



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

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – March 2009 issue)

As I sit in front of this blank page and search for words to carry my thoughts, I do not find many. I am overjoyed and excited to know that there are thousands of wonderful people around the globe who carry similar dreams that I do. There are thousands who are eager to channel the Light. Many are already channelling. And those who are new to this possibility of channelling Love and Peace in the Light are as excited as I am. They are ready to channel the Light and make this planet the most peaceful in the creation. There are, of course, some who do not agree. We send Light to them. They are also our brothers and sisters.

This event on 26th February 2009, when thousands channel Light and begin a unique and silent World Movement, and spread and strengthen the Movement by channelling the Light daily for 7 minutes is just the beginning. The next move would be to have a lively Network of Light. We must have a common platform to interact with each other, to share our experiences and Love and to allow Light to descend on earth and transform the life on this beautiful earth.

I am aware that there are many groups who are channelling the Light now. We must unify in Light. This unification builds up a huge field of Light. And then Light works.

We all know that Light is the Divine Energy. It has its own Intelligence and Wisdom. It knows our intent of transforming this earth into a place of Love and Peace silently without any slogans and sermons. The Light helps every individual to realise this dream.

These are not empty words and futile dreams. This is the Future birthing now. This is not the first time that such a Transformation by Light is happening. This has happened many times. Our history may not have it recorded. But our history is only one leaf in the great book of time. There are many unknown written pages. The Future is what we write on.

I have many things to say, many visions to unfold. But I would humbly wait to hear other voices, share other visions and gain strength from other hands.

One can only initiate a process, a Movement, but without others' participation and Love it cannot move on. This world is waiting for a Movement like this. Let us transform the world. Let us channel Light daily.

Another Ugadi (New Year) is near the threshold. Another opportunity and another adventure to shape the destiny.

This New Year will witness new systems taking shape as the old systems collapse faster than we expect. We should not lose hope. A Great Intelligence, the Divine Light, will bail us out. The future is bright, full of Light. ■



MANASA FOUNDATION (R)

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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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NEWSLETTER

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



Residents of Thalakwadi in Belgaum channelling Light during a Light Channelling session organised by one of our volunteers in a friend's house on 15th May 2015

NEWS AND NOTES

- Guruji's Maha Samadhi Day will be observed at Taponagara on 29-11-2015. To participate please register with Manasa office before 27-11-2015.
- Desk Calendar for the year 2016 will be released during the program on 29-11-2015. Students may register their request with Manasa office before 15-11-2015.
- A New batch of Shambala Group begins from January 2016. Those who wish to join may register their names with Manasa office before 31-12-2015. External Guidance students can also join. The existing batches of students are also requested to register their names before 31-12-2015 for renewal of their membership.

PROGRAM AT ANEKAL

Guruji's Maha Samadhi Day will be observed at our Saptarshi Dhyana Kendra on Monday, 23-11-2015 at 11.30 AM.

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

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

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

MEDITATION ON SPECIAL DAYS

04	Wed	Krishna Ashtami
09	Mon	Masa Shivaratri
10	Tue	Naraka Chaturdashi
11	Wed	New Moon Day Deepavali Worship of Mahalakshmi
12	Thu	Balipadyami
19	Thu	Shukla Ashtami
21	Sat	Shukla Dashami
23	Mon	Guruji's Maha Samadhi Day
25	Wed	Full Moon Day Shiva Deepa
26	Thu	Vishnu Deepa
29	Sun	Guruji's Maha Samadhi Program

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
08-11-2015	Shambala Group meeting at 2PM
15-11-2015	Ra Group meeting at 2PM
29-11-2015	Guruji's Maha Samadhi Program

**GURUJI'S MAHA SAMADHI PROGRAM
29-11-2015, Sunday**

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

When I channel Light, I forget my problems. After channelling I have more confidence to deal with my problems.

- Ms. Vatsala, Teacher, Little Angel's English School, Bangalore

I had headache for two days but after the Light Channelling session it reduced. I was very happy. Later again when I had severe headache at night I practised the same technique and the pain was gone. Now I know that whenever I have any pains I have to practise this technique.

- Ms. Brunda, Teacher, Bharatiya Vidya Nikethana High School, Devasandra

Nowadays the Light Channelling sessions at schools are good and nice. No doubt Light is taking care of everything. Once, after a session a teacher mentioned that she saw Light in me. I replied that it is the grace of Light and a blessing.

- Padmini S., Volunteer

After practising Light Channelling, I stopped reacting to small and trivial issues.

