



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 6

MAY 2015

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletter - October 1998 issue)

What do I expect from the reader of my book "Doorways to Light"? A person asked me. I expect the reader to begin his Spiritual quest, to seek answers and raise more questions with each answer, to learn about the Astral planes and Astral travel, to seek the contact of the Rishis, the Light Beings in the Higher planes, to learn to radiate Peace, Love and Light... Am I expecting too much? Perhaps!

There are many doorways in the book.

A person said "I don't want Samadhi. I don't want Moksha. I am concerned about the sufferings of the humanity." That was a noble statement. Then what did he really want to do about it? I could not know.

But I know what I can do. I cannot wipe all the tears. I cannot heal all the wounds. But I teach whoever comes to me to smile, dream and hope. I teach how to tap the inner reservoir of strength and wisdom and how to face life. I teach how to meditate and experience Peace.

After joining me, many have smiled again. Many have learnt to live wholly. Many have experienced Samadhi also. Many will attain Moksha, I am confident. It is the Spiritual awakening that removes the causes of all suffering.

Many Meditators have applied for the Special Course in Advanced Yogic practices that I intend to conduct. Going through the applications was a rewarding experience to me. So many Meditators around me are doing such sincere Sadhana! So many have captured the essence of Sadhana and so many have such absolute faith in my guidance and the Rishis! It is very heartening to see so many blooming flowers in my garden. And I have such a great responsibility to tend to them. God! Give me strength and... time.

I heard someone remarking that a person's Chakra was damaged. I also have heard people speaking of Chakras expanding. At such times, I am prompted to study more and understand the Chakras better. For this I have to have a lot of time - a lot of time to meditate and enter the deeper layers of awareness to gather more information about the Chakras and then to translate it into thoughts and words.

Right now, my understanding is that the Chakras do not expand. They may remain passive but they do not get damaged. But I have to, of course, understand more! ■



MANASA FOUNDATION (R)

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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.

**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.



The staff of a school in Bangalore channelling Light.

NEWS AND NOTES

- ◆ Guruji's 76th Birth Anniversary will be celebrated at Taponagara on 24-5-2015. For participation, Sadhaks may register their names by 22nd May at Manasa office.
- ◆ The seventh anniversary of our Saptarshi Dhyana Kendra at Anekal was celebrated on 13-4-2015.
- ◆ Orientation class will be held at Taponagara on 6th May 2015, Wednesday at 11AM. External Guidance students can also participate through webcast. Students may register their names by 30th April 2015 at Manasa office.
- ◆ More than 50 Meditators had gathered in the Meditation hall at Taponagara during the Solar eclipse on 20th March and again during the Lunar eclipse on 4th April and they channelled Light to the whole world during the entire period of these eclipses.
- ◆ Our Light Channelling work spreads further. We have now taught Light Channelling to more than 27 lakh children in more than 5000 schools.

**GURUJI'S BIRTH ANNIVERSARY
PROGRAM
24-5-2015, Sunday**

11AM Welcome
Speeches
Special Meditation
12.30PM Prasada

MEDITATION ON SPECIAL DAYS

04	Mon	Buddha Poonima
11	Mon	Krishna Ashtami
16	Sat	Masa Shivaratri
18	Mon	Guruji's Birth Anniversary New Moon Day
21	Thu	Lord Kalki's Birthday
24	Sun	Guruji's Birth Anniversary Program
26	Tue	Shukla Ashtami
28	Thu	Shukla Dashami

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
10-5-2015	Shambala Group meeting at 2PM
17-5-2015	Ra Group meeting at 2PM
24-5-2015	Guruji's Birth Anniversary program
31-5-2015	Akhanda Dhyana (Light Channelling): 11AM - 1PM

PROGRAM AT ANEKAL

Guruji's Birth Anniversary will be celebrated at our Saptarshi Dhyana Kendra on Monday, 18-5-2015 at 11 AM.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

In Chintamani School, Theur the assembly is conducted on a ground. There is an adjoining road with heavy flow of traffic. There is no electricity, hence no mike. As the Light Channelling session progressed the stillness brought by the wonderful energies made the instructions audible to all and the background noise of continuous traffic was forgotten.

At the Mhatoba Vidyalaya at Alandi Mhatoba, the students were seated for the session on the playground in the noon Sun. It was quite sunny. As the session reached the point of technique and the students closed their eyes, a gentle breeze blew, cooling the surroundings! And it continued until after we left the school.

All volunteers felt immense stillness during all the sessions. Masters' grace and presence was evident. The overall surroundings and atmosphere was different before and after all sessions. As we were returning home the setting Sun seemed full of promise and hope... for sessions in upcoming years, Sadhana, and for everything in life.

