



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 10 Issue 1

DECEMBER 2014

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REFLECTIONS

Guruji Krishnananda
(Excerpts from old newsletters)

Another year ended. Another year begins. And we say again, as in the past, how quickly the year passed! We pause, ponder and proceed as usual. It is like a rehearsal of a play that never begins!

1998 has been very fruitful to us. We brought out two valuable books, made a lot of progress in completing the construction works, opened new centres of teaching Meditation and more than anything strengthened the Path and the System. We understood clearly about what we should not do. We should not blindly expand the organisation which is different from the Path, we should not dilute our thrust on the individual Transformation and growth rather than on the collective movements without the Spiritual base. We should not glamourise Sadhana to attract crowds. It is enough if we live and shine. Others will see the Light and come to get enlightened. If my people understand and follow these, there will always be Light in Taponagara.

I had spoken often about the importance of 1998. It churned our principles and living. There were moments in almost everyone's life, that forced us to stretch our alertness and to make choices. We knew about our choices – the right ones and the not right ones. We chose and unwittingly also chose the consequences. 1998 was a year of defining our priorities and our goals. Taponagara also went through the pains and pangs of the births and shifts in Consciousness. There is a new life here now; a new wave. There is so much that we have gathered here that a generation can go on munching about it.

When a person had asked us, some time ago, where would we store our knowledge, I had replied: in the walls, things and, of course, in people. I feel like repeating that again. I have wonderful people around me who carry my thoughts and hopes. I will live in them for years and years.

One person may not fill in my place of a guru after me but several people have filled me in their hearts and spirit.

A person asked me – "If I receive a message from the Rishis directly which is different from what you have received, which one should I follow?" This made me a bit pensive and also contemplative. How could there be two different messages!

My thought took me back to the times of the physical presence of my Guru. I could not recollect even a single instance of any of us receiving a different message from that of Amara. We could never imagine such a situation. We had accepted him as our Guru totally and his words were the Vedas. Looking back, I realise now, how important it is to have total faith in the Guru. Without this we cannot learn and grow.

There are many newcomers now. It makes me feel happy and useful. I request all of them to read our books thoroughly like text books and understand the Path, Rishis and me. Then, they may ask questions. ■



MANASA FOUNDATION (R)

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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.

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NEWSLETTER

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



The new building housing the office for our Light Channels work and the Information Centre.

NEWS AND NOTES

- ♦ Guruji's Maha Samadhi day was observed in Taponagara on 23-11-2014 and at Anekal on 24-11-2014.
- ♦ The new building housing the office for our Light Channels work and the Information Centre was inaugurated on this occasion.
- ♦ An e-book, the electronic version of our book "Doorways to Light", was released during the program. This e-book is available for purchase from our website www.lightagemasters.com
- ♦ Manasa Desk Calendar for the year 2015 was also released during this program and is available for purchase from Manasa Office.
- ♦ New batch of Shambala Group begins from January 2015. Those who wish to join may register their names with Manasa office before 31-12-2014. External Guidance students can also join. The existing batches of students are also requested to register their names before 31-12-2014 for renewal of their membership.

AKHANDA DHYANA

On 28-12-2014 at Taponagara from 6AM to 6PM. To participate please register your names with Manasa office on or before 25-12-2014 along with the timings.

MEDITATION ON SPECIAL DAYS

01	Mon	Shukla Dashami
05	Fri	Shiva Deepa
06	Sat	Full Moon Day Vishnu Deepa
14	Sun	Krishna Ashtami
16	Tue	Shoonya Masa begins
20	Sat	Masa Shivaratri
22	Mon	New Moon Day
24	Wed	Christmas Eve
25	Thu	Christmas
28	Sun	Akhanda Dhyana
29	Mon	Shukla Ashtami
31	Wed	Shukla Dashami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
25-12-2014	Christmas Special Meditation: 12 Noon - 1PM
28-12-2014	Akhanda Dhyana (Group Meditation): 6AM - 6PM

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

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I conduct tuitions at home for students during my spare time. I wanted to initiate the students into Meditations so that they can benefit in their lives. During this quest, I came to know about Taponagara and Guruji. The book "Experiences of Light Channels", gave idea on how Light Channelling helped the school children to achieve success in studies. Inspired by that, last year around seven tuition children, my family and I sat for Light Channelling. Surprisingly, all the kids sat and did for seven minutes without any disturbance. During the session I saw Guruji in Light form coming out of the photo we had kept, to guide us through the session, walked around each kid and sat between them. I felt very happy, satisfied, blessed and fulfilled. As a result of channelling, all the seven children got good marks. They were more focussed and were able to finish the tasks within time. I saw a lot of improvement in their behaviour too. This year also I repeated the Light Channelling sessions for the old and new students in September 2014 before their exams. The results have come out well. This time also I felt that Guruji came and blessed us. I am happy that I am able to contribute to the Light Channelling Movement in a small way.

