



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 4

MARCH 2015

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**REFLECTIONS**

**Guruji Krishnananda**  
(Excerpts from old newsletters)

As I enter 1994, I become aware that my life has changed dramatically from mid-1993. My Meditations have led me to Tapas. I have received a treasure of Knowledge from the Rishis which would normally require life-times of Sadhana. The contacts with the Astral Masters have become closer. My assistance in the Astral work has grown into independent work in the Astral plane under the supervision of the Masters. Further training in Higher planes and equipping with subtle instruments and powers continue. I spend more time with the Astral Masters and in the Astral plane than with the human beings and in the human plane. And whenever I come back to the human plane and try to tune back to the realities of the physical world, I wonder – “Which is real and which is the dream!” and it is very painful to deal with this world of false values and selfish people.

But we cannot escape from the realities. We have to face them; face and yet remain untouched. I realise that Sadhana for the Individual Spiritual upliftment is easier than working for others. But I knew it as such, even before I took up the work.

We are energising the Spiritual field, Manasi, in Taponagara. This helps us in Sadhana and protects us. Its vibrations spread Peace and Love. We have also built up several Spiritual fields in the last few months with different types of energies for specific purposes that lead us, the humanity, to the New Age. One of the fields helps cleaning of the Mind. A Meditator can get this benefit when he meditates here. Those who visit Taponagara should remember this. New Techniques have been developed to efficiently clean the mind and use its powers. ■

**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)**  
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**NEWSLETTER**

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



More than 85 Light Channels Volunteers gathered on 15.02.2015  
to share their experiences of World Channels Day observed on 30.01.2015.

**NEWS AND NOTES**

- ◆ Around 300 people participated in the Amara Jayanti celebrations in Taponagara on 1st February 2015.
- ◆ Close to 50 people had gathered to celebrate Amara Jayanti in our Sapta Rishi Dhyana Kendra at Anekal on 2nd February 2015.
- ◆ On 30th January 2015, The World Channels Day, more than 11 lakh children and teachers in 2350 schools channelled Light silently to bring more Peace on our Earth.
- ◆ Orientation class will be held in Taponagara on Wednesday, 6th May 2015 from 11AM to 1PM. External Guidance students who have access to the webcast can also join through live webcast. Those who wish to participate may please contact Manasa office and register before 30th April 2015.

**MEDITATION ON SPECIAL DAYS**

05	Thu	Full Moon Day Kamadahana
13	Fri	Krishna Ashtami
18	Wed	Masa Shivaratri
20	Fri	New Moon Day Solar Eclipse: 1.10PM – 5.20PM
21	Sat	Chandramana Ugadi
27	Fri	Shukla Ashtami
28	Sat	Sri Rama Navami
29	Sun	Shukla Dashami

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
08-3-2015	Shambala Group meeting at 2PM
15-3-2015	Ra Group meeting at 2PM
20-3-2015	Solar Eclipse Special Meditation: 1.10PM – 5.20PM
29-3-2015	Akhanda Dhyana (Light Channelling): 11AM - 1PM

**KAMADAHANA TECHNIQUE**

On 5th March, Thursday at the time of moon rise, imagine a Homa Kunda in front of you. Invoke Agni Deva - say the Mantra 'Om Agni Devaya Namaha' once and imagine fire in the Homa Kunda. Imagine the Arishadvargas – Kama (excessive desire), Krodha (anger), Lobha (greed), Moha (attachment), Mada (arrogance), Matsarya (jealousy). Imagine Kama coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. It burns completely. Repeat the same for other five. Thank Agni Deva. Afterwards, you can experience the Light in you for some time.

On 20th March there is Solar Eclipse from 1.10PM – 5.20PM. Please channel Light to the whole world during the entire eclipse period.

## WORLD CHANNELS DAY

Manoj Chopra

The 5th World Channels Day was the most amazing experience for all of us. The Grace and Help from the unseen hand of Light was felt throughout the day.

Planning for the World Channels Day started almost two months before, in the Light Channel Volunteers meeting, after praying to Guruji, Amaraji, Vishwamitra Maharshi and the Rishis. This meeting was followed by Area Team meetings. More than 2000 schools had to be covered and we had limited number of Volunteers. Many came forward and took extra responsibilities in spite of personal challenges and health issues. Our Area Coordinators planned meticulously and divided their territories into several sub-areas and delegated responsibilities to respective team mates.

