



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 11 Issue 7

JUNE 2016

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – March 2011 issue)

When I told that I was a Meditator, the person in the counter said, “Then, you must have great patience!” I smiled. She asked me, “Don't you get angry?” I smiled again. After handing over the packet, she gave a beautiful smile of admiration. I reminded myself that I had to live upto her expectations. I must deserve her smile.

It is natural that people expect a lot from us, the Meditators. And rightly so. It is our duty to see that no one is disappointed. The patience and peace should be visible and should manifest naturally. We should not pretend. We must have the patience and peace within us to manifest. If we meditate regularly and if we allow the influence of Meditations to work through us, all these would live in us naturally. Manifesting should be natural and easy. It should never be an effort or a burden to manifest.

We must have reservoirs of peace and patience and many other positive treasures in us, not because others expect them in us but because we carry them naturally like smiles on flowers.

The Egyptian crowds were successful in forcing the President to step down. The authorities had to listen to the voice of the people. It is a very important and great development in the history of mankind. The crowds have to be congratulated. It is not only the crowds in the streets but those silent voices in the homes that have to be remembered. It is not only them, millions and millions all over the world voiced their opinion silently. The collective thought-force had its imminent impact and change had to set in. No one could prevent it.

This is the trend and way of the New Age which has already begun. The energies of the New Age, the energies of the Photon Belt and the energies of the Great Ra that we anchored recently are collectively working and the corrupt systems will begin to collapse. The process has already set in. The Change has begun. It is there for all to see.

We, the Meditators have greater responsibilities. It is our job to meditate and channel Light all over the world so that the Transitory processes get strengthened. So that, great changes that are expected to occur pave way for the establishment of the New Age of Love and Light.

On 26th Feb 2009, we held an Event when thousands from all over the world channelled Light. A great energy was brought down to the earth at that time. This energy is also working, along with the others in implementing the agenda of the Future. ■


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 (12 Noon - 1PM)

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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NEWSLETTER

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along with the Subscription
amount.



Inaugural Meet for the new Meditation Classes at Shri. Manjunath Shastry's House at Gandhi Circle in Anekal Town on 12th April 2016

NEWS AND NOTES

- ♦ Guruji's 77th Birth Anniversary was celebrated at Taponagara on 22-05-2016 and at our Saptarshi Dhyana Kendra in Anekal on 18-05-2016.
- ♦ Orientation class held in Taponagara on 4th May 2016 was a special opportunity for experiencing and receiving great energies. About 125 Meditators had gathered in the Meditation hall at Taponagara to participate in this class and close to 80 others joined from their own places through webcast.
- ♦ The RA group members met at Taponagara on 15th May 2016, to receive special energies from RA.
- ♦ Students who attend Meditation classes in Taponagara or in other centres in Bangalore are requested to pay the monthly fees by the second class of the month. The External Guidance students may also please renew their Registration within 15 days after the expiry of their Registration to avoid any break in monthly posting of the Newsletter.

- ♦ About 125 people had gathered in the Meditation hall at Taponagara to receive initiations from the Shambala Masters during the Shambala class held on 8th May 2016. Close to another 70 people joined from their own places through webcast or by mind linking.

MEDITATION ON SPECIAL DAYS

03	Fri	Masa Shivaratri
05	Sun	New Moon Day
07	Tue	Lord Kalki's Birthday
12	Sun	Shukla Ashtami
14	Tue	Shukla Dashami
20	Mon	Full Moon Day
28	Tue	Krishna Ashtami

PROGRAM AT TAPONAGARA

Sundays Lectures:
11AM - 12 Noon
Light Channelling:
12 Noon - 1PM

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.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Our students are regularly channelling Light in the morning assembly for over two years. These sessions free the mind from pre-occupied thoughts and cleanse the mind, thereby preparing it for accepting the goodness that comes through the day. A refreshed mind makes the body refreshed too. Students and teachers have felt that their day begins in a highly enthusiastic manner and everyone is full of life.

To sum it, I would say Light Channelling rejuvenates, refreshes and makes teaching and learning an enjoyable process. It spreads positive energy to carry on with our tasks in a highly successful manner.