– Sangeetha Balaji, A Light Channel

I tried this technique and I could experience the Light. But now I want to experience It more intensely, become Light and experience God. During the Light Channelling session with the students I saw some students crying. I think the Light has touched them and hope it will help them and their families.

I had to address a big gathering of dignitaries where I had to deal with very important topics, and I was a bit tensed. But with the help of Light, words came fluently and I could deliver a very good speech.

– Sister Leonie, Principal, St. Rock's Girls High School, Bangalore

TAPONAGARA DIARY

Seema Almel

Taponagara celebrated Deepavali with colours this year; the colours of rangoli not Holi. Dressed in festive attires Taponagarites shared the merry spirit in the Residents' Meet of October. Earlier in the afternoon a rangoli contest was organized. Participants expressed their affection for Taponagara and Guruji through beautiful rangolis.

The contest became a proof of Oneness. Keeping a healthy competitive spirit alive, with an eye on scoring maximum marks, each participant wished the best for others as well. Their creativity became an expression of their inner beauty. The judges did a difficult but fine job as well. A participant who usually suffers from persistent body ache reported relief while drawing the rangoli and an inexplicable joy which lasted for a very long time. Hesitant participants found unknown capacities within themselves.

During the evening Meet, Residents lit diyas together. The participants and winners were appreciated with flowers. Two Residents sang devotional hymns. The entire gathering was charged with an overwhelming spirit of joy; rather a special joy which emanates as Divine Love from the very heart of our Guruji.

Due to the likelihood of rains in the late evening, the fire-crackers session was postponed by four days. So Taponagarites gathered again to enjoy the festival. Children, and those still a child at heart, enjoyed the fireworks. In a quiet little corner of this earth, Taponagara, the abode of the Rishis, the hub of Light, celebrated the festival of lights – Deepavali. ■

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)

September 2004

We must avoid pain. This is one of the points in Sadhana. Why suffer unnecessarily? Generally, wherever we have suffering and pain, the cause is ourselves. We will have pains and suffering because we make wrong choices and pursue wrong goals. And sometimes we do it knowingly and then come to the Rishis. The Rishis always help us. But, at some point, we have to stop it. The Rishis stop pain and suffering only to some extent. Perhaps, we have to do it. We have to change.

I was asked recently 'In which language do you communicate with the Rishis?' I answered, 'in no language' - but that is a part of the truth. Let us understand that this communication occurs at two stages: 1) At a very subtle stage, 2) at a gross stage. At the first stage, the communication from the Rishis comes in the form of energy, vibrations, light, which enters our intellect. From the intellect the energy reaches the brain travelling through the mind. The mind is always a vehicle. Mind is many more things - it is a storehouse of energy, a bank of memories of all our past lives. We know it takes us whenever we travel astrally. In the brain the energy gets converted into words in the language known to the individual. I communicate in English, Kannada at one stage and after that there is no language. This is one part. I have observed another beautiful thing, that sometimes I communicate at the unconscious level as it is easy to do it at that level. The whole concept, the bunch of ideas, is transmitted not line by line but like an email, and it reaches them. They respond and I receive it at the unconscious level. Though I will not be knowing it immediately, but somehow I will know that there is communication and something

has come to me. It is not easy, it won't surface. I have to make efforts. But sometimes, when certain things are important and they have to be known to me, the Rishis allow it to surface immediately. Behind all this, it is always their grace and their love.

People say that I know everything. Let me claim that I know everything, but at a different level. When people are in distress, they think of me, they send messages, they ask for help. I receive these things at the unconscious level and my response goes without my knowledge. The Rishis choose it to happen at that level so that it may not disturb me and my work. Also, when such things happen at the unconscious level, I can respond with many people. Rishis do it with lakhs of people, I may do it with one or two people; but it is possible. And at that level the response is very quick; this is the most important thing. Sometimes, when in distress people try to contact me by telephone, which is difficult. At such times I always tell them, "you don't have to telephone, send a strong thought, it is enough." Don't think I am overestimating myself, I know my limitations. When communication occurs, the Rishis respond as I am a part of the network, they help; I am like a telephone- an instrument.

