



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 7

JUNE 2013

Rs. 25

**REFLECTIONS**
**Guruji Krishnananda**

(Excerpts from old newsletters)

My work brings me happiness and also a wave of fulfillment. Hundreds have taken up Meditations and many have touched higher points. It has brought strength and smiles to many. It has brought many nearer God.

The science of Meditation has brought answers to many questions of the sadhaks, also indicating clearly the purpose of life. The work is not over and it covers several lifetimes. There are many lamps to be lit. My enthusiasm sometimes builds up large expectations also!

I mention these because I feel disappointed and pained sometimes when sincere sadhaks who come closer to me disappear suddenly without even an adieu, ignoring the Love that I had poured out and the Spiritual attention specially given to them. I have a human heart. This is what I was trying to explain last time. I have to be careful in expression as it leads to misreading, sometimes. I reiterate that I am not a judge but only a guide.

A friend commended my way of talking and writing - precise and to the point. I do not know about it. When one tries to convey things that one really means and when one avoids merely impressing others with words and intellect, perhaps this is what others feel. I wish to be honest and true.

I met an old friend recently. We discussed things dear to both of us - Meditation, Spiritual science, Work in this area etc. It was elevating. While discussing a personality, I came across two points of view. One - we don't have to change. Why should we struggle to change to something else which is unnatural? Amara's words throw light here. He said that our natural state is Purity, Perfection, Peace... Samadhi. We have become unnatural. We have to go back to our original state. We have to struggle. Meditate. Two - the Spiritual change or the 'the Thing' just strikes us or occurs. We don't have to work for it. Amara had explained that the Rishis, the Spiritual scientists, meditated for hundreds of years to sublimate their lives; to reach the higher planes. So the effort is essential. The effort to change, reach or even to find is essential even in the field of material sciences. The idea of a Radio would not have struck if the person had not opened and waited.

Whenever I come across incidents of individuals undergoing pain and fear during the Spiritual changes I do not understand them. There will be no pain, no fear and no confusion in Spiritual processes. It could be ecstasy or wonder but definitely not pain. When I try to understand the cause of pain the first point that strikes is that if the higher forces are invoked or released before certain preparatory processes are complete, the system will not be able to contain the higher forces and hence the pain and suffering etc. There are many other points. But this space is short. ■


**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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**NEWSLETTER**

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



Guruji's birth anniversary was celebrated on the 19th May at Taponagara. Many students felt Guruji's presence during the function.

**NEWS AND NOTES**

- ◆ Guruji's 74th Birth Anniversary was celebrated at Anekal on 18-5-2013 and at Taponagara on 19-5-2013.
- ◆ Light Channels Newsletter in Kannada was launched at Anekal on 18-5-2013 and on 19-5-2013 at Taponagara.
- ◆ Two books - "Guruji Speaks (Vol - 7)" and "Channelled Knowledge from the Rishis (Vol - 4)" were released on 19-5-2013.
- ◆ Around 300 students participated in the Orientation class conducted on 8-5-2013 at Taponagara and through webcast.
- ◆ More than 350 people participated in the Shambala group meeting conducted on 12-5-2013 at Taponagara and through webcast to receive initiation from the Shambala Masters.
- ◆ Residents of Taponagara had gathered in the Meditation Hall to channel eclipse energies to the entire earth for the entire duration of the eclipses on 25th April, 10th May and 25th May.

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

**MEDITATION ON SPECIAL DAYS**

01	Sat	Krishna Ashtami
06	Thu	Masa Shivaratri
08	Sat	New Moon Day
11	Tue	Lord Kalki's Birthday
16	Sun	Shukla Ashtami
18	Tue	Shukla Dashami
23	Sun	Full Moon Day
30	Sun	Krishna Ashtami

**PROGRAM AT TAPONAGARA**

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

Light Channels Newsletter is published now in Kannada also. It is distributed freely to the schools where we conduct Light Channeling sessions. It is available on our website - [www.lightchannels.com](http://www.lightchannels.com).

Students who participate in the Shambala and Ra classes through webcast or by practising from their homes may please inform Manasa office about their attendance by phone or email after they practise the Meditation.

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

## LIGHT CHANNELLING EXPERIENCES

It gave me a wonderful experience. By channelling Light I have understood myself better. My anger is controlled and I feel peace inside myself. I have confidence that I can do anything. Earlier I used to get scared of dogs. After doing this for two weeks, I am able walk freely on road without getting afraid. I am very happy.

