



MAHARSHI AMARA (1919-1982)

WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

LIGHT

is the Intelligent Power behind all Creation. Light is God.

LIGHT WORK

is assisting all life to raise its levels of Awareness and Experience for a better living.

LIGHT BEINGS

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

SAPTA RISHIS

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

MAHARSHI AMARA

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

GURUJI KRISHNANANDA

was the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

SAPTARSHI DHYANA YOGA

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

THE AFFIRMATIONS

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

DOORWAYS

Volume 9 Issue 3

FEBRUARY 2014

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

Many visit Taponagara – Meditators, Sadhaks of various paths, the inquisitive, the merely curious, the enchanted and those in search of the Unknown. Taponagara, like any chosen place on this earth, has its dreams, its unwritten poetry and unmanifested essence of Life with all its Beauty and Divinity. Long and deep contemplation alone helps us to perceive the outlines of the vision of Taponagara that the Rishis have nurtured for years. Some people are trying to settle down here. It is time to get familiarised with the concept of Taponagara, the first Shambala outside Shambala of the Gobi desert.

This is a sanctuary for Life – Divine Life of Peace, Love and higher levels of Perfection. Meditations are the base; the Breath. But they are the beginning; the light. There is so much in the womb of creation; so much of Life! So much of Beauty! So much of the Divine potential! Each soul brings its light; its music, poetry, dance and dreams. This is a place for all these to come alive and enrich the harmony with others.

A musician may live here and explore the depths in music; may also teach, build up a Gurukula and fill the air of Taponagara with the music. An artist may pursue his passion, teach and build up his own group. A thinker may gather the thoughts and the truths behind the Creation. A Meditator may experience Samadhi and remain in that state for long periods. A psychic may develop closer contacts with the Rishis and bring down their messages and instructions to the living humanity here and outside. Or a person may just live a life of Peace and Love. All these persons and pursuits add up to form the life of Taponagara. It is a life of positivity. There will be no negation of life; no escapism; no distancing. It is living every moment fully and positively.

Rishis have toiled to build up Energy fields to nourish this Life here: they have built up a lot in the Astral plane that is ordinarily not seen and known, to sustain the dreams of Taponagara and to actualise them. We have to join Taponagara as willing channels of the Divine purpose here. We have to leave behind all our narrow and negative pursuits to be a part of this Dream of the New Age.

Two visitors come to my mind. One was an Intellectual and the other a Mystic. One talked, discussed, and impressed everyone around with knowledge gathered through books. The other joined me in Astral travel, met Rishis and perceived the Vision of Taponagara! I feel sad when people feel proud of their intellectual towers. They do not realise that any fort or a castle is also a prison and limitation. Only if they could come out, they can gather so much of Knowledge and Experience that this place is waiting to offer.

We have entered the New Year with the Peace treaty of Bosnia. May the good trend increase. May there be Peace all over. May the Light shine in everyone and everywhere. ■



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.

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NEWSLETTER

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



A Light Channelling session in progress in a school.

NEWS AND NOTES

- ◆ Amara Jayanti will be celebrated in Taponagara on 2nd February 2014. You are welcome to join us on this special occasion. You may please register by 31-1-2014 in Manasa office.
- ◆ On Friday, 31st January 2014, The World Channels Day, roughly 8,00,000 children will be channelling Light in thousands of schools. Please join from your own places by channelling Light for 7 minutes at any convenient time on this day.
- ◆ Roughly two hundred Shambala Group members met in Taponagara and a hundred more joined through webcast from their own places on 12th January 2014 and were initiated by the Shambala Masters astrally.
- ◆ The first meeting of the RA group in the year 2014 was held in Taponagara on 19th January 2014.

PROGRAM AT ANEKAL

Amara Jayanti Program at our Saptarshi Dhyana Kendra on 1-2-2014 at 11AM.

MAHA SHIVARATRI TECHNIQUE

Imagine a huge Shivalinga made of Blue Light in front of you. Imagine yourself entering this Shivalinga as a speck of Light. Experience the Blue Light. Practise this for 10 days from Maha Shivaratri in place of your Stage Meditation.