From now onwards, we shall add a factor to our practice in the form of a sankalpa. Sankalpa is a kind of determination; a strong wish. Every time, before Meditation, when we offer respects to God, Rishis, we also say, 'today I am meditating for... whatever the purpose, for my own peace, for clearing of the Karmas, for solving any genuine problem, for transformation, for my Spiritual progress;' include anything. Then

you start meditating. The science behind this is that, whenever we have such strong thoughts, an energy field gets built around it. When we meditate, this energy field will vibrate and bring us the real results.

When people join the classes, sometimes, there will be a lot of enthusiasm which is understandable and appreciated. In one email, they would like to know everything! I remember, a person asked me long ago, 'Please tell me all about Pranayama.' I have to write one whole book! I am not laughing at this, I am only putting it in a humorous way. But you have to have little patience. You have to first contact your teacher and then read our books. Maybe, you will find answers there. If you don't get answers there, then you can contact me.

Always remember that it is of great importance to have eclipses consecutively between 15 days. Great changes take place individually and at other higher level, global level. Many things occur. These periods are very important. Let us meditate during this time.

I have to remind you periodically that more than the talks that we have here, it is receiving the energies from the Rishis, which is important. In the talks, we get the knowledge and sometimes new knowledge. Every Sunday Rishis bring new energies. These energies help us in a thousand ways. The best thing for people who have genuine difficulties and cannot come here is to sit in Meditation; if they cannot, at least they have to link up, they have to think of Taponagara. Then they also receive all the energies that we receive here. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

12-01-2014

A relationship can be a source of happiness and also becomes a source of unhappiness. It can become a source of disappointment, which comes from unreasonable expectations. Guruji used to say we have to try and shift the relationship to a higher level, to a Spiritual level where there are no demands. Demands come from the ego. And when one set of demands are met with the ego produces a newer set of demands. It's an endless process. Only the removal of the ego can bring happiness. Anyway, in a relationship accepting the person as he or she is helps. We can have a relationship where there are no demands but expectations are different. Even a Guru who loves his students unconditionally expects the students to shine. But this expectation is only for the good of the student. I think of Amaraji. When Guruji asked Amaraji whether he has accomplished his mission in life; at that time Amaraji had said, 'My mission is to gather all of you.' We can do only our best. And that is our limitation. We cannot make the other person shine. We cannot do it. A relationship may not bring us permanent happiness, but when we grow and do more Sadhana, we get connected to the infinite source of permanent happiness, which is God Himself. I think that is the only relationship where we can find complete fulfilment.

11-05-2014

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

respond to these challenges, how we overcome the obstacles, how we face the problems decides whether there is a failure or an upset or we sail over. Karmas also manifest as tests for us. And whenever there is a test it is also an opportunity, an opportunity to do well, to rise spiritually. A problem vanishes gradually, if a person meditates, accepts the problem and makes changes in his lifestyle accordingly and grows spiritually.

Failed relationships are because of egos, because of non-love. One of the very important things Guruji taught us is accepting people as they are. This is a very important thing which took me some time to understand. Generally we expect a lot from people, our own people. We want them to be perfect, to be very understanding, very accommodative and when our expectations are not met with we feel disappointed. Of course we try to correct them. It does not help. It takes time for a person to change. Look at ourselves. It takes time for us to change. This is a very big lesson we have learnt from Guruji - Accepting people as they are.

28-09-2014

I received letters from two external guidance students recently. They had a question. They say that every time they send their practice report they are asked to continue meditating in the same stage. They wanted to know 'In spite of regular Meditations why is this happening? Are we not making any Spiritual progress?' We reach the stages of Experiencing the Light; these are very advanced stages and the techniques are very simple and very advanced. With the help of these techniques and also our efforts to spiritualize our lives we can actually experience Light. We are expected to experience Light only then probably the Rishis shift us to the next level.

Throughout Meditation, all the time we have to experience Light. I know it is not easy but it is possible; otherwise Rishis wouldn't have given such stages. It requires huge efforts not only in meditating regularly but also in spiritualizing every detail of our life. Only then we will be able to experience Light throughout Meditation. Maybe then we become eligible to be shifted to the next level.