- Swetha Rajeswari V., Std. XII,  
SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

I have been practising this technique from the very first day we came to know about it. It has brought a great change in me. Now I know myself better. My attitude towards others has changed and I don't get angry as frequently as I used to before. I used to get irritated with my mother when she gave advice. But now I accept my mistakes and promise her that I will not repeat it again.

Once, I had the Physics exam. I wasn't prepared and had only one evening to study for the exam. I was very much scared and tensed. Suddenly I remembered this technique and sat down to practise. To my surprise, I became very calm and could read the subject with great concentration. I kept saying to myself that the exam will be easy and I will do well. That single thought filled the whole of me. Next day, I went to the exam hall without fear, which I have never done before, and I wrote very well. After that I sat down for practise again and thanked Light for having brought such great change in me.

- Rakshana, Std. XII, SBS Mootha Girls Senior Secondary School,  
West Mambalam, Chennai

## TAPONAGARA DIARY

Seema Almel Somayaji

The present holds a beautiful promise for a bright future. Taponagara has some of the future citizens of the Light Age growing up in a Spiritual atmosphere. With parents as Meditators, their children have an additional advantage and access to the finer lessons of life learnt from Guruji.

There is a toddler who is yet to learn speaking sentences but he chats endlessly with photos of Lord Krishna with his mumbles. Guruji once revealed that a small child around here will be a Light Worker someday. He also stated that another toddler is a special soul born from a Higher Loka. One kid narrates that she often talks to Maharshi Amaraji. Guruji had mentioned that some other children are also evolved souls.

The budding flowers in Taponagara excel in other spheres of life as well. There are two kids under the age of ten and are learning professional tennis from a coach with international tournament experience. An early teen boy has won city as well as inter-state level taekwondo competitions and continues to train further. Another girl in her early teen is sincerely learning Carnatic Classical vocals under a tutor. Even a short performance by this child in the Residents' Meet imbues everyone in deep devotion. A teenager toured Europe and is back with new found self-confidence. There's another young adult, just a few months from leaving the teenage years behind who has already flown abroad for graduate studies.

Kids of Taponagara are like everywhere else, and yet they hold a promise. They have seen Guruji. As they grow up to be adults they will someday narrate fond childhood memories to the generations which will follow. The present Taponagarites hold guard and nurture the future. ■

## 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)

08-06-2003

The direction we face and sit during Meditation in an energy field becomes unimportant. Therefore, we can face any direction in a temple as there will be a strong energy field in and around it.

—◆—

If we have a strong wish, it gets registered with the Cosmic Intelligence. The wish will materialize if our karmic conditions permit; or it remains there till our karmic conditions improve. The wish gets fulfilled later - in the next year or in the next life, or later.

—◆—

If we stick to the Rishis, their principles and the Path, all our problems find solutions; all our Karmas get cleared. But normally we follow some of the instructions for some time and not for a long time. At such times, we have partial benefits. Sometimes, we also violate their instructions; we do not follow and the Rishis do not insist. You must follow whatever we tell you, if not, you attract very serious Karmas. The point is that we have to practise Shambala principles, manifest love, etc.

22-06-2003

It is very important to define our goal before we take up Meditation. Once we define it, we will be guided to the right Path and to the right person. There is a Cosmic Intelligence monitoring all our thoughts and actions. If we are clear in our intention, somehow we find the right path. But if there is confusion which I find in most of the people, then we will not know why we have taken up a particular path or Meditation. There is nothing wrong, but we will be wasting a lot of time. People usually meditate to achieve mental peace. We have to remember Meditations are not enough to

achieve peace. We have to practice certain other things like 'yama-niyamas', change our life and also our ways of living. The Shambala principle seven says, one has to 'draw the lines of contentment with the material requirements to pursue the higher Spiritual goal.' We have to adopt all these factors in life and only then Meditations help us to have absolute peace.

—◆—

People who come to this Path will be in the final stages of Sadhana. Hence we do not waste time in acquiring powers, etc. Here, the emphasis is to straightaway start training our awareness to rise above the levels of the body, mind and intellect, to expand in the higher layers of Consciousness and experience the Divinity. Once we experience the expanded awareness, many things happen. We get a kind of maturity, a strange wisdom, which helps us to know what is required for achieving peace and making the right choices. Meditations are therefore important. In Meditation first we are at this physical level of awareness and we easily pass through the sub-conscious layer. But to pass through the unconscious layer is not easy. We observe some people bending their heads during Meditation as they get stuck in the unconscious layer. This is not sleeping but a temporary unconscious state. When our awareness passes through this layer, suddenly we grow and we will be able to make out something in us. When our awareness enters the superconscious layer we will know about the many activities that occur simultaneously in all the layers.

