



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 9 Issue 1

DECEMBER 2013

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

The winter is making its entry slowly. It is not chilly yet. But, shortly, we will face the cold.

As the powerful bombs pound the heartland of the hardened fighters and as always, the innocent are driven to the crowded camps of forced misery, different views are being expressed in prize-winnable essays about the action – stop bombing, hunt for the one person, bomb but do not kill etc.

But, no alternate solutions to end terrorism are emerging. Good editorials, run-for-peace photo sessions and the human chains, we know, do not work.

Five thousand years ago, in the battle ground of Dharma, Lord Krishna instructed Arjuna clearly to fight against Adharma.

Let us begin our fight from within. Let us first practise Dharma.

Is Astral Travel a part of Yoga? The purists say no. But it is a part of our Sadhana and a training necessary for the Light workers.

Our capacities expand in the Astral plane. We can gather more knowledge and energies in the Astral plane. That is why some classes are held in the Astral plane.

The Physical plane is an extension of the Astral. Events occur first in the Astral plane and then they physicalise. That is why the Rishis work in the Astral plane for the welfare of the humanity. And some Light Workers join them from here.

I have seen, in this path of Meditations, many advancing fast and many giving up. And many take up again. But, there are some who remain in the background and grow slowly – silently. We know.

The Rishis monitor every thought, emotion and action. They do not judge but help. ■



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 website : www.lightagemasters.com



MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar
at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

External Guidance is available
by post and e-mail. Please refer
column 1 on page 6 for details.

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/
PRAKASHMARG(Marathi)
Newsletter Annual Subscription Rs. 300/-
DD should be sent in favour of
'Manasa Light Age Foundation'
Money Orders are not accepted**

NEWSLETTER

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



The residents of Taponagara came together and celebrated
the Festival of Lights on 4th November.

NEWS AND NOTES

- On the occasion of Guruji's Maha Samadhi Day observed at Taponagara on 24-11-2013, a book "Experiences of Light Channels – Vol. 2", the Hindi translation of our book "Descent of Soul" and a DVD containing the video recording of the iGuruji session of October 2012 were released.
- A new batch of Shambala Group begins from January 2014. Those who wish to join this group may register their names with Manasa office before 30-12-2013. External Guidance students can also join. The existing batches of students may also register their names before 30-12-2013 for renewal of their membership.
- Desk Calendars for the year 2014 will be available by end of December 2013. Students may register their request with Manasa office before 15-12-2013.
- With great efforts by our Light Channel Volunteers and very good support extended by the school authorities, 25 lakh children have learnt to channel Light and more than 5 lakh children in more than 1100 schools now channel Light daily during their school assembly.

MEDITATION ON SPECIAL DAYS

01	Sun	Masa Shivaratri
03	Tue	New Moon Day
10	Tue	Shukla Ashtami
12	Thu	Shukla Dashami
15	Sun	Shiva Deepa
16	Mon	Shoonya Masa begins
17	Tue	Full Moon Day
24	Tue	Christmas Eve
25	Wed	Christmas Krishna Ashtami
29	Sun	Akhanda Dhyana

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12Noon - 1PM
25-12-2013	Christmas Special Meditation: 12 Noon - 1PM
29-12-2013	Akhanda Dhyana (Group Meditation): 6AM -6PM

**DVDs of Sunday Lectures during
classes are available for members.
Please contact Manasa office for
details.**

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

LIGHT CHANNELLING EXPERIENCES

I felt as if the school and the students had disappeared and I was in some silent world, as the noise levels had gone down and there was stillness.

- Ms. Thorat, Baburao Sanas Primary School, Pune

Today, I was feeling very tired and also very sleepy. After the Light Channelling practise, my tiredness vanished. Now I am brisk and no more feel sleepy.

- Student, St. Antony Girls Hr. Sec. School, R.A. Puram

I was getting bothered with some bad thoughts from morning. But after channelling Light, all those disturbing thoughts have gone away and I feel very calm and happy now. Thank you for teaching this wonderful technique.

-Ashwini, Student, Tarbes Community College, Frazer Town, Bangalore

Light Channelling has made me love silence. I am really able to have a check on my tongue and temper. If I practise Light Channelling before studying for a test, I am able to grasp quicker than before.