That is why I feel we should not worry about the stage and focus on our Spiritual progress. We may have to spend more time in these stages but we need not worry. And most important, just because we are asked to continue meditating in the same stage we need not conclude that we are not making Spiritual progress. The fact that we are meditating even if not daily, even irregularly, indicates we are making progress. The fact that we are here, that we are continuing in the Path, attending check-ups, sending our practice reports regularly indicates progress. Maybe, it's not enough for us to move to the next stage but we are making progress. And all these things also indicate that we are with the Rishis. That is important.

Apart from the technique of the Stage Meditation we have been given so many techniques, like the Shambala principles, experiencing the Ocean of Light. These are very powerful and highly advanced techniques. Practise of one Shambala principle itself can help us experience Samadhi. And these have been given to us irrespective of our stages. Even a person in the basic stages is given these techniques. So we are not deprived of experiencing the Light at any stage. When we can experience the highest in any stage, then why worry about the stage? Let us leave the stage of our Sadhana to the Rishis and let us focus on our Spiritual growth. ■

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 Sri 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 TALK BY SHRI RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

We have embarked on a Spiritual journey on this Path of the Rishis. Our ultimate goal is the highest, which is experiencing Samadhi or awakening or self-realization or enlightenment itself.

In achieving both the material and Spiritual goals we require sincere, determined and persistent effort. And most importantly, we require the passion to achieve the goal. God manifested this entire Creation with great passion. Another aspect of passion is enthusiasm. In our everyday Sadhana we must find our passion for our Spiritual growth and manifest it. Such passion or enthusiasm is a result of the life-force that is abundantly available to us.

Vairagya is not losing interest in living. It is our ability to accept the fruits of our actions regardless of what they are. Vairagya and passion can co-exist and must co-exist. Only when we are passionate our efforts come from our deepest level, our soul level; which take us to the highest goal of self-realization.

We need to take up Spiritual Sadhana because when we took birth our Awareness was shifted to our system of body, mind and intellect and our past memories were blocked. Since then we believe that we are the physical bodies which limits us greatly; and a limited aspect of the soul comes into existence as a personality. This is the ego. Now we have learnt that we are not the physical bodies.

The ego is not something negative. Its main feature is ignorance. When the soul begins to live as the ego, out of ignorance it makes many mistakes. It acquires many negative traits such as possessiveness, arrogance, hatred, jealousy and so on. This is being egoistic and described in Sanskrit as 'Ahamkara'.

There are many other manifestations of the ego, which we can come to know if we are alert and self-aware. On the other hand, when we experience and manifest love, peace, joy, humility, neutrality, empathy and oneness we are free from the ego. When love emanates from the soul it is unconditional and liberating. When such love is contaminated by the ego it becomes limiting, possessive and it wants to own and control what it loves.

The more we are serious about our Sadhana the more attention we have to pay to our ego's manifestations. And how strong or weak our ego is, is an indication of our Spiritual condition. We have to understand that the ego was not created by God. Our ego was created and strengthened by ourselves through our own thoughts, emotions and actions. So, we have the strength and ability to dissolve our ego, the greatest obstacle in our Spiritual path. This is how our Sadhana works - growing a little with every experience that we have. Like the sculptor this requires conscious and proper efforts to shape ourselves into our true nature. The first step in overcoming the ego is to recognise it every time it gets activated. This has to be done by sharpening and strengthening our self-awareness. The more we introspect, the more self-aware we become.

The ego results from a belief that we are separate from God. While separateness is the foundation of the ego, oneness is the nature of the soul. So, practising oneness strengthens the soul and dissolves the ego. Every time we shine the light of our awareness on our ego it gets weakened a little. It will eventually get dissolved completely and clear the path to self-realization. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is competition in the Spiritual life good?

A: If it is healthy it is good. It helps us to grow fast, achieve things.

Q: Is there life on moon?

A: There is. But it is not at the physical level. On the moon Pitru-devatas and fairies live.

Q: Is there life on other planets?

A: The truth is that there is life on every planet, but at the Astral level.

Q: Where are the personalities of Mahabharata living now?

A: Some are living on this earth and some on different earths. Physically they are available.

Q: What is a pain body?

A: Technically there is nothing like a pain body. We have only the Astral body and the physical body. Pain body could be a temporary body. It is a kind of elemental. It has its existence maybe for some time, as long as the pain is there.

Q: Is pain an illusion or bliss?

A: Pain is definitely neither an illusion, nor bliss. Pain is suffering, it hurts.

Q: Should we accept pain and humiliation?

