



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 11

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**REFLECTIONS**
**Guruji Krishnananda**

(Excerpts from old Newsletter – August 2011 issue)

Maharshi Amara (1919 – 1982) was an extraordinary channel for the Rishis, headed by the Sapta Rishis or the Hierarchy, who are now in the higher planes. The Knowledge he brought down was an extension of the Knowledge brought down to this earthen plane by the ancient Rishis. He guided all Spiritual seekers with this Knowledge and provided them with the New Age energies that he personally gathered. That he continues to guide us even now from a distant galaxy where he is living now, is a matter that we have to be very happy about. For, rarely do such Masters come down to our earth.

He taught and demonstrated to us that in Spiritual journeys there are no pains. There are no pains when the Chakras are activated. There are no pains when the Kundalini rises. There are absolutely no abnormalities in our behaviour when the great energies work on our systems and when we are making strides in Spiritual progress. In fact, living a normal life sensibly is an indication of the Spiritual life. Dignified, majestic, wise, silent, radiating Peace and Love are some of the descriptions of a Spiritual seeker and, of course, of a guru also! Amara lived all this to teach us. He taught us and in silence and dignity.

If I had not met Amara, not learnt from this Spiritual giant, I too would have fallen prey to the charlatans and jokers that I see around now. Amara used to remind us about a saying of Christ: "Before my Father comes, there will be many false prophets."

Understanding a guru truly and walking on his path is the best gift to him when we remember him. We remember Amara specially on the day of his Maha Samadhi, 25th August 2011.

Bombay blasts, scams, political wars and all such man-made tragedies push us to cynicism, hopelessness and frustration. Naturally. But we should not give up. We have to look beyond. We have to be aware of the New Age energies and the Light Workers of this earth. A great effort is on to take us beyond the darkness of human errors and tragedies. There is Hope. There is Love and Life beyond.

Many of us are channelling Light to the whole world. We are aware that the Light is working. We will see the results slowly. If I say, channel Light to wipe out corruption, people laugh at me now. But, I know, that everyone will witness the Revolution by Light some day. ■


**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.

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## NEWSLETTER

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Children of Taponagara celebrating Sri Krishna Janmashtami by dressing up like Radha and Krishna during last month's Residents Meet.

## NEWS AND NOTES

- Amara's Maha Samadhi Day was observed at our Sapta Rishi Dhyana Kendra in Anekal on 25th August 2015 and in Taponagara on 30th August 2015. More than 50 people had gathered in Anekal and about 225 people had gathered in the Meditation hall at Taponagara to offer their respect and Love to Amara.
- The booklet 'Light' is translated into Italian and German languages and is available now on our website [www.lightagemasters.com](http://www.lightagemasters.com) for free download.
- More Volunteers are required for teaching Light Channelling to school children. Our Meditators, who may be interested, are welcome to join us in this noble work. Those who can spare half a day on any of the weekdays for this work can join us. Interested Meditators may please contact Manasa office.

### Special Meditation technique for Navaratri

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

## MEDITATION ON SPECIAL DAYS

05	Mon	Krishna Ashtami
11	Sun	Masa Shivaratri
12	Mon	Mahalaya Amavasya
13	Tue	Navaratri begins
19	Mon	Worship of Sarasvati Devi
21	Wed	Durgashtami
22	Thu	Dusshera Ayudha pooja
23	Fri	Vijaya Dashami
27	Tue	Full Moon Day

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
11-10-2015	Light Channel Volunteers meeting at 2PM

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

Please visit [www.speakingtree.in](http://www.speakingtree.in) to read Guruji's blog and watch his videos.

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

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

A person was trying to open a locked office door at my workplace for nearly an hour but in vain. I took the key and prayed to Light - 'I will insert the key and you please open the door.' The moment I inserted the key and turned it, the door opened. The door that was not opening for an hour, opened in a second, with the grace of Light! Everyone was surprised.

I am making efforts to do every work as a witness. Every time I pray to Light - 'I am doing this action physically but you are the inspiration behind it.' After this thought the work gets done very well without a mistake. When I need someone's help to complete a task I receive complete cooperation and the work gets done peacefully. I experience guidance from Light every moment.

Whenever any negativity tries to enter me I make all efforts to keep it out. My faith in Light helps me every time. I take help from Light for every detail of my life and that keeps me free from worry. I feel totally safe in the proximity of Light.