- Pakhi Rajkumar, Std. IX, Tiny Tots Senior Secondary School, Banswara

After practising Light Channelling, I am able to remember most of the things happening around me. I am interested in studies. I feel joy in doing every work.

- Hitarth Pathak, Std. IX, Tiny Tots Senior Secondary School, Banswara

While channelling I experienced that I was floating in the ocean of Light.

- Ambruni A., Std. IV, RMS International School, Bangalore

TAPONAGARA DIARY

Seema Almel

In 2010, I had asked Guruji about the Oneness quotient amongst Taponagarites. Specifically on a scale of 1 to 10, with 10 being the highest. Guruji said it was at a level of 5. The following year for the same question he responded saying that the Oneness quotient had increased to 7. The very next year he transcended from the physical realm. In his final weeks he gave irrefutable proof of Oneness amongst Taponagarites.

In October 2012, Guruji's worsening health due to cancer was announced in the Sunday Class. I had known about this for a few months since it was diagnosed. While it seemed to me that I had nearly exhausted all possible prayers and tears as the inevitable stared in the eye, I hit a deeper abyss of despair. Right from the moment it was announced in the Sunday Class, I felt as if a ten tonne heavy weight of grief hung over me. A tsunami of tears seemed to be held back by a thin dam of hope; ready to rupture any second. Even when I went out to a café amidst a crowd of unknowns, the indescribable burden of intense sorrow weighed me down. It felt that I could have howled out crying right there amongst strangers. I do not know what kept me sane. This overwhelming feeling loosened its grip the following day.

Later I realized that even though I had known about Guruji's impending departure for a long time, it was the collective grief of Taponagarites, both resident and non-resident, which had left me in deep unbearable distress since the announcement in the Sunday Class. In Oneness for the One whom we all love so much, sorrow was shared. Three years on, I know for sure that behind all the human limitations, unseen Oneness exists amongst all who love Guruji. ■

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)

February 2005

I remember an incident when I was studying in the 4th class. My teacher suddenly asked me to write about a crow. It was not in the book and I did not know what to write! She took me outside the class and asked me to sit down and gave me a book and told me, "Copy this." Like a great man, I said, "How can I do it? It is not right!" I was strong in my conviction. She saw the blank slate and asked me, "Why did you not copy?" I asked her, "How can I copy? It is not correct." She scolded me and gave me a slap. But, on the blank slate she gave me 7 out of 10 marks!

I attribute all this seriously to my father. When I recall, I remember that he did not speak a lie. Not even once. We lost properties worth about one crore rupees, if you consider the present rate. People cheated him and somehow we had to go through a lot of difficulties. We never complained or grumbled. We even used to joke. These are memories which make me feel happy or at least make me laugh. I am happy about that.

Prayer is a common word. Prayer is talking to God and Meditation is listening to Him. Somehow I have revised this after some experience to: "Prayer is asking God for things and not talking." I read sometime ago in the Times of India, "Prayer has an end. We cannot ask for everything. We have to ask for only Spiritual things. We have to ask for Mukti." It is good and nobody can dispute this. My Guru told us that you can ask for anything and that prayer has no end. Imagine that a person has pain, has financial difficulties, and has to undergo a lot of humiliation. You can understand that the person has a lot of problems. He

prays. It is not easy for him to ask only for Mukti and nothing else. He will not be bothered about Mukti. He will be bothered about how to pay the next month's rent! My Guru said that there are no preconditions in prayer as it is with asking our parents. We ask them anything that we want and they give it to us. This is again a very important thing. So, we can ask anything.

My only point of emphasizing on prayer is that we need not hesitate to ask for anything, but we should not stop Meditations.

Sometimes people say, "Once my problems are over, I will take up Meditations." They will never take it up because the problems will never be over! We can ask for the removal of the most disturbing and obstructing problem. God will oblige us because He is a very nice man! Once a major problem is removed, we stop meditating! As long as we are ready to change, ready to grow, all our problems will be solved. If we give up our Sadhana after a problem gets over, the problem comes back to us! You can observe this or experiment if you wish to. To be wise and safe, it is better we go on meditating.

My Guru explained to us that long, long ago the earth was covered by clouds and one day they were cleared. Then Man saw the Sun for the first time in the sky and since then this day is observed as Ratha Saptami - the birthday of Lord Suryanarayana. On this day in the morning we gather energies and offer to Lord Suryanarayana. Then, practise Saptarshi Pranayama and meditate. This brings enormous benefits.

