



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 10

SEPTEMBER 2013

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

A person wrote to me – “I took you for granted and lost”. I was reminded of Amara. People came to him as to a soothsayer; sometimes, as to an astrologer; a man with unusual psychic capabilities, narrator of Astral ventures. Also, a teacher of Meditation! Amara had much more to give. But... Amara was taken for granted!

We take for granted Rishis, Sadhana, God, Life and everything.

How do we reckon the Spiritual progress of a person? We have addressed this question many times in the past. And yet, whenever this question arises, a new point also flashes; a new aspect is revealed.

I think, our prayers reflect our Spiritual condition. Usually, we pray for ourselves – our comforts, happiness and welfare. We also pray for every and any thing. We do not stop asking! When we stop praying only for ourselves and for every small silly thing, I consider that as a step in our Spiritual growth. When we stop asking for things, yes, we would definitely have made some progress. God knows and gives, without asking, all that we require. Accepting what he gives and also what he denies at the moment is real Spiritual progress.

When praying is not pestering we can count on the progress!

My Guru has explained to us once that the child remembers all the past, can see the Astral beings and talk to God directly. But once it begins to talk, all these faculties are withdrawn. Learning and knowledge tear off the innocence. And civilization corrupts!

Going back to our innocence is the essence of Sadhana.

When a person explained to me a technique that he had picked up elsewhere, I made a genuine remark – “It is good”. The person went back happily. What he did not hear from me was – “But we have still higher techniques given by the Rishis”.

We do not listen to others fully. Many pose questions but do not wait for the answers.

Listening is a part of Sadhana. ■



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)**
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NEWSLETTER

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Send us the name and address,
along with the Subscription
amount.



Meditators channelling Light to the whole world
on the day of Guru Poornima

NEWS AND NOTES

- ◆ The Japanese translation of our book "Doorways to Light" by Lynne has been released in Japan on 3-8-2013.
- ◆ The Japanese version of our book "Living in Light" translated by Lynne is now available on our website for free download.
- ◆ An android version of the book "Living in Light", which can be downloaded on the mobile phone, is available on our website from Guru Poornima.
- ◆ "The Book of Reflections (Vol-3)" and a DVD containing video recording of the iGurujee sessions of August and September 2012 were released during Maharshi Amara's Maha Samadhi program at Taponagara on 25-8-2013.

Special Meditation Technique for Sri Krishna Janmashtami: Imagine a huge globe of blue Light or the form of Lord Krishna, any of it. Enter this globe or the form as a speck of Light. You are inside Lord Krishna. Experience Him. This technique can be practised for any length of time, any number of times in a day. This technique can be practised for ten days in place of the regular Meditations.

MEDITATION ON SPECIAL DAYS

02	Tue	Masa Shivaratri
05	Thu	New Moon Day
08	Sun	Worship of Gowri Devi
09	Mon	Worship of Lord Ganesha
13	Fri	Shukla Ashtami
14	Sat	Shukla Dashami
18	Wed	Worship of Ananta Padmanabha
19	Thu	Full Moon Day
27	Fri	Krishna Ashtami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM-12Noon Light Channelling: 12 Noon - 1PM
08-9-2013	Shambala Group meeting at 2PM
15-9-2013	Ra Group meeting at 2PM
29-9-2013	Akhanda Dhyana (Group Meditation): 11AM to 1PM

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

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

LIGHT CHANNELLING EXPERIENCES

On 18th July, after reaching the bus stop I realized that I had left my mobile phone at home. Going back would have caused delay in reaching the destination where I had to meet another volunteer, and visit a school for a Light Channelling session. Although we had planned about where to meet and the location of the school, there was every possibility for confusion to creep in without any means of communication between us.

With the belief that the Light will take care, I got into the bus and realized that I could communicate with him via Light. I sent a message to him in a globe of Light. Both of us reached at the same time even though we had to change two buses! He was not aware of my message. But in spite of being late he had not panicked since he too had prayed that he should reach the destination at the right time. The session was conducted successfully.

It has become part of life to receive grace from Rishis and Light. Perhaps, this may be the only work where one feels proud and humble at the same time for being able to spread Light and Love to the entire world.

