



MAHARSHI AMARA (1919-1982)

**WE TEACH MEDITATION AS TAUGHT  
BY THE RISHIS**
**LIGHT**

is the Intelligent Power behind all Creation. Light is God.

**LIGHT WORK**

is assisting all life to raise its levels of Awareness and Experience for a better living.

**LIGHT BEINGS**

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

**SAPTA RISHIS**

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

**MAHARSHI AMARA**

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

**GURUJI KRISHNANANDA**

was the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

**SAPTARSHI DHYANA YOGA**

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

**THE AFFIRMATIONS**

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

# DOORWAYS

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MARCH 2016

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**REFLECTIONS****Guruji Krishnananda**

(Excerpts from old Newsletter – January 2010 issue)

First, let me wish everyone a very Happy New Year.

It is truly a new year. We have entered, on 21st December 2009, the Aura of the Photon Belt, a special Energy Field. We have entered a new phase in the history of mankind after thousands of years. It is truly a new phase and a new year to begin with.

We have entered the Aura of the Photon Belt exactly three years earlier. We will be entering it actually on 21st Dec 2012.

A lot of interest and fear have been whipped up by some TV channels about 2012. They spoke of destruction. Only of destruction. So, the fear is natural. They spoke of happenings on the physical plane. But they ignored the Spiritual part, which is the most important part, the real part of the events in 2012.

2012 is a Gate-way Year.

2012 takes us to the New Age, the age of Purity, Love, Peace and Truth. To live in this Age, we have to be pure, loving, peaceful and truthful. If we do not live these values, we cannot live in the New Age. Those who cannot adapt to this Age will have to shift to other earths where the old ways of imperfection, non-love, violence and non-truth are allowed. So, their bodies perish here, naturally. Why can't we change? We can change. We can change and enjoy the life in the New Age.

Will there be destruction at the physical level? We do not know! That is the truth.

It is possible that, because of several co-incidences, there could be collapse of man-made systems which are unjust. Systems like justice, governance, political etc. but, new systems emerge. The Solar flare may disrupt or destroy the communication systems. But there emerges a better communication system when we communicate with our innate faculties of telepathy and soul to soul communication. The transport system may collapse and food articles may not reach all. But human beings will quickly learn to absorb the energy or Prana available in the atmosphere and live. Survival is humanity's saving art always.

I am not the only one who speaks of these. Other Light Workers are doing more. But, strangely, these are ignored. Even intelligent people do not listen to the truths.

I expect all this to change as we enter the Aura of the Photon Belt.

May the New Year open up new windows of Light. ■

**MANASA FOUNDATION (R)**

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**MEDITATION CLASSES****Held in Taponagara**

on Sundays (10 AM - 11 AM)

**Held in Bangalore city on**

**Sundays** (7 AM - 8 AM)

at Anjaneya Temple  
Mahalakshmi Layout

**Mondays** (7 PM - 8 PM)

at Anjaneya Temple  
Mahalakshmi Layout

**Tuesdays** (7 PM - 8 PM)

at Sri Aurobindo Complex  
1st Phase, J P Nagar

**Wednesdays** (7 PM - 8 PM)

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

**Thursdays** (7 PM - 8 PM)

at Devagiri Venkateshwara  
Temple, BSK 2nd Stage

**Fridays** (7 PM - 8 PM)

at Indian Heritage Academy  
6th Block, Koramangala

**Saturdays** (7 PM - 8 PM)

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

**Held in Anekal**

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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

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**MAHASHIVARATRI TECHNIQUE**

Rishis bring down an Amsha of Lord Shiva in the night on Mahashivaratri, which enters every home on this earth as a ray of Light, the next morning. His energies remain here for 10 days. We can be aware of His special presence during these 10 days. To experience Lord Shiva and to absorb His energies, we can practise this technique for 10 days from Mahashivaratri in place of our Stage Meditation. Imagine a huge Shivalinga made of Blue Light in front of you. Imagine yourself entering this Shivalinga as a speck of Light. Experience the Blue Light.