– Mrs. Shanthi Muruges, Teacher, Canaan Christ Public School, Bangalore

During our assembly prayers one of our students came to the mike and said he was channelling Light regularly, because of which he scored 85% in 9th Std. I was surprised to see the boy come up and speak. Usually students speak in the assembly only on the day of Light Channelling session. It is rare to find a student speaking in the assembly on any other day.

– Headmaster, Round Table School, Roopena Agrahara, Bangalore

I could experience many good qualities of the Light like Peace, Calmness, Purity and Truth. I felt joyous while channelling Light.

– Jenifer, Std. VII, St. Antony's Higher Primary school, Bangalore

Before Light Channelling was introduced in our school, I did not have good memory power and I used to forget various matters. After doing Light channelling regularly for five minutes, my memory has improved.

– Sabarinathan S., Std. VII, Chennai Middle School, Trustpuram, Chennai

TAPONAGARA DIARY

Seema Almel

The summer heat was severe. It was like a physical expression of the tough times humanity faces. Tapovana kept its cool throughout; continuously bringing out a few flowers and keeping up hope for the weather to improve. In its silent ways, Taponagara teaches the same lesson – to do our best irrespective of the external circumstances and look forward to better times.

Chikkagubbi village has two new bus stops which help the ever increasing number of daily commuters. The swings and the slides in the children's park have been removed and a utility room is being built by the villagers. While an entire layout with many villas is almost ready for occupation, the condition of the village road leading to the main one continues to worsen. While change is the only constant; some are favourable and others may not appeal so much. Taking it all in their stride Taponagarites march on focussing on self-growth and accepting all that is pleasant or otherwise.

Hope is a reality for those who have faith. The Great Rishis have the Master Plan for the whole world. They prepare their Taponagara for the role it has to play in the times to come. The current generation of Taponagarites have to focus on their duty of rising up to the challenges that the changing times present. ■

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)

May 2005

People come here to seek solutions for their problems. It is natural. And we always try to help them. The Rishis have to have some reason to help a person. There are many laws. They cannot or do not violate the laws. Therefore, we always suggest the person to take up Meditations. That would be enough for the Rishis to help. People, particularly those who are not our students, would be reluctant to take up Meditations. We tell them to at least repeat a Mantra. With that excuse, the Rishis would help. In one such case, a person was in a lot of difficulties. We gave the individual Meditations. And after nearly two months, suddenly one day he told me, "Tomorrow I will go to a particular place." I asked, "why?" He said, "On a Full Moon day, if I make a parikrama of about 16 kilometres around a hillock, my problems will go." Here we say, "You meditate, the problem will be solved." There, may be the problem would be solved. I thought, whether his problem would be solved or not, it would help his health as he was a slightly hefty person! I am quoting this incident because people do not understand the efficacy of Meditation and it is natural. We are yet to come out of 'mindsets'. Somehow we think, "If I walk in the sun, God will be pleased." I don't think God will be pleased. God will be pleased if we meditate regularly!

It takes time for people to realize this. We need not do 'Uruluseve' (a Kannada word which means rolling on the ground around temples). You can sit in a corner and talk to God, intensify your emotion and embrace Him in your emotion. It is enough. You don't have to walk in the sun or do any other such things.

When Amara was alive, one of the students asked for a solution. Amara gave him a solution, helped him by removing a lot of Karmas. But again, this person met an astrologer. People do these things normally. After taking up Meditations, they go to astrologers! One astrologer told him, "In Mysore you have to climb the steps of Chamundi Hills and at each step you have to break a coconut." He did that! When Amara came to know about it, he said, "It is very good, the coconut merchant had good business!" I tell these things to remind you that there are always finer things. You can throw away physical rituals. One need not go to a temple. You can sit here and talk to God. These are the ways of the next Age. I know for sure, in course of time people will follow these things because everyone gets awakened. Our job is to wait and when people are ready give them these new ways; to explain to them that there are things like this. Till the last person on this earth is not awakened, our work will not end. This work goes on for some time, may be for a few hundred years. That is why we have to always have great patience. We cannot expect people to just take this up, practise and achieve things. We expect people to falter, misunderstand, go back to ignorance or take up another shelter. We have to expect all these things. Individual Sadhana is never smooth, never easy, and never straight. And guiding others is much more difficult. We, who gather here, the volunteers here, or others who may or may not become volunteers will be guiding others in some way or the other at some time or the other, because we will not be able to keep this Light to ourselves. It is Its nature

to go out from you even if you restrict It. That is why you have to be very responsible, you have to thoroughly understand. It takes time.

