



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 10 Issue 9

AUGUST 2015

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – February 2009 issue)

On 26-02-2009, Thursday, we are arranging a Mega Event at Bangalore to channel Light. We request not only the people who gather there on that day to channel Light but also all the people of the world to channel Light at the same time. Our intention is great but the resources are limited. With the available resources, we will publicise the event in all possible ways: Newspapers, TV channels, SMS, e-mails etc. We request everyone to spread the message of joining us in millions to channel the Light for seven minutes from 7.30 pm. Let the message reach as many as possible.

What is Light? Light is Energy. It is the Creative Intelligence. It is the Source from which all the Creation has come.

What is the purpose of channelling the Light? To heal, heal Mumbai, heal Gaza, heal any wound inflicted by violence and hatred. To heal the individual, to heal the nation, to heal the world. We channel Light for bringing Peace, for bringing New Energies for the New Age, for resurrection, for transformation and for saving the planet from man-made catastrophes.

How does Light work? Not directly. After we channel the Light, the wars do not stop the next day. There will be no dramatic changes. There will be no miracles. The Light works in its own way and there will be changes. There will be benefits.

If the Light is there and has intelligence, why does it not work without getting channelled? It is a Spiritual law that we have to seek, we have to channel. If more number channel Light, the impact would be greater. If more number channel at the same time, the impact is faster.

This event would be unique. There would be no sermons, no preaching and there would be no membership drive. The event would be a unique opportunity to create a better life and future. This would be the most important Spiritual event in these three decades.

This is a part of the Light Channels World Movement.

On 18-05-1981, Amara gave me the key of his house in Manovati and asked me – “Do you know what this is?” I knew.

It was not just a key, it was a responsibility. An opportunity and an inheritance. Amara gave me many things that I could not understand at that time. Now, I realise that Amara had passed on Light and Love. I am working with his Light, Love and Grace.

Time and distance vanish when we are connected with a Guru. That is why, I do not miss Amara. He is always here and near. True relations remain forever. The false fade away. ■


MANASA FOUNDATION (R)

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

Phone : (080) 2846 5280, 99000 75280 (10 AM to 5 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
at Devagiri Venkateshwara
Temple, BSK 2nd Stage

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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The third Light Channels quarterly meeting of this year was held on 12th July.

NEWS AND NOTES

- Amara's Mahasamadhi Day will be observed in Taponagara on 30th August 2015. For participation, Sadhaks may register their names by 28th August at Manasa office.
- Meditators in the Shambala Group met on 12th July 2015 to receive special energies from Shambala.
- Meditators in the RA group met on 19th July 2015 to receive special energies from RA.
- The Registration fees for External Guidance is revised with effect from 1st June 2015. Please refer to page 6 for details.

During Ashadha Masa, which began on 16th July, we get wonderful and great energies directly from Parabrahma Loka. This entire month is a wonderful opportunity to absorb more of Parabrahma's energies by being aware of His presence and by meditating more. The energies peak on Guru Poornima, which falls on 31-7-2015. We can meditate more on that day, and in the night before going to bed we can imagine Light entering from above and filling up our system completely. We can practise this for 7 minutes. The whole night, we will be receiving the energies.

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

MEDITATION ON SPECIAL DAYS

| | | |
|----|-----|---|
| 07 | Fri | Krishna Ashtami |
| 12 | Wed | Masa Shivaratri |
| 14 | Fri | New Moon Day |
| 23 | Sun | Shukla Ashtami |
| 25 | Tue | Shukla Dashami Amara's Maha Samadhi Day |
| 28 | Fri | Worship of Mahalakshmi |
| 29 | Sat | Full Moon Day |
| 30 | Sun | Amara's Maha Samadhi Program |

PROGRAM AT TAPONAGARA

| | |
|-----------|--|
| Sundays | Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM |
| 30-8-2015 | Amara's Maha Samadhi Program |

AMARA'S MAHA SAMADHI PROGRAM 30-8-2015, Sunday

| | |
|---------|--|
| 11AM | Welcome Talks Special Meditation |
| 12.30PM | Prasada |

PROGRAM AT ANEKAL

Amara Maha Samadhi Day will be observed at our Saptarshi Dhyana Kendra on 25-8-2015 at 11.30 AM.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

On 18th May 2015, Guruji's birth anniversary, my aunt and uncle requested me to channel Light in their house. I stood in front of Guruji and Amaraji's photos and prayed to them. The entire house was filled with bright white Light, which entered me. I said, 'Please make me feel your presence.' Then, Guruji touched my hand. The Light came from Guruji and entered me, and I became Light. I felt as if my body did not exist. It was a thrilling experience and I did not feel like coming out of it.

