



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 11

OCTOBER 2016

Rs. 25

**REFLECTIONS**

**Guruji Krishnananda**

(Excerpts from old Newsletter – July 2009 issue)

A social worker's Ashrama was bulldozed by the enraged state machinery. The TV set, computers, documents, utensils, and even toys were destroyed. He spent the night under a tree with his wife and two young daughters. Later on, when a journalist asked him how did he feel about the experience, he answered that when he took up the work he knew that he would have to face such experiences. He was cool, calm and was not bitter!

History reveals that people were burnt alive, crucified and were severely tortured when they spoke truths and taught Love. They knew their ends even before they began their work.

I wonder what makes them choose the work and remain cool and courageous when they face such brutality and injustice! What spirit gives them such courage and inspiration!

Anger creates distances. Anger makes us hasty and hateful. In anger, we make wrong decisions. We know all these. And yet, we succumb to it. We lose our relations, lose a part of living and fall spiritually. Is it not possible to keep aside the anger and not lose people and life? It is possible. We do not try. That is all.

It is possible to keep aside the anger and allow it to evaporate. It is possible to forgive a person even before he says "sorry" or does not say "sorry". It is possible to remain untouched by the world and sit like Himalayas, unshaken and majestic. Everything is possible, provided we choose. We Meditators do not have choices to live otherwise. We have to manifest Love and forgive. If not, of what use is Meditation except a posture and a fashion?

Many have enquired about me not writing the Blog for quite some time. I am touched by the concern and affection. I could not write the Blog these days because I had lost the muse for some time. I was disturbed though for a short time.

I will write. There is so much to write about and live! ■



**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](mailto:info@lightagemasters.com) website : [www.lightagemasters.com](http://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.

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/  
PRAKASHMARG(Marathi)**  
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## NEWSLETTER

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



Sri Krishna Janmashtami was celebrated in  
August month's Residents Meet in Taponagara.

## NEWS AND NOTES

- Amara's Maha Samadhi Day was observed at our Saptarshi Dhyana Kendra in Anekal on 25th August 2016 and in Taponagara on 28th August 2016. More than 80 people had gathered in Anekal and about 200 people had gathered in the Meditation hall at Taponagara to offer their respect and Love to Amara.
- Old copies of some of the issues of our newsletter "Doorways" may be purchased from the Information Centre.
- More Volunteers are required for teaching Light Channelling to schoolchildren. Our Meditators, who may be interested, are welcome to join us in this noble work. Those who can spare half a day on any of the weekdays for this work can join us. Interested Meditators may please contact Manasa office.

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon  Light Channelling: 12 Noon - 1PM
09-10-2016	Light Channel Volunteers meeting at 2PM
30-10-2016	Akhanda Dhyana (Light Channelling): 11AM - 1PM

## MEDITATION ON SPECIAL DAYS

01	Sat	Navaratri begins
07	Fri	Worship of Sarasvati Devi
09	Sun	Durgashtami
10	Mon	Ayudha pooja
11	Tue	Dusshera Vijaya Dashami
16	Sun	Full Moon Day
23	Sun	Krishna Ashtami
29	Sat	Masa Shivaratri Naraka Chaturdashi
30	Sun	New Moon Day Deepavali Worship of Mahalakshmi
31	Mon	Balipadyami

### Special Meditation technique for Navaratri

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

Please visit [www.speakingtree.in](http://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.

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I shared the Light Channelling technique with some of my friends. They were touched by the simplicity and flexibility of the concept. They felt fresh and experienced calmness. My friend, Maithili Shere experienced a warm heavy feeling around head and neck region while channelling.

– Geeta Joshi, Volunteer

I am practising Light Channelling regularly in the morning and before going to bed. It relaxes my mind and helps me very much with my studies, concentration and many more things. While channelling at home my brother also joins me. He was weak in studies. But now he has improved. I also tried to spread this to our neighbours, friends and others, so that our whole world will be at peace and everyone will interact in peace. Thank you for this opportunity.

– Sowmya H. K., Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

It feels good to practise this technique. When I am practising Light Channelling, I feel very precious.

– Chandan, Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

After channelling all the pressure on my mind was gone and my mind became fresh. There was a new and pleasant feeling. I like to practise this technique and I can face any challenge by practising this.

– Sunil Kumar, Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

I feel Light Channelling is very good for our health and it relaxes our mind. Sitting for 7 to 8 minutes also relaxes our legs and hands. My family members are also practising it. It is very good for their health too.