- Saurabh Joshi, A Light Channel

As my heart is in Light Channelling, I don't feel scared anymore. I feel good.

- Dhanush, Std. VI, Insight Academy, Bangalore

I felt fresh and that everybody is in peace, and God was inside all of them.

- Niharika, Std. V, Insight Academy, Bangalore

I felt immense peace and energy while conducting Light Channelling session at Shreya's Public School, Jaraganhalli. I stopped giving instructions for a while, to experience the energy and the beautiful children who were involved deeply in channelling Light.

- Anitha K A, Volunteer

## TAPONAGARA DIARY

Seema Almel

Sri Krishna Janmashtami was celebrated in the August Residents' Meet. Special flower arrangements were made around a small sandalwood statue of Sri Krishna. Everyone was in an elated state when six year olds – Rakshit and Sayujya as well as Shravan and Yuthika – entered dressed as the Divine couple Radha-Krishna. Those gathered showered rose petals on them which were distributed beforehand along with a peacock feather. Looking resplendent, the two couples performed a simple dance to a short piece of music. Fumbling in their innocent ways, the cute kids made hearts brim over with Love.

Ishita, a beautiful child in her early teens, performed a dance sequence as a Gopika. Even before the mesmerized audience could appreciate her fully, they were left in awe of little Vishruti's flawless unaided recital of the first ten Shlokas of the Bhagavad-Gita. Young Satvik and Shruti presented quizzes on the life of Sri Krishna. Towards the end Upasana sang a devotional song. A video of a Krishna Bhajan sung by a child was also played on the projector. This was done because a few years back Guruji had seen the same and liked it very much.

In a Divine Vision to Guruji, Lord Krishna had instructed that this land should become Taponagara. Guruji Krishnananda manifested Taponagara not just on this land but also in the heart of each Taponagarite – both resident and non-resident. ■

## 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)

February 2005

This is a day of expressing our emotions and sentiments that we have for Amara. I want to tell you that I am very happy to see Amara as Light in every one of you. I am very happy to see that I have a family. You are my family. There is such closeness, such nearness, such intimacy and such comfort in being with you in groups and also individually. I am aware of my limitations. I am aware of my responsibilities. I have to complete certain physical works and at the Astral level I continue the work. For that, I require my Guru's love and a lot of solitude. I am grateful to all of you and I am thankful to my volunteers. You should see their involvement with the work, the love behind the work. That is why if any of my volunteers is slighted, I feel hurt. They are my extension, like you are. I do not forget people. About two months ago I wrote in Tapas that some people become stars in the sky. What I meant was that people, who were close to me, become so distant. The stars cannot see me. I was talking of the distance. It is very sad. One of my friends thought that some very close people really became stars!

We express our gratitude to Amara by living the principles he taught and not by wishing to build a diamond crown and worshipping with ashtottaras. Anyone can do that but living the principles is not easy. We are very sensible in doing and in choosing. We have to just manifest the Divine. We have to express our gratitude by smiling always. We have to vibrate love. We have to make every moment peaceful. We have to commit ourselves to Amara.

It is important to live this life fully and never to worry about Mukti. There is a kind of

misconception that we have to give importance to Mukti by neglecting the present life and our responsibilities. It is not possible to attain Mukti that way. We have to live in the society. It is only then we grow. We have not come down to go to the caves and do Tapas. Some have come down only for this purpose. We are ordinary people and we have to live in society.

—◆—

Love is different from attachment. Attachment is of the mind and love comes from the soul. In love there is freedom and in attachment there is always bondage. We have to grow spiritually. We cannot pretend. The intention should be pure and sincere and genuine. To grow there is only one obstacle and it is the ego. We have to put down this ego and push it back to the corner. Ego creates distance between God and us. It creates all types of distances.

—◆—

We have to read, contemplate and ask questions. People straightaway accept things that I tell them – about Sadhana, about our goal. Not that it is easy for me and not easy for them. It is not that there is something great in me. It is not so. The greatness is in Amara. Behind everything, there is the power of truth, genuineness and honesty. And we expect everyone here to become Rishis. You have to ask questions and not indulge in 'questioning or doubting.' But we should ask questions to understand the knowledge clearly. We have to go beyond both. We have to become a child and go back to innocence. Without innocence we cannot reach God. Let us be aware that the silent revolution is building up. There will be many more people. It is not only this group, but many more who will be awakened and there is so much of Light in the world. I know it is not

enough. Rishis explained to us that in this cycle there are more Meditators. That is why the Rishis are able to postpone the third world war. But the Light we have is not enough. We could not prevent Tsunami. Incidentally the Rishis are helpless. They are bound by laws. We can bring more Light and prevent such things. If we do anything less than this, we are not doing justice to Amara. Amara will not grumble. He is very happy. But we may have to just sever our association with him.