- Manoj Deshpande, Volunteer

I was feeling dejected as I was unable to participate in Light channelling sessions on a regular basis due to work, but had decided to take leave if it was a class-wise session. One such opportunity presented itself. I wanted to go for the session desperately. Knowing that I have a presentation, I decided to ask for leave, and left it to Guruji and the Rishis with a silent prayer. Even before I could ask for leave, my boss declared a holiday that day due to some celebration. I was both surprised and happy. I felt blessed the entire day as I could concentrate on doing the sessions without any worries.

- Nithya James, Volunteer

TAPONAGARA DIARY

Seema Almel Somayaji

Taponagara has always been the venue where Spiritual seekers meet the Divine. July 2013 was a special month for every seeker, as it brought the Ashadha period and the Guru Poornima day which celebrates the unique bond shared between a Guru and a disciple. Though the entire world was flooded with the Energy from the Source – God, it comes into sharp focus in this abode of the Rishis. As Meditators channelled Light for an hour on this day in the Meditation Hall, the devotional pull from the Sadhaks amplified the Divine's presence.

To mark this day, a Resident Volunteer meditated for about five hours and yet another channelled Light for twelve hours. True to its name, Taponagara is indeed the place for intense long Meditations.

This was the first Guru Poornima after Guruji attained Maha Samadhi. Every Meditator was emotional on this day. Though we feel Guruji's unwavering Presence and Grace in our lives, his physical presence was missed. Some Meditators approached the dais where he used to sit and bowed to receive his blessings, missing the days when they would queue-up to do so. Many sat in Guruji's Samadhi in Tapovana, to lose themselves in his Divine Energies.

Guruji is within each of us and being in Taponagara is having him without. ■

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)

26-10-2003

I speak about different points raised, questions asked by you; we try to find answers and clarifications. In that way we try to gather knowledge. Knowledge is so important. It helps us to know and choose. It is during such times, Meditations come to our help; they strengthen our discretion; bring us wisdom; we know the right thing. In life, making right choices is very important and knowledge helps us to better this.

Realisation is the awareness that I am a soul and I am a part of God. We should not feel satisfied with this understanding at the intellectual level. We meditate to go beyond the intellect, to that area, to realize by direct experience. This is the most important thing. The knowledge gained by direct experience is the knowledge. This realization does not necessarily occur following one step after the other systematically. This realization can occur on the first day of Meditation, in the very first stage itself or at any stage, not necessarily at the last stage.

Sadhana is living in accordance with the Spiritual laws. There are many laws like - respecting this life; sharing our spiritual wealth and material wealth with others. It is again non-interfering with others' life. We usually start advising. It is easy to give advice without following it. We have to experience the oneness, which does not happen easily. We have to experience oneness with our neighbours; then we can expand it. We can experience oneness with the entire mankind and then with the entire creation. Then, we have access to all knowledge.

A problem comes to us to teach us something. When we try to

understand the purpose of this problem, then perhaps we become aware of our own failures and shortcomings and our own inadequacy of understanding the truth. We have to overcome the inadequacy. It is then the problem becomes an opportunity for us to grow. Most of the time, we do not know this and suffer the consequences of the problem.

We have 7 Shambala principles, we have yama niyamas, and many things like this. Let us begin practising one principle. It leads us to everything gradually, as we grow with knowledge.

Everyone has a role or a mission in life. Some choose this mission even before their birth. My Guru chose, Christ chose and some choose after they take birth. But if we know what we have to do and we do not do it, then nobody judges us. But it is very sad.

When we complete a cycle of four Yugas, comprising of roughly 1,000 years, and we begin to enter into the New Age, there will always be a very special Avatara. It is not Mahavishnu's tenth Avatara - Lord Kalki. Long, long ago, the Rishis brought a very special energy from Parabrahma Loka. As it was not easy to hold this energy, a Mahavatara came down to hold it. He took birth and lived on this plane. In the last cycle, Lord Shiva held this special energy. Shiva lived, literally moved on this earth with Parvati. Lord Shiva and Lord Mahavishnu take birth alternately and come down to this earth to hold the energy. Mahavatara has now come. He is a boy called Kiran and He is from South India. He uses and operates this energy. Mahavatara lives for 20,000 years as a boy in Satya Yuga.