- Geeta Joshi, Volunteer

I had gone to a school to seek permission to conduct Light Channelling, but the Principal was very sceptical and did not even listen to my explanation about Light or my request to give me a chance. I sat outside the school and channelled Light, requesting the Light and the Rishis to help me. After two days I got a call from that school asking me to conduct Light Channelling during the assembly. After the assembly the Principal told me that the school desperately needed this practice and assured me that they would practise it every day, and also asked to conduct special sessions for the 10th and 12th class students and the teachers. Light had once again created a miracle and brought about a change of heart in people!

- Nithya James, Volunteer

TAPONAGARA DIARY

Seema Almel

A night of Stargazing was arranged in the March Residents Meet. Residents were requested to bring along a flashlight and assemble on the Utility Block terrace. A document with constellation maps and some information about stars and interstellar objects was distributed.

A lot of care went into choosing an appropriate night for this program. The weather predictions were monitored for days in advance; a night immediately after a New Moon was chosen so that the night sky would be dark enough for stars to stay visible. Despite the efforts as the program started sparse clouds hovered exactly overhead! City light glare covered the horizon. Power supply often fails, so some prayed for it to happen during the program to reduce the ambient light. It did not happen. Due to this only a few big stars were visible. The sky cleared only after the Meet was over.

And yet the program was a big success. Why, because the Residents have learnt from Gurujii the art of humble acceptance. Unanswered prayers have a reason which often is beyond human comprehension. Keeping faith in the wisdom of the Divine for the decisions It makes and making the most of what is provided are lessons Residents know all too well. Gurujii's Teachings made the program a success. Doing our best to live life according to Gurujii's Teachings is the most valuable gift Residents continue to offer Gurujii every year. ■

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 Gurujii 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)

November 2004

We are aware that each Chakra is a gadget that we received when we passed through a particular Loka during our descent to this earth. Each Chakra is an entry point into that dimension or Loka. We cannot spend more time in the Chakra stages. We have to quickly move on to the next stages simply because we are in the process of Pralaya. When we advance into Samadhi we will have all the opportunities to explore the other dimensions and the other Lokas. When we meditate, we naturally get the benefits. If we observe carefully, we will see even the people around us and our family members get benefited. If our Meditations become stronger, our entire surrounding, locality gets benefited. We can expand this area of Meditations with our strong Meditations. But normally we do not notice these things. When we meditate and very genuinely want to change, all obstacles will be removed; all problems, all difficulties vanish gradually.

There are many worlds. Some we know and many we do not know. There are many truths - some we can grasp and many we cannot. Life in some worlds is imperfect, impure and full of pain as on this earth. Life in some worlds is perfect, pure and full of bliss. There are worlds bound by time like this earth and there are some worlds where time almost stands still. I mention all these things because when we advance in Meditations, when we advance sufficiently into Satya Yuga, we will be able to travel to all these earths, to know about them. For that we have to intensify our Sadhana; the present Sadhana is not enough.

Any situation has another point of view. If there is one view, there will be another angle - let us say third

angle, that of God. We have to rise above the human level and try to see life from that angle. It is then so many things appear so silly. It is then we realize that we have wasted perhaps parts of our lives in worrying about things of absolutely no importance. For that we have to rise higher than our own levels. It is always possible. We can do this intellectually. We have to contemplate, if not every day, periodically; we have to go to a corner and sit silently, be alone, think about our own lives, priorities of our life. I think it is then we will be able to make out which one we have to throw away, as everything is not important. We have to pursue the thing of value. This is how we have to progress. We can do this by ourselves and to see things clearly Meditation helps.

When people take up Meditation or any type of Sadhana, they begin with different purposes. For me, the beginning is important. Once we begin, then we make a lot of journey. Then the goals change. In my opinion, if we aim at perfection, we reach God. Perfection should be the aim in Sadhana. When we attain perfection, we emote perfectly, we think perfectly and we live perfectly. The whole life becomes perfect; perfection is Divine and God is perfect.

Quotes for contemplation:

I read in a magazine: The happiest moments are the quietest.

I understand that when we are really quiet, we not only listen to God, we also experience God.

From Khaleel Gibran - He says, when we reach the Mountaintop, the climb begins.

When we have already reached the top, what more is there to climb?

I understand it like this: We have

completed our journey at one level and we have to start our journey at a different level.