Amara said, 'When you think the moment has come to join us, join the work of the Rishis, just jump. The more you think, you cannot decide.' I decided to join. I took permission from my family and children who were kids then. We think we achieve things. The truth is that there is always the grace of Guru and God. It is always the grace. It is abundant. There is scarcity of water here. The bore wells failed. But the grace did not fail. God comes to us in His own ways. He will not appear just like that. God comes to us like a problem, like a blessing. Only when He comes like a problem, we think of Him. I am not at all worried. We have water now. The grace always works and never fails.

This day if possible I would like to be alone, but it is not possible. I love to be with people. A part of me is always alone and it is with my Guru. This is a very interesting day for me. Carry Amara. Manifest Love, manifest Amara.

On 1st February, on Amara Jayanti, Amara brought new energies from Andromeda galaxy, which have been added to our Manomaya Koshas. People who were here and also those who were not here were given these energies. Let us go on getting such gifts from Amara. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

22-06-2014

Some of us were talking generally about many things and one of us said, 'This life appears so magical.' How true it is. The flow of life never stops. It flows forever. And we were wondering how could God think of all this and conceive this beautiful life on this earth? What great intelligence He must be having and how much of creativity and love He must be having!

Even in the refugee camps in the Middle East, somehow life goes on. Millions of people are living in these camps. What is their future? Of course it is a big question mark. We don't know. Everything looks so uncertain. But life goes on. The children there continue to smile. Children have this amazing life force in them. Untouched by the difficult situations they are in, with absolute faith in their parents they adapt to any situation.

Life need not be like this for people. It should not be like this. Each one of us deserves a dignified life. Because of a few individuals, so many people have to suffer. Why is this happening? Why do people on this earth have to suffer such atrocities? It is really very complex to understand these things.

The current collective vibrations of goodness and love are not strong enough to wipe out this injustice, to wipe out the darkness from this earth. We have to grow stronger and stronger spiritually. Nobody will come from above to solve the problems of this earth. Of course, the Masters must be doing a lot of things at the Astral level, which we are not aware of. But the human beings on this earth have to solve the problems of this world. When people make serious attempts to strengthen the vibrations of love and goodness, they are helped by the Universe. But

we have to make a very sincere attempt.

We, the common people, are too small and helpless really to do anything directly. But we can meditate more, improve the quality of our vibrations and channel more Light. We can also emote silently for these people. If majority of the people on this earth have this concern and if they pray silently, I think the vibrations of their intent will work. And that will remove the darkness from this earth. That is the process we have to get involved in.

24-08-2014

A wonderful person told us recently that she had health problems for quite a long time, for years. She must have probably resigned to her condition. Once, when Guruji saw her during one of the programs, he walked up to her and said, "You will not believe it if I tell you this – a day will come when even if you search for tears, you will not find them." And recently she told us, "I am in that condition now. I am very happy as all my health problems are solved." She had of course great faith in Guruji and Guruji's words must have given her hope and enormous strength to deal with the prolonged period of her ill health.

About 18-19 years ago, Guruji was talking to a small group of people. He said, 'You will not believe it if I tell you that each one of you will have a car one day.' At that time only a few of us had vehicles. Today, all of us who were there have cars!

Likewise, when Amaraji was not even 12 years old, he told that India would get Independence in 1947. And naturally nobody believed him! Similarly, Amaraji had told that somewhere in the northern outskirts

of Bangalore an International Airport would come up. And in spite of many people trying to damage this project, trying to shift it somewhere else, such a wonderful and beautiful Airport has come up in the northern outskirts of Bangalore!

Masters like Guruji and Amaraji knew the future. That is one part. The second part is because they were in complete alignment with God, what they spoke became true. When such Masters intend, I think their intention manifests at this level and becomes a reality. Of course they always think of others. They intended and they dreamt of the New Age on this earth and we are moving towards the New Age. Their dreams, their pure intentions begin vibrating and encourage others to join in their dreams. And when more and more people join with such pure intentions, the vibrations gather strength and then the intentions manifest in the life here. We will have a better world tomorrow. There is no doubt about it. The casual utterances of great Masters have become true and the New Age is their dream. It will become a reality soon.