Sometimes, when we dream during sleep, we wake up and again when we go back to sleep, the dream continues, how is it that?

I sat in Meditation and asked Atri Maharshi, and he explained that the dream occurs at the sub-conscious level. When we wake up, it continues. Sometimes, if our dreams are long, they continue at the sub-conscious level even after we wake up. We wake up temporarily and again when we go back and sleep, we pick it up and the dream continues. It does not stop. He said that he would explain certain things later. Whenever I understand I will tell you more about this.

About people's talk on Sundays, I am very happy to note that whatever I have been trying to explain during these years, have been really understood and these things have been taken in deeply. I think whatever the Rishis have passed through me will reach others through these wonderful people. We talk more of Sadhana here, about how to transform, what to avoid, what to practise and more on such aspects. This is very important. One can pick up a word and analyse it for two days. Intellectually we can go on giving great lectures and these lectures can be compiled in many volumes. But somehow I believe that a practical hint is worth more than a volume of these lectures. Everyone is talking very well. The accent is on actual Sadhana. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

26-10-2014

I was asked “When I am living in a family, can I have my own ways of living, which may not be harmonious with other members of the family?”

This person feels that his family members do not understand the higher ways of living. He feels that his ways are higher but his family members cannot understand this and there cannot be harmony. The answer is in the question itself.

When we live in a family we have to live with them in harmony. That is a part of the higher way of living. That is the Spiritual way. And just now we were talking about life force itself. It is spreading joy and happiness. Then how can disharmony be the right thing? But what if I am an advanced soul spiritually and others are not that advanced. What happens then? The fact is that if we are an advanced soul, we cannot live in disharmony whatever be the condition of the other souls. If there is disharmony then how can we call ourselves an advanced soul?

Should our family members not try to adapt to our higher ways rather than we falling down and following their ways? I feel we may have to wait for them to rise. We may have to wait for them to understand and accept the higher ways. We have to accommodate. We have to have a lot of patience. We need not accept the lower ways but we cannot impose our ways on them. And we cannot look down upon them because they are yet to understand and accept the higher ways. There was a time when we too were like them. Now thanks to this Path, we understand many things, which we did not understand earlier. If looking down upon the spiritually ignorant was the right

thing to do then the Rishis would never have taken birth to guide us and we would never have learnt the higher ways. A person who is spiritually advanced will have no conflicts whatever be the condition of the people around him. He will accommodate the imperfections in each one of them.

We have to find time for our Sadhana in such a way that it doesn't create disharmony. So we cannot live in isolation in our own way although we may know a higher way of living. We have to live amongst everybody manifesting the life force.

09-11-2014

God's love is right here, inside our system but for some reason, somehow, we have suppressed it by allowing the influence of the fear spread by the dark or the negative forces. If we can reject the influence mentally, then love can start flowing again. I think that's the best way to fight darkness. We have to accept our limitations at this level but at another level there are no limitations. At another level we are God. No force can influence our thinking or our actions unless we allow them.

After all, where do these forces gather strength from? They gather strength from people only. If people get influenced by the vibrations of the dark and if people choose and act in a negative way, they will be strengthening the dark forces. That is how the dark forces gather strength. But if we refuse to get influenced, which we can, because we have all the potential to refuse the influence, then we will be weakening the dark forces. And by doing this we can remove injustice from this world. We can remove

violence from this world. I know these are very big things, but these are possible in this way. That is the way shown to us by the Masters. When we somehow succumb to the fears spread by the negative forces and adopt the life influenced by negativity, we will be creating more opportunities for the dark to spread. In a way we become channel of the dark by doing this. That is why our role is so important.

Somehow I feel we oscillate between being a channel of God and being a channel of the dark depending on our choices. Sadhana is stopping this oscillation. That is why we have gathered here. That is what we are trying to do - Trying to stop this oscillation, trying to align only with the Light. We have to anchor ourselves in Light. Guruji used to say that Sadhana is to anchor ourselves in Light. Then there will be no oscillation. And as I was saying earlier if we choose to live influenced by the Light then we create more opportunities for the Light to spread, and if we can do it all the time, every moment of our life then we become the reliable channels of God.