– Anisha Pati, A Light Channel

When Mrs. Kulkarni was speaking about Light Channelling, I was doubtful whether it is really so effective. Then I heard our student Pranita Karve express her thoughts and felt it was a miracle! Pranita was always under a lot of stress. She is a quiet person, and when she came up on the platform to speak, I was very happy. I have promised Mrs. Kulkarni, that we will channel Light every day in our college. We will train some teachers and students so that we can do Light Channelling on our own.

– Mrs. Swati N. Sayankar, Principal, Bachelor of Computer Applications College, Cummins College Campus, Pune

I am able to control my anger. The stress on my mind has reduced. I am able to find solutions to my problems.

– Shubham Sudam Dhamale, SY, B. Com., Shivray Pratishthan College, Pune

After channelling Light, I feel happy and peaceful. Whatever I need, it comes to me automatically. I can experience a Divine energy.

– Swapnil Sanjay Dharia, Student, Shivray Pratishthan College, Pune

TAPONAGARA DIARY

Seema Almel

At the cusp of being a suburb and a quiet village, Chikkagubbi has grown. Monsoon still brings hope to the farmers. Their tilled brown farm lands still open their hearts seeking showers from the clouds above. The nearby Doddagubbi lake and the green belt around support many species of insects which crawl on the rustic land and draw a variety of birds and snakes. Amidst the roar of speeding vehicles and commotion of people's noises, a rare tweet of a colourful bird or a muted rustle of a venomous snake is a daily reality. The majestic and silent presence of Tapovana, Cosmic Tower and Kundalini Hall and the serenity they emanate, alongside endless construction, concrete and shanty camps of temporary labourers amazes a few and saddens others. Each sees Taponagara with their own unique perspective. A photography contest was arranged to share these perspectives.

In the April Residents' Meet the contest was announced. Residents had to submit one photo each in the categories of flora, fauna and place. The age parameter was defined by two groups – adults and kids, while the geographic parameter was that of Taponagara, Antar-Manasa and Anekal Centre. The winning photos and photographers were announced in the May Meet on the occasion of Guruji's Birth Anniversary Celebration. It was a new experience which showcased many hidden talents. ■

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)

January 2005

We would like to help Meditators from getting into a sleepy mood during Meditation. It is a natural difficulty which we have to get over. The Rishis tell us that the people feel sleepy or snore during Meditation simply because they are not careful about Trataka. Every time you sit for Meditation at home you are supposed to burn the camphor. After looking continuously at the burning flame until it stops burning, you have to look straight for a few seconds and then close your eyes. When you do this, you will be fixing your gaze straight. This is most important. Those who repeat the Mantra in their stage Meditation should give more attention to the repetition of the Mantra, particularly when they feel sleepy.

Some people pay the fees late. If we remind them politely, they should not get angry. Here our volunteers are very gentle. So, when anyone of them reminds you about anything, please don't get angry. Sometimes we have to be tough and you have to bear with that. Let us always keep this atmosphere very pleasant. We shall never contribute to unpleasantness.

I came across a line while reading a magazine wherein a living Master says, 'Bliss has no opposite.' I began thinking about this. Here, in this plane of human beings, we have always the opposites – happiness and unhappiness, good and bad, pain and pleasure. If anyone says, 'I have experienced bliss', he does not know what bliss is because in this plane one cannot experience bliss as this is a plane of duality. We have to go beyond this plane in Meditations. When we take our Awareness beyond this plane

and become one with the Divine like a drop in an ocean, it is then we experience bliss – the bliss we have heard of, we have talked of. It is a very subjective experience. We have to reach that plane to experience bliss. That is why this Master said that bliss has no opposite. In that plane, there is only oneness and bliss.

On 30th January 1948 Gandhiji was shot dead. I remember that day. I was 18 years old then. When this was announced on loudspeakers, I saw people weeping loudly. The whole country wept. Such people come once in a way, once in centuries. What makes this man so special? I think it is the strength he had – the strength of Truth. He lived by that Truth. And because he was very strong he was able to practise non-violence. People who are weak cannot talk of non-violence. They are the ones who are always shaky. People who are very strong are always non-violent, calm, and cool. Amara fasted whenever Gandhiji went on a fast. Amara was working while fasting and did not tell anyone that he was fasting. Amara had so much of respect for Gandhiji.

