



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 12 Issue 1

DECEMBER 2016

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – November 2011 issue)

I tell my people: find out your mission in this life, find out what is your mandate. We find these out in our deep contemplation, in Meditation and when we shift our Awareness to the Universe, to Light. We may not find out these in one sitting, in one day or even in a year, sometimes. We have not located the hot-line between ourselves and the Universe yet! But, somehow, we receive the information from the Universe and when we receive it, we know that it is from the Universe.

When we realise our mission, our mandate, we have to work focusing on that and that alone. We should not take up more or other issues. If we stick to our mission and mandate, the Universe helps us in every way. This is a Spiritual reality. I am aware of it.

I realised my mission was to continue the work of my Guru. The mandate: teach Meditation, spread Spiritual knowledge and Light and try to bring down new knowledge. I stuck to these. When people volunteered to help me in opening schools and running old age homes, I politely refused. Then, I received help from the Universe through wonderful people. People gave me money and some joined my work. We are doing a great work silently and have stuck to our mission and mandate.

People who fight against corruption should stick to their mission and not dabble even in activities bordering politics. People who take up Spiritual work should not run colleges to collect huge capitation fees. When we divert our focus from our mission, we become corrupt. Then, the corrupt cannot fight against corruption. The Universe will not help us. We stop being Spiritual.

Someday, we have to realise that there is a plane of existence, the Astral plane, above us. And that there are Masters living there who are waiting to help us live happily in Peace and Perfection, who want to help us in our Transition into the next Age. They help us with new awareness and new energies to cleanse the earth of all types of corruption of the old Dark Age. We have to learn to receive help from them. They cannot help us if we corrupt our mission. Our mission should be pure and focused on the issue we have chosen or mandated.

The Spiritual Leaders should realise this truth and re-organise their focus first on their mission. Then, they have to guide the crusaders of corruption. ■



MANASA FOUNDATION (R)

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

Phone : (080) 2846 5280, 99000 75280 (10 AM to 5 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar
at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram
at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

at Saptarshi Dhyana Kendra

on Tuesdays (11.30 AM – 12.30 PM,
5 PM – 6 PM) at Shri. Manjunath
Shastry's house, Gandhi Circle

External Guidance is available
by post and e-mail. Please refer
column 1 on page 6 for details.

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Send us the name and address,
along with the Subscription
amount.



Navaratri was celebrated in the October Residents' Meet.

NEWS AND NOTES

- ♦ Guruji's Mahasamadhi Day was observed in our Saptarshi Dhyana Kendra at Anekal on 23-11-2016 and will be observed at Taponagara on 27-11-2016.
- ♦ Manasa Desk Calendar for the year 2017 and the book 'Thus Spoke Guruji Krishnananda, Vol -1', containing unpublished talks of Guruji, will be released during Guruji's Mahasamadhi program on 27-11-2016 at Taponagara and will be available for purchase at Manasa office.
- ♦ A new batch of Shambala Group will begin on 8th January 2017. Students who wish to join the Shambala Group may register with Manasa office before 31st December 2016. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2016.

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.

MEDITATION ON SPECIAL DAYS

07	Wed	Shukla Ashtami
09	Fri	Shukla Dashami
12	Mon	Shiva Deepa
13	Tue	Full Moon Day
14	Wed	Vishnu Deepa
16	Fri	Shoonya Masa begins
21	Wed	Krishna Ashtami
24	Sat	Christmas Eve
25	Sun	Christmas Akhanda Dhyana
27	Tue	Masa Shivaratri
29	Thu	New Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
25-12-2016	Akhanda Dhyana (Group Meditation): 6AM - 6PM Christmas Special Meditation: 12 Noon - 1PM

AKHANDA DHYANA

On 25-12-2016 at Taponagara from 6AM to 6PM. To participate please register your names with Manasa office on or before 23-12-2016 along with the timings.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I felt that something is coming into me, which is filled with Light. Once it entered, it was like magic. I suddenly felt very peaceful and all my tensions went away. I was just wondering how this happened within a fraction of a second!

- Nadiya, Student, Tarbes Community College, Frazer town, Bangalore

Though not regularly, I have channelled Light many times during the last year. Ever since I have learnt this new technique, even if there are any issues I am able to remain confident and have not gone below a certain level.

