



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 6

MAY 2014

Rs. 25

## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old newsletters)

We think and live as unrelated individuals most of our life-time, unmindful of others and the world. That is how the most insignificant details of our daily life become events of paramount importance to us. We go deeper and deeper into the cold cells of isolation. Eventually, we get alienated from the Reality and Life.

We must realise some day or the other that we are a part of the mass; part of the whole. Then the individual details and interests sublimate. Our thoughts and emotions involve others, society and the world. In the larger interests the individual interests fade. Eventually, we consciously begin working for the processes of Living and Evolution. This brings us nearer to the Realities of the origin of Life, the purpose of creation, the significance of our birth and death and the Great Intelligence behind all these. It unifies us with others, Life and all other ongoing processes.

Experience of the Whole shifts our consciousness to the higher purposes of Living. This is what happens in Samadhi. We experience the Wholeness, Vastness and Oneness. This changes our life; our thinking and emoting; our attitudes and relationships. From alienation to unification, the change shifts us from conflicts to harmony; from pains to peace; from confusion to enlightenment.

Why do we gather at Taponagara? What is the purpose? We have to raise these questions periodically within ourselves to strengthen our resolves and deepen our understanding. We gather here to radiate Love, Light and Peace and in the process to become Love, Light and Peace. We gather here to build up the city of Light, Shambala and in the process become a part of Shambala. We have the first opportunity. If we miss this, some others come. Shambala will rise, whether we rise or not, from the dormant layers of consciousness where it is lying from nearly fifty thousand years.

Meditation and positivising our life is complete Sadhana. Both are interlinked. We have to meditate to be able to positivise and unless we positivise our life and transform, we cannot continue Meditations. ■



★★★★★★

### MANASA FOUNDATION (R)

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e-mail : [info@lightagemasters.com](mailto:info@lightagemasters.com) website : [www.lightagemasters.com](http://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'  
Money Orders are not accepted

**NEWSLETTER**

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



Construction work of the new Light Channels office began on 14th April.

**NEWS AND NOTES**

- ◆ Guruji's 75th Birth Anniversary will be celebrated at Taponagara on 18-05-2014. For participation, Sadhaks may register their names by 15th May at Manasa office.
- ◆ "Experiences of Meditators - Volume 2" will be released on 18-05-2014 during Guruji's Birth Anniversary celebrations at Taponagara.
- ◆ The sixth anniversary of our Saptarshi Dhyana Kendra at Anekal was celebrated on 14-04-2014.
- ◆ Construction of a new office building and a meeting hall for the Light Channels work began on 14-04-2014 at Taponagara.
- ◆ Orientation class will be held at Taponagara on 7th May 2014, Wednesday at 11AM. External Guidance students can also participate through webcast. Students may register their names by 4th May 2014 at Manasa office.

**GURUJI'S BIRTH ANNIVERSARY  
CELEBRATION  
18-5-2014, Sunday**

11AM Welcome  
Speeches  
Release of Book  
Special Meditation  
12.30PM Prasada

**MEDITATION ON SPECIAL DAYS**

02	Fri	Akshaya Tritiya
07	Wed	Shukla Ashtami
09	Fri	Shukla Dashami
14	Wed	Buddha Poonima
18	Sun	Guruji's Birth Anniversary
22	Thu	Krishna Ashtami
27	Tue	Masa Shivaratri
28	Wed	New Moon Day
31	Sat	Lord Kalki's Birthday

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12Noon - 1PM
11-5-2014	Shambala Group meeting at 2PM
18-5-2014	Guruji's Birth Anniversary program
18-5-2014	Ra Group meeting at 2PM

**PROGRAM AT ANEKAL**

Guruji's Birth Anniversary will be  
celebrated at our Saptarshi Dhyana  
Kendra on 19-5-2014, Monday at  
11 AM.