I wanted to purchase an item and I had many options. I asked a shopkeeper about it, who has become our friend. He gave his honest opinion about a particular model, but he told me that it was not available with him. He advised me to buy it online. Somehow I was touched by his honesty. He lost the business because of his honesty. Of course God will give him a lot. I am sure about that. This person valued our relationship more than business. It is really amazing! Although we see a lot of darkness around, the Light shines in such wonderful people. This also is a reality. ■

## 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.

## EXCERPTS FROM TALK BY SHRI RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

To the question, "What is Sadhana?" Guruji had once said, "It is not doing something. It is allowing the Divine to work through us." This is an interesting paradox. On the one hand Sadhana is effort, while on the other hand, Sadhana is not doing something, no effort. It is just surrendering. Surrendering is not an activity. It is a state of being. One of the main hurdles that we face during Meditation is the incessant flood of thoughts that makes the mind wander. The key is in not trying to do anything during Meditation. We must ignore the thoughts and wait. If we develop a lack of interest in the thoughts it will help.

Guruji had explained that the word 'Dhyana' has two parts. The first part 'dhya' represents the body, mind and intellect. The second part 'na' means no. So 'Dhyana' means no awareness of body, mind and intellect, or awareness beyond body, mind and intellect. Therefore Dhyana leads to Samadhi. In Sanskrit the mental body is called 'Manomaya Kosha' and the mind is called 'Manas'. The mental body is a tool that is required to perceive this world. When we stop producing the thoughts the mental body remains but the mind disappears. This is what 'Manonasha' means, a state of 'no mind'. This is what must happen in Dhyana. Experiencing ourselves minus the mind and the intellect is Samadhi.

Our Meditations and our lives are interdependent. If we are able to live a calm and peaceful life, which implies very less mental activity then we can experience stillness easily during Meditation. And if we can experience stillness during Meditation we can be calm in our living. Holding on to the stillness throughout the day is very important and it requires conscious effort.

We are souls, sparks of God. But our Awareness is mostly trapped in

our body, mind and intellect. We have to release the Awareness that is stuck at the surface level of our being so that it can return to its core. This is a 'homecoming.'

One of the main hurdles in experiencing Light is our understanding of the word Light itself. If we try to experience Light by imagining visible light it does not help. I think it is for this reason Guruji used to say, "Do not try to see the Light." This instruction is very important.

I have noticed that some students take the technique of Light Channelling so seriously and practise it with so much effort that they don't give Light a chance to enter. As long as we are active at the level of the mind and intellect we cannot experience Light.

Anything else we try to do during Meditation like trying to contact the Rishis, etc. will prevent us from experiencing Light.

Before we can surrender in life we must succeed in surrendering during Meditation. It is only possible by the Guru's grace. And the Guru's grace is always there but we can receive it only when we stop trying to be in control. When we allow the Guru to be in charge of our life we will experience the highest.

As I have understood, the first step in experiencing Light is experiencing stillness. The experience of Light may or may not involve seeing the Light. If we experience deep stillness along with absolute contentment, which means we have absolutely no wants or needs, then in my opinion it indicates that we have experienced Light. To experience Light we need to raise our frequency to that of the Light. For this we must transform at all levels. There is no other way. ■

## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: With all the systems corrupt is there any hope of good life?**

A: Yes, because there are good people on this earth. When the dark energies are pushed back, we can see these systems collapsing and people in power becoming non-entities, we can then see these good people shining. There is hope for a very good life on this earth because we are aware we are having new energies. We have the Ra energies, energies from the Photon Belt and we are going to receive energies from the centre of the galaxy. We will receive energy also from the Second Sun.

**Q: How will we live after the systems collapse?**

A: We will have new systems. Let us wait for them. We are always taken care of. Let us first prepare by spiritualising, becoming good, throwing out non-love.

**Q: When we converse with you mentally, do you remember?**

A: I will be thoroughly aware of it at a deeper level. I have to go down and make effort to know it sometimes, if it is very important. Sometimes if there is a kind of intensity behind the message, I become aware of it then even at this level.

**Q: We ask you questions always but you don't ask us any question. Why?**

A: I want to ask questions but if I ask it may be difficult for you to answer. I don't ask questions because I know the answers.