**NEWS AND NOTES**

- ◆ Around 250 people participated in the Amara Jayanti celebrations in Taponagara on February 7, 2016.
- ◆ More than 80 people had gathered to celebrate Amara Jayanti in our Sapta Rishi Dhyana Kendra at Anekal on February 1, 2016.
- ◆ On February 1, 2016, The World Channels Day, more than a million children and teachers in 2370 schools channelled Light silently to bring more Peace on our Earth.
- ◆ Orientation class will be held in Taponagara on Wednesday, 4th May 2016 from 11AM to 1PM. External Guidance students who have access to the webcast can also join through live webcast. Those who wish to participate may please contact Manasa office and register before 30th April 2016.

**MEDITATION ON SPECIAL DAYS**

02	Wed	Krishna Ashtami
07	Mon	Mahashivaratri
09	Wed	New Moon Day Solar Eclipse: 4.49AM – 10.04AM
16	Wed	Shukla Ashtami
18	Fri	Shukla Dashami
22	Tue	Kamadahana
23	Wed	Full Moon Day Lunar Eclipse: 3.09PM – 7.24PM
25	Fri	Good Friday
31	Thu	Krishna Ashtami

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
07-3-2016	Mahashivaratri Special Meditation: 12 Noon - 1PM
13-3-2016	Shambala Group meeting at 2PM
20-3-2016	Ra Group meeting at 2PM
23-3-2016	Lunar Eclipse Special Meditation: 3.09PM – 7.24PM

**KAMADAHANA TECHNIQUE**

On 22nd March, Tuesday at the time of moon rise, imagine a Homa Kunda in front of you. Invoke Agni Deva - say the Mantra 'Om Agni Devaya Namaha' once and imagine fire in the Homa Kunda. Imagine the Arishadvargas – Kama (excessive desire), Krodha (anger), Lobha (greed), Moha (attachment), Mada (arrogance), Matsarya (jealousy). Imagine Kama coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. It gets burnt completely. Repeat the same for other five. Thank Agni Deva. Afterwards, you can experience the Light in you for some time.

On 9th March there is Solar Eclipse from 4.49AM – 10.04AM. And on 23rd March there is Lunar Eclipse from 3.09PM – 7.24PM. Please channel Light to the whole world during the entire eclipse period.

## 6<sup>TH</sup> WORLD CHANNELS DAY

Manoj Chopra

For every Light Channel Volunteer, 'World Channels Day' is always a memorable day. It is a day of joyous and priceless moments in their lives. Our Volunteers spent the entire month of January preparing for this grand celebration. Every Volunteer wanted to contribute in his own special way on this special day. Each one of them wanted to utilize this opportunity to the fullest.

It is the day of Love and sentiments towards our beloved Master, Maharshi Amara.

I always believed that "Oneness" in the team is key to the success of 'Light Channels World Movement'. If we have reached any milestone, it is because of Oneness in our team and the grace of Masters. Oneness removes fear and promotes courage. With courage and confidence, when the team decides to achieve, it can achieve the impossible.

Year 2015 was very tough as several of our Volunteers were undergoing health issues apart from personal and professional challenges. We could not do much work till November end. But just 21 days before the World Channels Day, when we met for our quarterly meeting, there was a sudden surge of energies. We felt that our Masters had shifted us to a higher level. All teams geared up and started preparing for the great day.

Every team worked day and night and prepared a meticulous plan. Several Volunteers sacrificed their personal time and helped their co-volunteers to accomplish the given task. Some Volunteers travelled hundreds of kilometres and covered distant schools, and several others applied for leave and took time off from their busy work schedule for this universal cause. Our Volunteers worked like leaders and completed their planning much before the stipulated time.

Our Area Co-ordinators are like Mentors. They crossed several hurdles and kept their cool in difficult situations. They are the role models for Volunteers in their teams.