I met a person long ago who told me that he had been following a path since 20 years and had been practising quite a lot; very regularly, very seriously. He could predict the future of people and they would go to him. This prompted me to think that in the same way if we continue, let us say for a thousand years, then we will have more siddhis. Then we will be able to predict more. For example - the future of this earth, future of this galaxy, etc. But, it is difficult to say whether by gathering more siddhis we add to our Spiritual growth. Honestly, I find that it is such a waste of time. We have to meet Rishis and great Masters like Amara to know what Spiritual progress is. If we can smile, in spite of this world, in spite of elections and if we don't have bitterness in spite of betrayals and hurts which are natural in everyone's life, then I say that we are really Spiritual. I always repeat, "Manifest Love, manifest Divinity and there must be expansion." Where there is expansion, there is always dignity, there is always majesty. I say that is being Spiritual. To achieve this, it is worth spending hundreds of lifetimes. The interesting part is that if we go after such real Spiritual things, we get all the siddhis after a certain period of time. Then one may not use them. One may reject them as toys. But if we go after only siddhis, we cannot expand. Only our ego expands, but we do not expand. We can go on mind reading, predicting and maybe we can make more money, we can become rich but we won't become Spiritual. It is easy for you to understand, because you are here and you are not the failed students. You are very successful students of Taponagara. It is difficult for others to understand. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

22-06-2014

One of our external guidance students from another city wrote about some amazing experiences of a young boy. It's very interesting. The boy was a 10th standard student and he was taking help from a tutor. In November 2013 the tuition teacher gave up on him. And at that time the boy was brought to our student who taught him Light Channelling. In the 9th standard this boy had scored 48% marks. He used to be very arrogant and very aggressive. Somehow, he took up the practice of Light Channelling very seriously. In a very short time his behaviour changed and he became very calm. He improved very much in his studies. And in just a few months, he scored 84%! He had many more experiences.

He says when this boy was writing his Maths paper he forgot the solution to one of the questions. And then he prayed to Light. And the solution appeared as a shadow on the answer sheet. It's really so beautiful! He mentions about one more experience. One day there were heavy rains and a storm. There was a mango tree in their compound full of mangoes. This boy wanted the mango tree and each fruit to be protected. And he prayed to Light. He says that many trees were uprooted as it was a very severe storm; but nothing happened to this mango tree and not a single mango fell from the tree. It's amazing! After channelling Light for just a few months, this boy had such wonderful experiences. I think it is the sincerity with which he practised and his absolute faith in the Light that seemed to have worked. It is so inspiring, so beautiful!

Strangely, another external guidance student wrote 'I am not growing. I am not having the experiences that are mentioned in the Newsletter.' We know that experiences do not measure our

Spiritual progress. We have to thank Amaraji and Guruji for clarifying the Spiritual truths so clearly. Our behaviour indicates our Spiritual progress. Our overall personality reflects our Spiritual condition. So let us get inspired by such experiences the boy had. But let us not feel bad that we do not have these experiences. I feel anybody's experience is our experience. There is a message for us also. If this person had such wonderful experiences with Light, it means that the Light is there. Light loves us and we can approach It for any of our problems.



It is very difficult to understand why some people have certain types of experiences while others do not have. And Guruji used to give a very simple and very good example. I think that's the best way to understand this. It helps the new students. He used to tell us that imagine you are travelling in a bus. Some people get a window seat, while some get different seats; maybe they sit in the middle. And what the person at the window sees the other person may not see. And some people may be sleeping. They may not see anything at all. But all of them will be moving forward. So experiences are like that. Some will have experiences, some will not have experiences but all of us will be moving forward. So let us get inspired and never get disheartened.

10-08-2014

A person asked, "When people criticize me for my failures, I go through periods of depression. How can I come out of these depressive moments?"



You know that all of us go through such moments of lows in our life. There could be different reasons for it. I think we have to grow stronger

spiritually. We have to believe in ourselves. Others may make us feel very small but we are not small. We are a part of God. We have to internalize, understand very clearly that failure is not an end. We have to use affirmations. Meditations are very important. We can make the failure a beginning. We have to gather ourselves all over again with a renewed force and try to overcome this failure.

We have to also try and understand that there are lessons for us in our failures. There will be learning from all the experiences of life. Success or failure is not really in our hands. Only making efforts is in our hand. As long as we don't lack in making efforts we do not have to feel bad. We have to also develop great trust in God. If He has made us go through failures and these painful experiences in life that must be the right thing for us. Any problem or failure has to be accepted as a reality; and we have to make efforts to come out of these situations. So, if we totally accept whatever we are going through then it helps to deal with depression.

