



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 2

JANUARY 2014

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

The winter is severe. But, there is warmth in the coming summer. The seasons change. Everything changes. Change is the permanent reality of this plane. The Satya Yuga is coming. Soon, all this non-love vanishes. New gifts will pour in from God in the new year and the new Yuga.

During the Shoonya Masa, our Rishis go into a month long Tapas. A new batch comes from another world and takes over the charge of the affairs of the earth. They also study and test one's progress in Sadhana and help the Meditators in every way. When they go back after this month, after the return of our Rishis, I miss them. We may not meet again.

Why is it so difficult to contact the Rishis? Because we try to contact at our level and do not rise to their level; because we are blinded by our negativities; because we have not established any relation with them; because we do not have enough love.

In spite of all these, the Rishis try to communicate with us through visions, dreams and messages. But we either ignore them or do not understand them. When we really establish the contact with the Rishis, the Masters in the Astral plane, we would have taken a giant step in our Spiritual journey.

The new year has surprises and gifts. Our Awareness touches unknown heights. The young re-discover olden truths. More people turn towards Light. More meditate, laugh and live fully. ■



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)**
Newsletter Annual Subscription Rs. 300/-
DD should be sent in favour of
'Manasa Light Age Foundation'
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NEWSLETTER

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



Visitors offering respects to Guruji on his first Mahasamadhi Day
observed on 24th November

NEWS AND NOTES

- On Friday, 31st January, The World Channels Day, we need as many people as possible to approach schools and conduct Light Channelling sessions. People who can volunteer to work on this day may please give their names to Shri. Manoj Chopra.
- The new batch of Shambala Group starts on 12-1-2014 at Taponagara.
- 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.
- Desk calendars of 2014 will be available in Manasa Office from January 1, 2014.
- On 25-12-2013, Meditators gathered in the Meditation Hall at Taponagara to offer their Love and respect to Christ and channelled Light to the whole world.

**AMARA JAYANTI
PROGRAM
02-02-2014, Sunday**

11AM Welcome
Talks
Special Meditation
12.30PM Prasada

MEDITATION ON SPECIAL DAYS

01	Wed	New Moon Day
08	Wed	Shukla Ashtami
10	Fri	Shukla Dashami
15	Wed	Uttarayana begins Makara Sankranti
16	Thu	Full Moon Day
24	Fri	Krishna Ashtami
29	Wed	Masa Shivaratri
30	Thu	New Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12Noon - 1PM
12-1-2014	Shambala Group meeting at 2PM
19-1-2014	Ra Group meeting at 2PM

PROGRAM AT ANEKAL

Amara Jayanti will be celebrated at
our Saptarshi Dhyana Kendra on
01-02-2014 at 11 AM.

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

While practising the Light Channelling technique first I felt as if there was a red globe before me. I tried to imagine the ocean of white Light above my head but I felt there is only red Light everywhere. I did not know where I was. I felt very light. Lots of unknown happiness with sadness came to me. I don't know how to express that feeling. Finally, I saw a bright golden beautiful atmosphere with many bluish white stripes. After the session I did not want to open my eyes, as I did not want to miss that world. I never had this kind of experience in my life. I pray to God to give this experience / opportunity every day so that I can do more service to my students in a fruitful way.

– Mrs. E. Kannamma, Headmistress, Jaigopal Garodia National Hr. Sec. School, Tambaram, Chennai

Once I had a severe pain in my shoulders. I went to a doctor but the pain did not subside. I began channelling Light continuously, imagining that as the Light was passing through my body the pain was going out slowly from my shoulders. It helped me.

– Pravalikha C., Std. IX, Conan Christ Public School, Bangalore

Light Channelling gives me a great relaxation. It makes my mind fresh in the morning. I can do well in all my literary activities and all my responsibilities. It gives me a feeling like I am learning something new and gives me wisdom every day. I thank Light for giving Its energy to me.

– Pranathi C., Std. VIII, Conan Christ Public School, Bangalore

While coming to school I was in deep sorrow as my grandfather passed away. This practice wiped out my sorrow.

– Student, St. Antony Girls Hr. Sec. School, R.A. Puram

TAPONAGARA DIARY

Seema Almel Somayaji

The brand new year is replete with new opportunities. 2013 was the evidence that as we get closer to the Light Age, Taponagarites are all set to bring out their very best to address any new challenge.