- Martina, Student, Tarbes Community College, Frazer town, Bangalore

My sister and I practise Light Channelling regularly in the morning and at night. It relaxes my mind and makes me feel strong. I am able to concentrate on my studies. Whenever I am nervous, angry or sad I channel Light. Now I don't feel nervous. I have overcome my fear. I told my parents about this and they were very happy. I have shared this technique with my neighbours and friends and they are also practising it daily.

- Navanigha, Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

We are practising Light Channelling every day in our school before the commencement of classes, and especially on Fridays early in the morning as classes begin early. Nowadays, we teachers have started practising Light Channelling at least for 10 minutes in the morning every day. With this we feel fresh and peaceful during our working hours and this helps us with our memory too. I myself feel free from all tensions. All of us feel very active throughout the day.

- Head Mistress, Govt. Urdu Higher Primary School, Dommasandra, Anekal Taluk

TAPONAGARA DIARY

Seema Almel

October gave proof that the Divine Mother comes whenever Her children invite. While the Goddess Adi Shakti's Energies were received by all Meditators during Navaratri, Her Presence was felt in the October Residents' Meet which was held a few days after the festival.

At the very start of the Meet, the compere for the evening – Ms. Priyanka Mishra, invoked the Goddess and requested Her to preside over the gathering. A beautiful Bharatnatyam performance was given by Ms. Sreeyuktha. She mesmerized the audience with her enactment of the Goddess. A small group of ladies sang the Sanskrit bhajan 'Ayigiri Nandini'. More than the rhythm, the vibrations generated by the recital took the Residents into a blissful state, so much that most closed their eyes instinctively to feel the Divine Mother's Energies. Like last year, the young girls of Taponagara, age group 7 to 14, danced to the tunes of garba and dandiya in honour of the Goddess. These little danseuses practised for ten days despite the pressure of school work and other extra-curricular activities. All the participants were appreciated with gifts before cutting the birthday cake.

Before closing the Meet, a moment's silence was observed to thank the Goddess for gracing the occasion. Taponagara hosted the Goddess at the Residents Meet, even after Navaratri. ■

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)

18-05-2005

Having spent most of my life, hereafter, I would like to focus my attention on gathering more energies, more knowledge and trying to put it in print and training people for higher works.

I want to spend the remaining part of my life usefully - useful to me, useful to you. Two days back I wrote a letter to an elderly person. I wrote, 'I am a friend and a guru. If you relate to the guru part, I can give you quite a lot.' And of course, if people cannot relate to this part, I will always be a friend. As a friend, I will listen to you very sincerely. I will understand your problems and will even joke and laugh. I will support you emotionally or in whatever capacities I am capable of. I will even advise you. All these, anyone can do. But, there are certain things which only a guru can do.

Whenever you have a problem, whenever you are in anguish, you don't have to telephone me. We will be there with you to attend to your problem. We will wipe your tears, and we will say, 'we are here always.' Every time we may not be able to make you succeed in your goals, but we are there by your side. This gives us great comfort that there is someone with whom we can cry and confide. He need not even console, but he is there; like we have Amara and the Rishis. Whenever we have a problem, whenever we don't get autorickshaws, whenever there is an exam, whenever we go for interviews, we think of the Rishis!! We pray to them and they always help.



I am surprised to find in myself many changes and one day I began listing them. Certain types of food I used to relish; somehow I cannot take that now. I cannot enjoy certain smells and I cannot go to certain places. I have become a little sensitive. I sense vibrations and I cannot stand some vibrations. I would like to be alone. And I am in a hurry to complete my work. And this is strange - I cannot take any more emotional burden. A relation to me is not just saying hello and forget afterwards. A relation to me is like this - whenever an emotional support, a moral support is required I have to be there and I want to be there. I want to be there to give any type of support; to give whatever I am capable of giving. I want to say, 'do not worry, there is God, there is hope and there is Life. And we have to live and smile.' And I say this wholeheartedly because I know about it. I have a lot of hurts, pains, I have a lot of things, but they are there somewhere. I am here, smiling with everyone. I value every relation. I take this responsibility of everyone who comes to me as a student, as a friend. But somehow recently when a person demanded a kind of emotional support, I was hesitant to take the person inside - there are reasons of course. The person did not listen to the Rishis. There were many discouraging factors. Normally I will take anyone, I will not judge. Even when people said that Rishis do not exist, I would say, 'good, I exist - come!'