– Naveen, Std. VI, Sri Sharadha Primary School, Jayanagar, Bangalore

By practising Light Channelling I feel calm and happy. My concentration has improved and I am able to concentrate better on all the subjects. I would like to be a good friend to everyone.

– Tarun R., Std. VI, Sri Sharadha Primary School, Jayanagar, Bangalore

## TAPONAGARA DIARY

Seema Almel

Maharshi Amara's Maha Samadhi was observed and Sri Krishna Janmashtami was celebrated in Taponagara. Many Meditators gathered, meditated and received the blessings. Sri Krishna's Presence for ten days on earth is a well-known fact for most; in His Divine Presence, Taponagarites dedicated the Residents Meet to Him. Four seven year olds, two boys and two girls, paired up as Radha-Krishna and danced as the Divine Couple. Their mothers not only choreographed the sequence they also joined at the end of the performance, quite like Mother Yashoda would have for her Child in the ancient times.

A group of four teenage girls presented a Bharatnatyam recital. Ms. Uma Maheshwari prepared them in a matter of a few days. A lot of hard work and dedication went into making the show beautiful in every way. None of the girls are trained in the Classical art form, yet they mesmerized the audience with their steps.

'Krishna tum ho jagat Guru' – a devotional song written by Guruji, was sung by a group of ladies. Though dressed in different attires, they chose yellow as a uniform colour to resemble the *pitambar* of the Lord. At the backdrop, an elaborate flower rangoli decorated a small altar of Sri Krishna. Devotion, Love, Joy emanated from every heart and wafted in the air as thick fragrance of incense in a temple. ■

## 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)

May 2005

If you go to a bookshop and try to find books on Spirituality - on Yoga particularly - you get hundreds of books. A lot is written on Yoga. You must read as much as possible. Although we know what Yoga is I would like to give you 7 new points about Yoga and I will be straight and brief. You can go on contemplating on these points.

What is Yoga?

1. Yoga is our original existence with God, which is absolute bliss. On the human plane, living all the time in bliss is Yoga. It is not easy. Here we are attempting something, which is very difficult, otherwise we would not be here. As I always say, to climb Himalayas, we have to struggle. Nothing is easy, but let us know things clearly.
2. Yoga is expansion of thoughts, emotions and actions. In the state of expansion, we are in tune with God. A Yogi's thoughts will never be the ordinary thoughts. His thoughts will naturally be of very great expansion. Once I went to Amara on a day when a Rishi was initiating people. Amara was outside the room. The Rishi was inside the room astrally. Amara told people, 'go inside and sit and the Rishi will give you the energy. You should not sit for more than one minute.' People would like to sit for more than one hour to receive more and more energies. There would always be a tough volunteer. He would knock the door after a minute and ask the person to come out! Amara said at that time, 'I feel sorry for the lacs of people in Bangalore, because all of them could have come here and taken advantage of this initiation by a Rishi.' When I was thinking of the bus that I had to catch to go back home, my Guru was thinking of entire Bangalore!

A Yogi's thoughts will be always expanded. So living in expansion is Yoga. When you live like that you are in tune with God.

3. Yoga is Love. I have talked quite a lot about Love. Love is the total essence of all that is good and positive in this entire Creation. Love is God. It is not an exaggeration or a slogan. Without Love, there would be no Creation.
4. Yoga is surrender. In surrender, we offer everything including the Ego. It is the most difficult thing and we give up ego also. That is the ultimate surrender - when we reach the state of 'Namaha'.
5. Yoga is living beyond time. Time has its own influence. We are in Kali Yuga and we are subjected to its influence. We have a past. The past of this Life will sometimes disturb us. We have the past of the previous lives. We go through the consequences of our past actions which are called Karmas. So the past has its effects. We worry about the future. So the future also has its effect. The present is of course there. The heat and pain in the legs are the realities of life which are in the present. A Yogi is not touched by the past, present and future. He is always above time. A Yogi may be in any Yuga but he always lives in Satya Yuga. All the Masters live like that and for the people in Kali Yuga to understand this completely is impossible.
6. Yoga is Vairagya. When we experience the highest - God Himself - we lose desire for everything else. We give up all attachments.
7. Everyone agrees now that Yoga is not mere Meditation. Once I was to meet the President of Yoga Association of Karnataka. He is a very big man. I had to wait for quite some time. He was very good to me. But when I casually

mentioned - it was 20 years ago - that Yoga is not mere Meditation, he got angry. He said, 'I am trying to take Yoga to Olympics and you say that Yoga is not Meditation.' I did not argue with him, as my nature is not to argue. I understood his point of view. But I did not agree. I felt sorry for him. President of Yoga Association wanted to take this to Olympics! Will you take Meditations to Olympics?!