**Q: If I do 'Urulu Seva', for the welfare of the world, will it help?**

A: 'Urulu Seva' is a Kannada word. People take a vow and they roll on the ground, moving around the temple, making several

rounds. It doesn't help you. How does it help the world? If you really want to help the world, change yourself. Spread love. Channel Light.

**Q: How does 'Harake' work?**

A: 'Harake' is a Kannada word. It means taking a vow, making a promise to God. We worship deities of two kinds – the deities that come from the Divine Lokas and the deities that come from lower Lokas. Gramadevata is a deity who takes care of the welfare of a small village. Sometimes, they are from other Lokas where the deity enjoys animal sacrifice. If you take a vow, make a promise to such a deity that you will do something, in return for a favour, you have to fulfill the promise. Otherwise, the deity feels unhappy, some deities get angry and they also punish.

**Q: How can the ego be a friend? What would it do as a friend?**

A: Ego is a friend. It may not be working as a kind of conscience. But many times the ego warns us, advises us. We ignore it. In fact we do not understand this system. So never blame the ego.

**Q: Can the ego guide us spiritually even otherwise?**

A: Yes it can and it does. The wisdom of the ego may not be too great, but it has enough wisdom to guide us. Somehow whenever we receive guidance, a warning, we always ignore.

**Q: It is difficult to experience Light. Any tip?**

A: If you love Light, you experience Light. Don't think of any technique. It is too small a vehicle to take us to experiencing the Light, God. ■

## LIST OF OUR PUBLICATIONS

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Light	10/-
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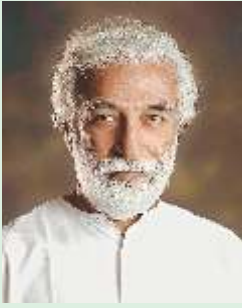
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**GURUJI KRISHNANANDA (1939 - 2012)**

### **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)

I had a lot of persistent lower back pain. It was affecting my work and life. I prayed to Guruji and Santoshi Devi and practised self-healing at 10 PM. While practising the technique, I saw my lower back – with details of spine, vertebrae and all – full of golden Light! The area around was also full of golden Light. From the next day 99.99% of the pain vanished.

- Seema Almel

I realize now that most of the issues that stayed and plagued me have been washed away. Difficulties, indifference from people around that seemed like storms, now feel like a passing breeze. My hand is firmly held by Guruji and the elders guide wonderfully. The anchoring has deepened. The old blocks are cleared and new ones are being avoided. Thanks to the Rishis and Guruji. It is a fresh hope for new life.

- Geeta Joshi

Positive changes are observed in the mind, body and soul and there is peace all around. My work gets accomplished on time and problems are solved easily. I feel Guruji is always with me. I can foresee signs of obstacles and most of the times I can foresee who will come or call me. This is a blessing from Guruji, Rishis, Amaraji and the Light I carry. I thank all at Manasa from the core of my heart.

- Sandhya Singh

Recently we had gone abroad on a tour. We had to catch a train from a station. After reaching the station we realised that we had left one of our bags behind at the hotel. The taxi driver could not find the hotel! I started praying to the Sapta Rishis. And suddenly we met the taxi driver who had dropped us earlier at the station. He guided us. We picked up the bag and

reached the station just in time! We recognized the timely help from the Rishis. If this help had not come, we would have faced many problems.

- Parag Pethe

I feel so blessed that I have been given an opportunity by the Rishis to join this Path. With each passing moment I know that I am being taken care of; and not only me but also my entire family is looked after. Thank you very much for guiding us through these tough times via the Sunday webcast.

I have read the new book, 'Master-Pupil Talks – Vol. 2', released on Guruji's birth anniversary at least three times. I just feel so connected with the book, that every time I try to pick up another book to read, I always end up reading this book again, only to learn something new from it.

I have become a much calmer person and I can find solutions to many problems very tactfully. In fact, I feel the word fear has almost gone, as every single day I affirm that I have chosen Light. And Light always helps me find my way when I am stuck.

- Nandita Patel

Sometimes I feel a kind of void while meditating. And sometimes I begin Meditations, and when I become aware, 30-35 minutes would have just passed!

- Saroj Sawale

On 15th July 2015, I experienced bluish white Light for complete 24 minutes in Meditation, without practising the usual Spiritual routine. I experienced total stillness for a second when my body, mind and the intellect became still. There was complete stillness and I was also aware that I was in that state.

- Sridevi S V K

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