In 2013 seven books were launched. Two of which, along with four DVDs presenting seven Informal Talks with Guruji, were distributed for free. A special presentation, a book on the Meditation Halls in Taponagara and the meditational experiences received therein was brought out. The Orientation Class was a huge success with more than four hundred participants. Every Sunday Class was as beneficial as it has been for the last twenty-five years. As always, the Shambala and Ra Classes were presided over by Spiritual Masters and they distributed their Spiritual wealth to Meditators. Many joined the Meditation Classes and grew Spiritually.

By the end of 2013, in November, on the First Anniversary of Guruji's Mahasamadhi, Taponagarites experienced soul communion with Guruji. Many meditated at Guruji's Holy Ashes in Tapovana.

2014 will be a year of exploring, understanding, experiencing and manifesting various dimensions of Spiritual realities. It will be one of the crucial years leading up to the Light Age. Taponagara is ready and welcomes 2014. ■

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

March 2004

People often say "I would like to participate in the work of the Rishis." Amara had said that to join the work of the Rishis you have to prepare yourself, get trained for 5 lifetimes, thereafter you will be tested. After you pass the test, the Rishis will attach 108 Astral gadgets to your Astral body. It is only then you will become capable of taking up the work!" He said that one burst of anger or one violation of a discipline done consciously is enough to lose the gadgets. So, it is not easy to take up the work of the Rishis. That is why the Rishis already have their batch of one lakh and forty four thousand workers.

It is not easy to understand this Path, the work that we are doing and to realize its value. It takes a long time to understand, accept and value the non-glamorous part of it. We don't have the hoardings or the publicizing materials. It is enough if you can manifest love. No other technique need be practiced; Meditations are not required. We insist on things beyond surface level exercises and thrills.

Let us focus on our growth. Satya Yuga begins with the individual. We have to change; we have to transform. Do not expect others to change or do not insist on that.

Saptarshi pranayama is a gift from the Sapta Rishis. If we practise this pranayama regularly, it will help us to recall our Astral travel; our memory power increases, health improves. Practise it once, it is enough, it brings in so much of energy. It will also open up brain cells.

Consciousness is a subtle Divine matter out of which the entire

Creation came out. There is Consciousness in everything, in the inanimate and animate. Consciousness has layers of existence - jagrata, swapna, sushupti. There is one more level - turiya level or layer of super consciousness. In all these layers Creation and life exists. At the level of turiya, the physical object exists as pure Consciousness, as Light.

Generally our Sadhana is not regular. This is natural. We should not worry about it and should not say negatively that there is something wrong with us.

Sadhana takes an individual to the Divine levels; normally we have to expect the obstacles in Sadhana. The greatest obstacle is inertia in us. Inertia is also present everywhere in nature.

We don't know how the Karmas work in a very subtle way to obstruct us from doing regular Sadhana. They create confusion, divert our attention and sometimes bring in an element of cynicism. But the worst thing that the Karmas do is that they inject an element of doubt. Doubt is like a drop of poison; it spreads to the entire system, shaking our faith, taking us away from the Path, away from our Guru.

But, all obstacles can be removed by very simple means - put in sincere efforts and do not worry about the quality of the Meditations and even irregularity, but persist, sit and meditate. On the day you miss Meditation for genuine reasons, do not worry, if possible next day you meditate more. All obstacles can be removed by the grace of God and Rishis.

A lady from Africa asked me, "what is my mission in life?" I told her "the mission will reveal by itself. It will come to you". She is a very

genuine person, who meditates regularly. Later, she told me that many people come to her to seek a kind of guidance in Spirituality. After talking to her, spending time with her, they go back, as if they have received a kind of treasure. She said, "this is very strange, this never happened to me." I wrote back saying "maybe this is your mission." I knew her mission when I had met her! The point of observation is that, when we take up Sadhana, love, knowledge, and energies come to us automatically. If we have the Light, people come to us to draw the Light and take back the Light.

We have to always remember that a rule is a guideline. We have to have rules. Sometimes, we cannot apply the rules; we cannot follow and we have to break them. For example, we have to sit on the ground and meditate, keep our backbone erect etc. But, some people cannot sit on the ground. So we have to break the rule for genuine reasons and sit on a chair. Only a Spiritual Master, like my Guru can break the rules.

