



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 9

AUGUST 2013

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old newsletters)

We had good rains. They were expected, despite forecasts of doom. The world did not end, despite prophecies and predictions. Such events should force us to contemplate about the higher Intelligence and Its Love and Wisdom.

But after the rains, we forget and focus more on the scientific factors. God is then the ignorant's imagination.

And when rains fail again, we pray! We are humans despite science.

We have to be extra careful when we get benefits – Spiritual or Material. People sometimes exclaim: “All my prayers are answered. I am scared!”

Benefits should not dilute our Sadhana; should not shift our focus. When we are given benefits, we are also tested. Amara had narrated us a story. A Master would easily give powers to the new Sadhaks. Many would feel elated and go away to enjoy the powers. Once in a way, a Sadhak would stay back saying “I do not want these powers. I surrender them to you”. Then the Master would teach them how to experience Samadhi.

When we sacrifice the lower benefits, the higher benefits come to us without fail.

I was deeply touched when a young lady told me “I have got everything. I do not have any more desires, I am ready to die”. I wonder how many can say this!

Vairagya comes naturally, at any age, when we pursue Sadhana sincerely and experience the Truth genuinely.

After reading the booklet “Living in Light”, a person wrote, “You have passed on rare techniques which were kept secret.”

As we advance in time and grow naturally, we become eligible to receive higher knowledge and powerful techniques that were kept secret so far.

All secrets are revealed gradually as we grow spiritually. ■



**MANASA FOUNDATION (R)**

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

Phone : (080) 2846 5280, 99000 75280 (10 AM to 4 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)**  
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**NEWSLETTER**

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



On 22nd May 2013, a Light Channelling session was conducted  
at a Senior Citizens club in Pune

**NEWS AND NOTES**

- ◆ Amara Maha Samadhi Day will be observed at Taponagara on 25-8-2013. Those who are interested in participating in the program may register their names before 22-8-2013.
- ◆ "The Book of Reflections (Vol-3)" and a DVD containing video recording of the iGuruji sessions of August and September 2012 will be released on 25-8-2013.
- ◆ Sri Krishna Janmashtami Special Meditation is arranged at Taponagara on 28-8-2013. The last date of registration for participating is 25-8-2013.
- ◆ Meditators gathered and meditated in the Meditation Hall at Taponagara for Guru Poonima Special Meditation on 22-7-2013.
- ◆ The Shambala group and the Ra group met on 14-7-2013 and 21-7-2013 respectively to receive initiation and guidance from the Astral Masters.

Please visit [www.speakingtree.in](http://www.speakingtree.in) to read Guruji's blog and watch his videos.

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

**MEDITATION ON SPECIAL DAYS**

05	Mon	Masa Shivaratri
06	Tue	New Moon Day
14	Wed	Shukla Ashtami
16	Fri	Worship of Mahalakshmi Shukla Dashami
21	Wed	Full Moon Day
25	Sun	Amara's Maha Samadhi Day
28	Wed	Sri Krishna Janmashtami

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM-12Noon Light Channelling: 12 Noon - 1PM
25-8-2013	Amara's Maha Samadhi Program
28-8-2013	Sri Krishna Janmashtami Special Meditation: 12 Noon - 1PM

**AMARA'S MAHA SAMADHI PROGRAM****25-8-2013 Sunday**

11AM	Welcome Talks Release of Book and DVD Special Meditation
12.30PM	Prasada

**PROGRAM AT ANEKAL**

Amara Maha Samadhi Day will be observed at our Saptarshi Dhyana Kendra on 26-8-2013 at 11AM.

## LIGHT CHANNELLING EXPERIENCES

On 27th March 2013, in the night, I saw a beam of Light. I kept on seeing it for 15-20 days. Then Guruji and Amaraji came and blessed me one day before my Star test. After 2-3 days again Guruji and Amaraji spoke to me. Amaraji asked, 'Do you want to participate in Light Channels World Movement?' I said I will think about this. Next day, I channelled Light in the night. After that Amaraji said, 'Now you are in the Light Channelling group.' There were some more Rishis with Amaraji and Guruji. Again in the next few days Amaraji told me that I must write my experience and send it to Manasa, before Guruji's birth anniversary on 18th May, which is also the 5th anniversary of Light Channels World Movement. I want all of you to channel Light in honour of Guruji's birth anniversary. Thank you.

– Pooja Yalla, Std. IV, Sacramento California

My memory has improved. I remember whatever I study. Now it has become possible to understand and study even the difficult lessons.

