



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

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old newsletters)

As one more Amara Jayanti approaches, my thoughts carry me back to those days I spent with Amara; those days that cleared the mist and made me see my goal clearly; those days when my aimless journeys in arts and literature were given a direction and a purpose. It was then that I understood the Values, the Reality and Life. I learnt to draw lessons from my own mistakes, to find light through my failures and to invoke Love to confront dislike and hatred. But for those days, I would have faltered, lost my way and failed in my chosen mission. But for Amara, I would have been an unlit lamp.

Amara taught me Silence and how to become the Infinity. He taught me Life and its majesty. He taught me, of course, the science of Meditation. He continues to teach me, even after his death, the secrets in Sadhana and the Yogic Science. I do not miss him. He is a part of my life, like the breath.

The past year has taken me beyond my human life to the unknown frontiers of the Divine. Having taken me completely into their fold, the Rishis have trained me in Shambala and other planes to carry on the Spiritual work in the Physical, Astral and Causal planes. Coming to know of the huge organisation, of thousands of Rishis involved in works relating to the human life here is in itself a thrilling experience and working with them is highly rewarding. The past year has given me the experience of a thousand years.

Why do we become serious whenever we think of the Spiritual? It is a misconception that Spirituality means only meditating and being dead serious. Aurobindo said – “All life is Yoga.” He was a Rishi. Amara watched TV, listened to Ghazals, played with children and worked with Gods. He was also a Rishi. The Rishis gave us the Vedas, Upanishads, Mantras and also Kama Sutra! They taught us to live a balanced life.

A balanced life is a Spiritual life. Experiencing beautiful things like a sunset, a song, a poem etc., is also a part of the purpose of our birth here. We can experience God in a rainbow, as in Samadhi.

As we advance into the New Age, we have to shed off many crippling misconceptions and make our life all Spiritual. ■



**MANASA FOUNDATION (R)**

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**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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along with the Subscription  
amount.



More than 90 Light Channels Volunteers gathered on 16.02.2014  
to share their experiences of World Channels Day observed on 31.01.2014.

**NEWS AND NOTES**

- ◆ Around 300 people participated in the Amara Jayanti celebrations in Taponagara on 2nd February 2014.
- ◆ Close to 50 people had gathered to celebrate Amara Jayanti in our Sapta Rishi Dhyana Kendra at Anekal on 1st February 2014.
- ◆ On Friday, 31st January 2014, The World Channels Day, more than a million children channelled Light in more than two thousand schools.
- ◆ Orientation class will be held in Taponagara on 7th May 2014, from 11 AM to 1 PM. External Guidance students who have access to the webcast can also join through live webcast. Those who wish to participate may please contact Manasa office and register before 30th April, 2014.

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12Noon - 1PM
09-3-2014	Shambala Group meeting at 2PM
16-3-2014	Ra Group meeting at 2PM
30-3-2014	Akhanda Dhyana (Light Channelling): 11AM - 1PM

**MEDITATION ON SPECIAL DAYS**

01 Sat	New Moon Day
09 Sun	Shukla Ashtami
11 Tue	Shukla Dashami
16 Sun	Full Moon Day Kamadahana
24 Mon	Krishna Ashtami
29 Sat	Masa Shivaratri
30 Sun	New Moon Day
31 Mon	Chandramana Ugadi

**KAMADAHANA TECHNIQUE**

On 16th March, Sunday at the time of moon rise, imagine a Homa Kunda in front of you. Invoke Agni Deva - say the Mantra Om Agni Devaya Namaha once and imagine fire in the Homa Kunda. Imagine the Arishadvargas – Kama (excessive desire), Krodha (anger), Lobha (greed), Moha (attachment), Mada (arrogance), Matsarya (jealousy). Imagine Kama coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. It burns completely. Repeat the same for other five. Thank Agni Deva. Afterwards, you can experience the Light in you for some time.

Please visit [www.speakingtree.in](http://www.speakingtree.in)  
to read Guruji's blog and watch his  
videos.

## REPORT ON FOURTH WORLD CHANNELS DAY

Manoj Chopra

This year 'World Channels Day' was special. Everyone experienced Divine help and guidance from higher realms. If I look from a higher angle, it looks as if everything was well planned much before the event and the Light Channelling team just worked on it.

It was also the dream of our Guruji to make one million people channel Light in a single day. The dream is fulfilled now. It was a perfect gift to Maharishi Amara on his 95th birth anniversary. We humbly offered this achievement at his feet.