The World Channels Day is dedicated to our beloved Master Maharshi Amara. Every year, we humbly offer Light channelled on that day to him as his birthday gift. Several Volunteers took leave from work and worked tirelessly to accomplish the tasks delegated to them. There was overwhelming reception from School Authorities too. Hundreds of Schools came forward and promised to do Light Channelling on their own. Our Volunteers also took extra efforts to train Student Leaders to conduct Light Channelling in their Schools.

5th World Channels Day was a huge success by the Grace of Masters. The day started as early as 6 AM after the practice of oneness technique and 7 minutes of channelling. At the end of the day at 6 PM, we thanked the Rishis after 7 minutes of channelling. There was perfect harmony and coordination seen in every team. A strong disciplined team of 195 Volunteers achieved the impossible. More than 11 lakh children of 2350 schools channelled Light on this day.

Several Schools sent us emails, photographs and even confirmed their participation by phone. We humbly thank School Authorities for their support. They are important and an integral part of this Movement.

The purpose of The World Channels Day is to bring more Love and Peace on our Earth. Let more and more people join this Movement with every passing day and realize this dream soon. ■

## TAPONAGARA DIARY

Seema Almel

While the world celebrates the International Women's Day, at Taponagara both the genders feel equally valued and respected. The basic tenets of this Spiritual Community – Love and Freedom along with mutual respect – echo in every aspect of life here. Along with raising young Taponagarites they do find time for themselves. Ms. Varsha Gurjer, a resident, conducts Yogasana Classes exclusively for women. Ms. Kavita Kanade lovingly provides her premises for this fun activity. This creates a homely environment for mothers to have some alone time with those who understand the daily challenges of running a household.

As sincere Meditators, the daughters of Taponagara lead a full and balanced life, matching their Spiritual and Material lives. They never miss an occasion to wear their best outfits and jewellery, and celebrate life. In the spirit of Oneness they even share best discounts and shopping details! More so during Residents Meets, since dinner is sponsored by a few of the families, it gives the women time off cooking in the evening.

Emulating Guruji, the men of Taponagara provide a strong support system for women to manifest life-force to their fullest. Juggling many responsibilities, making sure that their spouses and family members meditate regularly, the ladies of Taponagara are proof that higher Spiritual states can be achieved without giving up on all that makes them happy women, in designer clothes! ■

## 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)

October 2004

I have been repeating on every occasion that to experience God, we have to take our Awareness beyond the intellect. For this mere reading is not enough. We have to take up a practice like Meditation.

This is very interesting – every experience, genuine or imaginary, has a shadow of doubt. Without exception, after every experience, we think whether we really had the experience or it was imaginary. It is natural that we have this doubt. Doubting our own experience is good. It makes us humble. It makes us go to a person and ask, ‘did I really have this experience?’ Having a doubt is good from the point of view of Sadhana.

Although it appears simple to say and to know that God is everywhere, still I think it is difficult to know Him as Consciousness, as a Presence. I think relating to a form is easier. We can begin with worshipping or relating to the saguna aspect of God or any form – Rama, Krishna, Shiva or any form. We must intensify our Meditations to the extent that the communication occurs both ways. Then we should not get stuck at this stage. This is the most important point. We have to then go beyond the form. We must remember that when we experience God, when we experience Him in Samadhi, there are no forms as we go beyond them.

We must always be aware that behind all this Creation, there is life; there is this power, intelligence and love – God. If we are aware of this, this awareness helps us to manifest our love. We also experience the oneness in all this Creation, life, etc. Whenever we are aware of oneness, whenever we experience oneness, there is so much of joy, peace and love in us. We see the same thing, the oneness, the same God in others; where is the conflict then? Only when

we forget oneness and see the world as separate from ourselves and see the people as separate from ourselves, then we have conflicts, suffering and pain. There is pain in separateness. There is peace in oneness.

When we take up Meditations and advance, certain changes occur in us naturally. Some major changes are like this:

We become full of life.

We see the Divine everywhere, all around us, in everyone.

We inspire others to take up Meditations by our living and behaviour, not by our talks.

We are full of love and peace and we radiate them. When people come near us, they experience this love and peace.

People like us, respect us and trust us.

People like and enjoy our company.

Somehow sometimes, although these changes occur, we do not allow them to manifest or operate. I have heard people saying, ‘if people know that I am good, they may try to take advantage!’ They are afraid of changes; they do not allow these changes.

I have heard people saying, ‘he is a Meditator, so I trusted him.’ We have to always maintain this trust, we should not betray it. If we betray the trust, we are betraying the Rishis. People believe in us because we are Meditators.

There is one more aspect to Spirituality. Being Spiritual is being good no doubt, but it is also not getting exploited.