– Subha Laxmi L., Std. XI, Valliammal Girls High School, Kulasekaran Pattinam

I got many benefits from Light. At home my dad became cool and in class I got more marks.

– Vasanth Kumar M. R., Std. X, St. Philomena Public School, Bangalore

My lethargy is gone. My memory has improved and I am at peace. Also I feel I am healthier now.

– Muruga Laxmi K., II Yr., Valliammai Hindu Teacher Training Institute, Kulasekaran Pattinam

Earlier I used to get headache very often. Slowly it reduced and now I do not get headache at all. I am able to study much better now.

– Divya S., I Yr., Valliammai Hindu Teacher Training Institute, Kulasekaran Pattinam

## TAPONAGARA DIARY

Seema Almel Somayaji

The May Residents Meet was the most unique ever. To celebrate our eternal Spiritual Father, Guruji's 74th Birth Anniversary, the children of Taponagara enacted his Life's Journey. Ms. Uma Maheshwari, a Resident Volunteer, proposed this idea to Ms. Sheela Pratap, another Resident; later, a few others joined the uphill task of preparing a script, assigning roles, costumes, trials, etc.

Tejas, all of twelve years perfectly played the role of Guruji while Nihar, as old as Tejas, showed us what it would be like to see Maharshi Amara. Seven year old sweet and naughty Nakul played Guruji in his boyhood days while Poojith, of the same age and mischievousness played Guruji's classmate. Niranjan, age fifteen, played Guruji's school teacher from Anekal.

Shruti, age nine, portrayed Adi Shakti; one can only wonder what made this child so precisely be like the Goddess, both serene and stern simultaneously. Swastika looked resplendent as Mahalaxmi and Ishitha was luminous as Saraswati; both are just nine. Geetanjali, age eleven, beamed like Lord Krishna. There were two dance sequences from Prati, Ananya, Punya, Vishruti, Sayujya all under nine years, with Yuthika the youngest at just four. Thirteen year old Upanasa sang three shlokas and one of Guruji's favourite hymns.

Some had tears in their eyes seeing Guruji come to life in Tejas. After the program, performers were given gifts, and family photos captured the beautiful moments forever. ■

Doorways, August 2013

## 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.



### THUS SPOKE GURUJI

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

07-09-2003

I wish to remind you that we meet here to gather energies, experience and enrich our life. These talks are incidental.

A person wrote to me that he has seen a 'linga' below the tower that is being built here and that is the energy the Rishis have installed already. Another person saw Lord Krishna here giving instructions to our Rishis. I can narrate many such experiences. I would like to quote an amazing experience. Nobody knows about the Astral tunnels that we have built from here to Shambala, particularly to the higher planes. The entrance of these tunnels is the room where I meditate. A person wrote, "I see many tunnels starting from your room, what are they and where do they lead to?" This experience shows that Meditations are giving results!

Vairagya is not simply giving away the material wealth. It is always drawing a line of contentment. My Guru was a 'Viragi.' He was a king who had so much of riches. But he did not give importance to it. All his attention was on the Spiritual life. Vairagya is not only drawing a line of contentment; it is shifting our focus to the Spiritual, to the Divine.

We attain Vairagya by experiencing the highest. That is why we meditate. A Meditator can become a 'Viragi' very easily. In Meditations, even if it is for a brief moment, we experience the Divine. This experience will fill us with bliss and peace; it helps us to make out which is true and which is not true, which is permanent and which is not permanent. We will be able to make out the futility of this material world. It is then we start drawing the lines of contentment.

This centre is established to teach Meditations. The knowledge available now is distorted and there is a lot of confusion in people. If you read 10 books, you get confused. If you go to 2-3 paths, sometimes strangely and sadly we find contradictions. So, my Guru got the whole science of Meditations directly from the Rishis. Here, we try to teach Meditation as taught by the Rishis millions of years ago. There is no confusion here, there are no deviations. When you ask a question you get an answer directly, briefly. The Rishis have opened their centre, the only centre on this earth, to pass on the undistorted knowledge. This centre is also meant for gathering knowledge and energies and storing them here. A part of the knowledge is in books. We store it in the walls, in the ground here and in every bit of the objects here.

At the appropriate time, these vibrations from the walls will bring the knowledge to the individuals. By the grace of my Guru, we have gathered quite a lot of knowledge, a lot of which is in the form of energy only. As we grow, we get the knowledge directly when we meditate, without the help of anyone like me.