It is difficult to believe. He will be available to everyone at any time. If anyone thinks of Him, He will be with him. He can be with one million people simultaneously. He will be a man, an adult for 15,000 years in Treta Yuga. In Treta Yuga, when there is slight dilution of values, He will sit in a place and people have to go to meet Him. For the next 10,000 years in Dwapar Yuga, when there will be further dilution of values, He will not be accessible easily. People will have to make efforts to reach Him. Mahavatara will be available for 45,000 years. This special energy from Parabrahma Loka will be kept dormant in Kali Yuga.

There is a separate place called 'Pitru Loka' where special people live. They have been assigned a particular work. Whenever we wish to pass on our love and energies to our loved, departed relatives and friends, these special people carry these offerings to them. The departed souls could be anywhere, but the love and energies reach them through these beings.

Technique for contacting Rishis: The simplest would be to sit facing north. Pray to the Rishis to talk to you. Imagine a ray of golden Light coming from above and entering you and that forms a bridge between you and the Rishis. You can talk to them. Ask a question and wait for the answer. In the beginning, it will be very difficult to decipher. But let us not get discouraged. We have to practise this for years. After some time, we will be able to talk to them easily. Every time we talk to the Rishis, it is not the technique but it is always the love. If there is love, the contact is instantaneous.

02-11-2003

The more we try to know about

THUS SPOKE GURUJI

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

God, much more remains to be known, to be understood. Perhaps, we will never understand God. We always understand with the intellect, which is always limited. Therefore, we can only know Him by experience; not with our intellect. Yet, we go on trying to know more about Him; try to understand Him.

We know that God is omnipresent. He is everywhere. He is all over in His entire creation as consciousness. Consciousness is a Divine matter and it is from this consciousness that the whole creation came out. Behind this creation, in all His creation, God is present. It is a very interesting point to add that creation exists simultaneously at different levels. First, at the physical level, we have the physical world, the same thing exists at the Astral level, and creation exists even at subtler level called the causal level. Beyond all these, physical, Astral and the causal levels, we have the consciousness - God Himself. It is difficult to understand that He is aware of every thought and emotion of ours. Although He is around us, in us, we are not aware of His presence simply because we have confined our awareness to merely the physical realities. If we allow our awareness to extend a little to the Astral world, to the causal world, to the world beyond the causal level, we experience God. We meditate to experience God. In Meditations, we can expand/extend the awareness to those finer levels and experience Him.

The mind and intellect are two different entities. The thoughts and emotions are interwoven; it is difficult for us to know that they are different. It is difficult for us to know that they originate from two

different entities. But when we meditate consistently and reach some stage, we will be able to make out that the origin of the thought and the origin of the emotion are different. We can actually see it. In the beginning, it is difficult to accept this because when we sit for Meditation, we are always crowded by many thoughts but when we persist in our efforts, we will reach a stage when there will not be a single thought around us. If one thought comes, we can make out that it comes from this area, the intellect. We can see the intellect as different from the mind.

Dharma-Artha-Kama-Moksha, are familiar words. Many books have been written about them, many people have explained these things beautifully. Many masters have talked about it.

Dharma is our nature; Artha is the material part of our life; Kama is the desire; Moksha is the ultimate freedom. We cannot ignore any one of these when we live; all are important. We have to live according to our nature - Love. We have to attend to all the responsibilities in our life and we should not run away from this world. This world is like our classroom.

We have to have desires. We must have desires to expand our own awareness, to expand our emotions and thoughts. We must have desires to share our love with others, to share our riches, both material and Spiritual. We must have desires to manifest the divinity that we carry within ourselves. Such desires are wonderful.

Moksha is freedom. We have to attain freedom from all bondages. Loving our children, loving our people, is natural. They are not bondages. Let us not confuse. Bondage is that which comes in the

way of our Sadhana. The bondage is that which prevents our movement towards God. Bondage is that which prevents the expansion of our own self, our emotions, and our awareness.

When we were with God, we were free. Having come down here, somehow we have got caught in this life here. Dharma-Artha-Kama-Moksha are important and simultaneously we can achieve all these, we can live all these. We have to get rid of all bondages and attain freedom. We have to live here and attain peace and that is the greatest thing.