Those who are humble and simple just move ahead and progress very well in their Sadhana. I have seen that their obstacles, difficulties if any, suddenly disappear.

I have seen drastic changes.

Suddenly, there will be changes in jobs, transfers, good things, bad things, divorces, marriages and such things. I make it a point to understand and I find the influence of eclipses behind these drastic changes.

Zen Masters stress on one thing – on developing a kind of intuitive wisdom. When we meditate, this comes to us automatically. Essentially, as I see there is not much of a difference between the Zen way and Yogic way – Dhyana Yoga.

People who take up Meditations, the beginners, will have so much of enthusiasm that they want to understand everything within a day or within one hour! They ask questions without reading the books. If you read the book ‘How to Meditate’ you get some answers. In ‘Dhyana Yoga’ some more answers are available. We have other books like ‘The Masters Answer’, where there is a lot of information and knowledge. Please read them and first talk to your teacher. They know quite a lot and will be able to explain almost everything to you. Only when you have difficult questions and when you are not satisfied by the explanation given by the teacher or given in the books, then you can approach me.

One of our students asked ‘Why is it that we are reluctant to admit the visitors to this class?’ I don’t have any objection if visitors come. Those who come to the Tower or to visit the park Tapovana would like to naturally come and sit here in this class. But, sometimes they go back confused! This is not a general lecture. This is part of a class, one of the classes. People who come here often understand better as there is continuity of the topics spoken in classes. Those who come suddenly may sometimes get confused. It is because of this I hesitate to admit them. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

04-08-2013

According to a report in a recent issue of Times of India, the speed of climate change that we are experiencing now is the fastest ever that this earth has witnessed. According to the report, this fast change in the climate is causing stress in people. This change is also causing more conflicts, more violence.

As we have understood, everything in this Creation is interconnected. If something is not fine in some part of the earth the entire earth gets affected. It happens in our system. If there is pain in one part of the body, our entire body experiences the pain. But as we have understood it is the collective human consciousness, which impacts the climate. It is our behaviour, which affects the climate. I remember Guruji used to say that in the Ashramas of the Rishis even the wind used to blow gently. Nature, animals, everybody used to live in great harmony in their Ashramas. That is what is expected when the New Age spreads more and more. The whole world gradually becomes the Rishis' Ashrama. The whole world gradually becomes Shambala and there will be perfect harmony between nature and living beings. That is our dream. If we can establish peace inside and harmony at the level of our immediate surroundings, in our families, we will be definitely impacting the global peace in some way.

08-09-2013

The period of intense turbulence continues. It is a difficult period but there are great opportunities to grow, great opportunities to align with the Light. I have observed that the baggage of our attachments, hatred, jealousy, of our stubbornly held positions have become obstacles. If we can give up this baggage, it helps us. We can easily sail through this turbulent period. We have the

opportunities to give up our positions, to forgive and to move on. We have the opportunities to recognize and accept our mistakes because everything is surfacing. We have opportunities to withdraw from the world, minimize our interaction, not because we do not like the world, but because it helps us to focus on Sadhana. And when we focus on Sadhana and grow it helps the world in turn.

27-10-2013

A guru, the human guru, is the most important person in our lives. He is higher than any other relation. The relationship we have with him is the highest relationship. We have to be extra careful to maintain this relationship and not to bring it down to a lower level. We have heard from Guruji that God is our guru, God is the real guru. But we have to go through a human guru to reach God because the human guru knows the way and he takes us to God quickly. If we move away from the human guru we move away from God. Can we move away from the human guru and still reach God? To reach God we do not have to necessarily go through a human guru. But once we have chosen a guru we must surrender to him first before we surrender to our ultimate guru, God. We have to surrender all our ideologies, our philosophies and learn from the human guru. God cannot be approached with arrogance. We have to go to Him with humility. Similarly, we have to approach a human guru also with great humility. God in fact operates through this human guru. You need not agree with me. Once we have chosen a genuine human guru we cannot make progress in Sadhana if we get angry with him, if we move away from him out of anger. We are free to move away. If we move away because we do not feel that the path is suitable or move away from any guru without ill feeling, then I feel it is alright. We can continue our Sadhana

in another path. But if we move away because of anger then to make progress in any path we have to first realise our mistake and we have to feel very genuinely sorry for our behaviour.