—◆—

In a 'Yuga Pralaya' which occurs roughly once in 51,000 years, there will be part destruction. In a Manvantara Pralaya, which occurs

roughly once in 3.6 million years, there will be total destruction on the earth. Even in such Manvantara Pralayas, 'chiranjivees' survive by moving on to some other earth. After many years, when the material and Divine cosmoses get destroyed, 'chiranjivees' leave their bodies.

29-06-2003

Singing bhajans and dancing take us to a state of ecstasy. From this point we have to go beyond. But usually people end here; maybe for the entire lifetime they get stuck at this stage. A similar thing happens with people who are content with reading Puranas, Upanishads and hearing lectures. It is not correct. They do not know.

To make progress spiritually, we have to gather energies. With these energies we have to cleanse our system, burn our Karmas, raise our awareness and we have to actually experience the Divinity at higher levels. With such activity only, we can say that we have made Spiritual progress. This is the truth and very strangely the Spiritual guides and gurus do not tell us about this; but we do it here. We are moving into Satya Yuga. As we advance, our intuition will also tell us this; the time itself will reveal the truth. We will know many things without anybody telling us. It is then that we really start taking up Meditations. We already have a small number of Spiritual guides spread all over the world who tell us that we can go beyond pujas and rituals, experience God and make Spiritual progress. In course of time, we will have only such Spiritual guides and the others may go into the background. We consciously keep out all rituals. We want people to understand this; so that they can easily get awakened and establish contact with God.

## THUS SPOKE GURUJI

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

The Rishis have their simple, more effective and permanent ways of telling us how to eradicate, not only corruption, but also violence, etc. In future, only by such ways we will be able to remove corruption etc. They say 'let us increase the level of awareness by our Meditations, by mass Meditations.' We have to explain the truths. The truths are:

We are souls and what is in us is in everyone.

There are Spiritual laws binding us, like: If we violate the laws and hurt someone, after some time, we get the effect back, if not in this life, later in some life. This is the law of Karmas. When the people become aware of this, they do not make mistakes. There is a higher intelligence - God, watching and monitoring us. Awareness of such simple things will change the life of a person. New changes, revolutions begin with individuals and this is how the New Yuga can be established.

Surrendering is completely putting down our ego and allowing the Divine Will to operate in us. It is to establish a firm belief in God and have no fears about the future. But, we have to put in efforts and organise our life. God helps and takes care of us.

We have to tune to God and the Rishis by raising the level of our emotions and thoughts to their level. When we do this, we will be in constant link with them. Tuning is manifesting love all the time or at least not manifesting negativity, not getting angry, jealous, etc.

A person told me, 'do not to take up so much of work because you will be neglecting your Spiritual Sadhana.' Then this person took up a huge project requiring 24 hours

attention of 10 years of his life. We speak so much but our Spiritual condition manifests when we act. People progress spiritually only when their actions match their words. We can make a lot of progress using the knowledge available in our books and the newsletter. We have to talk a little less and meditate more.

06-07-2003

In Ashadha Masa we receive a lot of energies from the highest Divine plane, which we absorb when we meditate. We can be aware of these energies, absorb them and keep them in the system even when we are busy with the activities of the world. If we practise for a day or two, you will see that these energies try to give us peace and wisdom. They try to talk to us! We can link up to these energies and through them link up to God Himself. We can make every moment of our conscious life a moment of Samadhi. As we move towards Guru Poornima, we begin to get more and more of these energies. On Guru Poornima, we receive maximum energies; we have to absorb more of them, spend more time with God and these energies.

When we receive any special knowledge, we understand it when we contemplate on it. If we do not understand, then we have to discuss it with another person. In spite of that if we do not understand then we have to go to a Spiritual guide and talk to him. We will understand the point thoroughly when he explains it to us. After understanding it, wherever possible we have to put it into practice in our life.

We should have a genuine interest to take up any Spiritual practice, move on and get the Spiritual benefits from a path. Usually, we take up Spiritual

practices for peace or to get problems solved. If by chance, you do not have any benefit and you get disillusioned, then I think you have to be honest and leave the path. If we want to continue, naturally we must have a very strong faith in the path.

I lay great emphasis on faith. Without faith we cannot make even an inch of progress and we will not move spiritually. My Guru is no more but he is always in link with me and I am always in link with him. What I am trying to say is that someone will be there to guide you if you stick to the path and the guru.