Karma Yoga is a very familiar word and expression. Those practising Karma Yoga, should first establish a relation with God, making Him a central factor, the guiding principle in their life. When we are in link with the Rishis, we will be doing only the right thing. We will feel that we have reached a stage, where we cannot tell a lie, we would rather lose the world. These things happen when we are in contact with the Masters, do everything with their consent. One who practices Karma Yoga will not escape from action. It is the essential message of Gita that we should not escape from life. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

It was Guruji's dream to establish a Shambala in Taponagara. Guruji has laid the foundation by living, by showing us the way, by bringing a lot of energies and knowledge. Whether we live here or live anywhere, we know that we carry Taponagara in our hearts. All the people living here may not have reached a level of perfection that exists in Shambala, they may be still in the process of learning and growing. But we as Taponagarites will understand that, if we really carry Taponagara in our hearts we will have no complaints against the world around us. The world is also in Taponagara as it is also a part of the world. But the Taponagara that we carry in our hearts is that of Guruji's dreams, it is full of love. We are aspiring to establish it, not only physically in Taponagara but also in our hearts. We have to manifest the principles of Taponagara of Guruji's dream. This manifesting of Taponagara begins with us, with the individuals. Irrespective of whether others are manifesting or not, we can become the role models for others to follow. Each one of us has the potential; and also the potential to become a Rishi.

The purpose of our being here is not to just get our problems solved. When we are going through difficulties, we have to understand that this could also be a test to evaluate how we respond to the situations. Do we remain committed to the Rishis, to the Spiritual principles or do we give up? Unless we are tested how can we move to the next stage? The difficulties and problems are opportunities for us to apply what we have learnt, to grow and also opportunities for us to assess our growth.

We have understood from Guruji that love is our nature, it is our dharma. We have to manifest it naturally. It has to flow from within, from the core of our being where it exists. But we know that we are unable to manifest it fully. I am not trying to judge anybody here. I am saying this based on my assessment. What is coming in the way? I am only trying to analyse so that it helps me and helps everybody. I think it's our attitude, the impurities, traces of negativities that exist in us in small or big proportions. A pure system will be vibrating with love and there will be no blocks. It will be naturally manifesting love.

Many of you would have experienced that whenever we met Guruji, the love that flowed from him touched us. In his presence we would feel so full of love. It was as if his love would remove the impurities in us instantly and we would feel full, totally pure. We could touch that state of pure love in his presence. And if we can make this type of state permanent then we would have accomplished something. I feel we have to carry that presence of Guruji all the time, then we can be in that state all the time. If we can be in that state for a short time why not be in it permanently? It should be possible. That's the potential we hold. That is why we are here, meditating, trying to grow and learn.

Guruji has said that connecting to God is not difficult. We have to just think of Him and He is there always around us. We get connected to Him at a different level. So trying to connect to Him is one part of Sadhana. Listening to Him, following Him and manifesting Him and to ultimately become Him is

another important but difficult part of Sadhana. When we manifest love, when we are positive and when we spread positivity we feel very happy. The Light Channelling volunteers experience this after a session of Light Channelling.

A person casually remarked: 'Why should we attend classes every week? Can we not meditate with the technique given to us in our own places?' We are not forcing anybody to attend classes. If we did not have these weekly classes, I feel by this time we would have discontinued Sadhana. In the classes we get energised every week, which is very much required for Sadhana. If we do not do it periodically we may give up the practice completely. Do not come to the classes for some time and see what happens. You can try it. Slowly we may start distancing ourselves. Those who cannot attend classes can take up external guidance. In external guidance they are not deprived of any benefits that we get here. If they can watch the webcast or link up with Taponagara when the class is going on, they get a lot of benefit, help and also energies. These energies contain knowledge, wisdom and they give a kind of push to our Sadhana and motivate us. It's like getting recharged! Apart from the webcast or listening to the DVDs and the special Meditation on Saturdays when they receive energies from Guruji, the external guidance students also have the system of practice reports. This is like the check-ups that are conducted in our centres, when they receive guidance, help and energies from the Rishis. This entire system is very well thought of and then established. Let us respect it. It helps us. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The annual fee for English is Rs 2,000, for Kannada, Marathi and Hindi, it is Rs. 1000.