24-11-2013

Interacting with Guruji directly or through emails or through letters was always very satisfying. It was not just the words that he used. Words cannot convey everything. He conveyed so much more to us at the deeper level during the interaction and that used to make the interaction so 'soul satisfying'. The love and warmth that Guruji vibrated made us feel that Guruji was somebody very close to us, very intimate, somebody with whom we could be ourselves. We could open our heart out to him. Whenever he met people, he did not make them feel that he did not have time, although he was such a busy person. People never felt that there was shortage of time or Guruji was in a hurry. He listened to people so intently; it was as if that was the only thing that mattered. We can call it Eckhart Tolle's 'living in the now'. Guruji practised it; not consciously, it was natural to him.

Guruji would trust us completely, blindly. Normally we have heard that we have to trust the Guru blindly but he did that with us. Masters respect the life at this human level so much that they never probe deeper into people to judge them and they accept people as they are. Sometimes they are betrayed. It happened to Guruji also but it did not stop him from trusting us. With such complete trust in us he has passed on the responsibility of carrying forward this work. If we think of this huge responsibility, sometimes we feel a bit scared. He always trusted the goodness in us, always trusted the Divine potential we all carry. ■

## 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)

Whenever we see a person with illness or disability or other serious problems we have a tendency to ask ourselves or others around, "Why is this person suffering?" When we try to do this in the absence of true compassion, we will be unknowingly trying to blame someone or something for his condition. This also amounts to pronouncing a judgment, which indicates a lack of oneness. God has given us the Freewill to experience life the way we want. Judging another is a violation of Freewill. God does not judge. Therefore, even if a person is suffering or has a lot of problems it is not because of a judgment or a punishment from God.

One of the greatest teachings of Jesus Christ is, "Do not judge and you will not be judged." He also said, "Do not condemn and you will not be condemned. Forgive and you will be forgiven." This is the law of Oneness. It is not really a law; it is the Truth. So, if we hurt someone we are actually hurting ourselves.

When a soul seeks an experience the Universe creates the circumstances that provide the soul the opportunity to have that experience. Life is the greatest teacher because life is God Himself, which is why we should not run away from life. But if we are unable to learn from life, God does not give up. He then comes down as the human guru and continues to try to help us learn.

I have come across people who had to go through such immense suffering that they eventually surrendered. Thereafter, they experienced true peace that could not have come without the total acceptance of their situation.

It helps to understand that in order to experience through this system, a part of the soul's Awareness merges with the system of body, mind and

intellect and operates it, believing that it is this system.

The part of the soul's Awareness that does not directly participate in the outer world remains in its original state in tune with the Divine in a state of love and oneness with everything. So, the soul exists at two levels, as the external temporary personality and the inner permanent personality. This arrangement prevents the soul from losing itself completely in the world of form. The deeper personality is concerned about whether it can manifest its nature of love and oneness in this world. It is possible that the outer personality is indulging in activities that are completely out of alignment with what the soul wants at the core. When this happens the soul will be very sad. Just as God does not force us to change, the soul also does not force the outer personality to change. It can create life situations or circumstances that may help the individual to transform.

We should not judge ourselves also regardless of what our situation is. We should not be very harsh with ourselves.

We must understand that making an observation or an assessment and using our discretion in dealing with situations do not amount to judgment. Guruji had said many times that when we see injustice and unfairness in the world we must reject them, also protest against violence and such acts. As a society we have created a justice system with the purpose of preventing such acts of violence. It is to reform those who commit such crimes.

I believe overcoming our habit of judging others is a very important part of our Sadhana. When we experience oneness we cannot judge and when we judge we cannot experience oneness. ■

**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: If I wait for a guru will he come to me?**

A: When you are really serious and seek a guru, he will come. We must know that guru is God Himself. He is a power. He is energy. He is a Presence. He will reach you, maybe through a friend, maybe through a book, maybe through an experience or even through a problem. You have to be alert to recognize Him. Once you recognize Him, somehow, He will lead you to the human guru.

**Q: What is the effect of Mantras in Meditation?**

A: The main purpose of employing a Mantra in Meditation is to see that the mind is occupied. The Mantra has a source. When we repeat a Mantra we get connected to the source and from the source we receive energies. These energies cleanse the whole system, particularly the mind and help in activating the Chakras.

**Q: While meditating we feel sleepy after some time. How can we get over it?**

A: First check up your posture, check up your Trataka. Then you will be able to get over the sleep. Also check up your negative emotions, as they will block the Awareness. The Awareness will get stuck in the unconscious mind and you will feel sleepy. Our Awareness should cross the mind – the conscious, sub-conscious and the unconscious mind.

**Q: Do Meditations not impact those who choose violence?**

A: Meditations impact everyone. Some people choose violence, ignore and reject this impact or influence. We may have to call them dark.