On the World Channels Day, our day started at 6AM by offering our respects to Maharshi Amara, followed by 7 minutes of channelling. The whole day was like a blessing. Everyone experienced special energies and grace throughout the day. Hundreds of schools joined us in channelling of Light voluntarily. Few residential groups also joined us by channelling Light. The day ended by thanking our Masters, followed by 7 minutes of channelling.

The 6th World Channels Day was a huge success. More than 1 million children from 2370 schools channelled Light. I have no words to thank the school Authorities and children who joined this day whole-heartedly.

I wish that the Light brought down on this day brings more Peace on our Earth and brings smiles on the faces of millions. ■

## 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)

March 2005

When a person sits before you, confused, weak, helpless and frustrated, you have to give life to him, you have to give him hope and not false hope. There is God always behind us. You must tell him how to link up to God. This job is not easy. You must do it with great Love, with a lot of patience. For this, any amount of preparation is not enough.

Whoever wants to take up the work, let them first experience, let them have enormous Love. We must always remember that we are in a plane of imperfection. We ourselves are imperfect. All of us are moving towards perfection. There are more failures than successes and it is natural. If we sit in judgement, we have to convict ourselves more. Never judge, never condemn anyone because the temptations to judge are too many. For this, it requires great Love. You have to match heights nothing less than the sky and it is only then you can see life with great compassion, you can see from the angle my Guru tries to see; from the angle the Rishis see. That is why the Rishis do not judge. The Rishis are temples. These temples never close. Human temples have working hours, locks, and hundis! Not these temples. They are always open. Sometimes people ask me very sincerely and genuinely, "If I pray at a particular time, will I be disturbing them?" I say, "No. You can pray and ask them at any time or every time you are free! They won't get offended." All these things are important. I am happy that you understand these things. I am happy that you are here at this point of time because we have the greatest responsibility. It is not merely meditating and seeing our problems solved and seeing our children getting married. Everyone will do that. We have to carry this Light that is given to

us with so much of Love and so much of hope. I am hoping that we carry this Light and pass it on to the others. That is why we do not have too many people. We are only a handful here. Each one of us has this responsibility. Each one of us is chosen. Otherwise we would not be here, 20 kms away from Bangalore, on a Sunday. We are committed unconsciously to the work of the Rishis. When we become aware of this, we suddenly feel guilty for having wasted so much time. So much of work is waiting for us to be taken up.

I wish to clarify about meditating or not meditating in the night between 11PM and 4AM. We have said not to practise anything during this time, except sleeping. Perhaps if I had not mentioned about this, people would be sleeping comfortably! Because we mentioned about this, they say that they want to meditate! You can only meditate apart from sleeping but do not practise anything else. There are reasons for this and we shall not go into details. We have to follow the local time wherever you are.

During Shivaratri, we worship Lord Shiva at 12 Noon and at 12 midnight we make an Astral travel to Mount Kailas because Lord Shiva comes down at this time. People in America cannot follow the local time. They have to carefully check up and try to make an Astral travel during the time Lord Shiva comes down. People have to gather in Mount Kailas. It is difficult to follow local time for such things as they may be working at such times. They have to pray to the Rishis. The Rishis will see that they are brought here astrally, partly. They will be blessed. This is possible. Sometimes, with some people this part Astral separation is not possible. In that case the Rishis will bring them to Mount Kailas when they sleep in the night. At that time and they will get

the same benefits as others get here.

Whenever we have problems, whenever there is pain and whenever there are questions and we struggle to find answers, whenever we are heavy with such things, we can think of the sky. If possible, we can literally go out, look at the sky and go on looking at it. When you do this for a long time, thinking of it, experiencing it, someday you will be surprised to see that the sky talks to you. This is not an exaggeration, you can try this. The sky has all the wisdom. It has all the strength and the power and the sky will lovingly give this to us. It will give us everything and anything – Wisdom, strength, comfort, protection, whatever we require to deal with this life, to deal with the problems of life, to have peace of mind. We should not stop with that; we must continue to interact with the sky. We must make the sky a companion. When this happens, I think all Sadhana ends. All confusion about Advaita and Dvaita will stop. There will be no more confusion because the sky is simply God Himself. Try this. It is a technique.