Here, we are doing certain unusual things. We are trying to establish entry points into the higher worlds. Those who can come here astrally or link up to this place with the help of the Rishis, can enter the Astral worlds very easily. We have established pathways to the different higher planes, and this tower is one example. We have opened this centre to help people establish contact with the higher planes and the Astral beings, with whom we have lost contact. Many unwanted things can be removed at the Astral levels itself, like the wars. All these things can be altered.

I have mentioned often that here

we have to establish another Shambala, where people live in absolute peace and perfection for eternity. Merely living for a long time is not the important thing. Living every moment in perfection, in tune with God is the main focus. We are trying to get energies from Shambala, so that we can build another Shambala here.

We stress on this point here that when we meditate our Awareness rises. It expands at the higher levels and we experience the Divine. When we come out of Meditations, we manifest what we have experienced in Meditation. This is the essence. We have to meditate not to gain power, not to gain psychic capabilities, etc. It is to manifest the Divine. Somehow we struggle here; it is not easy. We have to give more importance to manifestation.

14-09-2003

In the Chakra Meditation, taking our Awareness to the Chakras is the function of the intellect. Incidentally, someone asked me that when we are trying to make the system silent why do we make them work? We have to make the mind silent. The Rishis have spent thousands of years and they have come to a conclusion that the weakness of the mind is to repeat the mantra. The mind goes on repeating the Mantra and becomes tired and goes to sleep, becomes silent. So 'Dharana' is the function of the intellect and 'Japa' is the function of the mind.

Valmiki repeats a Mantra and attains Rishihood. Although he was a hunter, the intensity of his love took him to great Spiritual heights. It is the intensity and the depth of the love with which we relate to the Divine that matters. Therefore,

## THUS SPOKE GURUJI

Excerpts from Guruji's talks  
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praying mechanically to get the contact with the Rishis will not help. We have to develop love. For this, no technique is required.

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Dhyana is for individual benefit and Tapas is for universal benefit. Dhyana is the first step. Dhyana is silencing the body and the next step is Samadhi. In Samadhi, our Awareness rises and expands. In Tapas, we gather very new knowledge, new energies and powers; these energies and powers are always used for the universal welfare. It is a kind of love, a Spiritual love. But when people gather powers and try to use them for their selfish or individual purpose, we know them as 'Rakshasas' because they violate this golden Spiritual rule.

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We always uphold the freedom of the individual. The individual has every right to his convictions and he need not accept the social customs. But we should remember that these convictions should be approved by our own intuition and conscience. We should not do it simply for the sake of opposing the social customs. There must be a Spiritual principle behind it.

❖

05-10-2003

Dwaita: There is a lot of literature, a lot of debate, and there is also a lot of confusion about this word. Rishis explain Dwaita as two. Dwaita, Adwaita and Vishishtadwaita, are stages in experiencing God. If we understand this, there will be absolutely no confusion.

Dwaita is a stage, where we experience the divinity, we experience God retaining all the time our identity i.e. we are separate. As there is duality, this is called

Dwaita. This stage is also called Savikalpa Samadhi or Sabeerja Samadhi. All experiences begin with this stage.

Adwaita: means not two. The difference between me and Him vanishes. Advaita is a stage where we experience oneness. There is no separation at all. This stage is also called by several names like Nirvikalpa Samadhi, Nirbeeja Samadhi.

The next stage is Vishishtadwaita. This perhaps is the final stage of our experience. Here we not only experience the oneness, which we experience in Nirvikalpa Samadhi, but we experience the wholeness, we experience the past, the present and also the future simultaneously. God's capacities are unimaginable. He will be aware of everything. He is described as omniscient. This stage is a stage similar to that. In this stage, we experience or we will be aware of all the experiences in the three stages - jagruta, swapna and nidra. This stage is called as Paripoorna Samadhi. In this stage, we experience infinity or timelessness. We do not know what it is. Now it is a word to us. These are the different stages of experiencing the divinity.

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Shraddha is deep faith and also a strong conviction. Bhakti is a form of love; intense love with great respect. Bhakti comes usually after shraddha.

Nishkama Karma: We understand this expression generally as doing something without expecting any benefits from it. There is one more part of it. It is doing something with a very noble intention and accepting anything that comes to us as God's gift; we have to accept even negativity as God's gift. If we have faith in God

we always accept anything.

Self-Realisation: is realizing that we are the 'self', we are souls. It is realizing that we are neither this body, nor the mind, nor the intellect, but we are the 'self'. We also realize that this soul is a part of the bigger self or the over self; realization of this is also a part of self-realization. Understanding this at the intellectual level is not enough. When we experience that we are a part of the Divine, it is then the process of self-realization ends.