MEDITATION ON SPECIAL DAYS

01 Sat	Amara's Birth Anniversary
02 Sun	Amara Jayanti Celebration
06 Thu	Ratha Saptami
07 Fri	Shukla Ashtami
09 Sun	Shukla Dashami
14 Fri	Full Moon Day
22 Sat	Krishna Ashtami
27 Thu	Maha Shivaratri

**AMARA JAYANTI
PROGRAM AT TAPONAGARA
Sunday, 2-2-2014**

11AM	Welcome Speeches Special Meditation
12.30PM	Prasada

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12Noon - 1PM
02-2-2014	Amara Jayanti Celebration
27-2-2014	Maha Shivaratri Special Meditation: 12Noon-1PM

LIGHT CHANNELLING EXPERIENCES

Since past four months I have been practising Light Channelling twice or thrice every day. I feel satisfied and peaceful. After 51 years of marriage, I lost my husband in April 2013 and was very much affected. If my daughter travelled long distance by car with her family I used to get very tensed and could not handle it. But after I started channelling Light regularly I got back my courage and peace. The tragedies and horrors that I read every day in the Newspaper also affect me. At that time I practise Light Channelling and find peace of mind.

- Mrs. V. Vijayalaxmi, RLCC, Siddhi Vinayaka Devasthanam, Bangalore

It was a wonderful experience for me, my staff and my children. I felt that I am the ocean of peace. I transcended the Light and felt very light and peaceful inside. The more I was penetrating deep, the more peaceful and more light I felt within. I am certain this technique will make every one more focussed and give 100% output in the work we involve ourselves in.

- Mr. Santhosh Kumar, Admn. Principal, Narayan E-Techno School, Koramangala Branch, Bangalore

Earlier our students were creating lot of disturbance when the teachers were teaching and there were many irregularities. But now it has changed. Our students obey their teachers and have become regular. Our teachers and myself have experienced lot of changes in the students. There is improvement in their memory power, concentration and a change in their behaviour. I am thankful to Manasa Foundation for their attempt to turn the whole world towards peace.

- Mr. Nazeer Pasha, Principal, Indian School, Faiyazabad, Bangalore

TAPONAGARA DIARY

Seema Almel Somayaji

As the New Year slowly springs forth from the cold clime, Taponagara continues to vibrate with Divine energies which help propel mankind into the unending season of the Light Age. The confidence for a great year ahead stems from the strength gained in the one gone by, especially the last month.

In December last year, a desktop calendar for 2014 was launched after the success of the books published in the previous month, November; which also saw Taponagara come together to celebrate Deepavali. The memories of the same festival in 2012, which was just a week before Guruji transcended into the eternal, and the last time we could take his blessings personally, did not dim the fiesta of lights. Guruji's emphasis on celebrating life and his vehement decision to not have any one of his Manasa family members in tears, made sure that everyone enjoyed.

For Taponagarites, the non-availability of the seven Spiritual Guides during the Shoonya Masa was alleviated by the Presence of The Great Spiritual Master whose birthday was rejoiced with quiet Meditations on Christmas.

In the December Residents Meet, Taponagarites took turns in sharing how 2013 tested, enriched and Spiritually strengthened them. On the last Sunday of the year, during Akhanda Dhyana, Taponagara channelled a lot of Light into this world for 12 continuous hours. ■

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 Gurujii's talks
(Compiled by Shobha K. Rao)

April 2009

Volunteers will have to realize that sometimes they have to miss certain things. They miss a lot at one level but will get much more at a different level. When we are working for the Rishis, we miss nothing.

When we practice 'Kamadahana' I know clearly that all the negativities in us get burnt out. But by next year or by next day, we would have gathered them again. The reason is very simple. Once we empty the negativities, we have to live in an entirely different way. But, we follow our old ways and we do not change our attitudes, the way we think, emote and live. So, we practice it again after a year! We have to go on performing every year, until and when we change. Some day we have to transform. For this we fall and rise but we should never give up the effort. Let us gear up and put in more effort.

Transformation occurs when we consciously try to change. We suggest the next step as to link up to the Rishis, pray to God. Then we get all help. When you think of the Rishis and wait for the help, imagine a beam of Light entering your head. This Light from God contains all help for us. It contains information, the advice, a solution, an answer. This Light contains a lot of energies to give us enough strength to face the situation and to come out of it. You have to try and experience, to know the value of it.

There is another part - if we are not worried too much or anxious about the results, which causes the stress then there will be a lot of relief. We may not be really worried, because when we have placed our problem before the Rishis and God, when we have contact with the Rishis, we know the result will be

good, will be the right thing. Even if sometimes the result may not be what we expect, because we are with the Rishis, it will be the right thing.

Although it is possible to have access to any type of knowledge, it is not possible to get this knowledge down to this human plane. There are many laws and regulations that we have to follow, for example, normally the knowledge that helps to kill others, harm others will not be allowed to come down. Again, only a particular knowledge will be allowed to come down to this earth at a particular time - neither early nor late. The knowledge of television had to come down at a particular time; the knowledge of Internet had to come down to this earth at this time only. There is a kind of timetable, a chart that has to be followed. But, any law or rule will always have an exception. Only a Master like Vishwamitra Maharshi can break this law. He can bring down any kind of knowledge at any time.