God is always with us, we are never alone. We are always surrounded by God. But we are not aware of it. The moment we become aware of the presence of God around us, we would have taken a giant step in Sadhana. This is one step - becoming aware is so important. If we can experience Him, then we will be experiencing Samadhi.

A person asked me, 'if I meditate can I roar like a lion?' He was quoting Swami Vivekananda. I told him, "You can do many things. When you meditate, you not only gain inner strength/courage, you also gain a lot of wisdom; you can roar like a lion." When you meditate you experience the highest, you experience the Divine - maybe in different degrees. But you always experience. Even the mildest/smallest experience is enough to bring you the wisdom. But normally you ignore these things and persist in living in your old ways. If you become aware of this, you can make use of the wisdom and live this life beautifully and sensibly. Spirituality is living this life sensibly and not going into extremes. ■

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 SHRI. JAYANT DESHPANDE'S TALKS

(Compiled by Shobha K Rao)
July 2013

I was very much touched when a person said that he knows about his aggressiveness and that he is trying to overcome it. The biggest problem is non-acceptance of our negativity. Once we recognise and accept the negativity in us, the change in us is guaranteed.

We do make mistakes. We are not perfect. But, people should not judge and conclude that the Path where students make mistakes is not the right Path. They should try to experience and find out by themselves. The Path does not lose its potential because the students make mistakes. We have to understand that the students are sadhaks and are yet to reach perfection.

This Path gives access to vast knowledge and vast amount of energies brought down by Guruji, Amaraji and the Rishis. In this Path we have guidance from Guruji's books, his talks, and senior guides and teachers are also available to guide us.

There is another factor – people expect a lot from us, the Meditators. It's natural. Those students who are in the Path from a very long time know fellow students and their shortcomings and have accepted each other. But then there are new students who are yet to understand many things. They may judge the Path looking at our behaviour. We cannot really blame them. We represent the Path. We represent the Rishis. Each one of us has a huge responsibility. It is up to us to either be a doorway or be a closed door.

One of our Meditators had a very pleasant experience when she went for an interview to get her visa. She also observed something very unusual that everybody in the queue also had a similar pleasant experience. And all of them got

their visa very easily. This is a very good observation. Another Meditator had a similar experience when she applied for her driving licence in a different country. Meditators always impact the surroundings positively. They carry energies and the grace from the Rishis which descends not only on them but on everybody around them.

Guruji wrote about a wonderful point in one of the 'Reflections' that the human bodies occupied by us now have evolved from a single cell over millions of years. These bodies have their own intelligence and feelings also. When we came down here to occupy these bodies we carried superior bodies of mind and intellect from higher worlds, which had to be fitted into these human bodies which were not evolved fully yet. So our experiencing through these human bodies is in a way limited. Before we came down we knew about it. But then Rishis taught us Meditations. Through Meditations we can come out of these human bodies, take our Awareness to higher layers of Consciousness and experience unlimited expansion; be in touch with our higher life. Guruji said – our thoughts, our emotions and experiences through the human bodies are new and different. We have come to experience the limitation, the struggles and the challenges and also the beauty of the nature here. Being human is Spiritual, it is not unspiritual. We have to distinguish the human part from wickedness, non-love and violence etc., which are not human. We are stuck here because we broke certain Spiritual laws attracting the effects; and we have to meditate to clear the effects and return back to our Divine source. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: During these times several energies are working. Are these energies personalities like Agni, Vayu, Indra? Can they be invoked?

A: Yes. The several types of energies released by the Rishis working on this earth have intelligence. The field will have a core that can be invoked as a personality, but these personalities are not like Gods, like the higher beings. First we have to identify the energies then connect to the core and invoke.

Q: Do these energies work within us and cause transmutation of Karmas?

A: All energies do not clear Karmas. These energies will be working in us when we meditate. Usually during sleep they enter us after taking permission from us; they may not clear Karmas directly but they sharpen our intuition, most importantly they remove the negativities. And the main job of these energies is to awaken us to the reality that we are no more in Kali Yuga. We are already in the New Yuga.