Most of the time obstacles will be posed by our own ego. There will be many tests. It is not difficult to pass these tests and come out brilliantly. In spite of the tests, we will be guided in our Sadhana throughout life; if Sadhana does not end, we will get guidance and help over lifetimes.

A Sanyasi is a person whose ego is dissolved. This person loves life and brings out the best in him adding beauty to life.

We will have some force like the police force all over the world till we enter Satya Yuga. My Guru said that in Satya Yuga we live a pure life.

We accommodate everyone and every other person's shortcomings. In fact the volunteers here, the people who are going to join us, are being prepared for future work. This work is very great and noble. Right now there may not be much work at the physical level. But I understand that if we meditate, live all the Spiritual principles and 'yama-niyamas', we need not do anything. We have to understand that our living itself is 'work'. ■

## 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 TALKS BY JAYANT DESHPANDE

(Compiled by Shobha K Rao)  
June 2013

Guruji has been always saying that we and the world are imperfect and we have to have great love and patience when we deal with the world. During these times, we have to avoid confrontation and arguments, as a very trivial issue can become a big problem. The people you are dealing with may not reciprocate but through some other channel of God we receive love. But more than our stand, if peace and happiness is the objective, then we can make progress definitely by applying this between friends, within families, in the society and it can be extended to nations also.

We can focus on growing stronger by the practise of Spiritual principles and avoid getting entangled in the politics that goes on in our work places. Success is not how high we reach in terms of position but how sincerely we work.

Guruji had told us that every New Year, we have special energies. This Ugadi, the New Year appears to be a year of very positive changes, with wonderful opportunities to disentangle ourselves from the past and make a new beginning. It takes us further into the New Age.

Some of the children employ Light with great faith for not only improving their performance in studies, but also in other areas of life when they come across challenges and problems. Light enters the person, educates, guides and helps. But sometimes we do not open up to receive Light. If we are humble we accept that Light is the highest intelligence, surrender and receive Light.

We have enslaved ourselves to our attitudes, negativities, attachments and bondages which

limit our Awareness, also make us blind. When we are free internally we can bring out the best in us; Meditations take us gradually towards freedom. When we love people we respect their ideas and their freedom. We educate them, let them make their own choices and even mistakes, because only then they grow. The Rishis love us, educate and train us. It takes some time to understand that coming to the Path of the Rishis is the greatest blessing.

We realize that the chaos around us is growing day by day due to the surfacing of scams and abuse of women. The protests by the common man are met with denials, indifference and buck passing. The systems have failed. Spiritualization by the individuals by choosing to be good, honest and peaceful is the solution.

The collapse of systems is not the end but a beginning of a new way of life. If we did not have the knowledge and the energies provided by Guruji, we would have lost faith in this world and in life. A new way of living will soon emerge.

Guruji would advise us to practice Shambala principle I. Ananda clears very subtle Karmas, which our Meditations cannot clear. Ananda purifies our system, the Nadis, activates all the Chakras and sustains the activation. It improves our health, builds a peaceful atmosphere, which we can carry with us. It impacts others.

If you want to pass on an instruction which you feel you have received, let it be done after consulting the members of our Spiritual council. ■



**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: What is life-force?**

A: It's a very special energy which comes from Maha Vishnu. This energy is everywhere in the Material Cosmos, on all the earths. Life-force is present even where there is no habitation; maybe after some time it will slowly manifest itself. After creation of this Material Cosmos, energies from different Divine Lokas were brought and kept here. Life-force is one such great energy. Somehow we don't know that all of us carry it; when it tries to manifest itself we ignore it, sometimes even suppress it. You must always be in a mood to sing, dance and live. It is then you will be experiencing what we are expected to experience, God in His diversity. The entire Universe will be with you to help, to guide.

**Q: As the mind and intellect blossom to their fullest glory will the soul fully shine forth?**

A: The mind and intellect are already evolved. And the soul can express itself directly, shine to the maximum any time irrespective of the condition of the mind and intellect.

**Q: Are the faculties like the third-eye, clairvoyance etc. must for a Meditator?**

A: It is not required. These are just faculties. If you practice, you get them. In fact sometimes they distract us, divert our attention; therefore we don't go after powers.

**Q: If during Meditation we think of a place, example many times people try to connect to the Cosmic Tower or Kundalini Tower, do we astrally go there?**

A: No. We can think of a place that's all but astrally we will not go. If we have to go astrally we have to prepare ourselves by

choosing a destination. Only then we travel astrally.