- Gayathri Sudarsan, Std. IX, SBS Mootha Girls Senior Secondary School, Chennai

Light Channelling gives me peace and silence I have not known. The all-powerful Light has now become my best companion and the most trustworthy one at that. I have a very hectic lifestyle with my parents admitting me into new coaching centres and all. I have to balance both my school work and tuition work which drives me crazy. Light Channelling has helped me cope with it and I have become more relaxed. When I give my worries to Light my problems are resolved.

- Deepika Kannan, Std. IX, SBS Mootha Girls Senior Secondary School, Chennai

TAPONAGARA DIARY

Seema Almel Somayaji

During the year-end Residents' Meet, Taponagarites would sit with Guruji and talk about the year that was, before welcoming the New Year in silent Meditation. We would also bid farewell to the year that ended, in thanks giving. Guruji would inspire us to reverentially communicate with the new Time-frame and also try to see what lies ahead.

Those times have not changed, as we continue to practise what our Spiritual Father had taught. In retrospect, 2013 was a blessed year for Taponagara. We reluctantly learnt and continue to learn to live with Guruji's physical absence and to receive his Guidance from the Higher Realms so as to walk confidently on the Path. Taponagarites matured to realize the indomitable spirit and strength of the Manasa Family.

The Sapta Rishis Path is about the Spiritual growth of each of its members. The Path grows as much as its students; quality is sacrosanct. Those who can see with their eyes closed, would have noticed a certain coming of age for each of the Meditators. 2013 was the 25th Anniversary of the Path, 5th Anniversary of Revolution by Light and a milestone of teaching Light Channelling to more than 25,00,000 was reached. It was the first of many years to come, when Taponagarites justified Guruji's confidence in them.

2013 was a landmark year when Taponagarites, both resident as well as non-resident, grew tall and in-depth, individually and collectively. ■

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)

March 2004

Kundalini does not rise only by practicing some techniques. There are many types of Kundalini – the gross to the subtlest. By practicing certain techniques, we can raise the gross Kundalini. We read from books, and we learn from others' experiences that if the gross Kundalini rises, people experience movement, sometimes some people experience pain. In any Spiritual process, there should be no pain. When our purity levels rise, the subtle Kundalini rises by itself. We may not experience movement of the subtle Kundalini, but we experience Samadhi, bliss and we experience God. This bliss spreads around us automatically like Light; we don't have to make any effort. The first one to receive it is nature - plants, animals, birds, butterflies; then the inanimate objects like furniture, walls receive it. The last one to receive Ananda is sadly the human beings, because they are closed and would have become insensitive to it. Only some people receive it.

We feel stressed out when we feel helpless, when we cannot find a way out of a situation, when we feel incapable of facing the situation, when we feel uncertain about the results. Stress is a natural thing. Deep breathing helps, but that is the first step. The next step we suggest is to link up to the Rishis, pray to God. If possible, imagine a beam of Light entering your head. This light from God contains the necessary information, advice, a solution, an answer; not only that, this Light contains a lot of energies to give us enough strength to face the situation and to come out of it.

We have to develop love and

vairagya for peace and happiness. Love removes all conflicts on the human plane. Love connects us to God, to the Rishis, the Masters and if we have vairagya, we will never feel disappointed, because we are not attached to the results. Vairagya helps in many ways. It helps us to draw the lines of contentment, we learn to detach from the world. We may lose relations, but we will never lose the peace.

When we face failures in life, have problems that make us lose peace, have strained relationship with the people and the world, we have to realize that our Sadhana is weak. We have to realize that we are away from God.

Every Meditator after some time will have cleared some Karmas and the influence of the Karmas will be different. There will definitely be changes, and the birth chart cannot indicate these changes as it indicates our Karmas at the time of birth. Hence, based on the birth chart, the astrologer cannot guide us very properly. In spite of such awareness, if you go to an astrologer and if he advises something, you have to follow that. I would not advise you to go to the astrologer, but if you go, please follow him, be sincere.

