



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 4

MARCH 2013

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REFLECTIONS

Guruji Krishnananda

(Excerpts from previous Newsletters)

One of the experiences that I can share with others occurred a few weeks ago. I saw a huge disc. It had teeth. Its centre was in Shambala. It began expanding all around. Soon, I saw huge golden yellow flames in it. Somehow, I knew this as the Pralaya-Agni, the special energy released to cleanse the world. The last picture that I can recollect of it is that, after some time, it stopped expanding but flames began growing.

A question not often asked was posed by a Sadhak. We talk of Rishis, Parabrahma Loka, Lord Krishna and matters relating to Hinduism. Are we not keeping Christians, Muslims and others away? Are we secular?

The word 'secular' is much abused politically and let us keep this out from the Spiritual sphere to avoid confusion. Meditation is a Spiritual process; non-religious. To be more specific, it is above all religions. Rishis do exist. They can be called the Spiritual Masters. Krishna was a historic personality and Gita's message is universal. There is no religious fervour here. If we are not to use these names we will be hiding the identity. We have X, Y or Z to fit into the distorted idea of secularism.

One need not lose the identity. The Message is important. It should be Universal. The way should be open to all. All the ways should be respected because all are true. Politics divides; begets negativity. In Spirituality there is harmony and Unification.

I was moved by a letter from a young man who wanted to take up Sadhana and find answers to the questions of life. He wanted to meet me. But his next letter made me feel sad. He had left for Himalayas with an Avadhoota. He wrote "I don't have any address from now on."

Should we forsake the home and the place and run away to reach God? Can we not find Him here? Is Sadhana separate from life? Will the romance with the Himalayas accomplish the goal? Is there not the possibility of ending with Siddhis and Sects? I wish I had met the young man before he took the plunge.

It is difficult to convince others that I do not have any powers and that I cannot bring instant solutions to all the testing problems. I am only a senior Sadhak blessed by the Rishis. The Rishis see everything and they know everything. Rishis help everyone. We may not get all our problems solved overnight because Rishis and even God cannot break the karmic laws. But they show us the Spiritual way out, which will remove the root cause of all the problems. They give us the strength to face any problem and find permanent solutions. The Spiritual way is the only way because any other way will only postpone the situation and arouse false hopes. ■



MANASA FOUNDATION (R)

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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)

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

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amount.



On 1st February 2013, Amara Jayanti, World Channels Day was observed.
More than 8.85 lakh children channelled Light in 1868 schools.
The sessions were conducted by 210 dedicated volunteers.

NEWS AND NOTES

- ◆ Around 300 people participated in the Amara Jayanti celebration at Taponagara on 03-02-2013.
- ◆ The book "Quotes from the Rishis - Vol. 2", a DVD containing recording of iGurujii sessions and an audio-CD containing audio recording of the book "Descent of Soul" was released on the occasion of Amara Jayanti celebration at Taponagara on 03-02-2013.
- ◆ It is decided to discontinue the monthly DVDs of Sunday lectures as the response for it is not very good.

KAMADAHANA TECHNIQUE

On 26th March, Tuesday at the time of moon rise, imagine a Homa Kunda in front of you. Invoke Agni Deva - say the Mantra, Om Agni Devaya Namaha once and imagine fire in the Homa Kunda. Imagine the Arishadvargas Kama (excessive desire), Krodha (anger), Lobha (greed), Moha (attachment), Mada (arrogance), Matsarya (jealousy). Imagine Kama coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. It burns completely. Repeat the same for other five. After that thank Agni Deva. Afterwards, you can experience the Light in you for some time.