Once I meditated in the Cosmic Tower. I was given information about how to make this physical body Light body. I have not practised or attempted it. It is a small technique. But first and foremost we have to purify this system, meditate and positivise. After we achieve this, we can make this body Light body.

I would like to quote three experiences.

A young girl suddenly saw another girl entering her room and after some

time she disappeared. When we referred this to the Rishis, they said that this girl had seen her own self for a moment in the future. She had seen her own future personality of maybe six or ten years later. That was a wonderful experience!

A person had a dream-like experience. She met a Divine Personality astrally and told him that her Guru had sent her to him. He replied, 'I know why he has sent you.' He gave her an old book asking her to give it to her Guru. When I tried to understand the significance of this experience, I realized that it was knowledge that this Divine Personality wanted me to receive and it was an ancient knowledge because the book was an old one. I am yet to decipher that knowledge. Rishis also mentioned that this person who was very young could be one of our future workers. Sometimes people will be given some Astral work like this and that is how they are trained to become the workers of the Rishis. They will be trained for quite a number of years, sometimes hundreds of years. It is an amazing experience!

A person who is not a Meditator wrote to me: In his dream, a person led him by hand to a place of worship and suddenly this person became Light and disappeared. Later, by chance he came across a book – 'Doorways to Light', wherein he saw the photograph of Amara. He recognized him as the person who had guided him in the dream!

From these experiences we get a definite message of assurance from the Rishis that we are doing the right thing by taking up Meditations and they are always there to guide, help, protect and comfort us. These miracles give us a lot of hope and assurance. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

25-08-2013

Guruji once asked Maharshi Amara whether he had accomplished the mission of his life. Amaraji had replied that his mission was to gather the people to establish the Rishis' centre. He just willed, using his thought force, and the people gathered to join him in the work of establishing the Rishis' centre. For a person of his stature to say that his work was just to gather the people, is another example of humility of this great Master.

We cannot completely understand the Masters. Even if we look at his work from our level, we can understand that he was involved in a very great and sacred work concerning the welfare of entire humanity. His work was very delicate, placing him many times in very tricky situations. There were several instances when the forces from the opposite side tried to harm him. His life was very adventurous and Guruji always used to say that he was a personification of humility, courage and strength.

After Guruji's passing over, we have tried to keep the systems running, which were established by Guruji himself. What is really our work now that Guruji is not with us? As individuals we have to meditate and continue to grow. We have everything – knowledge, energies, guidance. We can grow to any level. And monitoring from the Rishis also continues. We can go on assimilating the knowledge and continue to grow, manifest more Love, more Divinity. At this point of time, the job for the people involved in the work is to make Amaraji and Guruji available to people in this world, by making the knowledge and energies available to them. Our job is to guide people in Meditation, as per the well-defined syllabus that Guruji has developed with the help of the Rishis. Our job is to continue the Revolution by Light started by Guruji, and also strengthen

it. We are doing this through a very dedicated team of people who are posting Guruji's messages on various platforms on the Internet, thus reaching lakhs of people.

24-11-2013

On Guruji's Maha Samadhi day a person told me that Taponagara was vibrating with Guruji's presence. She could feel his love. A person told me that whenever she received replies to her letters from Guruji, she would be overjoyed. There would be abundance of love behind those few words that he wrote. And it is this abundance of love that would elevate us.

Once we went with Guruji to Maharashtra, where people were very traditional and used to certain practices. Guruji was subjected to 'Padapuja'. Guruji never approved of such rituals but he did not object to it and he let them do it. They had prepared themselves with so much love and respect. Not hurting them was a higher principle than compromising with his own principles. He practised that higher principle. Later, while explaining informally and also in his Meditation classes he explained very gently, very softly that Padapujas are not necessary; and that they do not help anybody; maybe it only puts the Guru in a very awkward position. It's true that it is an act of respect, but the respect can be carried in our hearts. One can do Padapuja and may not have any respect in the heart. Then it's a fake expression. Anyway, this was Guruji's way of educating us very softly without hurting anyone. People understood and they learnt. And next time when we went to Maharashtra, people did not do padapujas. In this way he did not ridicule the Spiritual condition of any one of us but waited patiently for the right time and the right opportunity to educate us.

Some people remarked that Guruji was such a great Master, then why couldn't he clear the cancer that he had? Many Masters absorb the Karmas of the people. Guruji used to absorb Karmas of people. And with his Spiritual powers he could have burnt these Karmas but he did not do it because he respected the laws of Karmas. Masters respect the laws of Karmas. They respect the Divine Will. Masters always practise the higher law and respecting the laws of Karmas is one of the higher laws. If a Karma is gathered, somebody has to go through it, unless the person himself meditates and transforms and clears the Karma. Anyway, Masters do not use their Spiritual powers for their personal benefit.