Kaivalya means oneness with God. Kaivalya is a state of our existence. This happens after we go back to God and Kaivalya can be experienced even when we are here, but only during Meditations. In higher Samadhi, we experience oneness - Kaivalya.

Amara said, "when we meditate, we don't have to do anything else because in Meditation we come very close to God." But, people are used to certain practices, certain rituals and suddenly they cannot give them up. So, if you want you can continue any type of worship. It is not barred and it is not wrong. But this is a fact that Meditation is the highest form of worship.

Whatever is Divine is Divinity! For me, Divinity is love. With love and in love, everything is possible. This Creation came out of love. We can add many things, but I think, love is the most important aspect.

Initiation happens periodically. Whenever we enter the next stage, we have to be initiated. It is like 'giving key to the clock'; expanding at every stage, we have to grow in strength, go in the right direction, for which initiation is necessary.

In the beginning we prepare ourselves to take up Sadhana. The preparation is that of gathering knowledge and also taking up a technique; then purification. Sadhana is a journey towards perfection and unless we are pure, we can't be perfect. So the process of purification begins. Not that we become pure very quickly, but the process begins. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

28-07-2013

A Meditator asked the teacher who was attending to his check-up 'what is the criterion for promoting to the next stage of Meditation?' The criterion is whether we have experienced Light and whether we manifest Light in our living. Guruji had told us that we ourselves can assess our Spiritual progress with the help of introspection. And it is the Rishis who decide here about the eligibility of the Meditator for moving to the next stage. They guide the teacher through his intuition and he conveys their decision to the student. The teacher is just a tool in the process. This was explained to the person but this person was somehow not convinced and he began arguing. In the sacred and spiritually elevated environment where checkups are conducted, this was really disturbing and sad. The fact that this person was arguing, indicates that he was not ready for promotion to the next stage. Will a person who has experienced Light, argue? You need not trust the teachers or me. We are students, not Masters. But you have to trust the system.

It is the Rishis and Guruji who have set up this system. If you do not trust the system, if you do not trust the Rishis then I wonder what makes you continue in this Path. It is the Rishis who have chosen the teachers. The teachers are guided by the Rishis while they are involved in the process of checkups. The Rishis are like God Himself. They will guide us somehow.

In many paths people practise just one technique for their entire life. They don't have stages. Here the stages and techniques are very clearly defined. People who are meditating in the higher stages of Experiencing Light have to understand that these are very powerful techniques although

they appear very simple. These techniques help us experience the Light. We may have to meditate in the same stage for quite a long time, maybe for the entire life. We can experience Light. I remember once Guruji mentioned many years ago that he was practising the same technique for the last 20 years! Somehow, because we have defined the stages, people expect to be promoted to the next stages and if they are not promoted they begin arguing. But I know that most of you understand the process of checkups.

25-08-2013

We are spreading and strengthening the Revolution by Light by teaching Light Channelling to school children. The humble and sincere approach of our volunteers' touches the school authorities and they reciprocate with great respect and admiration for their selfless work. If you want to participate in the work here, you may take up this important work of Light Channelling.

It is a fact that Rishis work at another level to help us in this work. The work of the volunteer at this level is also very important, as he makes the choice to do this work with great love, sincerity and humility. One of our volunteers from Pune shared a beautiful observation that when the school management or the Principal of the school takes very genuine interest in Light Channelling, then somehow all the children in the school also participate wholeheartedly in the channelling work. So the Principal is a very important person and can make a big impact on the children. Similarly, the leaders can make a big difference if they really intend to do it.

An individual is a very important person. Maharshi Amara is that individual who made such a big

difference to our lives and to the whole world. The world may not know now, but Guruji had told us that the future generations will realise the value of his contribution. Each one of us is an important person and we can impact this world in a positive way by manifesting love. Maharshi Amara and Guruji have made that big impact in our lives.



Guruji continued the work of Maharshi Amara and established this Path 25 years ago, to teach Meditations. In these 25 years Guruji did so much of work. He not only passed on the knowledge received from Maharshi Amara, but he added a lot of new knowledge. He consistently wrote the Reflections in 'Doorways' for 25 years! It is an amazing achievement. Today we are happy to bring out the third volume of 'The Book of Reflections' which contains the 'Reflections' he wrote from January 2008 to November 2012. He also spoke consistently for 25 years in the Sunday classes. Through his talks he passed on an ocean of knowledge. We have already published seven volumes of 'Guruji Speaks'. And there is so much yet to be published. We will try to publish all that he spoke, which is really a treasure for us. Guruji brought down a huge amount of Spiritual energies like Maharshi Amara did. These energies help us and also the future generations. There were several informal discussions with Guruji during which so much of knowledge was brought down by him with the help of the Rishis. Seema has done a great job of capturing this knowledge in seven volumes of iGuruji. What Guruji did at the Astral level is not known. Maybe he wanted us to focus on improving the human part of our lives and on transformation, which is the need of the hour. ■

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.

