



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 10

SEPTEMBER 2014

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old newsletters)

May is hot, as expected. But there are frequent showers. The evenings are cool. Even in these times of corruption and chaos, there are people who carry and spread Light. There is an intense hope that better times are ahead. I believe so because people meditate and God smiles.

It is said that people who believe in the theory of Karma and fate are defeatist in facing life and that they do not struggle to better their lives. It is easy to infer from the arm-chairs. I wish that those who pass such judgements to look at the picture of a young woman drawing Rangoli in front of the broken door of the remnants of her destroyed house during the recent Tsunami. It is difficult to say what was going on in her mind; but definitely, it was not defeat.

Just because people do not go on wailing, one should not conclude that they have accepted defeat. They would have accepted the reality of the Tsunami. But they have determined to live, to build and smile again. It requires extraordinary strength to accept reality and move on. This silent strength comes from the power of Life; from faith; from God.

We conducted a kind of poll to find out if people do really read Tapas. I was surprised to note that almost everyone reads and that nearly sixty percent read fully. Wonderful suggestions came from those who do not read fully! One of them even suggested to increase the pages!

With every creation, destruction begins. With every beginning, the end begins. This is true of the galaxies, stars, earths and Life. This is true of human beings, their buildings, institutions and nations. This is not something that is unknown to us. But we ignore this and live as if everything is eternal. This is the human element in us. To go beyond the human is Sadhana.

When we were talking of Expansion, a Meditator said, "I want to expand within." Another said, "Let us expand our goals." And yet another said, "We need not go out. The thirsty will always come."

I wait for the thirsty. We have the Ganga from the Rishis. ■


MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

Phone : (080) 2846 5280, 99000 75280 (10 AM to 4 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar
at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

External Guidance is available by post and e-mail. Please refer column 1 on page 6 for details.

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NEWSLETTER

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



A Light Channelling session was conducted by one of our Light Channels Volunteers on 3rd July 2014 at 'Arumbugal Aalayam', an orphanage in Chennai

NEWS AND NOTES

- ♦ After a busy month of June, our Light Channel Volunteers continued working with great enthusiasm in July also and introduced Light Channelling to roughly 15,000 new children in 56 schools. They conducted hundreds of sessions in 564 schools across India. 1.81 lakh children channelled Light in these sessions.
- ♦ Apart from these sessions conducted by our Light Channel Volunteers, Light Channelling continues regularly in more than 1100 schools. More than 5 lakh children channel Light almost every working day in these schools.
- ♦ Meditators gathered and meditated in the Meditation hall at Taponagara on 17th August, 2014, on the occasion of Sri Krishna Janmashtami to prepare themselves for receiving Lord Krishna's energies for 10 days.

Special Meditation Technique for Navaratri

Think of a huge globe of blue Light. Enter the globe. Experience this globe of Light, experience the energies of Adi Shakti. This technique can be practised for ten days in place of daily stage Meditations.

MEDITATION ON SPECIAL DAYS

02	Tue	Shukla Ashtami
04	Thu	Shukla Dashami
07	Sun	Worship of Ananta Padmanabha
09	Tue	Full Moon Day
16	Tue	Krishna Ashtami
22	Mon	Masa Shivaratri
24	Wed	Mahalaya Amavasya
25	Thu	Navaratri begins

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
14-9-2014	Shambala Group meeting at 2PM
21-9-2014	Ra Group meeting at 2PM

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

DVDs of Sunday Lectures during classes are available for members. Please contact Manasa office for details.

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

LIGHT CHANNELLING EXPERIENCES

When we went to The Silicon Valley High School for a Light Channelling session on 21st June, the Headmaster told the lower primary students to go back to class. The remaining kids sat down but they could not hear anything as there was no mike and we could hear noise from the primary section. We, the volunteers, got down from the dais and stood near the students, and continued the session. The next moment I could feel peace. I felt the part of school where Light Channelling was going on was cut off from the part of the school where the primary students were making noise. For a moment, I felt they were two different worlds. I felt peaceful. It was a feeling I had never experienced before.

Earlier that morning, on my way to the school I felt as if my laziness was gone and I had got disciplined. I felt somebody had taken away my pains and I felt light. In the recent Light Channelling sessions I have felt a kind of Presence.