Like every year our Volunteers did a splendid job and utilized this opportunity to the fullest extent. This year Planning for 'World Channels Day' started well before one and half months. Area Coordinators' Meeting followed by Volunteers Meet and Area Meetings were intense and blessed with Divine presence. Volunteers geared up with more enthusiasm and decided to make this day a memorable one. Every volunteer worked like a leader and finished the assigned task much before the stipulated time. Several Team Mates came forward to help their fellow volunteers and shared their responsibility. They Love each other. They are pearls of the same necklace. I believe Oneness in the team is the success Mantra.

There was tremendous response from the School Authorities for World Channels Day. They welcomed us on red carpet. They showered their love and shared our dream. Hundreds of School Teachers and Student Leaders came forward and took the initiative to conduct the sessions by themselves. This helped our teams to visit more schools and spread more Light on 'World Channels Day'.

More than 160 selfless and dedicated volunteers worked for the dream of their Masters. I believe their strong intent itself, of bringing Peace and Love is enough to initiate several positive changes. Light channelled by one million children in around 2100 schools will definitely bring transformation and will help our Mother Earth to become a better place. Let us continue this beautiful work of the Rishis till we enter the New Age. ■

## TAPONAGARA DIARY

Seema Almel Somayaji

Taponagara - the actualization of Maharshi Amara's Spiritual Project, celebrated his 95th birth anniversary on 2nd February. His birthday gift – The World Channels Day, when more than a million channelled Light to our troubled world, was prepared for over a month and delivered on 31st January.

Taponagara not only holds many Meditation Halls encompassing Divine Energies for human welfare, but it also provides an environment for one's Divine potential to unfold. Each Meditator increasingly becomes a carrier of higher vibrations. Each has the opportunity to metamorphose into a Spiritual giant, irrespective of the rate of evolution. With consistent efforts each can grow to become like a Meditation Hall, full of special energies and Knowledge, holding and radiating vibrations of Divinity; helping, guiding and comforting any seeker.

The hallowed Meditation Halls may appear hollow to a layperson. But those who can sense beyond the physical senses perceive the intangible fullness. The Meditation Halls teach an important lesson - to keep ourselves empty of ego and hence be full of the Holy.

Taponagara has the potential to guide sincere Meditators into becoming Spiritual giants, quite like the vibrant, silent and majestic Meditation Halls. ■

## 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](http://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)

May 2004

It is natural that everyone would like to get initiated by me directly. If you realize that it is always a Rishi who initiates through me or anybody else, you will not feel disappointed. There is also another factor. There is the individual me, which has many limitations and there is a universal me, which has no limitations. We have to understand that I can initiate you through this body or initiate through the body of anybody else. And we have fixed techniques. We advise people not to discuss the techniques with others. Your technique is meant for you individually. If you discuss the technique, and find some differences, there will definitely be some confusion. When you come to take things from us, you have to have absolute faith and an unquestioning attitude. Human beings make mistakes, but not the Rishis. Rishis are Masters.

Major problems in our life always come to us because of some major mistakes that we commit, or sometimes because of the small mistakes that we commit very frequently and repeatedly. We can avoid these problems or mistakes by constant introspection or constant evaluation of the Spiritual progress - by the way we live; by the way we relate to the world and by the presence or the absence of the negativities in us. We can assess our movement towards God by the love that we manifest in life, by the Vairagya that we practice. Unless we manifest love, all our Sadhana is a waste. Love allows us to expand to the limits of God.

There is stillness in us; we can get connected to this stillness by Meditations. This stillness is a part of God. When we get connected to it, we get connected to God; our life

then changes - we live and manifest love and wisdom. We will not have any problems and if we have any, we easily face them and manage anything.

My understanding about the community living that is to come up here in Taponagara is like this: it is to share amongst the community members our love, our material wealth, our wisdom, our peace, our dreams and vision. The accent is mainly on sharing these things.

My Guru used to meditate; Meditation is not the word to be used - he used to do Tapas for months. He would ask his people to lock the door of his room and would instruct them to open the door on a particular day. He never publicized this. He was a man of a different caliber. He would tell us, there are Rishis on this earth meditating from thousands of years. Meditating for long is not easy. At least let us try to meditate every day for one hour.