MEDITATION ON SPECIAL DAYS

| | | |
|----|-----|-----------------|
| 05 | Tue | Krishna Ashtami |
| 10 | Sun | Maha Shivaratri |
| 11 | Mon | New Moon Day |
| 20 | Wed | Shukla Ashtami |
| 22 | Fri | Shukla Dashami |
| 26 | Tue | Kamadahana |
| 27 | Wed | Full Moon Day |
| 29 | Fri | Good Friday |

PROGRAM AT TAPONAGARA

| | |
|------------|---|
| Sundays | Lectures: 11AM-12 Noon Special Meditation and Light Channelling: 12Noon - 1PM |
| 10-03-2013 | Mahashivaratri Special Meditation: 12Noon - 1PM Shambala group meeting at 2PM |
| 17-03-2013 | Ra group meeting at 2PM |
| 29-03-2013 | Good Friday Special Meditation: 12 Noon - 1PM |
| 31-03-2013 | Group Meditation: 11AM - 1PM |

Please visit www.speakingtree.in
to read Gurujii's blogs and watch
his videos.

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

WORLD CHANNELS DAY

Manoj Kumar Chopra

Every year Light Channelling volunteers wait for 'World Channels Day' which is celebrated on February 1st. This is the day of spreading Love and Peace on earth. Also, this is the day associated with the sentiments of our Master Amaraji's Birthday. Every year we choose to gift him in a unique way by channelling maximum Light.

Light Channels team started gearing up for this mega event more than a month back. Like every year, planning started with Team Meetings and was followed by extensive visits to the schools. Work was divided area-wise and each volunteer was given responsibility. Around 2000 schools were visited personally by our volunteers for taking permission for Light Channelling. There were warm welcomes from the schools as always and many agreed voluntarily for Light Channelling for 3 minutes, although, several schools had exams and Annual Days. Nearly 1000 schools did channelling by themselves and joined in our mission of spreading peace silently. This shows their love and respect for our volunteers and trust in our dream.

Around 210 volunteers worked very hard and many spent sleepless nights. But their Love and dedication for work kept them going. They believe in Light and Light Channelling Movement. Their oneness with the team and meticulous planning was the key to the success. The Love they carry for each other is the strength of the team. When one works with such passion then the whole Universe helps. God loves such souls and rewards them with wonderful experiences and miracles. They had been helped at every small step.

The Day, February 1st, started for several volunteers as early as 6AM and ended late in the evening. By the grace of our Astral Masters and help from Light, everything went smoothly. 8.86 lakh children and teachers of 1868 schools channelled Light. The Day ended with joy and satisfaction. It was a grand success.

The objective of 'Light Channels World Movement' is to heal the individual and also the world which is wounded by our negative actions. The most beautiful time will start on Mother Earth when she will be free from violence, non-love, injustice etc.

The Light channelled by lakhs of individuals with pure intent will definitely impact the world. This channelling is shaping a new destiny for the world. The revolution that begins with Light, always achieves its goal.

Light is waiting for the world to respond. Let all of us join this revolution and work together to fulfill the dream of the New Age. ■

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 Sunday Lectures)
(Compiled by Shobha K Rao)

09-02-2003

Meditation was given to us by the Rishis millions of years ago. The principle in Meditation is silencing the three entities involved - body, mind and intellect. We silence the body by practising the Asana, we try to silence the mind by repeating a Mantra and the intellect by Dharana. Therefore, Asana, Mantra and Dharana are important. In Meditation all these three entities have to be dealt with to complete the process of Meditation, to make the system silent.

We talked of travel in the Material Cosmos. We can also travel in the Divine Cosmos, which requires a lot of preparation and guidance. Even here, travel guided by the Rishis is preferred, otherwise we get lost with dark people, dark worlds and dark energies. The Rishis take us safely. We can travel in the entire cosmos in the Astral body. But if we have to cross the mental plane and enter the intellectual plain, we have to give up the mental body; to go beyond that we have to give up the intellectual body also. Then we will have only the Spiritual body and the Spirit (soul) in it. This Spiritual body with the spirit is also known as the Causal body. We can travel in the Material Cosmos and Divine Cosmos. We can go beyond the Divine Cosmos, which is our home. As we go beyond the Divine Cosmos, even this causal body is given up. This is surrendering. We give up everything and only when we surrender everything, we can enter God. Even when we are alive, with all the bodies intact within us, surrender is possible. How do we surrender here? We make the mind silent; we keep all thoughts silent i.e. make the intellect silent. We make the entire system silent so that the soul can enter into a kind of communion with God. That is why Meditations are important. We have

a physical body - also known as 'Sthoola shareera', Astral body - also called as 'Sookshma shareera' and the Casual body; hereafter we use a new word for the Causal body - 'Atisookshma shareera.'