- Hemalatha Pramod, Volunteer

A boy selling tea on the road greeted me spiritedly and in a friendly manner, and informed hurriedly that his school was re-opening on May 30th, that he was studying in 9th Std. and was doing Light Channelling regularly as per instructions. It was evident from the way he carried himself. He talked assertively without any negative feelings, which is otherwise common in such cases. It was heartening to watch what Light Channelling can do to our students.

- Nirmala Bala, Volunteer

TAPONAGARA DIARY

Seema Almel

Taponagara, a sacred place of Spiritual Energies and Meditation Halls, is also the birthplace of the Revolution by Light. Launched in 2008 by Guruji, it has reached great heights in a very short period of time. More than 26,00,000 students and adults have been taught Light Channelling for free and more than 5,00,000 channel every day. To accommodate the growing administrative needs of the Revolution, a new Light Channels Office building is being built over and around the Information Centre.

True to its name, the Revolution by Light is about individuals; it is a people's movement. Under the meticulous planning of resident Volunteers, the non-resident Taponagarites exert themselves to reach out to various schools and teach Light Channelling in an organized manner. The upcoming new Light Channels Office is like a meditative Hall dedicated to all the Volunteers – the Light angels.

The steel resolve of the Light Channels Volunteers to persist in the Mission of spreading Light, forms the framework of the building. Each brick in the structure is like a dedicated Volunteer, firmly focused on his Mission of conducting Light Channelling sessions. Their sweat and toil cements the bricks. Their feeling of camaraderie plasters the structure smooth, and their sense of shared responsibility blends all the bricks into One Divine Structure.

May the Revolution by Light outgrow the structural capacity of the Light Channels Office. ■

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. They live in Peace and Perfection without ageing.

- 1 Experience the Light in your Core and spread it around.
- 2 Experience and spread Love.
- 3 Experience the Oneness of Life in everyone and everything.
- 4 Carry on the daily activities first in mind, then verbalise it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising talks about it.
- 6 Gear up the body, mind and intellect to fight out the negativities.
- 7 Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.

THUS SPOKE GURUJI

Excerpts from Guruji's talks
(Compiled by Shobha K. Rao)

August 2004

Initiation is not merely passing on the energies. It is tuning the system. The Rishis and Masters do it in their own way and they do it in seconds. Various people use various ways of initiation.

Sometimes it is a very elaborate ritual; of course no doubt, with a lot of expenditure! But even there, only the energies are passed. Our ways are very simple, direct and less expensive.

Sometimes, people do the initiation by touching. There is a touch on the forehead, and the person is initiated into Kundalini Yoga. Another way of initiation is done by whispering a Mantra into the ears of the person to be initiated.

There is a way of the taste - a person is asked to eat a fruit or drink something and with this act he gets initiated.

A person is asked to stare at a photo, an idol or a form. While looking at it he gets initiated.

Similarly, by using the sense of smell - a person will be asked to smell something nice; with that he gets initiated. There is another way - a slightly unusual way; it is by an experience. A person will be given an experience suddenly without warning and with that he gets initiated. The experience could be very pleasant or horrible.

Initiation can be made even from a distance. A person anywhere on this globe can be initiated from this point.

September 2004

In any act, there are three factors involved, example: when we think, there are three factors involved, the object of thinking or the thought itself, the process of thinking and the person or the entity who thinks. A

simple question arises, 'who thinks'? The simple answer of course is 'I'. A finer question would be: In this system, which part of the 'I'? The answer is 'the intellect'. If we observe closely, there is another presence, which will be aware of the intellect. This is the awareness which comes from the soul. Here we understand everything in simplified and direct ways. The soul is aware of all these processes. It is an established fact that the soul is a different entity; it is different from the intellect. We realize these things when we start asking questions. This is how the self-enquiry begins. This is what Ramana Maharshi taught. He was one of the greatest Masters of this century. Self-enquiry viz. questioning, 'who am I', has to be pursued at the level of the Consciousness; it is then we really experience who we are. We experience that we are the souls; we are part of God. We have to meditate to realize the truths. We have the glimpses of them. We have to go beyond the intellect to perceive the truths directly. This is how the Rishis perceived the truths about life, about Creation and about everything. They perceive the truths in deep Meditation and pass them on to us.