All knowledge is with God. Nobody else can hold all the knowledge at a time other than God. The Rishis, have great capacities. They raise their awareness, touch the higher levels of consciousness, the plane of knowledge and gather knowledge directly. Knowledge at that level will be in the form of energy or Light and is received by the soul. From the soul, the

knowledge comes to the intellect as energies, gets converted into ideas, concepts, which travel through the mind to the brain, where this knowledge gets converted into words. If the individual is equipped with great vocabulary, the knowledge comes out in beautiful words and clearer expression. Education at the physical level is therefore important. All the knowledge gathered will not surface at the same time, as the intellect and the brain have limitations. It surfaces in bits and parts. If a person is simple, the knowledge comes out undistorted. If the person is a bit cynical in attitude, it is possible that it gets distorted. It is difficult to get the knowledge here on this plane from the highest plane. The Rishis have toiled and spent thousands of years, in gathering the knowledge and passing it on to humanity without distortions. This is a beautiful process, which we have to understand; it does not stop and it is going on even now. Rishis have stored some knowledge here under the ground and in the walls in the form of energies. When we grow, prepare ourselves, we can receive them and this knowledge will manifest through us.

The Rishis always work for the future – the knowledge required for our growth, our transformation, etc. We are yet to make use of the Spiritual knowledge available on this earth now. But maybe after twenty or fifty years, this knowledge will not be enough to answer all questions. We have to have more knowledge which already exists in the form of energies. There is a Spiritual law which says knowledge that comes to an individual is not meant only for the individual, but for the entire humanity. We have to pass this on. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

I had asked one of our friends from Pune to help us with the translation of a beautiful poem on Guruji, written by a Meditator from Chennai. She said that she prayed and somehow the words flowed and it came out so well. She was overjoyed and had tears. It has really come out well, as if written originally in Marathi. She said something very beautiful, "Rishis always help. They will not hold our hand and make us walk or drag us. They always inspire us and they give us the strength so that we can get up and start walking. They also show us the direction in which we have to walk. But it is we who have to walk." It is so true! We have to act. They guide us in Meditation but we have to meditate. They cannot meditate for us.

In this context Guruji used to give a very simple example, which can be applied in any field of life. It was: teach a person how to fish instead of giving him the fish. The struggle and effort at the human level is so important. Guruji would often say 'there is a beauty in struggle.' And we have come down to this earth to experience this struggle which is a part of life here. We cannot achieve things in any area of life without efforts. Higher the goal, greater the efforts. If we are not where we want to be or where we want to see ourselves, then we have to say that our efforts are not enough. When we make efforts God showers his grace. And His grace is there always.

Initially, I used to wonder why Guruji gave so much of importance to reading. Guruji used to say 'meditate and read'. When we meditate and read we understand better. Meditate and listen to music, we experience so much. He urged us to read literature as he believed that there is so much of life in literature. He said that reading literature is like

experiencing life. Also, reading helps us to expand our thinking, improves our vocabulary and our expression.

Does knowing about our past, or somebody else's past help us spiritually? I feel it does not help. Maybe that is why our past is shut from us. It is not revealed to us unless there is a purpose. What we are now is the most important thing. If by chance our past or somebody's past is revealed to us, I feel it is better not to talk about it because that information is meant only for us. Only the Masters know about their past and very rarely they reveal it.

A person told me that she has a lot of problems, and when one problem ends, another begins. I think until the world reaches perfection, until the world establishes completely into the New Age we cannot have a completely problem free life, have to go through this. We can meditate, grow, gather strength and wisdom to deal with the problems. We are a part of a society, citizens of this world and as long as there are disturbances or unhappiness in this world, we cannot be completely happy. When Swami Vivekananda was in the US he would say 'as long as people in my country are hungry I cannot sleep peacefully.'

A question was asked: Can a failed relationship be due to our Karmas? I don't think we can blame the Karmas for it. Usually when things do not go according to our plans, whenever there are upsets, whenever we face problems we tend to blame our Karmas. Karmas may manifest as problems, as obstacles, but they do not themselves create upsets or failures. They may come as challenges. How we respond to these

challenges, how we overcome the obstacles, how we face the problems decides whether there is a failure or we sail through. This is also a fact that the obstacles, problems or challenges are also tests for us. So we can say that Karmas also manifest as tests for us. These are opportunities to do well, to rise spiritually. If a person meditates, accepts the problem and makes changes in his lifestyle accordingly, grows spiritually, then gradually the problems will vanish. Guruji's life is the best example. Failed relationships are because of egos, because of non-love.