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

## AN INFINITE FLAME

Deeksha Suresh

“We ask and ask- thou smilest and art still  
Out-topping all knowledge. For the loftiest hill,  
Who to the stars uncrowns his majesty,  
Planting his steadfast footsteps in the sea”

– Matthew Arnold

Everything about Guruji was magnanimous, his smile, his humility in the face of his greatness, his admirable patience and his unconditional love. These adjectives yet, however, seem bleak to define him and the person he was. Maybe then again it was his ever-so-charming style of walking, his quick-witted humour or even his innate ability to cherish little things. Idioms or even phrases do not seem enough. But in all he is, we gravitated towards him, because he came with a profusion of hope, like a ray of light through a dark cloud. He made us realize that life is a climb up a steep slope, but also that the view from atop is magical. He made us realize that he won't be on the top when we get there, instead he will be beside as we tread on our path. Somehow metaphors and even similes do not make the cut. Guruji stands unfathomable much like Arnold describes Shakespeare. Guruji is unfathomable and will always be. He is the living truth that there is more to things than that what meets the eye. No word can truly describe the magnanimity of Guruji but a frail attempt I shall hence make. A word, perhaps, that encompasses all possible literal devices. He is Infinite. Maybe literally, for now he lives within all of, His ashes which once nestled on our eyelashes, now rests in our hearts. He gifted us with an eternal immortality, He gave us an Always. He gave us a little infinity in our brief time here, and one can never be more grateful for that. ■

## TAPONAGARA DIARY

Seema Almel

Taponagara celebrates the 75th Birth Anniversary of our Spiritual Father – Guruji Krishnananda. The journey that started in Anekal on 18th of May 1939, found its destination in Taponagara. Yet, his journey continues because he birthed Divine Projects and silent Spiritual Revolutions with global implications.

Guruji birthed the dawn of the era when the ancient Rishis become available to humanity at large. He built Taponagara with the most Divine of Energies and Values and made this place the abode of the Rishis; a sacred place for communion with the Masters and a reservoir of Spiritual Energies. He birthed a Spiritual Mission, an organization for effective dissemination of the Guidance and Knowledge from the Rishis. He birthed the Sapta Rishis Path which guides seekers to the Ultimate.

He birthed the Revolution by Light, bringing the Light Age nearer. This Revolution continues to light millions of lives with Light, birthing an era of spiritually advanced generation of citizens.

Most importantly, he birthed a Spiritual Community of sincere Meditators. Each increasingly blooming under Guruji's care.

Guruji lives on in his Teachings, his Mission and his students. ■

## 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)

July 2004

When silence is established in Meditation we experience 'nothingness'. In nothingness, naturally there are no thoughts, emotions, joy or effort. But in reality, there is nothing like nothingness. In nothingness, there is God. When we experience nothingness, we will be aware. Our soul will notice all this - that in nothingness, there is energy. It may not be very active. There is consciousness and also love. There is a feeling of vastness, so when we think there is 'nothing' the fact is that there is 'everything' there.

In the Spiritual journey, when we feel contented or satisfied, we stop making efforts, we stop growing and progressing. A few, reach higher stages, experience the stage of Samadhi, may feel satisfied but, may want to go beyond.

Generally, most of the time people are satisfied doing pujas. Our Sadhana should not stop with pujas. Practising Pranayama, reading and worshipping 'Gita' is not enough. We have to follow Gita and understand it. Then progress happens. Going to temples, listening to lectures, going on pilgrimages, fasting are other examples. These are not enough. We have to go further.

We should not end with mere gestures of wearing white clothes or rudrakshas or keeping a photo of Amara. Sadhana involves greater processes. We should never take it lightly. Sadhana is always a kind of an onward journey.

Attachment is going after one thing, one goal, being possessive and extra interested. Detachment is remembering and pursuing our Spiritual goal. It does not mean that we neglect the material world. Detachment is an attitude; it is not

giving up life or things. I think perhaps it is giving up the ego. It is leading this life fully and being aware always that this world is temporary; being aware that this life has an end and what we enjoy is purely temporary. Detachment is not keeping away from life. It is a very positive way of life, full of wisdom. Detachment is balancing the material and the Spiritual.

People have a general impression that losing awareness of the physical body during Meditation is experiencing Samadhi. In Samadhi there is definitely no awareness of the physical body, but the awareness will be at a higher level. This awareness extends to all the three 'avasthas' i.e. conscious, sub-conscious and unconscious. There will be awareness of the past, present and the future. It is difficult to understand. Samadhi is total awareness and is not merely losing the awareness of the physical body.

People have problems even after very sincere and genuine pursuit of Sadhana because with the benefits they will also get some negative factors. It is like a package, which has happiness and pain. Somehow, this becomes difficult and that is the test. We have to burn the Karmas by meditating more to have a life without problems.

Guru is God Himself. A human being is a representative of God. Guru is a principle, He is consciousness, and He is an ocean of energy and love. Guru is eternal. He will continue to protect and guide us in different lives, in different bodies. The Guru is Divine. He is love, consciousness and is within us. We have to relate to Him and experience Him. This is like a quote - He lives in

us, and when we start living in Him, our Sadhana ends.