When we spend 66 years on this earth, and learn lessons from actual living, when we learn lessons from our failures, from the people who are with us and people who are not with

us; when we learn lessons from books, nature and our own experiences, unknowingly certain wisdom develops. But the tragic part is that others may not use my wisdom, may not use fully at least, because each person has to gain this wisdom by himself. Why? Because that is life! It is very strange. Maybe people have to reach 66 years of age to have that wisdom!!

I know myself as an intellectual, a mystic. I am always a dreamer. I am a channel of my Guru and Rishis' Grace. I am a channel of knowledge. I am all these, with all the imperfections of a human being. I think I can guide you very properly. Because I have made mistakes, I can tell you not to repeat these mistakes. But I know that you will repeat the mistakes, and you will tell somebody else not to. That is life! I can confidently guide any individual, very honestly and very sincerely. I can add little of the Light that I have received from my guru. I want to do these things more and focus my attention on these things. Major part of my work and major part of my responsibilities have been taken over by these volunteers, these wonderful people. So I don't have to worry. I would like to focus my attention on the finer part of the work and I would like to thank every one of you here and who is not here because everyone has added colour to my life. I do not forget people. Every single individual I have come across in these 66 years of my life has added colours. They have shown the other dimensions and perspectives and they have taught me many things. I want to live longer for you because the more I live, the more I can give you. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

14-09-2014

Some of us will be having visions during Meditations. If the vision is clear and conveys a message, a very clear message, it's good and there is no problem. If not, then I feel at such times we should not try to analyze too much, should not try to worry about it. We should just keep it aside and move beyond the vision. Maybe, when we enter the areas of Stillness we will have clarity. We have to be a bit careful. Our mind has amazing capacities to weave visions. But, all visions may not be mind projections. I am only saying that if you have a vision, capture the essence of the vision and move on, move beyond it. Do not think too much about it.

04-01-2015

I was very much touched when a person told me that in this place, in Taponagara, everything is going on fine. He said that here we follow a different system – meaning a system based on Meditations. He said, 'I will not disturb it. I do not want to create any disharmony here. I do not want to create any confusion, any chaos here.' This person is a Meditator. He is our student and is studying Astrology. He is very passionate about this subject. He is also practising it – not as a profession but as a service; and there is no commerce.

I always had great respect for this person. And when he told me this – I told him, 'my respect for you has grown manifolds.' I told him that by doing this he was practising the first principle of Shambala, though not consciously. Maybe he was not aware of it. Guruji used to tell us about such things. He would say, 'do not disturb the balance of a place; do not disturb the harmony of a place.'

When we go to somebody's house, we observe a kind of balance there in that house. Somehow things are fine as they are even with all the

imperfections. Guruji said that we have to ignore the imperfections and connect with something beautiful there, something very positive there.

I feel similarly there will always be this balance in a person or an individual. There may be imperfections; all of us are imperfect. But, we should not even try to correct the person or try to improve the aesthetics or beauty of a place. We have to just observe, that is all. With our presence we add to the beauty that is all. If we try to do anything we will disturb the harmony of the place. Our presence should add to the Peace and not disturb it. And this person was unconsciously practising this principle because he respects Guruji. He respects this place and this system established by Guruji. I was very much touched.

11-01-2015

On 15th January, it's Makar Sankranti; Uttarayana begins. Guruji had explained that during these six months from Uttarayana we will have many opportunities to grow spiritually and perfect ourselves and in the remaining six-month period of Dakshinayana we attend to the material aspect of our lives. Our Spiritual growth and the wisdom gathered during Uttarayana helps us to deal with the other aspect of life.

25-01-2015

A young boy had a very interesting dream. I just wanted to share it with you. He saw a huge gathering of people and a fire breaking out there. There was fire everywhere and there was chaos, and he saw himself trying to escape from the fire. There was confusion and he saw himself running through several doors. And it was as if he was being led through these doors. Finally he saw himself reaching a place, which was very peaceful. He saw a beautiful road, a beautiful lake

and a lot of greenery and snow-capped mountains. He saw some other people also along with him in that place. Then, it is quite interesting, he saw a magazine on a table. He just picked up the magazine and there was a date given there. It was written, 'Year 2010'. He just turned the magazine and on the backside, it was written 'Year 2018'.