I went to open a centre and met a person. It was a huge hall. He said, 'I will invite my trustees and you give a demonstration, then we will decide whether to allow you or not.' I told him that he can only see me closing my eyes and sitting. What else can I demonstrate? Demonstrating Meditations!! For the sake of humour we can laugh, but I feel sorry for these people, they do not understand.

I have met different types of people - simple people, good people, 70 years old people, wonderful people - who could have achieved a lot spiritually, but somehow they did not. A person was talking something and Amara told me, 'from this level, we have to raise the awareness of the people and that is your work.' Some of you are teachers. You have to sit by the side of these people, like you sit by the side of your child, and guide them. You have to have all the patience on this earth. It takes a long time to understand the work. A person asked a question to Shyamala, 'how long does it take to become a teacher of Meditation?' She told him, 'a lifetime.' She told it rightly. It is not passing on some techniques. It is first realizing, living, and then transmitting it - some things in words and many things in our living. ■

## EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

09-11-2014

Sometimes while meditating some people experience movement of the body. Their body shakes or moves. Based on Guruji's guidance, I understand that these are due to their past practices; could be of this life or of the previous lives. We know that in Meditations we are trying to establish stillness in the system at all the levels – at the level of body, mind and intellect. If the body is not still it affects the entire system. What can the people, who have this problem of their bodies making movement during Meditation, do? Of course we always pray to Rishis. They will be helping in their own way. They remove all obstacles in Sadhana, if we sincerely persist.

At the physical level maybe we have to try taking a break for a minute or two from the practice. When we become aware that there is movement of the body, we can try keeping the body still. If our effort does not help and the movement continues, maybe then we can take a break for a minute or two and then continue again. We should not stop completely. As we go on practising and do not give up, as we sincerely persist we get miraculous help from the Rishis.

I remember, there was a person who could not close her eyes for Meditation. The moment she closed her eyes, she would not be able to meditate. So, Guruji told her, 'fine, you meditate with open eyes.' And for some time, for a month or two she meditated like that. Then one day she said, 'I am able to meditate now with eyes closed and the problem I had is gone.' Another example I think of, is of a person who would have a choking feeling during Meditations. Somehow this person persisted with Meditations.

He did not give up. He does not have that problem now. He is meditating without any problem. So we have to make efforts at our level and at another level the Rishis help us to overcome such problems.

23-11-2014

After listening to these beautiful expressions of all the speakers, their thorough understanding of the Path and such wonderful experiences they had with Guruji, I was thinking whether I should speak at all, but I have to speak a few words.

I wonder which Guru will give such multi-faceted, such complete guidance in every detail of our life. Guruji guided people very clearly, in any type of matters. Initially he would guide in every detail and after we had spent sufficient time in the Path, he would ask us to take decisions on our own. But whenever we were in a very delicate situation, he would always tell us clearly, 'this is the right thing to do.'

A Guru's guidance doesn't end with the end of his physical presence and we know that we have so much of knowledge here that we can go on practising. He brought down such powerful energies which will actually transform the world. The Ra energies, the Kundalini energies and there are so many other types of energies, which we are not aware of very clearly. We are yet to understand more about these energies and their impact. What I am trying to say is this – what we have is more than what we need at this point of time. We have the knowledge, the energies in abundance. We are not deprived of guidance that way. And most of us we do experience the help of the Rishis. Whenever we are in a difficult situation somehow we are pulled out of it.

Like other speakers mentioned, without Rishis' guidance it's not possible to run this system. Somehow we are guided in every detail. Like Somayaji mentioned, this Light Channels' office building is the best example. The idea about this Light Channels' building was first given by Mrs. Vasan, who is our Managing Trustee. Before we could formally decide, I was trying to gather some information on how much it will cost etc. What does Guruji think of this project? Does he really approve of it? After his passing over this is the biggest construction work we took upon. While gathering details about the cost etc., I was talking to this person who built this building and when I had just finished speaking with him, a student probably saw me talking about this project and came to me and promised to sponsor a significant part of the building. Though I had not spoken about this project, I don't know how this person came to know about it. And I thought this was an indication that we had to go ahead. Similarly, whenever we are in a dilemma somehow we are guided.