Amara explained that 'Ratha Saptami' is the birthday of Lord Suryanarayana. Millions of years ago, this world was covered by clouds. Man saw the Sun for the first time (though the Sun was there all the time) and began worshipping the Sun; this day is called as 'Ratha Saptami.' On this day we get more energies from the Sun. Prana comes from Sun. It is a very subtle energy. There are many types of Prana. When we meditate, we can have access to the finest of the Pranas. On Ratha Saptami my Guru took me literally to the Sun. We entered the personality of the Sun. Amara took me to a place from where the golden Light was oozing out. From a distance he said, this is the 'Aditya Hrudaya.' He said, 'Whenever you want to do anything, draw energies from the Aditya Hrudaya and pass them on to it.'

Amara initiated me into a new phase of life. 'From now onwards, you are a real Sanyasi' he said. He also told me that my only obligation is with the work, with the Rishis.

23-02-2003

My Guru came in contact with the Rishis at the age of nine. He spent a lot of time with them and gathered knowledge directly from them. He did not study or read the scriptures. But, he would explain any point very thoroughly. This knowledge is undistorted, complete; I found answers to all my questions. From the time I met my Guru in 1977, I was asked thousands of questions by different people. We could get answers to all the questions. The answers are clear and some of the

knowledge here is new; it is very true knowledge.

We are human beings. We have emotions, sentiments, likes and dislikes. We get angry, feel jealous. Let us understand that all these are natural. We should not worry about it. We have to rise from this human level. But let us not condemn ourselves.

We have to understand that we live in a plane of both good and bad; negative and bad thoughts are natural. In the beginning we have to ignore the negative thoughts and later on, even the good thoughts. We have to enter the areas which are beyond thoughts because it is only there we experience God.

Negative thoughts will not harm us directly but when dark energies enter our system they do damage. Our system is strong, as our Meditation would have built a kind of shield around us. Dark energies will not enter just like that. But sometimes, we ourselves attract them. Dark energies will just slip into us when we start practising certain techniques, particularly those that involve gaining powers, etc.

We must always remember that there are two groups working on this earth - one for the Light and one for darkness. We have to be extra careful in establishing contact with people and while taking up techniques. Let us understand that negative thoughts do not disturb our Sadhana unless we follow them.

Usually the word Pralaya is scary, because people read it as destruction. Pralaya expands our Awareness and perhaps very strangely injects a kind of wisdom. Even without effort we will make changes; we naturally ask questions and try to know why we are suffering etc. There will be a churning process

THUS SPOKE GURUJI

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

in us. It is a challenging and also a very beautiful period. We try to understand about Karmas and the principles involved in living. We also make efforts to remove the effects of Karmas. Perhaps, it brings us to Spiritual practices and Meditations. It brings us to God.

When you receive messages from the higher plane, you should be very careful. Most of the time, our mind will give us wonderful messages. We have to allow our intuition to operate. Enjoy the message and experience but never follow it, check with me.

02-03-2003

Once you get initiated into Meditation in this Path of Rishis, you automatically get linked to the headquarters of the Rishis, which is in the Himalayas. Sometimes a Rishi will be sitting near you throughout your Meditations and you can feel his presence. Somehow, instructions related to the practice will come to the individual. Astral guides (Rishis) will be in link with us always, monitoring our lives, not merely Meditations. Whenever we have problems, they come and help us. They protect us and save us from many mishaps and sometimes even accidents, and from the dark people, dark forces.

If we are highly emotional, we cannot understand things clearly. Our emotions and perceptions cloud us. So whenever we react with the world and people, our response will not be correct and proper. There will be conflicts, problems and differences, which will naturally not help our Spiritual growth.

Similarly, if we are highly intellectual, we try to understand everything with reason, with logic; we understand a part of the reality and truth. Again, there will be conflicts and confusion.

But, when we try to understand things spiritually, by intuition, there will be no confusion. We have to have a little of emotion and use our intellect also in a balanced way. Then we understand people around us and there will not be conflicts or confusion.