Guruji used to say when one door closes many other doors open. This life is full of opportunities. We have to also take help from Light. We can think of Light. We can fill up this system with Light. That helps a lot. We have to gather strength to accept criticism. When our choices are based on Spiritual principles then our convictions will be stronger. Any criticism will not deter us easily. Guruji had also suggested that we can try experiencing the inner sky. The technique is very simple. You have to imagine there is a fist-size sky in the mid-chest area. Guruji used to say that this is Chidakasha or unmanifested part of God. Experience this sky for 3 minutes and not more than that. This helps us to deal with depression. ■

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.

GURUJI OUR MASTER

Shobha K Rao

Masters like our Gurujī take birth only to elevate the world spiritually and to help humanity to move to a higher consciousness, towards perfection and the New Age.

Gurujī said that the intent behind a thought, emotion and act is very important. Gurujī's dreams for the good of mankind were realized because the intentions behind them were pure and selfless. He was a Divine Universal being who made a humble beginning in a small hut. He worked on building Manasa with enormous patience and fortitude and over the years it has blossomed into a beautiful place, a storehouse of Divine energies and a well established system. Manasa is open to the whole world for Spiritual guidance.

To most of us Gurujī was a Spiritual mother, so gentle, soft-spoken, loving, patient, forgiving, ever guiding every one with the same care and concern like a mother. Everyone was and is even now closest to him.

Gurujī taught us Meditation and how to refine ourselves at all levels. He made us realize the purpose of coming down to this earth – to experience. He made us understand the true meaning of 'experiencing', and that Sadhana is all about the shift of the awareness of an individual, from the grosser levels to the subtlest level – to God Himself.

Now we know that the work of the Rishis and the Guru is the most noble and also the most difficult work in the Universe, as they have to deal with all kinds of people with utmost love and patience. They guide, monitor and help the people through millions of lifetimes patiently, to raise them to higher levels spiritually, so that they ultimately reach their true home – God, and thus fulfil their mission of life. ■

GURUJI

Vaishali Joshi

Gurujī took birth to take up the complex work of the Rishis. One of the many aspects of his work was developing Taponagara, the Centre of Sapta Rishis by anchoring energies, building structures and Astral chambers and also building up the Spiritual field, Manasi. It has become the abode of Rishis and many other Personalities due to which Astral visitors are drawn to this place first when they come to this earth.

He introduced 'Light' to us. He taught Meditations and also to live life wholly. He guided every person who came to him for guidance wholeheartedly and in every detail, whether it was material or Spiritual. He said that we have to rise above the human level and try to see life from a higher angle. It brings us clarity about our priorities. We have to pursue the things of value. And we should have enough strength to pursue our own convictions.

He taught that just like living a balanced life having balanced relations is also Spiritual. There is freedom and mutual respect in such relations. Respectful distance is consciously cultivated and there is no interference or imposition of ideas on others. They are closest yet undemanding, and based on selflessness and Divine love.

Gurujī exemplified all his teachings. He always related to us from the level of the soul. It was always the same with everyone. Every student was special and close for him irrespective of the physical distance. Every student's concern was his concern. He understood their varying needs and guided each in the way best suited to him/her.

Even now when he is not physically with us his relation with us continues to be the closest. It is the most beautiful and the most sacred relation that transcends everything. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Would my thoughts affect others? Would my negative thoughts affect others? If so, would shielding prevent it?

A: Of course our thoughts affect others. Negative thoughts definitely affect negatively. Mild negative thoughts won't affect, but if you have strong negative thoughts the shield is broken. Do not feel guilty when you think negatively. Such thoughts from others present in the atmosphere may also enter you. Whenever you recognize a thought as negative just reject it, ignore it. Your shield will be intact and others also will be safe.

Q: How to prevent the negative thoughts?

A: Prevent or empty yourself of anger and jealousy. Carry Light. Practise Shambala principle number one, two or three. Make efforts.

Q: Who is a student according to you?

A: According to me a student should be a seeker of truth, one who is willing to practise practices. Unless we practise there will be no change in us. A student should come to us like a child and should just follow simple instructions. He should be humble, should have some faith to begin with, and should be patient. He should be able to relate to the Guru directly. And he shouldn't compare himself with others. We are all students including me. We are here to learn. He should be ready to walk the whole distance.