As a part of this process, whenever you have time, watch your thoughts and emotions. When you practise this, we realize that the thinking machinery and the emoting machinery are different from us. This awareness that they are different helps us to realize that the thoughts originate at a different level, emotions are different from me; it is not me who is emoting. This helps us to study the emotions and thoughts. Observe the emotions and thoughts and use your discretion in following a thought. It is then we

become our own masters; we as souls live as we want to live. This is freedom. This is the first step in Mukti, which is the final or ultimate freedom. Let us understand here that Mukti is not something that happens only when we reach God, somewhere far away. Mukti begins here. That is why this life is so important; living is so important.

◆

Duality or Dvaita is the state of our existence on this earth. We always live in the awareness that the world and we are different; the others and we are different, this entire Creation and we are different. This is a natural state and there is nothing wrong about it because we come down here to experience this duality. But when we meditate, we experience the non-dual part or 'Advaita', we are one with God; we receive so much of knowledge, wisdom and strength which ultimately helps us to go back to our source - God.

◆

When we think of God very intensely, we experience the non-dual state partly. Even this part experience is enough to awaken us. We awaken to the reality that we are a part of God. This awakening first occurs at the level of the intellect; later at a higher level we actually experience that we are a part of God. God is Light. In deep Meditations, we become one with God; we become Light. That is enlightenment. It is not a mere awareness at the intellectual level, but it is the actual experience. Example: we know about the love in the human dimension, but we do not know the love of the Divine dimension. We have to experience it to manifest, that is why experiencing is the most important part. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

09-2-2014

A Meditator expressed his difficulty in Meditation saying, 'I begin with imagining and then I go on reminding myself that I have to go on imagining; because of this I am unable to enter into stillness. So please help me.' We know that when we begin Meditation we begin with the awareness that we are Light or, our system is filled with Light. Then we just forget about it. We have understood from Guruji that in Meditation we begin with the technique, then we offer ourselves to the Divine forces. We do nothing in Meditation. Then everything happens automatically.

11-5-2014

We had heard from Guruji that the Masters are working really hard at the Astral and physical levels to spread the awareness about the New Age and about the importance of choosing. A lot of energies are being channelled and spread. But from the current conditions here on this earth, it appears that the majority has not yet chosen the Light, chosen the ways of Spirituality. The only thing we can do is make a choice for ourselves and begin living a Spiritual life. Then, we get a lot of help during these times of Pralaya which helps in several ways. We can also go on vibrating love and channel Light.

We are now passing through a very difficult period of churning and chaos, with the surfacing of the truths and also the negativity which has to be removed. And we are a witness to this surfacing of negativity. When people of this earth witness it, they reject it mentally. When majority of the people are angry against the unjust systems, the

vibrations of their anger will work against these systems. It will remove the negativity and we will move towards positivity. This kind of a churning is also happening at the level of the individual. People are looking for something higher. They are not just happy with success in the material life. It is a kind of an awakening that is happening.

People are realising the futility of rituals. This also is a kind of awakening. If majority of the people give up these futile rituals what a big change it will bring! The so-called Spiritual industry will just collapse. Similarly, collapses of many systems in all areas, built on non-love will take place. It's only a question of time.

As this awareness spreads further, these dark controlling forces will not be able to control us anymore. To know that we are moving towards the New Age, we have to observe very keenly the life around us, at the level of the nation and at the global level. Also, we have to keenly observe what's going on inside us, in other people. Then, we will realise that though this movement towards the New Age appears really slow and weak, it is definite and growing stronger.

06-7-2014

The incidences of the past that might have caused pain to us cannot be changed. Sometimes, our own actions, interactions with people could attract such incidences which cause pain to us. But we generally don't accept it and we think that the source of pain is always outside of us. Anyway, whether it's from inside or outside, if we can shift our focus from these painful incidences to something higher, it helps to reduce the intensity of the pain. And the painful incidences take a second

place; we will also be able to forgive easily ourselves and the people who have caused the pain. When we do this, the pain vanishes. It helps us to move on.

Similarly, disappointments also cause pain. When we expect something from people and when they do not fulfill our expectation then we feel disappointed. I feel the same principle of shifting our focus to something higher will help. We can attain fulfillment only in God.

A person who went through a lot of inner turmoil and a period of intense pain, somehow decided to be calm and remain happy. She had made a choice and shifted her focus to a higher goal of being peaceful. When she tried to practise being calm, somehow the anger just vanished. When she practises being calm, she experiences a kind of inner peace and even the external things seem to be falling in place. She is able to accept people as they are. 'My inner peace is more important to me' she says. That's the focus of her practice. When I heard her, I thought how beautiful this process of transformation is. This person is not a Meditator but somehow this is happening to her. And she did not know that she was practising the first principle of Shambala. She was quite excited when she was told about it. Rishis do not guide only the Meditators. They guide everybody.