If there is the light of knowledge, people will come to us. We need not advertise too much, people come but there must be genuine light. The finest example is my Guru; people came to him, he did not go out. Ramana Maharshi stayed in Tiruvannamalai his entire life and the whole world came to him. It is natural. Everyone at some level, or at some time, is genuinely after the truth. They begin this quest in whatever way, like simply trying to find a solution to a problem or trying to find some peace; and somehow they come to know about Light, wherever there is Light.

Somehow, we have to consciously develop to relate to a person genuinely, whatever be his cadre, forget the status in life.

Everyone is a human being. If there is genuine love, they are naturally drawn to us. This place should vibrate with love. There are responsibilities more on the people here, every one of you. We have to add more love to our own life. The smile that comes from us should be very genuine.

We have to remember that all of us are here because of the grace of the Rishis. Just follow me blindly. Do not get confused, do not add your own interpretations, there will be confusions. It is not difficult at all. The only thing that comes in the way is the Ego. Let us follow the ways of the Rishis. Their ways are special.

If we want to progress spiritually, we should not allow our emotions to get entangled with people, with events and even with ideas and opinions. This emotional involvement somehow brings a kind of unhappiness at some time or the other. The nature of emotions is that of expecting a kind of demanding reciprocation. When there is no reciprocation, we feel disappointed and unhappy. That is why a Spiritual relation is the best relation; it is a relation between two souls. Here there are no demands, expectations or anger. These relations are the real relations and last forever. I consciously try to shift the level of my relation to the Spiritual level. My Guru always kept people very close spiritually and very far away emotionally.

Generally we find that one of our negativities or weaknesses would be the root cause of a problem. We have to remove it. We have to tune up to God. When we have God as a companion we will never make wrong choices and get into problems. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

This is my understanding that sudden developments are causing collapses at the individual and at other levels also. If the individual holds on to what is not aligned with Light then he has to go through so much of turmoil and pain that it is almost like a collapse. I am observing that we are going through situations where we have to take a stand on an issue that is concerning our life. We have to make a choice between right and wrong. We can no longer postpone or watch from a distance. Choosing the right is choosing the Light; this appears so important now.

Aligning with Light is choosing goodness, honesty and peace; it is choosing actions based on love, based on forgiveness.

Guruji had told us that if we carry something negative in us, like hatred, we become a channel of dark energies. We may not consciously choose to channel the dark energies but unconsciously we become their channels.

This is the time when we have the opportunities to choose, to forgive and move on. We may lose something. We may lose our position. Our ego may collapse but we make huge strides spiritually. We gain immense peace. Guruji had told us that Lord Kalki will contact every individual at the Astral level. He will be telling us what is right and what is not right. Maybe even at the human level we are told through another person, but somehow sometimes some people do not listen. They ignore the advice. Then they have to face the consequences, which they may be unable to accept and digest. That is like a collapse. But an individual can rise from this collapse and grow again. The opportunities

will always be there.

In the present conditions with so many wonderful energies flooding the earth, the wrong acts based on non-love will not get support or strength. There is so much of anger against these unjust acts. Acts based on non-love are being exposed. And some organizations are on the verge of collapse. Intensification of Pralaya appears to be continuing. But we need not worry. We get miraculous help when we choose Light, hold on to the Light. We, the people who are with the Rishis understand these things, these truths. So much of pain and suffering can be avoided if the whole world understands this.

Guruji would always say this world is our University where we learn. Various situations in our lives are opportunities and also tests. Only when we are tested we will know whether we have grown or not. Whenever we go through a crisis we have to apply all our wisdom gathered over the years, to deal with it. It is also a fact that as we grow the tests also become tougher. It's natural. But if we are aligned with the Rishis, we can cross through the tests peacefully, calmly and smoothly.

If there is a small upset in our lives it is better we accept it as a tool to grow; it helps us to be alert and not to take Sadhana lightly. Rishis can do anything. But, whatever we can manage by ourselves they let it happen. They give us relief, a lot of strength and wisdom to deal with it. We can be sure that Rishis will not allow a situation to go out of hand.

Amaraji and Guruji spoke so much about the New Age. It is so fascinating! Guruji mentioned that

in the Light Age we will not need the energies from the Chakras because we will have Light naturally, which is the most powerful energy.