Textbooks and one year's Newsletter subscription, in any language, are included in the annual Fee.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Jayanth Deshpande.
- ◆ Sri Jayant Deshpande answers letters written in Marathi.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM TALK BY SHRI RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

It is important to understand what causes stress and how it affects us because almost everyone is under stress, whether the individual is rich or poor, or whether living in a developed country or a poor country. Even many Meditators are not free from it. If the poor suffer from unemployment and the struggles of survival, those employed with a good salary suffer from the stress of competition, lack of time and many other difficulties. We know that stress is a kind of negative energy. If most people in the world are affected by it, it implies that we have filled our world with stress. This collective stress manifests as disturbances and upheavals in our world. Stress is generally believed to be experienced in the mind since all our desires and needs are felt in the mind. But the body, mind and intellect are so strongly integrated that, what happens in one is immediately reflected in the other.

When we experience fear in the mind the heart rate immediately increases. Great joy or grief felt in the mind sometimes produce tears. Every thought and emotion in a person can be seen on his face as expressions. What happens in the mind is immediately reflected in the body. Also, what happens in the body immediately affects the mind. When the body is tired and we rest we fall asleep; there is a change in the state of mind. So, though the body, mind and intellect are three different entities they work as one single unit.

Scientific research has shown that negative emotions in us produce hormones that are harmful to us; positive emotions produce hormones that heal us. Our negative attitude is behind most diseases. Therefore, a positive attitude can prevent illnesses. When we are under stress our immune system becomes weak making us vulnerable to diseases;

stress is believed to be a major contributing factor to almost all diseases. Stress is an energy that can build up if it is not released every time it is created, resulting in irritation, frustration, resentment, bitterness, anger and even hatred. Stress is caused by a mismatch between what we have and what we want; or by a mismatch between where we are and where we want to be. The amount of stress is proportionate to how badly we want something. This can also happen during Meditation. We sit for Meditation with the goal of experiencing stillness. We should not become impatient and try to force ourselves to reach the state of stillness. If we do this we will be naturally creating stress instead of stillness.

So the next obvious question is 'how to stop creating stress?' We perceive reality in the context of time - past, present and future. It is true that the present is the only reality. But the past becomes reality by affecting the present. We cannot change the past reality and have to somehow accept the past and make peace with it. So, overcoming or avoiding stress begins with the acceptance of the reality as it is without trying to change it. Acceptance is a part of surrender. This may involve giving up our desires, which should be done not by suppressing them but by sublimating them. Stress is the direct result of the non-acceptance of the reality.

When we live a life of non-acceptance we lose the Freewill. The only way to reclaim our freedom is to surrender to the reality. And before we can surrender we must become aware that we need to surrender in every moment. Without this awareness no meaningful Spiritual practice is possible. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: What really is Yoga?

A: It is attunement with the Universe, with all life, at all levels, if possible in all planes. Yoga is being in absolute harmony with everyone and everything. Meditators are yogis. But, without such an attunement we can't say we are yogis. It is also tuning to the purpose of this Creation. Yoga is not just an individual growth or achievement. It is always linked with others, life outside. Yoga is surrender of the highest order. A true Yogi follows all the laws the others are following, but he is also bound by certain special or higher laws. He follows them also. Yoga is living in expanded Awareness.

Q: Who is a Jeevanmukta?

A: Jeevanmukta is a Sanskrit word. It means one who has attained freedom from life or living, one who is liberated. Jeevanmukta would have cleared all his Karmas and therefore he will be free. The person who attains freedom from ignorance has all the knowledge, has the Light and is a Jeevanmukta. A Jeevanmukta is one who is free from all types of bondages – emotional, sentimental and all types of attachments.

Q: The Sun technique purifies by removing the negativities. Do they get cleared without first surfacing?

A: They need not surface. The Sun technique burns many Karmas, negativities. It purifies the entire system – body, mind, intellect.

Q: Is adoption of a child by a childless couple spiritually right?

A: Yes. You are helping a soul. If you choose to adopt a child, do it. Do not have any doubts.

Q: Should the childless couple accept not having the children as

the destiny or God's wish and not adopt any child?