A person wanted to take up Meditations here. He was told by one of our students that Rishis have to give permission for this. It's really strange and difficult to believe that our own students speak like this. Guruji had told us very clearly that this place is like a temple. Anybody can walk into the temple. There are no restrictions here. Everybody is welcome. ■

EXTERNAL GUIDANCE

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

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

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

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

SPECIAL GUIDELINES BY GURUJI

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

EXCERPTS FROM TALK BY SHRI RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

Both ancient and modern Spiritual seekers have repeatedly said that the whole Creation is an illusion or Maya. Maya is one of the many Spiritual realities that has been misunderstood by many. The literal meaning of the Sanskrit word 'Maya' is magic or illusion or non-reality.

We have understood from Guruji that the Maya referred here is not illusion. Since the whole Creation is constructed from Consciousness which is made of Divine Light, the whole Creation is fundamentally made of Light. When a soul looks at the Creation, it sees only Light. This is probably because the soul can only perceive that which vibrates at its own frequency, which is that of Light. So, to help the souls to perceive the Creation, God gave each soul a special gadget or a faculty. This gadget is called Maya. When a soul looks through this gadget it can see the beauty of the diversity in Creation.

The state of 'Turiya' is a state that is reached when we go beyond 'Nirvikalpa Samadhi,' a state in which the separation between the soul and God disappears. The state of Turiya is experienced all the time, not just during Meditation. Guruji had explained that in this state the individual's Awareness would have gone beyond the faculty of Maya and therefore he will see only Light. Hence, the Rishis do not allow a person to remain in this state for long. They quickly shift the person to the next stage called 'Turiyateeta', which means beyond Turiya. In this state the person can perceive both, the form and its essence – the formless behind all forms. He can see through the screen of Maya and also see beyond Maya.

The mechanism behind Maya is not so important. It is the experience of the Creation which is of utmost

importance. Guruji saw a butterfly and experienced the Divinity behind its beauty and entered into a state of expansion and Samadhi. This is the ultimate purpose of the form, which is to help us go beyond it and experience the formless. So, when we try to live this life fully we must try to be aware of the permanent Divinity behind the temporary forms. If we can practise this we will be living a Spiritual life.

I recently watched a video of a seventeen year old girl who suffers from a serious lung disease which has affected 80% of her lungs. She cannot engage in most of the normal activities and most of the time she is bedridden. This seventeen year old says happiness can only come through acceptance; she accepts her life situation and she is grateful to God for this wonderful gift of life. Life is not an illusion for her. It is very real.

This is how this Creation provides us the opportunity to experience gratitude, kindness, compassion, peace, joy, love, beauty, faith, acceptance and surrender. The Creation with its Divine Cosmos, the Material Cosmos and its galaxies, all the dimensions, the art, music, beauty etc. are there just to enable the human experience. Without the Creation it would not be possible to experience any of these. If we conclude and declare that this world is just an illusion we miss all this and lose the opportunity. Maya is a gift and an opportunity for us to experience the Creation and go beyond it, and have even higher experiences. All the Rishis, the Divine personalities and the countless Astral workers are working so hard to help us have these experiences. We only need to open our eyes and see the reality in all its glory. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Are there any changes after we entered the aura of the Photon Belt?

A: Of course there are many and to see them we have to be alert and attentive. The good and bad can no more co-exist, either in the individual or at the other levels of the nation and globe. We see the surfacing of the true nature of human beings or nations. We can no longer tolerate the evil. Collective voices are gaining strength. Political systems are weakening.

Q: Would only Light Channelling help a non-Meditator?

A: Yes it helps to some extent, but it does not help completely or wholly.

Q: Does Freewill work in a person with heavy Karmas?

A: Definitely yes. Freewill has nothing to do with Karmas.

Q: How do we react to any situation emotionally?

A: Let us react in moderation. One has to be cool but alert, alive to the situation, and then deal with it.

Q: Which experiences should we ignore and which should we take very seriously?

A: All psychic experiences like visions, dreams can be safely ignored, although sometimes some visions have some messages for us. Get guided always by your intuition. You have to remember, understand deeply and follow the Spiritual experiences like Samadhi, experiencing the Light, experiencing the vastness.