Any amount of preparation to work for the Rishis is not enough. We have to emote and think like Rishis, like God, as this work is not an ordinary work. We have to expand our emotions and thoughts to accommodate the whole world. We should be ready to share not merely the knowledge, but also to share many things, and accommodate many things. We have to bring out and manifest great Love. Without Love we cannot take up any work.

On 'Shivaratri' the Rishis bring down Lord Shiva to this earth; He will be on the earth for ten days. We must continue to live in this world, but we must be aware of His presence. Just sit and talk to Him and be aware of Him.

09-03-2003

We know that our Karmas decide our destiny. Good Karmas will bring good destiny and bad Karmas will bring us pain and suffering. We also know that if we meditate, at certain stages, our Karmas get burnt. Our destiny will change when we will have less Karmas or no Karmas. We create our destiny.

Let us remember that there is a special law which says that what we give to nature, we get the same in multiples. We have to be careful about our emotional and intellectual responses as we get back the same thing. Rishis therefore say that we create our destiny.

In this context, let us remember always that we have to actually practice, take up a practice even if it is not Meditation, even if it is a

repetition of Mantra or Pranayama. We have to actually practise, actually meditate. I have seen the changes occurring in some cases, gradually and silently.

Jnana Yoga is a familiar word. Rishis said that Jnana is not the knowledge gathered by the intellect by reading or listening to people. This knowledge is gained by the soul by direct experience, by Meditations.

In the Spiritual journey we have to go beyond all attachments - even attachment to forms of God like Shiva, Krishna, etc. My Guru explained very beautifully about attachment. He said, "It is a relation based on our demands. It is a relation based on our conditions. It is a relation where there is no freedom and there is only binding."

Sometimes I find deep confusion and restlessness in people. This is because they have not defined their goals. We must know what we are seeking otherwise all wanderings become a waste. When we take up the Spiritual life, we should have a goal to begin with, simply because it saves so much of time. The goals do not change but they will be expanding.

There is nothing wrong in taking up Meditations just to get rid of problems. But, one should not stop at that. Our problems vanish and sometimes they don't. Even then, having started meditating, somehow, deep inside we realize that there are other goals besides getting rid of problems.

If you are not reading books, we suggest you read. Reading is very much necessary. Unless we read we cannot gather knowledge. When we read, we understand the truth better. ■

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 Jayant 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)
January 2013

It is true that we have crossed 2012 but we are yet to completely cross the Pralaya period. As we have understood from Guruji these Pralaya processes will intensify further and all the preparation that we have done for 2012 will not be a waste. We have to hold on and continue. We may be disappointed but we should not give up hope. Let us also be aware that there is a growing anger against the wrongdoings. We had not witnessed such anger earlier. The best thing we can do is grow and also channel more Light. More people have to join, intend that negativity should go away and remove negativity from their own systems. When more people vibrate peace and love the forces behind violence, corruption will have to go.

This time we observed that many people missed out registering for Shambala class before 31st December. Guruji wanted people to choose to be in this group every year, as he said nothing should be imposed, not even good things.

Guruji has told us that in every class Masters and also hundreds of Astral visitors will be present. Of late we have observed that those who sit on chairs in the old dining hall and attend the Sunday class, just walk into the class or walk out of the class at their will; some attend to phone calls. Please do not do it. It shows disrespect.

Guruji had told us that we can make very fast Spiritual progress during these times of Pralaya. When we transform the world around us transforms; we become the best Channels of the Rishis and will be participating in their work. In this Path, Sadhana of every individual is monitored at this level through a system of check-ups; the Rishis monitor at another level.

One of our students clearly felt the presence of a Rishi when he was having his check-up. Such experiences confirm that Rishis are guiding us. People say that now they experience more peace. The conflicts have disappeared. Guruji's grace has gifted us this. We have to make sure that we hold on to the Light and not undo what we have received from him.