Q: Are these energies active only during Pralaya? Are they present on earth throughout all the Yugas?

A: No. These energies are brought down for special purposes, specifically to help us enter the New Age. We can classify them as Pralaya energies. The energies work and get expended. They are not required after we enter the New Age completely.

Q: How do we, the Meditators fight corruption?

A: Channel Light.

Q: Is this not a passive way?

A: No. It is action at another level which is more effective. For every revolution and great change on this earth the Rishis work at the Astral level which we are not aware of.

Q: Once we channel Light does the Light channel itself and spread afterwards without we consciously channelling?

A: No. A conscious participation is required for channelling. You can't ask the Light 'you channel I will get busy with other work'. It won't happen.

Q: Is it required to understand experiences?

A: No. You don't have to understand experiences, you have to enjoy them. It is not always possible to understand them. We understand some simple experiences, not the complex experiences.

Q: If we connect to our Higher self will it be easier to know the purpose of our birth?

A: Yes. The purpose of life is to achieve perfection. But to know it we need not connect to the Higher self. We can make out by ourself here, with our intuition.

Q: Is Free-will the character of the soul or the body?

A: It is the soul which has the Free-will.

Q: How can we dream about the future and also be at the present?

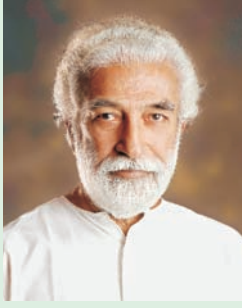
A: When we dream we enter such a time zone where there is neither present, nor past nor future. Maybe there is a mixture of more than one stage. So we can't say we will be in the present and dream about the future. Even technically it's not possible.

Q: Why is the vital body not included while practising the Shambala principle number One?

A: My Guru said that the Pranamaya Kosha is like glue. It connects the Astral body to the physical body. It doesn't have a very major role. ■

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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 have been under severe psychic attacks for quite some time. When I ask for help, the response from the Sapta Rishis and Guruji is immediate. I find that now I am able to handle the situation calmly without any panic. I am confident that the Sapta Rishis and Guruji are always there for me.

- **Mukta Taragi**

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

- **Pushkar Patki**

Life is going on more smoothly than before, with lesser conflicts in the mind, which previously used to bring in more anger, disappointment and frustration. Accepting situations peacefully as they come has become a little easier now. There has been a lot of positivisation in my thoughts and the change is observed by the people around me. They find me very happy and light. And the credit goes to Meditation.

- **Bhavna Vichhivora**

Recently, I broke my arm. I was rushed to the emergency ward. I prayed to Guruji to cancel the surgery. From deep within I felt that I will not have to undergo surgery; later, the specialist confirmed that surgery was not required. I was very peaceful during the whole ordeal. I offer my infinite thanks to the Rishis and Guruji for looking after me through this difficult time.

- **Rashmi Raghuvanshi**

Surrender levels have gone up. I do have wishes, but the end result is happily accepted. My prayers are for offering gratitude only and a request

that I may be blessed to share my Guruji's work. There are times when I become very silent, and connect to the stillness. Thoughts too are reduced and relate only to the task at hand...

- **Geeta Joshi**

I am feeling much more focused. In every new development I can actually feel that I am being guided and helped; my intuition has become sharper. The change in me is immense, as acceptance of any situation now is immediate, without any kind of misgiving. I have risen above most issues, and have a kind of detachment, as everything is done with full dedication, without any expectations. I feel I am more balanced now.

- **Nandita Patel**

Two interdepartmental temporary positions came up at work over the past few months. I applied for the first one and prayed to Light for guidance, that I should get the job only if it does not affect my Sadhana; I didn't get it. The second time I applied for the other position and I got the job, which is where I am currently working. The team work environment is very positive, calm and peaceful. I thank Light for everything; Light knows what is best for me.

Many times I feel like singing and dancing; I listen to music a lot and I also appreciate nature more and feel the beauty around me. I try and communicate with my car and everything in my house as well; I keep trying till I hear back from them. I have reduced talking and I am constantly self-checking to ensure that I make the right choices. I am satisfied with what I have and don't want anything more materially, my goal is to go further ahead spiritually.

- **Bharti Dudhia**

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