There is a universal principle working in me. It guides our sadhaks, it protects and helps the them in difficulties. I am conscious of it. I am trying consciously to allow this universal principle to occupy all the space in me. Perhaps that is my Sadhana. I am consciously trying to relate to the people with this universal principle. Many people are aware of this and some may not be aware of this. Those who are not aware of this, lose opportunities. Since I am aware of this universal principle operating in me, I am able to keep my Ego down. This is the greatest lesson I have learnt from my Guru - to keep the Ego down. Let the other person feel great! There will be no conflict at such times.

My guru was Eknath Maharaj of

Maharashtra. Eknath tried to bring the knowledge of the scriptures, the 'Upanishads' in Marathi language, simplifying it. Similarly, Amara brought down knowledge to us about our descent from the source in 'Descent of Soul'. So let us be very happy and proud that we have this knowledge placed before us, simplified, easy to assimilate and easy to put into practice.

If we practice Yama-Niyamas, we will not have any problems. Contemplate on this point.

Every time you meditate, practise Saptarishi pranayama. Practise it whenever you have a problem or when the mind is agitated. It calms down the mind and gives immediate relief. It brings down very special energies, fills this system with these special energies, which help us to deal with the world in a proper way.

My visit to Pune was a memorable one. People spoke in Marathi and somehow I could understand most of it. They spoke well. I spoke in English naturally. It was purely on Meditations. I requested them to meditate. I thought people would not be interested. But they stayed, meditated, and then we had the question and answer session. It was wonderful! I remember some people came and wept! They said, 'this is the best day in my life'.

Phala Poornima is considered a very auspicious day. On this day, if you make resolutions to achieve things on the material plane and also on the Spiritual plane, you will be able to achieve them. This is also a very important day for Meditations. When we meditate we don't have to ask for anything because God gives us everything. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

This year appears to be a year of lots of gifts and immense hope. The recent elections and the developments thereafter in the Indian political area, have suddenly brought so much of hope. We, the people with the Rishis, know that we are advancing towards the New Age and that there are better times ahead. Life may be very complex now, with so much negativity surfacing and so much of distorted knowledge accessible on the Internet. We have clear knowledge here, but for people in general these may be confusing and turbulent times. We know that life will go on improving as the positive forces go on gathering strength. We were not sure how it would happen, but a leader, who was nowhere in sight until now, emerged. There is so much of hope and expectation from him. People are demanding honesty and sincerity from people who are in power. And now, there are a few great people in sight, who are almost setting the standards for a new way of living, leading and governing. There is pressure on others to follow these standards otherwise people will not forgive them. People are not anymore in a mood to be just mute spectators. The new energies are working and are strengthening the positive forces; changes are happening at great speed. While we seek and demand honesty and sincerity from the leaders we have to also seek and demand these from within ourselves. We have to consciously choose and manifest goodness, honesty and peace. That is the only way. We have wonderful opportunities to grow to greater and greater heights.

Our work is just to keep this wonderful system running - a system established by Guruji. People can

come here, receive knowledge and energies. We are like caretakers of this system and of this place. Our job is not very big but it is part of a very great work; our contribution although small is very important. Each Meditation centre is running because teachers, volunteers and also our students go there regularly. What motivates them to do this work? It is the love for Guruji. So every bit of the work is important.

A senior volunteer and teacher chose to go to Anekal and conduct the Meditation class there; the group-function for all the Taponagarites in his place was managed by his family. This is an example where work comes first and everything else later.

Some of us may not be able to work physically. But, when we keep growing, vibrating and manifesting love through our presence, the Rishis will be channelling energies. In this way we will be doing the work of the Rishis. As we go on purifying ourselves and grow, we will be automatically doing more work, channelling more energies. Similarly, our people working on the Internet and Light Channelling volunteers are doing great, selfless work. I think Rishis participate wherever there is selfless, very genuine and positive work, not necessarily Light Channelling, could be any welfare activity. They channel wonderful energies. All the people involved in such pure, selfless work, who may have not at all heard of the Rishis, will be doing their work. So our presence is important.

A person expressed that he wants to do a lot of Sadhana and gain powers so that he can help others. It's a very noble intention. But, in

this Path we know that we are not given any powers. We cannot directly solve somebody's problem. Are we required here to intend or pray for the person? I realized that even God needs a channel. When we intend we become the channel. I think it is a beautiful process, beautifully designed by God Himself for our growth. An individual is the focus of this Path. All the opportunities are provided here for any individual to grow to any height.

