the actual New Age begins. Do we have six years to transform?

A: We have to ask the question ‘why have we taken up Meditation? What’s the goal?’ Most of us take it up to get rid of some problems; nothing wrong in that. But what is the ultimate goal? It is Transformation. We have to change now. There could be more changes, great changes but we don’t know. The New Age began in 1974, but we don’t know when the New Age will get established completely.

Q: We have come down to this earth to experience. When we understand and experience the realities here on this earth we gain wisdom. Does this wisdom prevent us to experience more and add to Karmas?

A: Yes of course. This wisdom always monitors and guides us. As we are doing Sadhana under the Rishis, they also warn us, guide us. But, the reality is that we ignore their advice and do things that we should not do.

Q: Is it true to say that the soul expresses itself through the mind and intellect?

A: Of course it does. The soul expresses itself through the body, mind and intellect, through our emotions, thoughts and actual behavior.

Q: When does God speak to us?

A: God is waiting all the time to speak to us. We haven’t tried to listen to Him seriously. If we want to talk to God now He will talk to us, anytime, anywhere, about anything. He is everywhere, around us, in us. But first we 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’. But if we are

careful, we will make out whether the message is from our mind or from God Himself. We have to be patient, loving, we have to spend a lot of time, be peaceful. It is possible. It is not at all difficult.

Q: Are Prana and life-force different?

A: They are different. Prana comes from the Sun. The life-force comes from Maha Vishnu. It’s available everywhere. Life-force is available in the entire Material Cosmos. Prana is available in the Solar system and it comes from the Sun.

Q: How can we create our destinies?

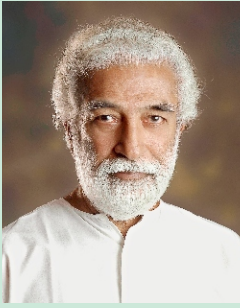
A: The Karmas of the past, the karmic track is your destiny. If you want to change this track and create a new destiny for yourself, you have to clear the Karmas by meditating. Then, have a strong intention for what you want to achieve or reach, consciously energize it. It is like establishing a thought or a goal and consistently adding Light or energy to it to strengthen it every day. That is how we create our destinies, any destiny at any level - material, Spiritual. But effort and sincerity are required.

Q: Can pure love with good intention solve problems?

A: It does. You have to attempt it. Most of the problems can be cleared like this. But, we hold on to our own positions and fight. If we accept the other person as he or she is there will be no conflict. This is one part of it. We must learn to live with people who are different, who are imperfect. In extreme cases a different type of dealing is required. If we can accept everything as a gift from God there will be absolutely no problem. ■

LIST OF OUR PUBLICATIONS

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Higher Communication & Other Realities	100/-
Light Body & Other Realities	75/-
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iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
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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/-
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ಬೆಳಕು	10/-
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सूक्ष्मजगातील पराक्रम (Marathi)	50/-
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गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
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தியானம் செய்வது எப்படி	50/-
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சம்பலா நியமங்களின் அப்பியாயங்கள்	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಕಾಂತಿಕಿ ದ್ವಾರಮುಲ	150/-



GURUJI KRISHNANANDA (1939 - 2012)

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)

When Guruji passed away I thought that I may not be able to meditate. But I was happy when I heard Guruji's message given before his demise, to follow the Rishis; that he will be guiding every one individually. I can feel his presence while doing my daily work and while meditating. I feel so confident now; I can manage anything and also take decisions immediately. All this is happening because I believe in Light.

– Anila K

Once in my Meditation I felt so much peace, as if I had merged with Light. After Meditation on that day, it was as if I was racing to merge with Light. Since then Meditations are better.

– Yoga Narasimha

I had severe pain in my neck and shoulders because of tension and high anxiety levels. I was also taking physiotherapy sessions; but now the pain has almost gone. After I started meditating I feel less tensed; I am very much at peace now.

– Anu Sehgal

Post 21st December 2012, the sky definitely seems more beautiful and much more interactive. The nature, birds – everything seems to have changed. Life has definitely changed since then. It seems like Guruji is looking after us with more care and ready to lift us up at all times. My heart is filled with gratitude...

– Jaspreet Kaur

On the morning of November 23, I saw Guruji for the first time in my room, and there was an instant message to watch old DVDs and to read the books I hadn't yet read. I felt the message go directly into my system. Later, I learnt that Guruji had left his physical body that day. I sat for a while taking in the news, feeling grief

but at the same time wonderment about Guruji's visit. It was like a wake-up call to 'Choose Light, carry Light and be Light; do it all the time.'

– Linda Sawyer

On 16th December 2012, around 10.35AM, a fight began between a dog of a villager and our Taponagara dog Blacky, on the road in front of the Mediation hall at Taponagara. They started barking loudly, baring their teeth ferociously. Suddenly I saw a wonderful soul, a Meditator, sending a ray of Light which reached these dogs in the form of balls of Light. The dogs became quiet within a few seconds and dispersed in different directions. Light really helps and works!

– Pratap

On 21st January'13, I had to undergo a minor surgery. When the anaesthesia was administered, I felt I was travelling at a great speed in a golden tunnel. Later, I saw a huge face of a Rishi, the word 'Sapta' was echoing all around. I started chanting 'Om Saptarishiyai Namaha'. The seven sages were visible in the golden Light. I started spreading Light. As I gradually returned to the conscious state I could hear voices around me. I was delighted and grateful to Guruji and the Rishis.

– Sujatha

One night as soon as I went into Meditation I felt myself floating and saw myself as a Light body shining very bright. I felt a deep connectedness with everything. Even though my eyes were shut, it felt like everything was shining brightly with the most beautiful whitish blue Light. An extreme sense of fullness, joy and peace came over me and I felt very calm. I experienced similar things later, but though they were bright in their own ways, somehow this experience shone past the rest.

– Samantha Sizeland

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