Every day there will be the same sun setting, the same breakfast, the same people, work, etc. But, we can look at it in a different way. If we can make this moment and the next moment fresh, it is then we have the thrills. It may be the same thing like yesterday, but you must feel the excitement of the new moment. Somehow we have lost this capacity to wonder. We find this in children. We have to go back to that innocence of childhood. This is also part of Sadhana. Sadhana is not mere Meditations and struggling with sleep, there is much more to that. In every moment there is a whole life. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

14-09-2014

A question was asked: Can the dark forces use Light? I feel if the dark forces start using the Light they cannot remain dark. Light is all-powerful. Light transforms us; it will transform them also. The dark forces probably use some other energy. I feel the intention is important. If the dark forces wish to do something good and if they want to use Light, then I think Light will happily oblige and help them. The intention of the dark forces is generally to spread unhappiness, to do things that are not positive. If they want to achieve their dark objectives by using Light, the Light will not help them.

Light removes darkness. How can it help darkness? The Light that we are channelling is the highest Intelligence, the supreme Intelligence. It knows our intentions. We cannot try to be smart with the Light. The Light is smarter than the smartest. The Light will help only when our intentions are really pure. When we genuinely want to spread love and all that is positive, only then Light will help us. When our intentions are pure, we get connected to the Light and It begins to operate through us. That is what happens when we are involved in the work of Light Channelling or any wonderful work. It can even be just a pure wish for another person.

Anyway, coming back to this point about the dark forces – if a dark person wishes to change, wants to become good, wants to learn Meditations, will the Rishis help him? Definitely Rishis will help him. The Rishis never judge. It is a principle they follow to the last detail. But, if the person takes up Meditation and instead of changing if he persists in activities of spreading non-love, then, this person cannot remain in the Path for a long time. He

will go away from the Rishis. He will move away from God.

It's an observation from one of our Meditator-friends. He found that the technique of improving our memory and concentration is given in two of our books – 'Living in Light' and 'Light'. This person observed that the techniques given in both the books are different. He asked, "What should I do?" I feel we can practise both or any one of the techniques. Light is the supreme Intelligence. It knows our intentions. It helps. So we need not worry about it.

12-10-2014

When we have faith in the Spiritual principles then we will not think in terms of loss or gain in the material terms. For us making the right choice based on our alignment with the Spiritual principles will be of paramount importance. The Light takes care of us.

The other factor that helps is humility. Humility is very important in Sadhana, because ego can surface at any time, at any stage, and then it can cause our downfall. So humility keeps our ego in check. I remember Guruji used to say that we cannot approach God with arrogance. Arrogance keeps us away from God.

The other thing is surrender. Think of the Masters like Raja Harishchandra for example. To reach such levels we may have to pass through very difficult tests. For the time being, let us understand it as acceptance of whatever comes our way in Sadhana, in life. Life and living is also related to Sadhana. In Spiritual pursuits one can never be fully contented, fully satisfied. Although we accept whatever comes our way we still want to move forward towards God. That is why we continue to

gather here. We have to accept everything – people around us, situations in our life, challenges, problems, grace, abundance and we will have absolutely no complaints.

We cannot avoid feeling sad or happy at different times depending on the situations. When we get a gift, a new gadget for example, we do feel excited. It's something new and we are curious to explore. That is the human part. We have to retain this human part. Of course we can avoid the extremes. Similarly, when there is a setback we do feel sad. That is the human part. It's fine.

Surrender or acceptance makes us patient which is very important in Sadhana. We know Rishis have enormous patience. That's why it's not easy to become a Rishi. When we take up Sadhana to get a problem solved, we have to be patient, otherwise we will get disappointed and we may leave the Path. So patience, acceptance, surrender help.