Guruji had explained that from the unmanifested God, Light came out first; from this Light the entire Creation came out. The huge space between the galaxies in the Material Cosmos is the unmanifested part of God. There is a lot there which is dormant. Even within us we carry this unmanifested God, and that is 'Chidakasha,' which is the space around the Spiritual body, the Anandamaya Kosha. This 'Chidakasha' can be experienced by just being aware of it, for not more than three minutes a day. If we experience this it helps us to be balanced, poised and we will be able to establish very proper relationships with people.

We have to accept the imperfections of the world around us and also our own imperfections; and continue to make efforts to move towards perfection. Rishis do not see where we stand, but they observe how much effort we are making towards our growth.

Let us be open to the knowledge from the Internet and from books by other authors; but let us avoid picking up techniques from there.

On 1st February 1988, Guruji meditated in a hut in Gollahalli, with six other people and Manasa Foundation took birth. We are going to celebrate this silver jubilee in a beautiful way. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How much time is required for changing from the physical body to the Light body?

A: It depends on the individual's efforts. It always varies from individual to individual. But before that transformation is required. We must intend very genuinely that we wish to change. Then, parallelly this conversion into the Light body may occur. We have to practise some special techniques, spend a lot of time. Those techniques are yet to be given to us.

Q: We all come from different sources. Does this influence in any way the choices we make?

A: It definitely does. If you observe people perhaps you will find them as different. What one person can understand the other finds it very difficult to understand. It's because of the origin. Some may not be very bright Meditators, they need not be, but they will attain their own Mukti in their own way. Rishis have plans for them also. Rishis have plans for everyone.

Q: When a person is not able to deal with a situation properly does it indicate that he is not ready to grow?

A: If he is unable to face a situation it's his limitation that's all. It has nothing to do with his willingness to grow. These two are very separate.

Q: What is the original meaning of choosing from the level of soul?

A: It is just to be honest that's all. Not particularly here, in every Spiritual path we have to be sincere.

Q: I want to grow spiritually but I experience obstacles. Please advice.

A: Find out these obstacles and you can remove them. For a person who really wants to change there will be no obstacles.

Q: Sometimes I see specks of Light. What are they?

A: Sometimes due to difficulties people will not be able to meditate. And they have to be helped. Help comes as these specks of Light. They are energies. They also indicate a special grace. Whenever there are messages from the Rishis you will see these specks of Light. At such times, if possible close your eyes, try to listen and try to grasp the message. You won't hear a voice, but there will be a flash and you will understand the message. Read it. Accept it. Don't try to analyse.

Q: Am I ready for the Spiritual?

A: The very fact you ask this question indicates that you are ready. The truth is everyone is ready. We are not aware of it. Even when we realize that we can take up the Spiritual somehow we don't do it.

Q: In spite of Meditations for long I do not experience Light. Why?

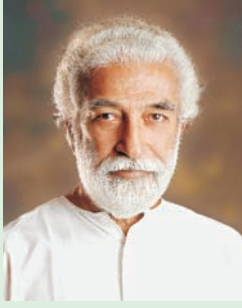
A: Every one of you must find out why is it that you are unable to experience Light. You meditate mechanically most of the time. If you have love in the core you will experience Light immediately. You may carry love, but not to the extent required. Check up how much of love you manifest everyday in your daily life. Go to your core and find out whether you are really living a proper Spiritual life. When you have negativities and you don't want to give them up, you don't manifest love, you don't manifest the Spiritual after spending so many years, how do you expect to experience the Light? I think individually we are different.

Q: Do we have to evolve more to hear God?

A: I think that's a different issue. Even when you are not evolved if you have love God will speak to you. ■