In the Light Age everybody will be enlightened. The dark energies will be replaced by the Light energies. Imagine a life where there is no competition, no hatred and no jealousy! There will be no diseases; there will be neither thorns nor wild animals. Eating will not be required. We will live on Light. As we will be able to communicate telepathically, communication systems will not be required. There will be no natural disasters. There will be perfect harmony everywhere and there will be unconditional love. Guruji had told us that all the faculties of the people who live in the Light Age will be opened. People will be able to travel astrally, travel in time and also do soul travel. Everybody will be able to contact the Rishis, talk to them. We will be able to talk to God directly and we will have access to all the knowledge that God has. There will not be boundaries, armies, police, courts or human systems. The whole world will be one. There will be one Divine system for the whole world.

Why is the world at large not able to choose such a beautiful life? It is because people have their Freewill. They are very much attached to the current life and are somehow holding on to the fear and insecurity which makes the way for the dark energies. So, more of awakening is required. More Light has to be channelled. That is the only thing we can do. We have to choose and wait. We have to respect the Freewill of people. Respecting their Freewill is also something that comes from the Light. We are seeing the world advancing towards the Light Age. It doesn't matter which Age we live in on this earth, if we tune to God, we will be living in the Light Age. ■

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.

MAHARSHI AMARA

Jayant Deshpande

His life was dedicated to the work of the Rishis. His life and his Astral works, most of which remain unknown, opened us to the reality of the existence of the Rishis and their love and concern for the life on this earth. He made us aware that in our search for the Truth and in our struggle for the betterment of life here, we are not alone. The Rishis are deeply involved in the life here and guide us in our search and give us hope and strength in our struggles.

The Rishis, who are liberated souls, take immense risks and come down to our plane only because they love us. Maharshi Amara's life was full of such risks and adventures not only at the Astral level but also at the physical level. Once he was given poison in a drink, which he drank without any hesitation but nothing happened to him! Once he took eighteen bodies to serve people during the Second World War!

He could speak with the Rishis in the higher Astral worlds and with their help and also with his direct perception, he brought down a lot of knowledge about the New Age, about our descent to this plane. He brought a new perspective to Spirituality and brought it within the reach of common man.

In spite of these extraordinary capacities and his contacts with Gods and Masters in higher Astral worlds, he respected the human life and lived the life at this human level fully. In the times, when negating life was considered the way to be Spiritual, he told the world and also showed through his living that our very purpose of coming to this plane was to experience the human life.

His entire life is like a practical lesson for any seeker of the Truth to practise. ■

MAHARSHI AMARA

Vaishali Joshi

Ninety-five years ago, a bright Light descended on to this earth with the mission of establishing the Centre of Sapta Rishis. It was Maharshi Amara. At the age of twelve he became a part of the 1,44,000 strong work force of the Sapta Rishis carrying out the various Astral tasks assigned to him. His was a life of sacrifice, obedience and total surrender to the Rishis.

Following the instructions of the Rishis, he started the preparatory work for establishing the Centre of Sapta Rishis on this earth by meditating and energizing the place chosen by them. Having sowed the seed for the Centre at Taponagara he nurtured the place through our Guruji, and under his Astral guidance it has become a storehouse of rare knowledge and powerful energies that will help and guide generations to come.

Amara gave Guruji the principles to be followed for carrying on the Work of the Rishis. The value system given by him and his teachings have become the guidelines for this Path giving it a clear direction. For example, his very first instruction to Guruji of building a friendly base with the villagers and non-confrontation has become an inherent characteristic of this organisation.

Though we have not met him we know him through our Guruji. A sincere prayer to him brings all possible help, new opportunities and can open new doorways for us. There will be silent miracles in life. He knows our potential more than we do. Though he is busy doing God's work elsewhere in the Creation he watches over us, monitoring and helping all the time. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: If I can take decisions by myself do I need to go to a Guru?

A: You need not. We go to a Guru to learn.

Q: Is attachment to a guru a hindrance in our Spiritual growth?

A: Amara told us 'go beyond me.' We have to go beyond the body, mind and intellect. We have to go beyond the guru himself. It doesn't mean you lose all relations with a guru. This relation is not attachment and is based on unconditional love. Attachment is when we begin demanding things. When you accept a person as a human guru you will have special relation with him, there will be trust. You may not talk, interact every day. There is a perfect tuning. He will guide us. Attachment to a guru becoming a hindrance depends on the individual, how and at what level you are attached. I had such close and wonderful communicating periods with Amara, in silence. The relation beyond attachment is a beautiful relation because there will be no pressure, no demands, only mutual trust and mutual respect.

Q: How to reverse the aging of the Astral body?

A: We don't have that knowledge. This knowledge is not available on this earth now. In future we may get.