Amara is a person but he is more a principle, an energy and love. When I joined him, I completely trusted him. When I came out of Manovati, Amara came with me. This is what I wanted to tell you. So trust the Guru and he will be always with you. He will never leave you.

Our talks are aimed at improving the quality of life; making a person move on in the Spiritual journey; it is never to judge; not even to comment individually. So naturally, we try to speak of the points we observe in people. People think it is addressed to them, but it is not so.

Amara used to tell us that Truth is like a cloud which changes its forms. A cloud is always a cloud whatever its shape is; so also, Truth is always the Truth. It cannot change. But its application changes sometimes.

We have to follow certain activities in life as we go through the different stages of life - G r a h a s t h a s h r a m a , Vanprasthashrama, Sanyasashrama, respecting every stage. What was given to the human beings thousand or two thousand years ago, may not apply at this point of time. Sometimes, confusion is natural. Sometimes, the Master speaks to a particular group and those instructions are meant for that group only and for that period of time.

Sadhana is all about living. Amara explained Spirituality as 'living sensibly and properly.' For this we have to use our common sense and intuition.

Amara would say, 'look at the positive aspect in a person or in anything. Then we relate to God, because God is positivity.' ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

23-02-2014

A question asked by one of our students was 'How do we carry Light?' Guruji used to tell us to carry Light always, by imagining that there is Light in our system. This helps. It is like an affirmation that Light is with us. The Light will be with us when we intend like this. The awareness of Light's presence in and around us will help us remain connected with the Light and when we are connected with the Light, we always do the right things and manifest Light in our living.

A person had asked, 'can I carry Guruji's form in my heart instead of carrying the Light?' Yes, it is the same as carrying the Light. For this we have to remain calm always at all the levels. We can be calm only when we are positive. In a state like this we will be connected to God or Light. One of the special instructions of the first principle of Shambala says that we have to remain calm always.

We can consciously keep the negativity out of our system by thinking positively, by rejecting the negative emotions and thoughts. Let us observe, what happens when we think of a person we do not get along with or for whom we have a kind of dislike. We have to be very honest, stand aside and observe ourselves. If we notice the presence of negative feelings inside us, somehow we justify their presence and thus give permission to them to stay on in our system. At such times, we have to disentangle ourselves from this person and attach ourselves with God. Having a higher goal helps us to disentangle ourselves from this level. If possible, we have to move beyond, maybe by forgiving him or her. When such negative feelings are observed inside us, we can reject them; also, we can fill ourselves with Light and pray to the Light. This is

also a kind of affirming and intending. When we have such an approach, the Light helps us to sublimate all the negative feelings and thoughts.

Guruji used to tell us that if a person does something wrong, we have to reject the wrong act and not the person. When people closely associated with Guruji consciously chose to pursue the wrong, Guruji somehow brought it to their notice with great love. Sometimes, they realised, sometimes they did not and many times people misunderstood him, but Guruji's love for them did not dilute. It is like the special relationship we have with our children. We cannot but love them. Guruji's relationship with us was like that.

Each one of us has a private space within, which must be respected. There are very personal and sacred things in it that should not be encroached by others. Similarly, we also should not encroach on the private space of others. We have to follow this special instruction associated with the fifth principle of Shambala. If we try to encroach on the private space of others, we may disturb their inner peace. We may touch upon areas that may cause pain to the individual. Also, another special instruction associated with one of the Shambala principles is 'do not interfere in others' affairs.'

Guruji never tried to probe into our personal lives. He just listened to people with great love and attention, but never tried to know more about their personal lives. Of course he sympathised with them, consoled them, passed on energies and love to them, which helped them immensely.

Guruji used to say that God, the Light or the formless God Parabrahma is available to us every

moment, all the time. Being aware of His presence every moment is true 'Jagrana' - it is carrying Light.

23-03-2014

Sometimes people come here trying to find answers or solutions to their problems. They expect a solution overnight! And when this does not happen they get disappointed and go away. They have to have patience and pursue the practices for some time. Their problems cannot vanish overnight but they will definitely have a kind of relief. Generally, the problems come to us because of our Karmas. But our attitudes that we would have picked up over the experiences of life that we go through also attract problems. Rishis can remove the problem immediately but unless we bring changes in our attitude we continue to attract new problems.