Sometimes, when people behave in a very strange way, which hurts us naturally, we cannot avoid a little bit of upset or pain. But, we have to be careful not to give too much of attention to the hurt, because that will make us miserable. Then we will begin vibrating the pain that we will be going through and the entire atmosphere around us will also begin vibrating with that pain, touching the people around us. By paying too much attention to the hurt, we will also be feeding energy to the hurt and it will gather strength from us. We may also develop a kind of hatred for the person, which is definitely not good for us. I feel it always helps us and everybody if we have a higher purpose in life. It need not necessarily be only Spiritual Sadhana. It could be our interest in other areas – music, writing, could be anything, even working for a social cause. And when our focus is shifted to a higher purpose then we can withdraw from the hurt that we are going through. If we are passionate about the higher purpose that we are pursuing, then nothing will touch us. Sadhana is shifting our focus from people to something higher, to Light. ■

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 SHRI RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

People communicate using words. Each individual will understand the words and concepts in his or her own way, so the communication may or may not be successful. Telepathy or Astral communication is much better and complete as the entire concept is transferred to the other person without the use of words or descriptions; there is no scope for confusion or misunderstanding. The limitations of the human language can lead to distortion or a complete misinterpretation of the intended meaning.

The simple phrase 'I want to experience my soul' immediately raises the question – 'if I experience my soul then who am I? Who is the one who experiences the soul?' If I use the expression 'my soul' it means I am somebody who has a soul. If I say that there is a soul in me then, 'who am I again and who has the soul?' There is no answer to this question because it is semantically incorrect. We cannot say 'my soul' because we are the soul. So the correct expression is not 'my soul' or 'my ego', it is 'I am the soul' and 'I am the ego'.

The word ego simply means the self, which gives identity to a being. Since the word has mostly been used in a negative context we naturally feel there is something negative about it. We already know that every being right from the single-celled amoeba to the soul, the spark of God, is aware of itself as separate from the rest, and therefore has a sense of self or an ego.

The other form of the word ego is egoism or being egoistic, which means that the person is arrogant or self-centred, has a superiority complex.

We say that ego is the collective intelligence of the body, mind

and intellect. The body, mind and intellect have specialized intelligences to manage their respective functions. When the three Koshas are joined together their consciousness is merged into one consciousness or intelligence, becoming one single, functional unit, though we continue to refer to them as body, mind and intellect. This combined system is like a vehicle which the soul occupies and begins to manifest its intentions and intelligence through this system. Each of these bodies has its limitations because of which the soul cannot express itself fully through them. Only when the soul directs the system to do something it will do so. Knowingly or unknowingly we abuse our body, mind and intellect by not taking proper care of them and not use them in the right way, making our already limited system very inefficient. But the soul must continue to manifest its potential through this damaged system.

When a soul takes birth in a body, its past memory is blocked. It forgets that it is a soul, a spark of God and its identification with the present personality makes it behave in a certain way. The limited aspect or the limited expression of the soul is what we refer to as the ego and it's not a separate entity. The moment we realize that we are not these limited personalities we begin to live as the souls that we truly are. So the ego and soul are not two different entities.

When the soul out of ignorance behaves like an ordinary being we call it the ego. To avoid the confusion we can say: 'I want to respond from my deepest level and not from my superficial level'. When we truly mean what we say and when we respond with passion, we will know that we are operating from our deepest levels. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is liberation a one-time process?

A: It's a huge process, a long and continuous process. First, we have to get liberated from our own emotions, wrong emotions, thoughts, negative thoughts and from our own prejudices. It is not easy. This is possible when we try to live at a higher level. Liberation begins from within. Then we must allow it to continue. There is imperfection everywhere in this horizontal life here, in us and in others. Having known and experienced all these things we have to live in a higher level. It is only then we can get liberated from the lower emotions and thoughts. Once you reach a higher level, from there again you have to try to reach a still higher level. When we see that a situation cannot be got rid of, we accept it. It is liberation from fears, insecurity. When you are with God, when you carry Light, you accept Light. Thus, liberating from one level to the other higher level we ultimately reach God, Light; we don't merge but we are with Him. Then we can say that, that is the final liberation, Mukti. Till that time it is only a process of liberation. You must seriously try and get liberated. Then the state of your living will be so beautiful. You can experience God all the time.