GURUJI OUR MASTER

Shobha K Rao

Masters of Guruji's calibre rarely come down to this earth. He was a Maharshi but very different because he was so simple, loving and humble. Guruji's interactions with people, his movements - everything about him exuded love and humility. His life is exemplary - one of sacrifice, dedication and love for the Rishis. Indeed we are very fortunate to have him as our Guru and get guided by him in our Spiritual journey.

Guruji had surrendered completely to the Rishis. He used to say, "I don't do anything without their permission." He lived for them, for their work. He got the huge, magnificent structures built in Taponagara as per their instructions. All of them are perfect to the last detail. He worked on Taponagara at different levels to make it pure and sacred - a centre fit to be the future headquarters of the great Sapta Rishis. Guruji has brought down a treasure of rare energies like the Kundalini energy, Ra energy, healing energies etc. They are stored underground in Taponagara at the appropriate places. Taponagara is already vibrating with these Divine energies. People who are sensitive feel them and we have heard them say that they come to this place periodically to absorb them!

Guruji has made us aware that the present intense period of transition / Pralaya is difficult; and that one has to be very careful not to get misguided by the 'false prophets' or distorted knowledge available during these times. All the knowledge, energies, help and guidance needed for the pursuit of Truth is offered to us by Guruji. And Guruji the 'Divine Shepherd' is always with his flock to take care of them, guide and lead each one back home to the source - the Light. ■

GURUJI

Vaishali Joshi

The Grace of God manifested for us in the form of our Guruji to help us tread the Path towards Light. He taught us through his own example. At the very first opportunity he offered himself for the Work of the Rishis. Through his struggle he showed us that we should not feel helpless or lose hope when we fail. That blind faith and trust in the Rishis and God gives the strength to overcome all situations of hopelessness and despair.

He surrendered to them and emerged as a glorious Sun radiating the Divine Light to remove darkness and ignorance from this world. His very presence was spiritually elevating, inspiring and stirring. He channelled pure Knowledge from the higher realms and helped us understand the prevalent distortions. Various Divine energies flowed through him and were anchored in Taponagara to form the Manasi Spiritual field. He carried on the Work untiringly with love, humility, obedience, dedication, sincerity and commitment till the last day of his life.

An ocean of Love, he was full of compassion and helped us to progress in our Sadhana from where we were, irrespective of our circumstance and without disturbing our beliefs. He made us aware of the pitfalls and obstacles along the way and guided us to overcome them. His relationship with us is unique to each one of us. Our association with him is the shield that guards and protects us against all temptations and unfavourable forces in the world.

Though he is in a different realm now our sincere prayers reach him and he knows our needs and problems. We can feel his grace and care at every step. He is the Captain of the ship that will take us to our ultimate destination, Light. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is Moksha important?

A: Moksha is a Sanskrit word. It is a kind of liberation, going back to our source. It is important. We choose Moksha depending on how much love we carry towards God. Rishis love God so they have chosen to stay back here to serve Him, to work in His Creation. There is one more aspect. God is everywhere. Being here and living in Him is a higher Moksha. It is possible. Always, every time, in every situation carry love; then you are living in God.

Q: In Spiritual Sadhana we face tests. Do we set some of these tests by ourselves?

A: If we set the tests for ourselves, we set very simple tests. That is why Rishis do it in such a way that, we go through them; there will be no warning. We either fail or pass.

Q: As we advance spiritually do our responses to negativity become sharper and intense?

A: As we advance spiritually we don't respond to negativity at all. We become stronger and wiser also.

Q: What is the purpose of the Astral travel?

A: We travel astrally to meet the Astral Masters, to gain knowledge, techniques and energies. Some day we have to go back, so it is also a kind of practice to travel in space.

Q: What do we actually learn in the Astral classes?

A: We learn a lot. What we cannot learn here in the classes at the physical plane we learn in the Astral classes. The body is a limitation. Many ideas can't be translated by this system at this level. At the Astral level we will be able to understand all these

things. Sometimes certain secret things are taught to us, which we are not supposed to know at the physical level.

Q: How are the Astral classes conducted?

A: As these classes are conducted. But the difference is that the communication is not by words, but by a kind of thought transference. In this way more knowledge can be passed on and in a very short time. If there are thousand people in the class each is passed on thousand varieties of knowledge simultaneously. The same knowledge is passed on to people. But sometimes people receive different information. This is the speciality of this class.