Q: Is a disciple different from a student?

A: Yes. A disciple begins as a student. Then he commits himself to the Path and the Guru. He will not change the Path. A student may go to some other path, to some other guru but not a disciple. The most

important thing about a disciple is that he takes up the work of the Path. A true disciple will meet his Guru in all lifetimes.

Q: Do people accept Light as a powerful tool to bring about change?

A: They do. But it may not be in the beginning, as people do not know about Light. When they get awakened people know the power of Light, the value of Light. As time passes you will see people will be using Light everywhere, every time for everything.

Q: What is the sign of awakening?

A: There are many. If a question arises in us, 'who am I?', then that is the beginning, that is an awakening. Awakening is a continuous process. It is a kind of expansion. If there is a kind of frustration, dissatisfaction, even that is a sign of awakening. When we begin to think of inner growth the awakening happens. Awakening takes us to Light automatically.

Q: How to focus more on the Spiritual life without ignoring the material life?

A: Stop thinking in these terms – Spiritual life, material life. Do not draw a line. Understand Spirituality. Being Spiritual is being good and honest in all areas of life.

Q: Do we have to go beyond the mind to change?

A: You can begin this change with any of the three entities – body, mind or intellect; the whole system changes as these entities are interlinked. This is very important to understand. We go beyond the body, mind and intellect to expand our Awareness and experience. ■

LIST OF OUR PUBLICATIONS

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New Age Realities	200/-
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Master-Pupil Talks - Vol 2	75/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
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The Book of Reflections - Vol 3	150/-
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Meditators on Experiences	75/-
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Living in Light	10/-
Light	10/-
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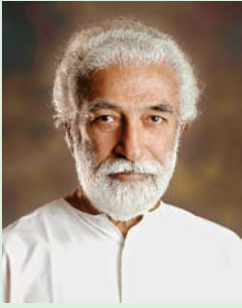
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GURUJI KRISHNANANDA (1939 - 2012)

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)

My thought waves have taken a different direction in the sense that I am becoming more and more compassionate and kind, and I have developed great forbearance. I myself feel such changes in my approach and attitude towards life. I am grateful to Manasa.

- Vishwanathan S

Recently, during Meditation in Taponagara, I received a phone call from office in Mumbai and I had to attend to a very serious accident issue of an office staff. I did not get disturbed; I did the needful and the situation was brought under control. And my Meditation continued as if nothing had happened.

- Rajendra Rangnekar

I do not get stressed even when major, difficult situations happen. I see everything as a source of benefit. In such situations, I stay totally calm and cool and I deal with them with wisdom based on Divine sanction.

I recharge my soul and absorb energy from my soul into my body every day. This helps me to be full of life throughout the day.

- Anurag Singh

I have become positive. I am able to take everything in my stride. I am experiencing love for myself after a long time. Every test has now become an opportunity to learn and grow.

- Deepthy Raghavendra

Once, after a long day I forgot to do Light Channelling at night. The minute I shut my eyes, I experienced white Light which was very bright. I got up immediately to practise Light Channelling. It was a beautiful experience where white Light reminded me to do channelling.

Now, life is like an ironed shirt, with no creases. In spite of various

problems, I feel so relaxed knowing that every phase is temporary, a passing phase.

- Payal Varma

On Ugadi Day 2015, I felt two extremely sharp spikes of fear deep in my being; it felt like it was from my soul. Meditation for just an hour and half helped. I knew intuitively that it had to do with some world tragedy but I needed an indication. In the very next Sunday class, Guruji mentioned that sometimes we feel inexplicable fear or anxiety but cannot attribute it to anything we know and that this has to do with the global affairs. Later on, the Nepal earthquake happened.

- Seema Almel

I have become more focused to specific activities and organization of tasks has improved.

- Karishma Rao

I have had several experiences. I am most humbled and cannot express my gratitude in mere words. From time to time help has come when I really needed it. Even my husband's surgical complications have healed. I offer my gratitude to Light and the healing team.

- Gayatri Ambady Bhatia

Very recently, I had a beautiful dream in which I saw myself listening to Maharshi Amara who was in white clothes and looked majestic. He was addressing a large gathering. The atmosphere was very quiet, peaceful and vibrant. With his permission I sat near him. After sometime, he disappeared completely. Suddenly, I got up. But, after a long time I came out of the dream. I was happy the whole day. I find no words to express the amazing joy I felt!

- Shobhana Kulothungan

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