I am grateful to this person who does not want his identity to be revealed and I am bound by my promise. And after that many people helped very generously. I am grateful to each one of them and to each one of you for encouraging me, encouraging my team and supporting us. I am grateful to the person who built this building. He is a very simple man, who has done such a sincere job. I am also grateful to the architect who helped us with the designing of this building and her idea on this elevation somehow adds to the beauty of the building. ■

## 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)

‘Since God knows everything about us, our problems, our desires and our requirements, is it really necessary to pray? Should we or should we not pray?’ We know that every soul has the right to pray to God for the smallest to the biggest requirement. So there is nothing like we should or we should not pray. When we pray we usually do it not to inform God about our requirement, we do it for our own satisfaction.

Though we know that God is everywhere and is in everything, most of us know this only at the intellectual level. Since we do not know this by direct experience we feel the need to pray to God. One good practice is, every time we pray for something, we can ask ourselves, ‘doesn’t God know this already? Do I need to ask for this?’ This way we can increase our faith in God and His omnipresence.

I believe that faith in the existence of God is necessary for the prayer to be answered quickly. Greater the faith more effective is the prayer. If we have an open mind and we are willing to accept the existence of God, we only need to take a look at the life and teachings of great Masters like Lord Buddha, Jesus Christ, Maharshi Amara, Guruji, Ramakrishna Paramahansa, Ramana Maharshi and many other such Masters. These beings experienced God and spoke from their experience. If we are willing to accept, then it is enough to know that these Masters experienced God. If they say there is God then it has to be true. This will still be intellectual knowledge but it is the first step in increasing our faith. For someone who is not willing to accept, no amount of proof will be enough.

Also, when we don’t know what is good for us, what do we pray for? We could be praying for the wrong things. Guruji had given us live examples of this, where people kept pestering the Rishis for certain things and when they were finally granted what they had asked for, they had to go through endless suffering. Therefore after every prayer it is always better to say, ‘please give this to me only if it is good for me.’ Saying this is an act of surrender because it implies that we are willing to accept the outcome regardless of whether it is what we asked for.

Another important point or hint for effective prayer is to ask for something that is at a higher level than our requirement. For example instead of praying for a specific job one can pray for a good career. Or, instead of praying for each problem one has, one can pray for a happy and peaceful life. This will make it less restrictive for the Universe to answer our prayers. Sometimes we are confused and we don’t know what we want. God always knows what is good for us but if there is no clarity within us on what we want then I have to say that even God does not know what we want because a clear desire has not yet taken birth in our minds.

We are free to pray or not to pray. Prayer works better when we have faith in God or Rishis. Whether we pray or not God already knows what we need and He wants to fulfil every requirement and wish of ours. There is majesty, in not praying for ourselves and in selflessly praying for others. Lastly, the one who has surrendered does not pray for anything and the one who prays has not surrendered completely. ■

**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: What is the role of Maya in the New Age?**

A: The function of Maya is the same in all the Yugas. Remember, Maya is a gift. It is never a curse. It is never a limitation. Rishis explained Maya as a faculty to see things as they are created.

**Q: When will Lord Kalki appear and declare the end of Kali Yuga?**

A: The declaration of the end of Kali Yuga is already made. Amara had told us that Kali Yuga ended in 1974.

**Q: How is it that we lose the awareness of the fact that we had chosen to work for the Rishis in the past lives and have to work for them in this life also?**

A: When we choose to work for the Rishis, we will be aware of it the first time we take birth here. But we don't remember in the subsequent births because the memory cells of the past are blocked. We will be aware of our choice at a different level and we will be following. There is one more aspect. Every time we take birth, God allows us to exercise the Freewill. We have to choose every moment. So because of these factors consciously we are not aware of our first choice.

**Q: How can we keep this awareness intact throughout?**

A: Right now it is not possible. But if you have a strong commitment, although you don't remember it, you will always come to Rishis. As we advance into the New Age we will have all the memories of all the lives intact. At that time we will be aware of this.

**Q: How can we use the energies that we receive during Meditations and initiation?**

A: Whenever we make sincere attempts to grow spiritually these energies help us. These energies will be working; purifying us, positivising our thoughts and emotions, keeping this system tuned to God, keeping us healthy, keeping us aligned etc. But consciously we can't use these energies. These energies are given to us for a purpose and the energies know and they will be working for that purpose.