Q: Where and what time do these classes begin?

A: This cannot be revealed to you.

Q: Are the Astral classes conducted only for the Manasa family?

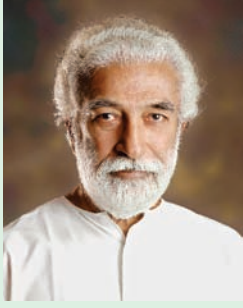
A: No. We have 1,44,000 centres. People from all these centres are picked up and the classes are held for all the people.

Q: What is being aware of?

A: It is being aware of all types of realities; realities about death, birth, Creation, Yugas etc. We must become aware of God's Presence as Light, in and around us. We have to become aware of the reality that we have come down here to experience life, and we have to go back. We have to become aware of the transition period, that we are going through. We have to become aware of the existence of Rishis. We must become aware of our own capacity to add quality to our own life and to the life on this earth. We have to become aware of our own thoughts and emotions impacting the world. We must become aware of entering the Photon Belt. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
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iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
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Gurujii Speaks (Vol 4)	250/-
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The Book of Reflections - Vol 3	150/-
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Meditators on Experiences	75/-
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Awareness	60/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis - Vol 1 & 2	each 100/-
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ಸಂತಿಕೆ ದ್ವಾರಮುಲು	100/-



GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

On the day of Amara Jayanti, I could sense the energy and Light that filled the trees, flowers, places and people in Taponagara. In Amara's Samadhi room, it flashed to me that Maharshi Amara had brought a wonderful gift - an energy which was very powerful, which would help everyone to transform and bring a positive change in their lives. I experienced and enjoyed the Divine energy the whole day.

- Anjali Patil

On 4th April 2015, as usual I sat for Light Channelling early in the morning. Suddenly I heard my mother talking in her sleep. She said 'this Yuga has come to an end and new Yuga has begun. Good days are for everybody, and everybody will make progress in life.' It is amazing! She is 90 years old and does not know anything about the forthcoming Satya Yuga. I felt as if it was an Akashwani!

- Vilas Khedekar

During Meditation I am able to mentally detach myself from all the bonds. Also, I have started tolerating the irritable attitude of people. Meditation has definitely helped me to achieve a level of peace and happiness within myself. I feel pulled towards Divinity and I feel really happy to belong to His kingdom.

- Vasantha Ramanujan

Recently, during the early morning Meditation I felt the energy entering every cell of mine. I requested that energy to help me grow spiritually, and prayed to be guided by Guruji. Suddenly, my husband received this SMS - "you cannot see me but I am the light you see, you cannot hear me but I am the sound you hear, you cannot know me but I am the Truth by which you live." I jumped with joy and was no longer worried about my Spiritual growth.

- Seethalaxmi

We recently realized that our daily Meditations are more and more pleasant and joyful. Every time we meditate, we never fail to feel ourselves embraced with a deep Divine Grace. We do wish we will be able to listen to Guruji's voice some day.

- Yasuji Yamaguchi

I feel so much pure from within when I practise the stage Meditation and the Shambala Meditation regularly. I feel fully content and feel the flow of inner strength for a few hours. By the grace of Light negativity is being reduced and I see a change in myself.

- Kaushik Thai

With Jayant sir's reply we get tuned to the Rishis more finely and get connected to Guruji. His reply is always very prompt and intimate too. His prayers will surely make us stronger to go through the present circumstances more positively. We offer lots of gratitude and Light.

- Pallavi, Ashish & Dhaval Desai

A realization has dawned on me that no matter what happens in one's life, one should seriously pursue one's Spiritual practices. The circus of life will continue as long as one lives and one should not be disturbed by the rage of unfulfilled wishes or the excitement of fulfilled ones. When I meditate with this mindset, I am able to go deep within myself.

- Manish Jaitly

After taking up Meditation, I have become aware of my own mistakes and I admit them. I feel now I am more aware than before and I always try to reduce my mistakes, or try not to hurt anyone knowingly, not even an ant or a mosquito.

- Pankaj kumar

DOORWAYS An English Monthly Newspaper, Annual Subscription: Rs. 300/-

Printed, Published and Edited by S.B. Shyamala Devi on behalf of Manasa Foundation (R).

Published from Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077 and

Printed at M/s. Art Print, 719/A, West of Chord Road, 2nd Stage, Rajajinagar, Bangalore-560086. Phone : 23359992

Owner: Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077.

Editor : S.B. Shyamala Devi