09-11-2014

A channel of God, channel of the Light is a very important person because it is through him or her God works, God's love flows. A channel is important because he may choose to or also may not choose to allow God's love to flow through him because of the Freewill. All of us who are involved in consciously channelling of the Light are Light Channels. Every individual on this earth is a potential channel of God as each one is a part of God. We can channel His love and by doing that we can contribute to creating a beautiful life here. If people on this earth had chosen to be the better channels of God's love, there wouldn't have been any place for negativity or darkness on this earth. ■

## 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)

Some time back a person asked me: "With the conditions prevailing in our world today will everyone transform and qualify to enter the Light Age? How is this possible?"

During this transition period the Rishis flood our earth with a lot of Light and energies to help us transform. But these energies can help us only if we welcome them and accept them. They respect our Freewill and do not force us to change. Most of the new souls that are taking birth now all over the world, through their higher Spiritual condition become the seeds of the Light Age, the points from where the Light Age can come into this world.

We already know that some individuals are dark souls and that their job is to bring darkness into this world. When a good soul brings and spreads darkness it is Adharma because it is against its nature. So in effect all the Adharma in our world today is being committed by the so-called good souls.

Guruji had mentioned that anyone who is born after 1974, that is, after the Kali Yuga ended, is born with a superior mind. And they deliberately take birth now to improve the vibrations of our earth to hasten the dawn of the Light Age. Those who meditate regularly and experience stillness will be able to refine their minds because of the meditational processes, the energies and the mind matter given by the Rishis.

This process of replacing old individuals, who refuse to change, with new individuals who want to change is a major contributing factor in transforming our world, which will naturally further increase the pace of the dawn of Light Age. Only some will change while most will

just leave this earth when their time comes and will not come back here for a long time.

Guruji used to say, 'just choose Light. It is enough.' But we must realise that we have to choose Light in every situation. It is a continuous process.

The vibrations of a loving thought are far too powerful compared to a negative thought, which is very, very weak. It is for this reason Guruji emphasised so much on positivising and the Shambala principle of spreading love. Guruji wanted us to be disciplined, dignified, aware, responsible and self-regulated because we represent the Rishis.

About ten years ago a survey on religious beliefs was conducted in England. It was found that nearly 40% of the people had left the religion column blank meaning they did not belong to any religion. This reminded me of Universalism. Guruji had said that the process of establishing Universalism was initiated at the Astral level on June 16th, 1995; and that it will be the religion of the Light Age. The Rishis had said that we have to bring it down, especially the Meditators – within each of us – by practicing the values of Universalism such as love for all, compassion, sharing, truth, peace and perfection. It also includes not judging others, overcoming prejudice, avoiding gossip, getting rid of falsehood, insensitivity, rudeness, disregard for others and discrimination. We can begin manifesting or practising Universalism even in the small details of life like driving, working, interacting with others and also internalise it in our thinking and emoting. ■



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

**Q: Will I be conscious of the choice I made at the level of the soul?**

A: We are aware of what we do at the level of the soul, what we feel or what we decide.

**Q: I cannot control my anger. Please help.**

A: I believe that we can always control our anger. We don't make attempts. Anger is a part of our living. We can and we have to manage that. If you practise Shambala principle One, you will be able to manage your anger.

**Q: Should we try to actualize our desires?**

A: Of course yes.

**Q: Can we try to live like Gods?**

A: Of course you are free. But let us begin living like human beings first, then like Gods.

**Q: What is the difference between Puja and Sadhana?**

A: Puja is a Sanskrit word which means worship. Worship is an expression of our love and respect towards God. There are different ways. You can go to temples and do it in a ritualistic way or sit quietly, close your eyes, try to connect to Him, send your love. That's enough. That is also worship. But Sadhana is effort, as in Meditations, we try to improve ourselves. Puja has its own end and limitations. But Sadhana is always continuous.