The Spiritual Masters are very practical. We cannot fight the unjust systems directly. We have our own duties and responsibilities. There are people who fight. They are great people. We may not be able to join them physically but we can support them mentally.

Ordinary people like us should know that there is also another way of fighting the unjust systems. That way is to fight at a deeper level and I think that is a very practical approach, which can be practised by many on this earth. If we can do it, I think we will be again doing the duty of being a channel of Light, of the New Age. ■

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, "which is the best possession in life?" Guruji's answer was, "knowledge is the best and the finest possession in life."

We can categorise all knowledge broadly as Spiritual knowledge and material or worldly knowledge. We require the worldly knowledge to survive in this world. And we require the Spiritual knowledge to go beyond this world even as we live here. In my opinion self-knowledge begins with knowing ourselves by direct experience. All our Sadhana ultimately helps us know ourselves. We call this self-realisation.

Guruji also emphasised a lot on manifesting love because love is also a great reminder of our true nature. Every time we bring out love we get connected to our deeper self and are reminded of our Divine nature.

'Know thy self' also means becoming aware of our shortcomings, our negative and positive tendencies, our weaknesses and our strengths, our prejudices and every other small thing about ourselves. For this we must be totally honest with ourselves otherwise we will not be able to take corrective measures and we will not be able to grow spiritually.

As I understand self-realisation begins at the intellectual level. We all know that we are souls, sparks of God Himself. But we know this at the intellectual level. Knowing this is the first step. We also identify with our thoughts, emotions, ideas, opinions and all our material possessions. So a major obstacle to self-realisation is our identification with our body, emotions and thoughts.

To overcome such identification completely we need to meditate a lot. More importantly we must experience stillness in Meditation. It purifies all our Koshas, thoughts and emotions. Positivation prevents us from becoming impure again. Once this

process of purification is complete we would be self-realised. Such a person will not have an ego.

The soul exists in two states simultaneously. This gives the impression of two personalities while there is actually only one being. The deeper personality and the manifested personality will become one personality. This is when the individual will experience the Light. We cannot experience the Light as long as we do not experience stillness. To become self-realised or to know oneself completely experiencing stillness is the first step because we are stillness.

When we experience stillness we can experience this true freedom. Self-knowledge leads to self-realisation. Self-realisation begins with experiencing stillness. Stillness is possible only when we surrender our thoughts, emotions, ideas and attachments and we experience freedom. We search for freedom outside in the external circumstances but true freedom can only be found within us through self-knowledge. This is Dhyana Yoga, the union with the Divine through the knowledge of the self. Dhyana begins with self-knowledge and ends with the realisation of Aham Brahmasmi – ultimate self-knowledge, which leads to the experience of oneness with the entire Creation, which gives us access to all other knowledge.

In a non-realised person the awareness would be mostly operating at the level of the body, mind and intellect whereas in the self-realised person the awareness would be at the deepest level experiencing stillness and bliss, while the activity at the surface level happens by itself; he is only a witness to it. This is complete surrender. In this state the Divine Will takes over and everything happens by itself. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is the Light we use while channelling used in Reiki healing also? Or do they use Prana for Reiki healing?

A: The energy available in this Solar system is used during Reiki healing and also during Pranic healing. It is not the Cosmic energy, not the Light but each Solar system has its own special energy, which is brought down during Reiki and Pranic healing.

Q: Are the Andes Mountains and Himalayas connected?

A: Yes. All Mountains are interlinked or connected energetically. This is a very beautiful revelation. Similarly, all the rivers are interlinked energetically. Similarly all the pyramids are interlinked. All the Rishis, their work and the workers are interlinked. All places of worship are not only interlinked energetically, they also connect us to God. You can go to a church, sit in Meditation and you can experience Lord Venkateshwara of Tirupati.

Q: God creates only goodness and not evil. How can this be explained?

A: God created 14 Lokas. We are on the 7th Loka or a plane where the good and the bad have equal opportunities. If we go down to the netherworlds, they contain pure evil. There is no answer to, 'Why did God create evil?' because we don't understand God. Amara said that perhaps it is His Leela, His play. Perhaps, He created both to go through varied experiences, to compare.