Also sometimes, a change in our attitude itself is the solution to a problem. Nobody can help us in that case. We have to bring the change in ourselves. The thrust in this Path is therefore on individual transformation. We will not have problems when we transform and learn to live in alignment with the Light.

Sometimes I feel it takes a lifetime to learn just one lesson in life for which we have to go through very painful learning experiences. If we can learn that one lesson we can make very big Spiritual progress. We can identify one major area of improvement that we have to make in our life. Example: getting rid of arrogance. First we have to accept its existence within us, only then we can work on it. As we make progress maybe we can identify another area. Sadhana continues like this forever. ■

## 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.

## GURUJI

Vaishali Joshi

Having found the mission of his life Guruji made himself a complete tool in the hands of the Rishis for their Work at all levels. The Master did not hesitate to give up all that was individual to him - his wishes, desires, ambitions etc., to fulfill the higher purpose. He lived a life of total surrender and made his entire system available to them, and also all his time.

At the Astral level he worked relentlessly to anchor and spread rare and powerful energies required for the transition of humanity into New Age. He worked at all levels to establish the Rishis' Centre on this earth. That at times he was not able to pursue even his hobbies such as reading or listening to music did not matter to him. He could make himself available to the Rishis and to us at the same time.

For us, he assumed whatever role was needed at any given time or in a particular situation - friend, philosopher, guide, parent, guru etc. Through him we have access to the entire knowledge and wisdom gathered by the Rishis over billions of years, which we can tap into at any time and apply in our day-to-day living.

He taught us to draw the line of contentment on the material front and to thirst for more on the Spiritual front. He taught us how to walk the fine line of manifesting Love while living in this world, at the same time rejecting negativity and not giving in to exploitation; to observe everything around us; to refine our emotions, thinking; have finer pursuits in life, and to live life properly and fully. He has anchored his energies in each one of us, which monitor, guide and help us to accept and face life squarely. ■

## GURUJI, OUR LOVING NEW AGE GUIDE

Jaya B

Guruji has said many a time that a Master comes down to teach and guide the people of that particular time and what was relevant then may not hold good now as we are progressing into Satya Yuga. He also used to say that a Master has to come down again and again because his followers do not grasp the essence of his teachings and grow spiritually. In fact, they even go back to their egocentric ways of living after he leaves his body.

As we ponder on these and many of our Guruji's teachings, we have to honestly accept that we have not really risen to meet his expectations of us. But we can feel a little comforted that at least we are becoming more serious about this Path, our Sadhana and the work of the Rishis.

Guruji is undoubtedly the greatest Master of this transition period from Kali Yuga to Satya Yuga and these times of intense Pralaya. His work has been most challenging because of this period itself; yet, he had the highest hopes for us and even now, we can feel his guiding hand. The activities are going on with just as much interest, commitment, and dedication as if Guruji were in his room overseeing the work.

Guruji was so simple and large-hearted that he readily recognized and accepted the Spiritual acumen of some sadhaks and guided them to their greatest potential to participate in the work of Rishis.

Surrender is total faith in the Master's teachings, being perfectly in tune to his principles and ideas, following his footsteps and becoming a perfect tool in his hands for the Rishis' work. On Guruji's 75th Birth Anniversary, let us surrender to him, re-dedicate ourselves to this Path and the Rishis to achieve our highest Spiritual goal. ■

**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: Is establishing the Light Age the mandate of the Manasa family?**

A: Our mandate is to work under the Rishis. Of course establishing Light Age is such a huge responsibility. The Rishis do it.

**Q: Why are tests needed for people involved in Spiritual work?**

A: Simple reason - to check egos. Personally I feel we should be having tests continuously as they remind us of God, keep us humble.

**Q: Why are our bodies not ready for the new energies?**

A: It is not just the bodies it is the whole system. In each case it's a different reason. Generally, it is the egos and our negativities which we are still carrying consciously or unconsciously, which do not allow the new energies to enter us. With a little effort we can empty them.

**Q: Will the mutation from the physical to the Light body be an uneasy process?**

A: We have to initiate it. It's a very pleasant and very easy process if you are ready.

**Q: Are there different stages when this body mutates gradually into the Light body?**

A: Yes there are stages. We are yet to very clearly understand the whole process. But I feel these processes relate more to the mind than to the body. The body automatically becomes Light when we cleanse and purify the mind.

**Q: Does carrying Light always help in mutation?**

A: Of course it does. Carry Light always, the process gets hastened.