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| ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2 | 150/- |
| ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ | 60/- |
| ಐ-ಗುರೂಜಿ ಭಾಗ 1 | 150/- |
| ಐ-ಗುರೂಜಿ ಭಾಗ 2 | 120/- |
| ಪ್ರೊಫೆಸರ್ ಯುಗದ ವಾಸ್ತವಗಳು | 120/- |
| ಉನ್ನತ ಸಂಪರ್ಕಗಳು | 100/- |
| ಅನಿಸಿಕೆಗಳು | 120/- |
| ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ | 50/- |
| ಧ್ಯಾನ ಯೋಗ | 50/- |
| ಅತ್ಮದ ಅವರೋಹಣ | 50/- |
| ಶಂಭು ನಿರೂಪಣೆ ಅಭ್ಯಾಸ | 50/- |
| ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತಿರಂದ್ರಿಯ ಸಾಹಸಗಳು | 50/- |
| ಗುರೂಜಿ ನಾ ಕಂಡಂತೆ | 30/- |
| ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು | 10/- |
| ಬೆಳಕು | 10/- |
| ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ | 250/- |
| ಶಾಸ್ತ್ರಕಂಠ ವಿಸ್ತೃತ ಗಣಪತಿ ಮೂರ್ತಿಗಳು | 100/- |
| ಅನೇಕರಲ್ಲಿನ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು | 120/- |
| ಬೆಳಕಿನ ಶರೀರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು | 100/- |
| ऋषीकडून मिळालेले ज्ञान (Marathi) | 200/- |
| प्रकाशवाट (Marathi) | 150/- |
| आयुगुरुजी (Marathi) | 100/- |
| ध्यान कसे करावे (Marathi) | 50/- |
| ध्यानयोग (Marathi) | 50/- |
| आत्म्याचे पृथ्वीवर अवतरण (Marathi) | 50/- |
| शंभुला तत्वांचा अभ्यास (Marathi) | 50/- |
| एका आधुनिक ऋषीचे | |
| सूक्ष्मजगातील पराक्रम (Marathi) | 50/- |
| प्रकाशमय जीवन (Marathi) | 10/- |
| प्रकाश (Marathi) | 10/- |
| उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi) | 100/- |
| गुरु-शिष्य संवाद (Marathi) | 60/- |
| ध्यान कैसे करे (Hindi) | 50/- |
| ध्यान-योग (Hindi) | 50/- |
| प्रकाश (Hindi) | 10/- |
| प्रकाशमय जीवन (Hindi) | 10/- |
| प्रकाश की ओर (Hindi) | 150/- |
| தியானம் செய்வது எப்படி | 50/- |
| ಊನಿಯಿನ್ ವಾಯಿಲೆಕನ್ | 200/- |
| தியಾನ ಯೋಗ | 50/- |
| ಆತ್ಮಮಾವಿನ್ ಅವರೋಹಣ | 50/- |
| ಶಂಭು ನಿರೂಪಣೆ ಅಭ್ಯಾಸ | 50/- |
| ಸಂಭವನಾ ನಿಯಮಗಳಿನ್ ಅಭಿಪ್ರಾಯಾಸಗಳು | 50/- |
| ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್ | 50/- |
| ಕಾಂತಿಕೆ ದ್ವಾರಮುಲು | 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)

Every day, is a day when I experience Rishis through Light or through actual sight, in the form of white Light or a transparent form in my house. I am humbly grateful to them for taking care of me... and I strongly feel Guruji is in 'Sirius' the place where he is needed right now....

- Swapna Tembe

There is a vast change in me; I somehow move away from the place when I am tensed or irritated; or I remain calm. I just close my eyes and tell myself 'everything is going to be alright' and my mind gets cleared. I feel I am always connected to Light, supervised and looked after. I am more conscious and cautious of what I do. Thanks a lot Guruji.

- Arun Thyagarajan

I was lying down on bed suffering from unbearable pain in both legs. I just prayed to Guruji to give me relief. When I was praying, I heard someone walk into my room; I felt a strong

presence. Soon the leg pain reduced slightly. I realized that the presence was Guruji, who always helps and protects us whenever we seek help sincerely.

- Asha Ganesh

At certain times, there is a great rush of energy in my body. One such time was recently on the day of Akhanda Dhyana, on December 30. Similarly, at 10 PM intense vibrations are felt in my body. Immediately, I see the time and realize that it is time to sit for the healing session!

- Jaspreet Kaur

Recently, I sat for Meditation though I was suffering from high fever and body ache. Guruji came into my vision and assured me that I will be alright and need not worry. To my surprise I was relieved from fever and body pain and was able to start my routine the very next morning.

- Vasudeva Murthy

FORM IV

(See Rule 8 of Press and regulations of Book Act)

| | | |
|---|--|---|
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