**Q: Do both these help us in our Spiritual journey?**

A: Sadhana helps. Meditation and other efforts help. In Puja you may feel happy having offered Him your love. But in the Spiritual journey this is not enough. We have to make efforts, practise things.

**Q: Can a Sadhak involve himself in Pujas?**

A: It is up to the Sadhak. You can do Pujas and also meditate. We have never said that you have to stop practising rituals. We have told you that there are higher rituals. After doing Puja you should not stop meditating.

**Q: Is receiving energies enough for Spiritual growth?**

A: When we receive energies we keep it with ourselves. They may try to lightly exert their influence. When you carry great energies in you, naturally you experience their vibrations, you get influenced, get impacted. We must learn to use the energies. If you get angry ask these energies to subdue the anger, eliminate it.

**Q: How do I distinguish intuition from my own mind's projection?**

A: If you are alert you can make out what the mind says and what the intuition reveals. I will give some tips which will help you. The mind will be saying things to please us, which may not be entirely true. But our intuition will not do so. It helps us to grow spiritually. Mind will be assertive. It's a very important point. Intuition will not be very assertive, it will show the reality as it is but it won't insist. It allows us to operate our freewill. Mind cannot comprehend the truth wholly, it can comprehend only a part of the truth. If we follow whatever the mind suggests, we will be following partly the right way whereas the intuition can know the whole truth. Intuition is wiser. We have to spend more time with intuition and allow it to operate. ■

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Light	10/-
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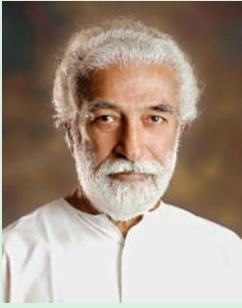
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प्रकाशवाट (Marathi)	150/-
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प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-

ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-

தியானம் செய்வது எப்படி	50/-
ஒளியின் வாயில்கள்	200/-
தியான யோகம்	50/-
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நவீன ரிஷி ஒருவரின் சூಕ್ಷ்ம சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-

ಧ್ಯಾನಂ ಕೆಲವು ವಿಧಾನ	50/-
ಕಾಂತಿಕೆ ದ್ವಾರಮುಲ	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)

Light has become my all time companion in dealing with the most trivial to the most difficult things. The relation with Light is becoming stronger. On 12th November, while meditating at night I saw the Cosmic Tower. There was a Divine golden Light above the Tower and then I saw a very 'bright golden' Rishi in a meditative state. All the Rishis, Guruji and Vishwamitra Maharshi were inside the Cosmic Tower. Instructions about the work to be done were being given by them to the Meditators present there. Deshpande sir was also there. Guruji told me to go to schools and teach Light Channelling. Accordingly I have taken up that work.

When I realised that I should do Sadhana as told by the Rishis and Guruji, my Sadhana became more smooth and easy. I am learning the art of being able to live this life naturally.

- Vaishali Nitin Tare

Every day there are little miracles in my life. Fear had been my eternal companion. But now it is Light.

We went on a holiday to Malaysia. On 28th December I left my handbag in the rest room at Kuala Lumpur. It had my passport, mobile and loads of cash. Later, I got back everything intact! All this happened even before panic could set in, in me. And just an hour back I was listening to Guruji's lecture where he had said 'You are protected!'

Books referred to in the Sunday lectures seem to come to me miraculously!

- Maitreyi Sasank

Life has changed, is changing, and these changes have made me a stronger woman. Problems, which come in dozens at a time, seem to fly out of the window in no time! Light shows me the way to handle them and solve them.

- Sandhya Singh

### FORM IV

(See Rule 8 of Press and Regulations of Book Act)

1	DOORWAYS	Title of the Newspaper
2	Registration No.	KARENG/2005/16369
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I, S.B. Shyamala Devi, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Bangalore

Date: 25-2-2016

Sd/-

S.B. Shyamala Devi

Signature of Editor, Publisher & Printer

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