**Q: Can we reach a permanent state of peace and happiness?**

A: It is possible. Once we experience the highest Samadhi or even higher Samadhi, we reach this stage of peace and happiness. No one can disturb our peace.

**Q: Is the New Age related only to the human beings?**

A: The New Age is related to all life on this earth.

**Q: When do we actually enter the New Age?**

A: Individually at any time, collectively after 2018. But we need not worry about this; we can get prepared for the New Age.

**Q: After clearing the Karmas can we choose to go to any other earth?**

A: Yes. We can choose to go back to our source, or choose to take birth on any other earth belonging to the Bhoo Loka category. If we have a clear purpose to do deep Meditations or Tapas, we will be allowed to take birth on earths of higher plane.

**Q: What is wisdom?**

A: It is the maturity to choose the right thing, maturity to align with the Divine. It is the maturity that makes us follow the Spiritual laws.

**Q: How to avoid Spiritual ego?**

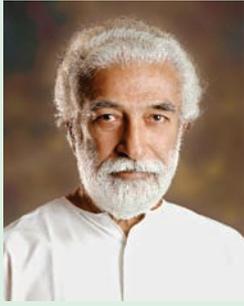
A: With the same law – be humble.

**Q: What makes a difference between self-respect and ego?**

A: It is just arrogance that makes all the difference. ■

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ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರುಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರುಜಿ ಭಾಗ 2	120/-
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ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿರೀಕ್ಷಿತ	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅಪರೋಹಣ	50/-
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ಆಧುನಿಕ ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	50/-
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ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸ್ಮಯ ಗಣಪತಿ ಮಂತ್ರಗಳು	100/-
ಅನೇಕಶತಕ ಅಪರೋಹಣದ ಪುಸ್ತಕಗಳು	120/-
ಬೆಳಕಿನ ಶರೀರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयुर्गुरुजी (Marathi)	100/-
ध्यान कसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंभला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
தியானம் செய்வது எப்படி	50/-
ಊನಿಯಿನ್ ವಾಯಿಲೆಗಳು	200/-
தியಾನ ಯೋಗ	50/-
ஆத்ಮாவின் அவதರಣம்	50/-
நவீன ரಿஷಿ ஒருவரின் குஷ்ட சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-
ಧ್ಯಾನಂ ಕೆಲವು ಎಲೆ	50/-
ಕಾಂತಿಕೆ ದ್ವಾರಮುಲ	100/-



**GURUJI KRISHNANANDA (1939 - 2012)**

### MANASA FOUNDATION (R)

established in 1988 by Guruji Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city.

#### MANASA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

#### ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Guruji lived from 1987 to 1992.

#### STUDY CENTRE

is a unique Centre for Studies on Spiritual Realities at Antar Manasa, guided by the Rishis.

#### JYOTHI PROJECT

is mainly for the village children. They are helped in their school studies and are taught Shlokas, Bhajans, hygiene, General Knowledge and Computers. They are also encouraged to express themselves creatively through story-telling, drawing and painting.

#### VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

#### APPEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

## SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

Shambala Principles I and II were my life support when I was ill for nearly a month and lying on the bed. It was a life-altering situation that helped me to understand many things painfully. I literally experienced the love of the Divine! Rishis silently displayed a miracle and Guruji continues to show me the path clearly. I owe my life to Rishis! One strong experience is enough to add more clarity, gratitude and inner strength to life.

– Padmaja Balaji

During the Meditation in the Church at Taponagara on 25th December 2014, I offered my love and energies to Master V and Lord Jesus. I prayed to him to remove all the chaos, confusion and fill the entire Universe with his Divine Love and Light. Suddenly, I saw a whitish pink heart, from which a ray of light emerged and entered each one meditating inside the

Church. It slowly but steadily spread all over to the whole Universe.

– Shashi Ananth

On the day we offered energies to 'Sankranti Purusha' I saw a scene from 'Samudra Manthan' and saw a lot of churning happening. On this particular occasion I felt I was floating while doing my Meditation.

– Vinamra Longani

I had to move out of Bangalore owing to personal reasons, because of which I was really worried about separation from my close family. I kept on meditating hard for their well being. I had a feeling of Divinity deep within. Once, I felt the entire house being lit up with the Divine energy and also felt that it was being guarded by the Sapta Rishis. I am indeed indebted to the Rishis for being with me through several 'troughs and crests'.

– Meena Ganesan

### FORM IV

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

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

Bangalore

Date: 25-2-2015

Sd/-

S.B. Shyamala Devi

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