A: It's a very personal thing. It is right and also wrong. It depends on the individuals. We have to accept everything as a gift from God. Once you accept it you shouldn't go back. You must live with that reality.

Q: If we go for adoption do we add on any Karmas?

A: You don't add on any Karmas. But you will be taking upon the responsibility of a soul for the entire life. Once you adopt it treat it with all love as if it is your own child.

Q: Will there be a change in the track of Karmas?

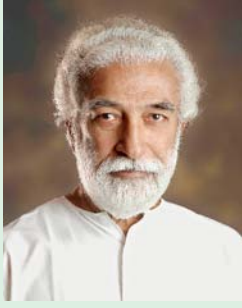
A: No. But the track of the child, of Karmas, changes. You will be helping.

Q: How do we choose from the level of the soul?

A: We choose with honesty and fullness. It is complete, fully endorsed and coming from the soul. You intend then you choose. In fact we choose almost daily many things from the level of the soul itself. Of course even when we don't like a person we choose from the level of the soul. It is not difficult at all. We have to be consistent. In this Spiritual journey, this is the most important thing. You have to choose by yourself. Another important thing is that, when you choose a thing you will be unknowingly or knowingly 'un-choosing' something else. It could be several things, could be anything, could be of a great value in this material level, it could be a relation, it could be a great comfort. You will know that when you choose you automatically 'un-choose.' You have to become more aware of these things and hold on to the 'un-choosing' also. That is consistency. ■

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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.

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 MAILS/LETTERS

(Compiled by Shobha K Rao)

On 3rd Nov. 2013, while experiencing Oneness, I saw Light all around me. Then, everything became Light including me. Suddenly, I saw myself scolding my daughter in the morning. I could see a wave of discord in Light, some disturbance. Even the disturbance, as an emotion was full of Light. I had heard from Guruji that if we are angry or disturbed, it affects the whole Universe, and similarly when anyone else is angry, that affects us also. I experienced it. Later, I was easily in total control of a difficult situation, experiencing perfect harmony even when I dealt with it.

– Sunil Bisarahalli

During Navaratri, as I got down from the bus, I suddenly slipped and fell down. I was in panic. Nobody came to my rescue. But, I heard a female voice saying, "don't get panicky." I heard the same words again! I felt it was Adishakti or my inner voice consoling and giving me the inner strength to face the situation.

– Swarnalatha

Now, Light is a constant companion, making my life very simple. There is a lot of clarity. I no longer have expectations from people.

– Rashmi Raghuvanshi

The apex court of Mumbai had ordered 90 flats across 35 floors of 7 buildings in a certain housing society to be demolished. Several residents were weeping and protesting against the order. My eyes were filled with tears and I started praying to Light for help. Within a few minutes, news flashed across the television channels that the Supreme court had passed orders to delay the proceedings by 7 months. I was so happy! Guruji would always say that the best way to help anyone is by sending Light. I experienced this once again.

– Medha Kulkarni

I could not resist writing to you, appreciating the two books released on Guruji's Mahasamadhi function. Particularly the booklet on the structures in Taponagara has come out amazingly well. I could feel loads of Light and love when I picked it up. I am happy and excited. Thank you for the wonderful day. I am sure Guruji would be very happy today and also proud of us all.

– Sandesh Rane

I would like to thank you and Manasa family for handing over the brochure of Manasa and Experiences of Light Channels volume 2, to everyone on Guruji's Mahasamadhi function. It is done with Divine love, no words to describe! I could feel the energies just by holding the book!

– Kamal

Meeting together on Guruji's Mahasamadhi function made a lot of positive difference to me. Ever since Guruji passed away I am sure every one of us feels like we have lost a part of ourselves. I was not the same until Sunday, when I could feel Guruji's presence and energies very strongly. I cannot express the waves of emotions in me on that day. Now I am convinced that Guruji is with me, walking beside me, talking to me and is always there to help me. I feel immense gratitude for all that Jayantji is doing for us. We don't feel lost anymore.

– Shruthi Sudhakar

This phase has not only been rewarding in terms of completing many unprecedented actions fruitfully but, has also made me deeper in my insight to many unforeseen situations. The value to human life seems more and more dear and precious and not to be wasted in idle actions or thoughts. Guruji's voice is often heard only to flood me with tears of gratitude.

– Jayanti Natarajan

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