Q: How can I face the pressures in my work place? Is there any technique?

A: Please go through so many techniques already given. Practise

Shambala principle number one and try to counter the pressure. You will be able to withstand the pressure and also fare better than the best. You may practise Shambala principle number two. We have been saying 'carry Light always' and also channel Light. Are these not techniques?

Q: Can all the 1600 people join you wherever you go, by their choice?

A: I had mentioned that in every cycle, I take birth to do this work in assisting people to enter the New Age and I have a batch of associates, 1600 people, who also join me. The answer is: yes, they join me by choice. Choice is very important.

Q: What is the deciding factor?

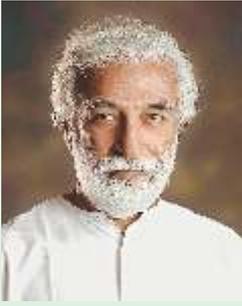
A: Firstly, the deciding factor is choice. People choose to be with me. Secondly, it's the love for the work of the Rishis. When you seriously take up the work of the Rishis you will realize that you have to give up many things. Then it is tuning to the Rishis. Whatever the Rishis say you have to follow. You should not question. It is also imperative that you tune up with other people that you are working with.

Q: If one of these does not rise to the expectations in a cycle, will he be given an opportunity in the next cycle?

A: All the 1600 people rise to the expectations. But sometimes, we also take in new people who are not very familiar with the work and the Rishis; they may not rise to the expectations. Then they will be given opportunities; they will be trained, explained things, but if they don't rise to the expectations naturally we can't take them. Next life itself they will not be with us. But the opportunities will never close. Anyone can join at any time. ■

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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 was in the US and wondering about how I would do the Mahashivaratri Meditation. Just then I thought to myself about reading the Newsletter online. To my joy it was as if Guruji himself was talking to me through the Newsletter about the detailed way of meditating! Our path is so unique that even without sending an email to our senior guides we get our answers right away!

I can only say that this is the best Path I have joined and with each passing year things get better and better. In my utmost time of need I am always helped in some way or the other.

– Nandita Patel

I find myself to be a stronger person now. Earlier people used to take advantage of me. Now I am firm and do what is right without worrying about the consequences! There is deep peace within me, which I feel is more valuable than all the diamonds in the world! I feel the presence of the Divine around me. Life is beautiful! Now I strongly believe that everything happens for a reason and I find positivity in all difficult situations.

– Payal Varma

Just recently, one day before Shivaratri, I had come to Taponagara. While meditating, suddenly with a jerk my whole body shook. I saw Lord Shiva sitting in front of me and meditating. There were fumes of incense. White light spread in my whole body and I felt amazingly peaceful for some time. Then I experienced expansion. It was wonderful! I have experienced this before and every time it feels good.

– Bhavana Vichhivora

During my last visit to Amara's Samadhi Mandir, I prayed for an event to be successful. During the prayer

I felt I got a positive answer from Amaraji. I had no hopes whatsoever that it would happen. Suddenly, we got Divine help, the situation changed overnight; and the next day the function was a grand success! Every one appreciated my efforts.

– Dheenadayalan Perumal

On 1st February when I began meditating at 6.30 in the morning, suddenly I started seeing golden Light in front of my eyes and I realised that it was Amara Jayanti. After that I worshipped Amaraji mentally and offered my love and Light to him. I felt very nice during the entire period of Meditation. I was very happy the whole day and was feeling the presence of Amaraji and Guruji with me.

– Saroj Sawale

There is a mention of 'touch and go' in one of the recent issues of 'Prakashmarg'. An exactly similar incident happened. My aunt came to visit me. She had severe stomach ache suddenly and her condition became very serious. She had to be shifted immediately to the ICU. The doctors said that in 'Septicaemia' medicines do not have any effect on 90% of the patients. But my aunt recovered completely. I feel my aunt's life was saved only by the grace of the Rishis.

– Anuja Gunjal

I am experiencing an increased peace in my normal, daily activities. My reactions, responses and habitual practices – like driving to work, eating meals – are becoming moments in which I think of the loving Light looking after that moment and peace automatically takes charge. It's as if I am wearing 'Light' filtered glasses as I look at the world.

– Lucinda Bach

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