Dharma: is our nature. Our nature is love, truth, peace, etc. We have to always manifest our nature. Whenever we manifest non-love, we have to realize that we are going against dharma and our own nature. We will be manifesting 'adharma' and will not be making any progress. It is not the Meditations; it is the manifestation of our nature that shows our Spiritual condition and Spiritual progress.

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Whenever we have a material benefit, we have to realize, there will always be a negative part also. We have to deal with it. This is very important. This negative aspect of the material benefit could manifest in any way - as sickness, a financial loss, loss of peace of mind, a small accident or could be anything. We cannot reject it, we have to accept it. But we can get over this by Meditations as they burn out all ill-effects.

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There is no difference when you meditate in Amara Samadhi room and the Kundalini Tower. The difference is very subtle. In Amara's Samadhi room, we have a particular type of energy and in Kundalini Hall we have the Kundalini energy. It is only a difference in energy. ■

## 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.

## AMARA - AN UNSURPASSED, UNIQUE MASTER

Jaya B

Great Spiritual Masters and Divine personalities have repeatedly come down to this earth only to guide humanity on the path of love, truth, goodness, compassion and so on, to realize the Divine purpose of our earthly sojourn and walk the path back to our source. But it was Amara who totally revolutionalised the very concept of Spirituality and brought down vast knowledge and techniques from the Sapta Rishis, appropriate for humanity during this period of Pralaya, as we prepare ourselves to enter the Light Age or Satya Yuga.

To Amara, Spirituality was not about praying, observing 'vrathas', going to temples or conducting rituals but about living a life of purity and perfection. He said that one has to just be humble, simple, good and honest to bring out the divinity in us and establish contact with God and the Rishis.

Amara lived the highest principles of humility, purity and perfection. Yet his down to earth simplicity was incomparable. To him, saffron was an inner purity and not an outer garment. Prayers and rituals keep us separate from God, whereas in Meditation we become one with Him. Only through Meditations can we wipe out both our good and bad Karmas and return to source.

Amara had constant access to Gods and Rishis alike, and his Astral works are unparalleled. Yet, he neither sermonized nor referred to the puranas as guidelines for Spiritual evolution, or popularize himself as a great Spiritual Master. He might have just remained as one among the countless, unknown great Masters, but for Guruji who made him a household name not only among the sadhaks of this Path but even across countries and continents. We can express our gratitude to Amaraji only by living the values taught by him thus transforming and living in Light. ■

## AMARA - OUR BELOVED MASTER

Shobha K Rao

A great Master like Amara walked this earth and worked for the Rishis from the age of nine, but was not known to many, as he always preferred to maintain a low profile. He brought down a great treasure for mankind - the knowledge of Spiritual science and Meditation. But for Guruji, we would not have known about this great Master who was so humble, simple and yet so magnanimous.

Amara lived in luxury. He had several cars, telephones, but all this did not at any time come in the way of establishing contact with the Rishis. He never spoke of his wealth. He was always humble. It made no difference to him whether he had or did not have money; he did not suffer. He was a true 'Viragi.' At one point of time, he was penniless and walked from Jayanagar to Sadashivnagar, to procure some money.

Amara's teachings are simple and practicable. He said, 'your Sadhana ends when you are able to manifest love all the time in your living.' He emphasised that, we have to try to see the divinity in the other person and in everything, only then the love automatically comes out or manifests. This is Divine Love and this is how we manifest it.

Amara said, 'to attain Moksha we need not run away to the Himalayas. We have to live here. This is the classroom. We can live here and attain peace and that is the greatest thing.'

Guruji spoke tirelessly about his guru Amara; he would always remark, "I wish you had met Amara." Indeed we would have been very fortunate and truly blessed, if we had met this great and holy Master about whom we have heard such a lot from Guruji. ■



**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: While experiencing Light during Meditation and channelling Light can we talk to the Light?**

A: Understand the definition of Meditation. Read the book 'How to Meditate'. It is silencing. Silence is the first step in Meditation. And when you are silent you don't ask questions. When you are meditating you are not active at all, at the levels of body, mind and intellect. It is then we enter the ocean of stillness and our Awareness expands. During Meditation don't try to analyse. If you have an experience just enjoy it. While channelling, keep experiencing the Light, you can ask questions, talk. I think that is the best time to interact with the Light. You can do all the three together while channelling.

**Q: Energy is the same, then why call it by different names like Ra energy, Photon Belt?**

A: A simple example will tell you very clearly about this. We have heat. It's one form of energy at the physical level. And we have electricity. At the physical level it's another form of energy. Similarly there is no single Spiritual energy. There are many types of energies. Light is energy. Consciousness is energy. The energy that we generate from our Chakras are different energies, energies of Mooladhara Chakra, Manipura Chakra they are different. So naturally they are called differently.