A: Accept pain by not grumbling or complaining. Take medicines and make efforts to get rid of it. When you have pain or get humiliated do you have a choice? So accept and deal with it.

Q: What do the orbs indicate?

A: They indicate the presence of energies, the presence of Astral beings - Rishis and other beings. An important revelation is that they could be a projection of the mind. Sometimes the orbs carry messages and sometimes

instructions, which we receive at a deeper level. So seeing a genuine orb is not an ordinary phenomenon.

Q: Do the orbs have intelligence? Do they appear and disappear by themselves?

A: Yes.

Q: Why do they appear to us?

A: To indicate the presence, carry a message, carry some instructions.

Q: Are there differences between the teachings of the old Age and the teachings of the New Age?

A: No. The teachings are the same but refined, expanded, sometimes new things are added.

Q: How can we ask our higher self to come down and help us?

A: We cannot. The higher self, will be always monitoring our life. When the time comes for us to elevate ourselves spiritually, when we require a kind of Spiritual push, then the higher self will help us. If you take up the work of the Rishis, of God then we require help, the higher self will come down. It uses its discretion.

Q: Can we practice non-violence absolutely?

A: Yes it is absolutely possible. To be non-violent we have to carry Love always. Love is a solution for everything.

Q: In a dry fallen leaf and in an old abandoned vehicle is the Consciousness withdrawn?

A: Even in a dry leaf and an abandoned car there is Consciousness. But we can say the life-force is taken away from them. ■

LIST OF OUR PUBLICATIONS

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ಬೆಳಕು	10/-
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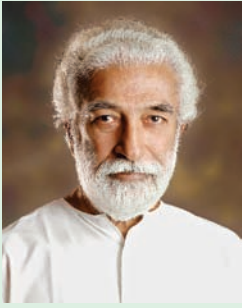
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ಧ್ಯಾನಂ ಕೆಲವು ಎಲೆ	50/-
ಕಾಂತಿಕೆ ವ್ಯಾಖ್ಯಾನ	100/-



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 OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

When I read our Newsletter and Guruji's or Eckhart Tolle's books, I suddenly seem to expand for a few minutes, and everything remains at a standstill for those moments. It is a beautiful feeling!

– Nandita Patel

In the absence of Guruji's physical presence, his photo is kept in the hall. While meditating there, I requested Guruji to guide me about my purpose in life. Immediately, Guruji materialized from the photo in his physical form and then transformed into a Light body; thereby answering me that I should meditate and become the Light. I feel the purpose of all humanity is to ultimately 'become the Light'.

– Singh D R

A person was abusing me with harsh words for a situation for which I was not responsible. I did not react. I heard everything silently and patiently and kept sending Light and love to him. Light gave me the strength to remain calm.

– Saurabh Joshi

I consciously try to connect to the Light all the time, during happy and hard times; I feel peaceful and happy. Light has helped me in so many ways and I feel safe knowing that I am always being taken care of. Before I do anything that may potentially be difficult, I connect to the Light. The outcome is generally good.

– Anne Chapman

I feel more and more distanced from people around me. I feel emotionally strong and do not feel the need to turn to anyone for any emotional needs. I turn to the Rishis and Guruji and all my needs are beautifully taken care of.

We have a slight parking

constraint in our colony like anywhere else in Delhi; and more often than not I had to park my car outside the colony compound. Of late, irrespective of when I come back home, there is always a parking space waiting for me right in front of my house. This is a small wonder but a significant one and this is Light working its magic!

– Vinamra Longani

I always gain strength from Meditation and Sunday classes. After every Sunday class, without exception, I feel charged with strong energy. I am grateful to be in this Path.

– Lynne

The kind Rishis have saved me on many occasions these past few weeks; saved my life when my food was poisoned; sent a stranger to help me cross a 6 lane traffic road when I could not cross with a suitcase in my hand, and saved my son when his apartment was struck by lightning. These must be experiences, because I know factually that Rishis are my guardians and safety net. I have experienced Divine Love. I feel safe. Thank you.

I speak to Light more easily and seem to get help. I don't want to get involved in issues. I trust Rishis. I get help even when I don't ask, it's wonderful! I am able to observe myself and detach.

– Nandita Vijayan

I find that I am being guided more and more. The Rishis help me to pause before I speak so that what I deliver becomes acceptable. In a sentence I would say that I have become more aware. Life is wonderful! Thank you.

– Alastair Stubbs

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