**Q: What is the true meaning of passion?**

A: It is gearing up the entire system of body, mind, intellect and pursuing a particular goal. Artists, musicians, scientists, Meditators should have this passion. I think we have to develop this, bordering towards a kind of madness. Otherwise with a general interest we achieve small things. To achieve higher things to a greater extent one has to be passionate.

**Q: How different is passion from sincerity?**

A: I don't think you can separate these. Unless you are sincere you cannot be passionate. Both are two sides of the same coin.

**Q: How to bring more people into the fold of Spirituality?**

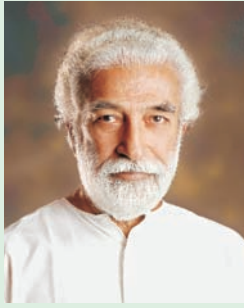
A: There are ways. Our way is unique. The best thing would be to channel Light. People will come into the fold of Spirituality. It doesn't matter if people do not join this group. We have 1,44,000 centres on this earth. People will benefit. The other thing would be to spiritualise simultaneously and spread consistently the vibrations of love and peace. These vibrations touch and bring people into the fold of Spirituality. When you meditate, manifest love you are doing great service to the Rishis and the Universe.

**Q: Is the present state of humanity and the world the same at the end of every Kali Yuga?**

A: No. It depends on the Spiritual condition of the people living at that time. With our Freewill we choose either to be this or that. We need not be like what we are. In this cycle the Spiritual condition of the people is very bad. ■

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ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
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ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
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ಬೆಳಕು	10/-
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गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
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ಊನಿಯನ್ ವಾಯಿಲೆಗಳು	200/-
ತಿಯಾನ ಯೋಗ	50/-
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ಸಂಪೂರ್ಣ ತಿಯಾನಂಗಳಿಗಾಗಿ ಅಭಿಪ್ರಾಯಸುಗಳು	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಕಾಂತಿಕೆ ವ್ಯಾಕರಣ	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)

I am able to silence my body, mind and intellect to the extent of 80-90%. I get a blissful thrill during channelling and see twilight-like brightness within. I also see light of various shades - bluish white, golden yellow, and sometimes pure white light, which dawns suddenly as if a light has been switched on inside. Vibrations and energy flow are observed in the Agna Chakra, back of the head and along the spine.

– M.V.S. Prasad

A few weeks ago, somebody came in and gently shut the door, made me sit for Meditation. It was Guruji! Within minutes, a golden ball of Light struck me and there was only golden Light till I got up from Meditation. I feel different after that. I cannot live a lie, but excuse others when they choose to live dishonestly. Light changes life and adds depth and dimension to it. I am grateful to Guruji and the Rishis for this experience that has brought deep, abiding changes in me.

While washing the windows of my flat, I felt the sea breeze and instantly became the breeze blowing on my face. My body became so light and agile, that I climbed on the railing and felt the vastness of the sky, the birds flying. I felt peaceful, calm and joyous. I was the ground, the air and the sky. I was everywhere, no longer confined to the body and mind. I loved everyone and instantly forgave those who had harmed me. I was all this and yet... I was nothing!

– Nandita Vijayan

While meditating in the Kundalini Tower I experience different energies. Once, my body was filled with blue Light and on another occasion it was full of golden Light. On yet another day,

I saw a big globe of golden Light in my mid-chest area. After these experiences I feel spiritually elevated and full of peace.

– Shubhangi Shetye

When I meditate I often experience total expansion and perceive everything within. I perceive the collective thought patterns that are floating around and also emanations from the inanimate objects. Everything seems absorbed in my expanded self. I am in a state of calmness throughout the day. I am detached and seem to observe my thoughts as separate from myself.

– Shubhada Limaye

I have lost vision in my left eye completely and partially in the right eye too. Recently, when I was meditating in Guruji's Samadhi room, I told Guruji: 'I surrender both my eyes to you and you please take care of them.' Later, I was overjoyed when I was able to read some of the letters with the left eye and found that the vision in the right eye had improved remarkably! Guruji is still around us and he is bringing miracles into our lives.

– Yashoda

I joined the Path of the Rishis a year ago when my husband was in depression. My daughter was unable to receive her father's love. I was in a helpless situation. Light showed the way. With proper medication and support system my husband was able to overcome the depression and regain normal mental health. This has brought about a positive change in my daughter also. I have completely positivised and now my house is a haven of peace.

– A Meditator

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