We observed that many people wanted to continue in the Shambala group. If you miss check-ups you cannot continue in the Shambala group. If the external guidance students do not send the practice reports on time, we will assume they are not meditating and they cannot continue as members of the Shambala group. So, first give priority to regular Meditations and Light channelling.

I was talking with some people who were going through a distress situation. They were worried about their security. One of our volunteers who was present there told them that when we are associated with the Rishis, they take care of us completely. All that we have to do is not to do anything wrong consciously. He spoke nothing new but said it in a way that was special. They listened to him and believed him 100% and immediately a kind of relief was seen in them. Guruji used to say that truth has its own power and when people come to us we have to pass on the hope and the Light. It is not the words that we speak but the energies behind these words which convey the truth at a deeper level. ■

## 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)

The main factor in accepting other people is forgiveness. When we forgive someone, we get released from the accumulated resentment. Guruji had explained that forgiveness is not an act of kindness towards the other person. It is an act of surrender, which means, we accept totally and unconditionally the acts of the other person, without judging, resenting or holding any grudge. Surrender is unconditional, which means, forgiveness also has to be unconditional. We should have full faith in Divine Justice but we should not wait for Divine Justice to take effect. We must forgive without thinking about justice, Divine or manmade.

When we ask God to forgive us, we expect Him not to punish us for our mistakes. But God does not punish us. Even the effects of Karma are not for punishment. The Law of Karma works in conjunction with the Principle of Oneness, which implies that we are all one, even though we experience ourselves as separate individuals. Therefore, when we hurt another, we are hurting ourselves. It is only when we do not experience Oneness the Laws of Karma will be invoked. It is for this reason the Rishis are not affected by the Laws of Karma, since they always see all souls as one.

When we make mistakes, we repent and ask the Rishis and God to forgive us. But the Rishis and God are beyond forgiveness. God does not resent what we do, since He has truly given us the freewill – point to be contemplated upon.

The idea of "Crime and Punishment" is very deeply rooted in our collective subconscious. Unfortunately, today's society seems to be capable of only punishment. It does not seem to be able to forgive its criminals. Recently, when a grave crime was committed against another

human being, the entire nation was outraged; they wanted the guilty to be tried and given the most severe punishment at the earliest. In this context the Dalai Lama spoke with great compassion for both the victim and the perpetrators. He said 'the society should somehow reform the criminals instead of just hanging them.'

When Jesus Christ was being crucified, the people were ignorant of the fact that they were sparks of God Himself. If they were enlightened, they would not have crucified Christ. Instead, they would have worshipped him. So, truly, they did not know what they were doing. They did not know that Christ cannot be executed, which is why Jesus said to God, "Forgive them for they know not what they do." One may say that he could forgive them so easily because he was a great Master. But Guruji had said that like Jesus, we must also forgive everyone.

Once, Maharshi Amara had told Guruji that with the exception of genuine mistakes, where a person is truly unaware of his actions, people choose to do the wrong acts consciously.

I have tried to understand these two points from many years. On the one hand, a Master says, "they know not what they do", while on the other hand, another Master says, "they are well aware of what they do." We know that both statements are true because they both come from the greatest of Masters. Understanding these two points is very important.

When a person commits a crime against us or hurts us, we can try to see this person as unaware of his Divine nature, and forgive him for his ignorance. If we compare the grownups to the Rishis, we can see every individual as a child and easily forgive him. ■



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: Will I be able to differentiate between Ananda and deep sleep?**

A: I think it's possible. In deep sleep we sleep, we may have other experiences, a very restful sleep. It's a kind of passive part. But Ananda is something which you experience consciously, when you are aware, not when you are asleep.

**Q: If I meditate and try to sleep I don't get sleep. Is there anything wrong?**

A: One thing is assured that there will be no harm. Different people have very different and odd experiences like this. There is nothing wrong. Most of the times, it's because we have practised something which we should not have practised. You have to check up with your intuition whether you are in the right path; whether you are practising the preliminary things. In this case the problem will go away gradually, there is no harm. Before going to sleep, carry Light. Light works a lot. Spiritual practices that help us to grow spiritually never harm.

**Q: What is God?**

A: God is not difficult to understand. God can be explained scientifically. God is the supreme intelligence and the most powerful, creative intelligence. He is a field of energy. There is much more to add. You read our books, make some effort. Meditate more and read the book 'Descent of Soul'. It is much more than an Upanishad. Some truths are better understood by direct experience. God is one such great truth.