**Q: You said it took a long time for you to understand Parabrahma. Can you explain that to us?**

A: As a young boy I was used to worshipping idols at home, in temples. I knew Brahma the Creator but Parabrahma I did not know. Only after meeting Amara these things were made so clear. I realized that all the forms came out from the formless. Call this

formless God as Light, Ocean of Consciousness or anything. He is Parabrahma. It took a long time for me to understand thoroughly. Even understanding intellectually is one thing and experiencing is another thing. People under Amara did experience Parabrahma.

**Q: Some say that each one of us is like an island. Is it true?**

A: To some extent it is true. Most of us have our private spaces at all levels. Physically, we have a private space, some corner of a room at least. Mentally, intellectually and spiritually also we have our spaces. That way we can say we are islands. The most important point to understand here is that we are created to live in groups, not as individuals. Talking of the islands, even the islands are interconnected through waterways.

**Q: How do we choose from the level of the soul?**

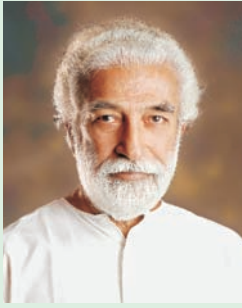
A: With honesty and fullness. It is complete, fully endorsed and coming from the Soul. You intend then you choose. In fact we choose almost daily many things from the level of the soul itself. Even when we don't like a person we choose from the level of the soul. We have to be consistent. In this Spiritual journey, this is the most important thing. You have to choose by yourself. You will know that when you choose, you automatically 'un-choose' many things. You have to become more aware of these things and hold on to the 'un-choosing' also. That is 'consistency.'

**Q: Can the soul being pure make wrong choices?**

A: Even a pure soul can make a wrong choice because it has Free-will. Even a pure soul is influenced by the ego. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
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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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ಸಾಂತಿಕೆ ಧ್ಯಾನಮುಲು	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.

#### **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)

There were many issues I was facing and did not know how to deal with them. On 19th May, during Guruji's birth anniversary celebration, I offered love and energies to him, poured my heart out placing all the issues before him and began channelling Light. I was engulfed in a gust of intense energy. I felt so much of Love and Peace and there was a feeling of reassurance. I was in a dazed state and fell asleep. When I woke up I was a different person! There was a smile on my face, and I somehow knew what to do, how to approach and handle all the issues and also what to 'let go'.

- Hemant Sharma

I try to carry Light and Love within me all the time. I get messages during Meditation reminding me about things which I have forgotten; I also get solutions to vexing problems. Help comes to me always in time, for averting unpleasant and damaging situations.

- Dhanoo Khusrokhani

I feel happy and totally at peace. When I get angry, I connect to the Light and the anger dissipates. I send Love in difficult situations when dealing with others. I am very happy and content in my own space and I find that I like my own company more.

- Anne Chapman

Nowadays, communication with nature is easier. Just looking silently at sky or a tree I can feel that there is communication going on at some level. I cannot understand it clearly but I can surely experience it.

In the month of February, while channelling Light, I suddenly saw one of our students and his family receiving Light from Guruji. Then I heard Guruji saying, "Tell Him I am looking after his

entire family...!" I was a bit surprised to have such a vision and conveyed it to that friend through SMS. After two hours he called to tell me that, he and his wife were worried about their financial status and had prayed to Guruji just the previous night for help! It was an amazing experience!

- Pushkar Patki

I find myself detached from the situations throughout the day and seem to be in a place of stillness. I have been experiencing oneness with both animate and inanimate objects. Recently when I had gone to bed, I expanded and experienced total unification with my bed. Gradually, this expansion increased to encompass the entire room, and as I fell asleep I dissolved into the existence itself...

- Shubada Limaye

I experience a feeling of deep peace and relaxation. I come out of Meditation many times with the feeling that I have gone elsewhere and completed certain assignments or tasks or learned new things. I feel refreshed and renewed; and also sense a large field of energy around me and all my cells are happy and joyful.

In such a short period of time I have experienced what one would have experienced in many lifetimes. Sometimes, there appeared to be no light in my life and no reason to go on. I am very thankful to this practice, as it has allowed me not to judge myself or the process I am going through in life. I realize that blessings are there in all situations, as lessons are always there to be learnt. While going through the darker experiences there is always that part of us deep within, that remains centred and unaffected.

- Samantha Sizeland

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