Q: As I closed my eyes in Meditation and when blankness enveloped me, I experienced a burst of energies, entering me from all sides. I felt expanded. Is this how Samadhi feels like?

A: Yes. This is the beginning of Samadhi. Generally, each individual will have very individual experiences until we reach a common stage, when we experience Samadhi totally. The blankness disappears. Awareness rises. We will become aware of a Presence, which is unlimited, which is Light, which is love, which is the undivided One. After becoming aware of this we experience the Presence. This is the ultimate. Once we have this experience, we can say that we have achieved the highest in Spiritual Sadhana.

Q: What is the role of the Rishis in these times?

A: The Rishis do a lot of things at the Astral level, but at this level they help the change.

Q: What is our role?

A: Our role is always to assist the Rishis, by meditating and channelling. We can do it more and efficiently.

Q: Can we contact the Rishis during Meditation?

A: During Meditation we meditate. The definition of Meditation is silencing. During silence we do nothing.

Q: What is preventing us from experiencing the Light?

A: It varies from individual to individual. It could be because of lethargy, or indifference, or not being clear about the goal. We do not experience the Light nor make proper efforts when we lack conviction about the Light. It is also because of lack of conviction about the path.

Q: Can we send energies to Light itself?

A: We can do it. Everything is a gift from God. But love is the only component which is ours. Send love to Light. ■

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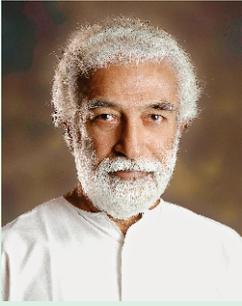
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GURUJI KRISHNANANDA (1939 - 2012)

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 MAIL

(Compiled by Shobha K Rao)

On 22nd June '14, during the house-warming ceremony in the house that I was going to soon move into, I saw during Meditation, a homakunda with few people performing pujas. I also saw the Sapta Rishis standing in a semi-circle near the kunda and blessing the people there. The owner of the house, when asked, confirmed that it was the same place where the homa was performed earlier. I was really very surprised and very happy too!

- **Kanchana Latha**

On 18th June I went for a Light Channelling session to a school, which is next to a Shiva Temple. After the session I felt like spending a lot of time near the tree close to the temple. I felt so much Love from it that, I sat nearly for an hour there and tried to absorb the Love. I am touched by the grace and Love.

- **Hema Pramod**

When I experienced Light during Meditation, I felt as if I was expanding and everything around me was within me and I was these things. Everything was flowing from within me and from me. It was a lovely feeling!

- **Vishwas Dixit**

On 14th May 2014, I was channelling Light in Amara's Samadhi Mandir and the Shambala class was going on in the Meditation hall. I could see a flash, a dazzling white Light body. He was having a lotus in his hand and he was spreading Light everywhere!

We had a session of Light Channelling at St. Joseph's Convent School, where Light Channelling is practised regularly every day. We learnt from the headmistress that the children are very poor; starving most

of the time. She asked us if we could help. We prayed to the Light sincerely. After two hours she called me and said that food for the children was arranged for this year! She thanked us and we also felt very happy. I thank Guruji, Rishis and Jayant Sir.

- **Anjali Patil**

Whenever I need direction and guidance I silently seek from within or try to tune to the Rishis, the Light and I get answers; I work on same intuitively and logically. I get more clarity as I contemplate, but a lot of patience and faith is needed which I get from our Guruji. I thank him, Rishis and members of Manasa.

- **Ashish Desai**

I feel that I am gaining clarity in my thinking. I am able to also manage conflicts without getting worked up. My health has also improved a lot and I feel very energetic. There is always optimism in my thinking. I am able to surrender to the Light/God more and more easily.

- **Sachin S**

Some time ago, my father-in-law passed away peacefully at home. I realize that once we are rooted in Sadhana, in Guruji's teachings and we have surrendered to the Rishis, acceptance of everything in life becomes easy. Thanks to the Rishis and Guruji, I am able to balance my life, and also help others to get on with theirs. Our path is truly amazing!

- **Nandita Patel**

Things are happening just the right way for me and my family. My involvement in the Spiritual journey is increasing and I love Meditation. I have also realised the benefits of the protective shield.

- **Sandhya Patwardhan**

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