**Q: Why don't the Sapta Rishis take birth and teach us Meditations?**

A: Whenever it is required they do take birth. And to teach us Meditations, they don't have to take birth. They are monitoring us, if not directly, through their agencies. They teach through their human channels.

**Q: It is mentioned that the Rishis took birth along with us the first time but did not take in excessive Karmas, excessive experiences. How could they do it?**

A: They were aware - like every one of us - that excessive experiences will force us to take birth again. So they were not tempted to experience more. They did not experience more. And they also invented meditational techniques. They meditated. We did not. We began experiencing. So that's why we are here and they are there.

**Q: How can we know the origin of soul?**

A: It is not possible to know.

**Q: What is Time?**

A: It is a dimension. ■

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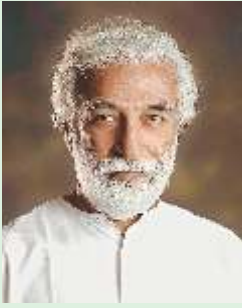
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**GURUJI KRISHNANANDA (1939 - 2012)**

### **MANASA FOUNDATION (R)**

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

#### **MANASA**

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

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

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

#### **ANTAR MANASA**

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

#### **STUDY CENTRE**

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

#### **JYOTHI PROJECT**

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

#### **VISITORS**

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

#### **APPEAL**

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

## **SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL**

(Compiled by Shobha K Rao)

On a Sunday while listening to Guruji's talk, I saw another young Meditator accompanying me astrally. Then I saw Maharshi Amara in front of us. He turned into a huge golden Light. We were also receiving his Light. Then we merged into him and I experienced the whole Universe. There was infinite expansion. At this level, I forgot all about the physical pain I was having since a few days.

– Rakhee Chopra

I try not to react to situations, though it is tough in my everyday life. There are moments when I slip and then I feel ashamed of myself. I experience the power of Light. I feel it is a very powerful tool and I am humbled by that awesome power.

– Chitralkha Shalom

We could not get the reservation for a particular train from Dombivali to Pune. I travelled on the previous day and my husband travelled by bus. Later, we learnt that the train we wanted to board was stopped indefinitely by an agitating crowd!! And surprisingly, for our return journey we were offered a car from Pune to Dombivali! The Rishis' plan for us was different! I could not stop my tears of gratitude.

– Virakti Sakhare

While travelling by bus from Pune to Dombivali, I could not get a seat in the bus. I began channelling Light. The bus conductor offered me his seat. I travelled sitting on the bus conductor's seat and continued channelling!

– Vijaykumar Sakhare

As I sit for Meditation, there is a connection. I get connected to the Universe and feel complete, as if I am the last piece of jigsaw in the entire picture! I experience a wave of calmness and energy.

A day before Janmashtami as I meditated, I felt my torso full of Light.

I could sense a big release, as if emotions and memories were flowing out. Also, there was an opening, as if a gate had opened.

– Geeta Joshi

In Meditation I experienced stillness and an unlimited vastness - without boundaries.

– Yoga Narasimha

Whenever I am in a problem I think of Light and I see myself filled with Light and Light helps me. Last month while I was on a flight, there was massive turbulence. I prayed to Light and channelled Light. The turbulence just stopped and we had a comfortable landing. As soon as I pray, Light takes me out of all problems. My faith is getting stronger. I know things will happen at the right time for good. I know Light is by my side guiding me daily.

– Leena Aamir

I notice that I have become very bold. Whenever it is necessary I can say 'no' boldly to difficult people. I am able to deal with them very firmly, yet kindly.

– Maitreyi Sasank

In Meditation, sometimes I feel waves of Light coming out of me and moving outward from my body. I experience increase in illumination of space around me. Sometimes, I keep hearing the sound 'Om' and this sound appears to be in the background. It mixes with the Light and along with the Light it keeps on spreading outward.

– Sanjay Manohar

When I pause to look at clear sunlight, dappled sun through the trees or the light of a cloudy day, my "knowing" is awakened physically and I frequently feel that pulse of Light. With eyes closed or open, I feel the expression of God's Love through me and beyond.

– Lucinda Bach

DOORWAYS An English Monthly Newspaper, Annual Subscription: Rs. 300/-

Printed, Published and Edited by S.B. Shyamala Devi on behalf of Manasa Foundation (R).

Published from Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077 and

Printed at M/s. Art Print, 719/A, West of Chord Road, 2nd Stage, Rajajinagar, Bangalore-560086. Phone : 23359992

Owner: Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077.

Editor : S.B. Shyamala Devi