Although it is a dream I believe it is trying to convey certain things. It is probably conveying that Pralaya will intensify further. There will be more chaos and confusion. We can see it in the life around us. There will be more than this. But this dream also conveys that we will somehow be guided and we can somehow sail through this period and reach peaceful times. Will we have a peaceful period after 2018? This dream gives some hope. Incidentally Guruji had mentioned that Pralaya processes will continue to intensify and will be completed by 2018. And this is a period of cleansing. After 2018 probably the humanity will be able to take a huge step further into the New Age. Let's hope that we do not see too much of chaos, too much of confusion and we reach these peaceful times soon. This dream gives us a lot of hope.

In one of the classes I had mentioned that sometimes people suggest us certain things. They look at our life and if we are going through some problem they say, 'why don't you try this?' They say that there is some graha-dosha and say, 'you do this puja, it will help you.' We get several suggestions like this, unasked. We ourselves have chosen this way of Meditations and higher ways of worshipping, and if we still follow the ritualistic ways, it indicates that we do not have faith in the ways of the Rishis. Somehow we do not have faith in our own choices. Then how can we grow? ■

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)

We know that before we came out of our origin that is Parabrahma Loka, we were particles of Light. To come to this physical reality we had to take on many bodies. Like a space suit each body not only protects the soul but also imposes its own limitations on the soul. The last body that we took on was the physical body which imposes the maximum limitations on the soul. Therefore, what we can manifest here is greatly determined by the condition of our physical body. Though the soul has vast capacities, in this world it must operate through all these layers. When we take birth our past is blocked from us. We forget that we are souls. We experience ourselves as the physical bodies, which is our greatest ignorance – that is not to know who we truly are. Because of this the physical body has become the most important of all the Koshas. Though the soul is the same and the intellect and mind are in perfect condition, if the body is not working there is really not much we can do.

Millions of years ago when the Divine souls occupied the bodies of the ape they had to make massive efforts to make their bodies evolve into the human bodies. This process is not yet over. We must continue to make efforts to help this body evolve and refine further so that we the souls can manifest our divinity fully through it. This is a very great responsibility, particularly on the Meditators, because they have consciously chosen to grow spiritually. We already know that regular Meditations open the brain cells. This has been confirmed by recent research also. The brain plays an important role in our awareness and manifestation. The responsibility of evolving this body is especially on us the Meditators of this Path, because we have so much

of knowledge, techniques, energies and guidance from the Rishis. So, if we meditate regularly and grow spiritually by following all that Guruji has taught us, we will be helping ourselves and also contributing greatly to the Divine purpose of bringing Light into this world.

◆
‘How do I know that I have chosen Light from the level of my soul?’ is a frequently asked question. When we choose Light from our deepest level our choice will reflect in all our manifestations. If we realize that we have not chosen Light, we should not judge and condemn ourselves for it. Once we become aware of our shortcomings we have the power to get over them if we decide to do so.

◆
We can live life fully only when we live from our deepest level, our core, our soul. When we live from a superficial level we can neither live life fully nor can we manifest the life force. Guruji would always respond to anyone or any situation from his deepest level whether it was important or not. Guruji would say that we would be dishonouring those who have created the music when we just play and not listen to it. It also helps to do one thing at a time instead of trying to do many things at once.

◆
Maharshi Amara had said ‘every moment is a gift from God’, which means every moment in our lives is sacred because it is given by God. To honour it, we should always live from our deepest levels; we will then realize that all life is Sadhana. Everything we do becomes important and sacred because every moment is a gift from God. If we live like this we will be living our lives fully. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is it easier to contact the angels than the Rishis?

A: It is true. Angels live in a higher realm. You can contact them. They are wonderful beings. But the Rishis live deliberately in the highest realm, in the subtlest plane. Because they live so far away, it is not easy to contact them. But they monitor us very closely. They love us. They want us to change, grow and sail through the difficult times of Pralaya.

Q: Will the Revolution by Light spread all over the world?

A: Everyone on this earth will be working for this Revolution by Light. They may not be channelling Light directly as we are doing but they are part of the Revolution. They will be working for the Revolution. 1,44,000 Rishis' centres are located in different cultures. They may not understand the things that we understand so clearly. It is not required. People may spread Love not Light. Rishis say that is enough. Revolution will be working. Love is a part of Light. People may be spreading Peace, that's enough. The Revolution spreads to the whole world.

Q: I have not experienced Light. If someone asks before channelling Light have you experienced Light what shall I say?