**Q: What is evil?**

A: Evil is that which has absolutely no love. There is a lot of

selfishness. Some are pure evil. They will never change. It's a very sad thing. We shouldn't fall under their influence and that's the most challenging part.

**Q: Who is the judge of this evil?**

A: Naturally, it is God Himself.

**Q: What is existence?**

A: It is being alive, independently.

**Q: Can we stop meditating and practise only channelling?**

A: No. Light Channelling is very good for a particular reason. But for individual growth we have to practise more. When you systematically take up and practice Meditation, several Spiritual processes get activated which are very important. So you cannot replace Meditation at any time, in any Yuga. But Light Channelling is part of our work, even Sadhana. We spread Light, Love and Peace.

**Q: Does food have any impact on Meditations?**

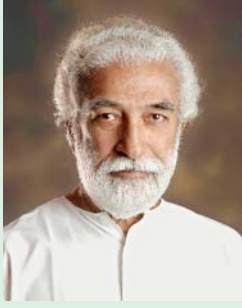
A: Yes. It comes in the way of experiencing the higher states - Samadhi. In the beginning you have to follow all the preliminaries systematically - practising Trataka, Asana, Mantra. Later, our Sadhana will be occurring in an area which is beyond this system - body, mind and intellect. So what food your body takes in, what impact it will have on the mind becomes secondary and very unimportant. A Yogi, a Meditator is not bound by the laws of this world but bound by higher laws.

**Q: If anyone consumes non-vegetarian food does he gather negative energies?**

A: No. You don't gather negative energies but this is also true, that it comes in the way of higher experiences. ■

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ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರುಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರುಜಿ ಭಾಗ 2	120/-
ಪ್ರಸಿದ್ಧ ಯೋಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಅತ್ಯಂತ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	50/-
ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತಿಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
ಗುರುಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕೌಶಲ ವಿಸ್ತೃತ ಗಣಪತಿ ಮೂರ್ತಿಗಳು	100/-
ಅನೇಕರಿಗೆ ಅಪರೋಹದ ವ್ಯಕ್ತಿಗಳು	120/-
ಬೆಳಕಿನ ಶರಣ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयुगुरुजी (Marathi)	100/-
ध्यान कैसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
தியானம் செய்வது எப்படி	50/-
ಊನಿಯಿನ್ ವಾಯಿಲೆಗಳು	200/-
ತಿಯಾನ ಯೋಗ	50/-
ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅವರೋಹಣ	50/-
ನವೀನ ಗಿಣ್ಣಿ ಉರುವಾಳಿನ್ ಕ್ರಮದ ಸಾಹಸಗಳು	50/-
ಸಂಭಲಾ ನಿಯಮಗಳಿನ್ ಅಭ್ಯಾಸಗಳು	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಕಾಂತಿಕೆ 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.

### 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

(Compiled by Shobha K Rao)

I am feeling happy most of the times because of less number of thoughts. I have become calm and silent. I always carry Light. Now, my home environment has changed, it has more Love. As a soul I am happy. I channel Light to my husband and daughter, in whom I see the positive changes.

- Geetha Rao

I am more aware of myself - what I feel and choose to do. There is a calm and stillness inside me most of the time. When it goes, I try to find out why that has happened and channel Light to feel centered again.

I am looking for answers to the questions I have. They come in silence from within and around me. Last week, the birds in flight allowed me to fly with them for a brief time! The ordinary things are so full of love and beauty. I feel as if nature has allowed me to enter her.

- Nandita Vijayan

A few days ago, during Meditation I felt I was not the body and not limited by

it. I experienced so much expansion that I felt that all the stars and galaxies were a part of me. I could see much more and the entire Creation inside me. After this experience I felt very calm and peaceful, which I have never ever experienced before.

- Priyamvada Godse

On the check up day on 19th January 2014, when I was waiting for my turn, I could see many Astral Masters one after the other as Light. I could not recognize them. It was a wonderful experience! I offer my sincere thanks to Guruji, Jayantji, Amara Maharshi and Rishis for their grace.

- Sharadamma L

I have learnt that surrender is just anchoring deeper in the Almighty, in Guruji. Deeper the anchor, deeper is the sense that all is taken care of... and hence things happen smoothly. All is peace and bliss, as actions are taken with full awareness, as per the situation.

- Geeta Joshi

### FORM IV

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

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I, S.B. Shyamala Devi, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-

Bangalore

S.B. Shyamala Devi

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