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

A: A simple example will tell you very clearly about this. We have heat. It is one form of energy at the physical level. And we have electricity. At the physical level it is another form of energy. Similarly there is no single Spiritual energy, but there are many. Light is energy.

Consciousness is energy. The energies generated from our Chakras are different energies. Energies of Mooladhara Chakra are different from those of Manipura Chakra. So naturally they are called differently.

Q: When does a soul enter the womb of a mother?

A: A soul enters the womb of a mother generally in the fifth month. Masters like the Rishis or the Avatars enter the womb in the ninth month or so.

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

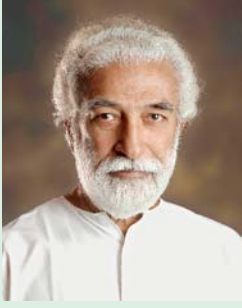
A: Silence is the first step in Meditation. When you are silent you don't ask questions. When you are meditating you are not active at all, at the levels of body, mind and intellect. It is then we enter the ocean of stillness and our Awareness expands. During Meditation don't try to analyse. If you have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

Q: What is Dharma?

A: In Sanskrit it means our nature. Dharma is our original nature. It is Love, Peace, Honesty, Compassion etc. In the Spiritual world we can manifest all these things easily but somehow we don't attempt. It is possible to be good and also be very firm with your principles. But somehow we don't choose. We don't take risks. ■

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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)

I can feel a totally different, new 'me'. I feel I can face situations much better than before and that I am being blessed with so much grace, both materially and spiritually. It all seems just too good to be true. I am trying to be at my humble best always, thanking Light for all that is being bestowed on me.

- Nandita Patel

Most of the time, I am in a state of stillness and feel very calm. Nowadays, I experience complete silence within and also feel an inexpressible joy. Whoever I interact with, I feel I receive a smile from the soul level. I also constantly see a figure surrounded by white light. I face a lot of challenges but with Guruji's grace and regular Meditation I am able to overcome them with determination and courage.

- Sangeeta Pati

On Sri Krishna Janmashtami day I sat for Meditation at 12 Noon. I imagined that I was sitting in the Meditation Hall at Taponagara. I had a vision of Lord Krishna with a smiling face. He was blue in colour and had the flute in his hand. He looked just as we see Him in pictures. Guruji was also sitting with Him. I received positive energies from them.

- Poonam Gummani

I was in the process of relocating back from Malta to UK. I constantly asked Light to help me with packing and everyday a friend turned up to help. On the day I was due to travel the same friends helped and one of them took me to the airport. The young lady at the check-in desk let my luggage go through, though it was more. My experience was insightful. I also found the right people to give away things to. I am grateful to Light for all the help rendered.

- Pratibha Travers

I have stopped being mechanical about introspecting. I am able to identify the negativities which are surfacing from deep within; I attempt to correct them. Also, I have adopted healthy eating habits, I exercise regularly, and I am a lot more active. My skin problems have almost completely vanished.

- Dushal Gajjar

I am meditating, but somehow felt that I wasn't going anywhere in my Sadhana; I had a lot of questions. Guruji is not here physically, so I talked to him to help me. Soon I came across Eckhart Tolle's 'The Power of Now'. I remembered that Guruji had asked us to read it. I read the book and got answers to a lot of questions and guidance in my Sadhana too. The Rishis are listening and helping us! I offer my gratitude to Guruji and the Rishis.

- Pratima Vadgama

I am not worried about anything, as I used to before. I know for sure that whatever is happening is for good and God takes care of everything, even very minute things. These are not just words but I am experiencing it daily.

- Shantha Kumari

On the first day of Navaratri, 5th October 2013, I linked up to Devi. Immediately I heard Devi's voice asking me, 'how are you?' I am unable to recall the whole conversation. Then, Guruji appeared in his physical form in front of me. I offered him a plate of fruits, touched his feet and took his blessings. Last year, I had mentioned to my friend that on my sixtieth birthday next year, I will take Guruji's blessings personally. He fulfilled my wish by blessing me astrally! His presence has been felt many times after he left his physical body.

- Yashoda Y

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