Q: What is the difference between a Light body and an Astral body?

A: Let us accept that we do not know almost anything about the Light body. In my understanding, this physical body becomes a Light body. But the Astral body is a separate body. It lives with the physical body. At no time physical body will become Astral body. They are two separate bodies. After death the physical body dies, Astral body survives.

Q: Sometimes during Meditations we see Rishis and other personalities. What should we do at such times?

A: Continue Meditations. Maybe sometimes it's a very genuine experience, but as I know most of them are our own mental projections. Remove the projection. Continue Meditations. Do not get fooled. Ignore. Understanding the mind takes time. We have not understood much.

Q: Please explain more about the inner sky or inner space.

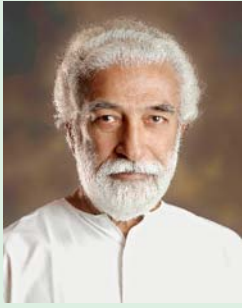
A: Every one of us carries some space inside. You can call it Akasha, sky. Akasha is never an empty space. The Anandamaya Kosha is surrounded by this small space - Chidakasha, call it inner space or the inner sky. Experience the Chidakasha daily for 3 minutes.

Q: How does experiencing this keep our life-force alive?

A: The unmanifested space - Chidakasha is encased in this system. If you experience this you will experience a kind of dispassion or a very healthy Vairagya, wherein we are in the world, we do all our works, take care of all responsibilities, and we also progress spiritually. If you experience the unmanifested part, inner sky for just 3 minutes every day, it will give you wonderful wisdom, courage and it helps in many ways. But one most important thing is, it will bring out the life-force. It gives us hope and enough wisdom to overcome disappointment, depression, failure, which every one of us faces. It will always keep us connected to God. This connection will be so short that you can just close your eyes and talk to God. So experiencing the inner space is a very important part of Sadhana. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
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iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
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Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
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Gurujii Speaks (Vol 3)	150/-
Gurujii Speaks (Vol 4)	250/-
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The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
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Light	10/-
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ಸಾಂಠಿಕಿ ದ್ವಾರಮುಲು	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.

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 OF MEDITATORS AND EXCERPTS FROM THEIR MAILS/LETTERS

(Compiled by Shobha K Rao)

In my Meditations I have been often experiencing something like going beyond everything - far away, into an open space full of golden Light, feeling a kind of freedom. I go away and away, and feel it should never end. I can't express it in words, but it's just fantastic!

In this phase I have come closer to my Chakras and organs. I talk to them and they respond. So much love is poured out of my heart when I smile at them and hug them. I feel happiness for no reason. It is just amazing!

– Bhavna Vichhivora

During Meditation, a ball of bluish white Light enters into my crown Chakra and the third eye and travels down inside me and heals all my internal organs. Then slowly it comes out and travels to cover the entire Universe. I get immense peace...

– Sasidevi Sundaresan

I am able to feel with deeper peace and great love the Light entering me. With blessings from Rishis and Guruji there is greater calmness in me and I am able to read my thoughts before they manifest. I am able to understand, appreciate and express my gratitude to the Universe.

– Ramesh K

Recently I had a very urgent request to prepare a technical presentation to be presented in 6 minutes. It was a big challenge. I started channelling Light. To my astonishment, not only did I feel the comforting Light descending into me, but I also started seeing the images of the presentation I had to create. I was able to easily put them into my presentation. I got the confirmation that my slides were selected for the

presentation! I am very thankful to Light for helping me out on one more occasion.

– Sachin S V K

I have faced many challenges and tests last month. It gives a new insight to my Sadhana, whatever little I manage... I have a long way to go, to grow spiritually. I can say with Light and Guruji and Sapta Rishis Path...I have managed well. I can see my follies and my strengths clearly... Grace has been showered on me...and I can see it so clearly. I take small steps to hopefully fulfil bigger dreams – both Spiritual and material. I am facing my losses with dignity and peace and have not touched depths of depression, like I did earlier.

– Utkarsha M

Now there is clarity in life, no complaints about anything or anybody. I have realised that life is a package of problems along with solutions.

– Sushma Rajesh

I feel my emotions, thoughts, actions and reactions have drastically changed in a positive way during the last 3 months. I now have acceptance of the situations. I look at this world in an entirely different light. My stubbornness and ego, which were present before, have now significantly reduced. I am more conscious of the present moment, rather than living in the past or the future. I have surrendered the past and feel at peace.

– Dushal Gajjar

I feel relaxed most of the time and go through the joint pains calmly. I am being taken care of by Guruji and guided to live life fully, rather than worrying about any problem.

– Pallavi Desai

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