**Q: One positive thought releases one positive ion, and one negative thought releases one negative ion. Is this true?**

A: I don't know about the ions. One positive thought allows us to expand to the whole Universe, as it carries the energies of Creation. So a single positive thought equates to so many things.

**Q: How does the presence of the Astral beings in our classes help us?**

A: They come here to meet the Rishis not to help us. But their presence makes a great difference as they carry great energies and also bring a lot of knowledge. Sometimes they pass on this knowledge, about which we may not know at this level but we will be aware of it at a different level. Their mere presence here is enough. It will help us, help our Meditations.

**Q: What makes us gravitate towards places like temples, this Kundalini Tower etc.? Is it the energies?**

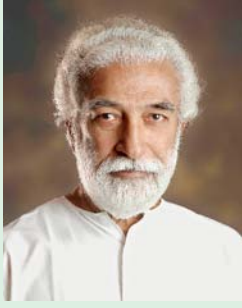
A: Yes. It is the energies. They are magnetic. There is a kind of Spiritual magnetism in these places which attracts people who are ready. We don't have to go there physically. We can go there astrally or get connected. Many people think of these places, get connected and they start meditating. They start getting these energies and the benefits.

**Q: Is it the same with the individuals?**

A: Yes it is true. I have experienced this in my life. We would all rush to Amara. He was in a remote place, in Koramangala. He had so much of love, so much of energies and knowledge that we automatically went to him. It's not merely the Gurus even some individuals carry such wonderful energies. Such attraction towards people is also because of past associations. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
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Living in the Light of My Guru	220/-
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Gurujii Speaks (Vol 3)	150/-
Gurujii Speaks (Vol 4)	250/-
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The Book of Reflections - Vol 3	150/-
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Meditational Experiences	150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis - Vol 1 & 2	each 100/-
Pyramid Revelations	100/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರೂಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
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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.

#### **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**

(Compiled by Shobha K Rao)

In the campus where I work there is a lot of greenery. One day I noticed a plant which seemed almost on the brink of dying. I felt sad. I sent love and Light to it. In a matter of days the plant was hardly recognizable! It was full of green leaves. I had to look hard to assure myself that it was the same plant. Light does wonders!

I absentmindedly agreed to go out on official work, but later realized that this would prevent me from working on World Channels Day. I prayed and waited; sure enough they planned to send another person in my place! I offered my gratitude to Light.

– Akash Malik

I found myself in a secret place of a dense forest. I saw a group of people gathered there. I was also present in that group. We were all dressed in white clothes. To my surprise, I realized that all of them were residents and volunteers of Taponagara!

– Shubhangi Sheyte

One night I could not sleep and was feeling very restless. As I had travelled a lot, my body was too fatigued. I did not want to disturb Guruji or the Rishis to heal my pain. However, I was quietly squirming and mentally blurted the name of Lord Krishna. By the fourth time I called out His name, instantaneously the pain vanished! I saw my body smiling and I slept peacefully.

– Seema Almel

I was very disturbed due to some issues at office. I prayed to Guruji saying, 'As a proof of the fact that you are with me, always guiding me in my life, please give me a flower today in my hand.' After my Meditation, as we reached the bus stop my daughter ran and picked up a flower and said

'Amma, this is for you.' It took me a while to realize what had happened! I was deeply touched. I thank Guruji, Rishis and God for being there in my life at all times.

– Dhanya Manoj

A couple of weeks back I read a few pages of 'Doorways to Light'. My mind was full of Guruji's thoughts. I closed my eyes and relaxed in my room where the windows were closed. Suddenly, a cool, soft breeze touched me caressingly and I felt the physical presence of beloved Guruji though I couldn't see him. My heart was filled with bliss which remained for a day. I had such an experience which lasted for a month when I saw Guruji for the first time in Taponagara. I offer my humble pranams at the lotus feet of my beloved Guruji.

– Rashmi Doijode

During Meditation I experienced an expansion from my chest area for a few minutes and initially got scared. After that the expansion was for a longer period. I have also seen the Light and felt as if I was entering the Light.

– Pratibha Travers

When I look at myself, sometimes I feel as if I am observing somebody else; as if someone has taken control of my life and is teaching me with love how to live life completely and peacefully. I have observed a new 'me' in myself. Without Guruji's guidance, blessing and energy, it would have been hard for me to even imagine a beautiful phase like this. I don't have words to express my gratitude. But, I will put in my best efforts to carry 'Guruji - a symbol of love' in me.

– Abhay Joshi

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