08-12-2013

Recently a person met me. Guruji had great affection for him and even he had great affection for Guruji. He is in a government job and was recently promoted. He told me that in his department a person gets transferred when he is promoted. It happens with everybody. It's like a rule. For various reasons this person did not want to get transferred. He told me happily that he was promoted but not transferred! Anything is possible with the Rishis.

Guruji had mentioned about Mahavatara in 'Doorways to Light'. He is the Avatara who will be in charge of this entire earth in the New Age. He will not be like a ruler but will be like our father. We will only have to think of Him and He will be just next to us. His capacities will be unimaginable. He will be physically with billions of people at the same time. He will take us anywhere we want to go. We will be able to travel to any part of the Universe in beautiful spaceships. All this is waiting to be gifted to us. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes 14% service tax, one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes 14% service tax and one year's Newsletter subscription.

- ◆ 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.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

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

SPECIAL GUIDELINES BY GURUJI

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

MAHARSHI AMARA - OUR BELOVED MASTER

Shobha K Rao

A great Maharshi – Amara, was brought to us by our Beloved Guruji, and through Guruji Amara passed on an invaluable treasure to us – Meditation, the Rishis and knowledge about the New Age. Practise of Meditations and positivisation of thoughts and emotions, as advised by him, definitely helps to spur our movement towards God. We have come to know from him that the Rishis exist and are constantly working for the welfare of Mankind.

Amara has made us aware that God is Energy. He is everything and beyond everything. He is present in everyone and everything as Energy. He says that we have to recognize and experience God's formless aspect or Light that is within us and also all around.

Amara, the great Spiritual Master had always been involved in the magnanimous work of the Rishis, yet he always maintained a low profile, keeping away from the glare of publicity.

Maharshi Amara has made us understand that the essence of all life is Energy. Therefore, the Rishis release different kinds of energies periodically, which impact humanity to bring about the desired results. 'The play of Energies' is always occurring in the Manifest world. Now we know that the New Energies used by the Astral Masters even from different Lokas, are bringing about a new awareness in us, making us understand the new knowledge and the ways of the New Age. He said that we have to be always alert to notice the changes happening around us and also allow the changes to happen within. Then, darkness in us and from our planet will be dispelled, bringing in the glorious Satya Yuga of Peace, Love and Truth. ■

MAHARSHI AMARA

Vaishali Joshi

The Great Master, Maharshi Amara came down to this earth with a mission to assist the Rishis in ushering Satya Yuga on this earth. For this he was given training when he was just nine years old for enlarging his capabilities such as the third-eye, Astral travel, materialisation, entering into other dimensions etc., so that he could execute the work given to him by the Rishis at all levels.

As a part of the Work, to spread the Spiritual revolution he began teaching Meditations from the age of seventeen. He said that Meditation is as important as breathing. He taught that as we advance into the New Age we have to give up the old ways of life and accept the new ways. We have to accept the changes caused by Pralaya without resistance and learn to detach. We have to consciously develop positive tendencies and put down our ego. We have to unlearn to know higher things. We have to grow, open up and develop our inner faculties. We have to reach the area of direct experience and perceive the Truth directly. And to do all this we have to begin with Meditations.

He explained that when we meditate, the transformation begins from within. We have to allow this transformation to happen. For this we have to make ourselves available to the higher forces, surrender to them and allow them to work on us. And we have to let the moments of peace experienced during Meditation expand into our daily life. This peace brings stability, sobriety and sense, and helps spiritualise our lives. We will be able to manifest the life force, live life fully and experience this Creation, thereby fulfilling the purpose for which we first came down here. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: While practising contact with the Rishis, if we receive some information do we experience stillness at that time?

A: No. In fact it is the other way round. It is when we experience stillness we will be able to receive knowledge or information.

Q: During mind projection do we experience stillness?

A: No.

Q: Are energies released during this time, that is, when we have visions projected by the mind?

A: No.

Q: What do we mean by spiritually advanced souls?

A: When the souls come down, gather more knowledge, gain more wisdom and are able to manifest more Love then we recognize these souls as spiritually advanced souls.

Q: What is the difference between our souls and that of the Masters?

A: Vast difference. The Masters have attained the highest in the Spiritual field. They have lot of knowledge and powers. They have surrendered to God. And they don't have any personal agenda. They don't go back to the Source, but stay back only to serve God always.