A: Speak the truth. We are not trying to advertise and sell a product. Many of us or most of us have not experienced Light. But every one of us have experienced at some time or other Love, Peace and Vastness and Stillness. These are aspects of Light, which means we have

not experienced Light as we imagine it to be, but we have experienced one or several aspects of Light, which means we have experienced Light. This is the truth. You have to check up yourself. Be very honest.

Q: What is 'eternity in an hour?' Can you please explain this?

A: We experience eternity in a short time when we meditate. Perhaps we would not have noticed it. Every one of us would have experienced that when we sit for Meditation and think that we would have spent only 10 minutes but when we open our eyes, we find that we would have actually spent an hour or two. This is a very important point we have to understand that while meditating we enter a different pace of time. The minimum thing or the first thing that we have to achieve in Meditation is, Stillness.

Q: Why do we feel heaviness in the head sometimes during Meditation or even after Meditation?

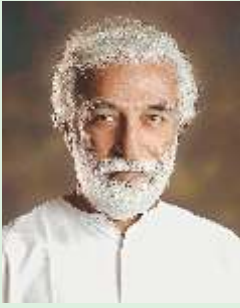
A: We do not absorb, do not assimilate all the energies that we receive during Meditation. There will be some energies remaining. Sometimes, at that time we feel this heaviness.

Q: Can we live out of the domain of God with our Freewill?

A: We have explained very clearly that God is everywhere. We have to understand who or what God is. God is not a person. God is a Presence. He is Consciousness. He is energy. All Creation is in God and God is in all His Creation. And how can we go out of His domain? You have to live in God. So understand God. ■

LIST OF OUR PUBLICATIONS

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Living in Light	10/-
Light	10/-
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ಕಾಂತಿಕಿ ವ್ಯಾರಮುಲು	100/-



GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I was not able to meditate for more than 10 or 20 minutes. On 11th October I decided to meditate for 30 minutes in the Kundalini Tower. I tried to focus on 'OM' and my breath. All of a sudden I could experience light blue Light covering my eyes and head. I was enjoying and finding peace with that Light. Suddenly, that turned into dark blue Light and was covered with darkness that was being pulled out of my head. I slowly opened my eyes and to my surprise saw that exactly 30 minutes had elapsed!

– Sowmya Nayak

During Meditation, after some time the body seems to disappear. It happens gradually. I feel as if I am floating or flying in space and expanding unlimitedly. After Meditation, even when I am walking, this experience of 'flying' continues for 30-40 minutes.

– Sitaram Puranik

When the shield is being strengthened, I feel the intensity of the brightness of the shield around me, and after some time I experience the deeper space of silence.

During the Stage Meditation when I begin to imagine myself as Light, I again enter into a huge space around me; where I see myself suspended in a deeper and lighter space.

During the Shambala Meditation, the lotus and the ruby glow brightly and I experience it as layers around me. Sometimes the lotus and the ruby radiate sharp rays of light.

– Rakesh Shetye

I had my own doubts whether I would be able to channel Light for so long a period during the Lunar eclipse on 16th September 2016, as sitting daily for even seven minutes was difficult. I sat that night to channel Light during the eclipse. Soon, my

head and the whole body became light and motionless. I sat in that effortless state for one hour and ten minutes! This experience has assured me that I am meditating under Guruji. I thanked Guruji, Amara and Jesus.

– Nirmala A N

I experience a constant inner happiness and feel at peace always. I get less angry and I always connect to Light when facing unpleasant situations and people.

– Anne Chapman

I was driving the car down the hill and there was a turn. Two buses were parked there, which made the road narrower, creating a blind curve. The moment I took the turn, I saw a jeep speeding towards me. Within fraction of a second I turned the steering and miraculously escaped the accident which could have been very severe. I thank God and Light for having bestowed on me the wisdom to take such an instant reflex action and escape collision with the jeep.

– Garima Sharma

With every passing year I sense more and more energies working close to me. Somehow, I am experiencing speedy execution of cause and effect within me. This is really pushing me to change myself or my way of doing things.

– Pushkar Patki

Recently, while meditating I had received a very strong, inner, subtle conviction that there is presence of a snake around our building. From past 30-35 years nobody has seen snakes in or around our housing society premises. However, a baby snake was spotted recently by the nearby residents and the inner message received was proved true.

– Rajendra Rangnekar

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