Q: Is a soul not already evolved?

A: Soul is a part of God. It is evolved. When it comes down, it takes the intellect, mind and body. These are limitations. With all these limitations when you come down you begin to exercise your Freewill. Then many things happen. You go through various states of experiencing.

Q: For Spiritual advancement is it necessary to come down into the Creation and make efforts?

A: We come down not to learn but to experience and not even to spiritually advance. When we are with God, we are the most advanced souls.

Q: When a Rishi goes back to Parabrahma Loka would he be more advanced than the souls there?

A: We do not know about the Spiritual condition of the souls there. They are part of God. They are God. But the people who come here and go back they go back richer by new experiences. That is the difference.

Q: By practising Light Channelling are we building the torus of Light around us?

A: No. We channel Light to build up a revolution, to bring down violence and corruption, to establish New Age within and without and for various other purposes; not for building a torus of Light around us.

Q: When do we feel that we are complete?

A: We feel complete when we have the true knowledge, about ourselves and Creation. We feel complete when we meet our Guru. We feel complete when we meet the real Guru, God Himself. Knowledge and experience makes us complete. We must know and also experience Stillness, Love and Light.

Q: Does God love everyone equally?

A: Yes He loves everyone equally. But those who take up the work, He naturally loves them more.

Q: Is there something beyond Love?

A: Yes. The Rishis say it is 'sacrifice'. In Divine Love there will be no demands, no conditions. Sacrifice is the ultimate of Divine Love.

Q: What would be the daily routine in the New Age?

A: We can speculate but we are yet to know completely. We can't imagine the life at that time. ■

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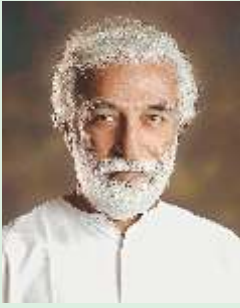
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GURUJI KRISHNANANDA (1939 - 2012)

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)

We read the newly published book of Manasa, 'Master Pupil Talks-Volume II'. I feel happy to say that every time I read such books, I never fail to feel both Amaraji and Guruji much nearer to me than before. Also, I am deeply convinced that we really don't need any other way, other than the Sapta Rishis Path.

– Yasuji and Ikuko Yamaguchi

Recently, after Meditation I saw a huge form of Devi Ma. I was on Her lap like a small infant. After some time I saw the whole world in Her hand in the form of a globe. I felt She was protecting me and the whole Universe.

– Asha Rakesh

These days I am calm and I have more trust in Light and I know that Light will always look after me no matter what the circumstances are. I talk to Light and wait for the answers.

– Pratibha Patel

Once I was meditating in a temple. I felt very strong vibrations on my head and all over my body. After the Meditation was over, I felt totally relaxed, as if I was bathed in a stream of energy.

– Vasantha Ramanujan

My husband and I were driving back at night on the highway. Usually, I cannot help falling asleep while my husband drives. On that night something told me that I had to stay awake. My husband didn't notice that the traffic in front of him had come to a complete halt. Having stayed awake, I was able to tell him to stop, which he could do in time and an accident was avoided. We felt very blessed and fortunate for getting guided by Light.

– Shalmali Talwalkar

Experiencing Light has made me pass through the most difficult time of my life with ease. I also want to thank the Rishis and Guruji for taking care of

me and my family always.

– Rashmi Raghuvanshi

I am not able to quantify the changes. There are numerous occasions when I am able to feel the calmness. I am able to witness how I handle my frustration, anger and restlessness with ease, bringing it under control within seconds. Most of the times I get enormous help from a silent Presence, which magically works out events to my favour.

– Rajalakshmi R

Many a times my prayers are being answered and there is clarity of thoughts. I am in the 'gratitude mode' and experience the abundance of nature all the time.

Through this mail, I would like to express my gratitude to all who have been playing a part for making this journey possible through Internet, at the convenience of our homes and at our own pace.

– Kusum Narain

Recently on a Sunday, while channelling Light in the Kundalini Tower, the place suddenly became bright with White light. I saw three photos, one of Guruji, the second of Amaraji sitting on a chair and I was unable to recognize the person in the third one. In front of them was a reddish brown idol of Lord Ganesha adorned with two garlands. I opened my eyes and closed them and I continued to see the vision! After the practice I felt very happy and peaceful.

– Swarnalatha

Last week when I was meditating, I was praying to the Light to absorb me into Its Divine being. At that time, I felt as if I was floating upwards, for about a minute. After that experience I felt strongly energized.

– Hamsa Venkatraman

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