



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 10

SEPTEMBER 2016

Rs. 25

REFLECTIONS**Guruji Krishnananda**

(Excerpts from old Newsletter – September 2011 issue)

I am writing this at a time when the attention of the nation is focused on a person who is fasting in a jail fighting against corruption. When thousands of supporters all over the country are anxiously waiting for his release from the jail and continuation of the battle against corruption. It is not a protest. It is a Movement. Someone described him as a Messiah. I describe him as a person who kindled the hope of a better society with lesser corruption, who is a voice for millions of helpless people. I describe him as a person who has allowed the energies of Transformation to work through him, though unconsciously. For me, he symbolises the hope that, some day, corruption vanishes. My hope is strengthened by the knowledge that the Rishis are bringing down and spreading the energies of the New Age where all corrupt systems cease to exist.

This is a sequel to the Arab uprising. The processes of Transition are working all over the world. If we just shift our Awareness a little, we can witness the working of the processes all over the world.

I congratulate lakhs of people who, particularly the school children, who have been channelling the Light for more than two years. We, the Meditators and who are working under the Rishis, are clearly aware of the Spiritual processes initiated and strengthened by Light which carries the energies of Purity, Peace and Love.

I wish, all my fellow human beings understand the power of Light, understand that Light builds up revolutions and transforms societies and the world.

A person asked me: if we channel Light, will the corruption end? I told him, yes. Not directly but indirectly. Light has its own ways of working.

The present fight against corruption is being helped by the Light. The Light works at a subtler level. It awakens the individuals and gives them the strength to revolt and fight. All the processes of Transformation are helped by the Light.

I wish people experiment with Light and spread it all around. We will enter the New Age soon. ■

**MANASA FOUNDATION (R)**

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

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

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

MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

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

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

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

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

at Saptarshi Dhyana Kendra

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

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

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/
PRAKASHMARG(Marathi)**
Newsletter Annual Subscription Rs. 300/-
DD should be sent in favour of
'Manasa Light Age Foundation'
Money Orders are not accepted

NEWSLETTER

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



The monthly Spiritual Check-up in progress at Taponagara.

NEWS AND NOTES

- ♦ Meditators gathered and meditated in the Meditation Hall at Taponagara to celebrate Sri Krishna Janmashtami and to offer their Love and respects to Maharshi Amara on 25th August. In the evening, Meditators gathered again at Saptarshi Dhyana Kendra in Anekal to observe Maharshi Amara's Mahasamadhi Day.
- ♦ Maharshi Amara's Mahasamadhi Day will be observed in Taponagara on Sunday, 28th August.

MEDITATION ON SPECIAL DAYS

01	Thu	New Moon Day Solar Eclipse: 11.43AM – 5.30PM
04	Sun	Worship of Gowri Devi
05	Mon	Worship of Lord Ganesha
09	Fri	Shukla Ashtami
11	Sun	Shukla Dashami
15	Thu	Worship of Ananta Padmanabha
16	Fri	Full Moon Day Lunar Eclipse: 10.24PM – 2.23AM
24	Sat	Krishna Ashtami
29	Thu	Masa Shivaratri
30	Fri	Mahalaya Amavasya

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
01-9-2016	Solar Eclipse Special Meditation: 11.43AM – 5.30PM
11-9-2016	Shambala Group meeting at 2PM
18-9-2016	Ra Group meeting at 2PM

Special Meditation Technique for 10 days from Sri Krishna Janmashtami

This technique can be practised for ten days from Sri Krishna Janmashtami on 25th August, in place of the regular Meditations. Imagine a huge globe of blue Light or the form of Lord Krishna. Enter this globe or the form as a speck of Light. You are inside Lord Krishna. Experience Him. This technique can be practised for any length of time, any number of times in a day, during these 10 days.

On 1st September 2016 there is Solar Eclipse from 11.43AM – 5.30PM, and on 16th September 2016 there is Lunar eclipse from 10.24PM – 2.23AM. Please channel Light to the whole world during the entire eclipse period.

LIGHT CHANNELLING EXPERIENCES

(Compiled By Vaishali Joshi)

During sports, I had pain in my legs. I channelled Light for five minutes and requested It to relieve my pain. And I was relieved of the pain!

– Ms. Susheela, Teacher, Sree Sajjan Rao Vidya Samasthe, Bangalore

My memory was fading due to my age. I channelled Light with a request that my memory improves. Now I remember everything. Every evening I channel Light for 15 minutes. I feel very fresh, least bit tired and my health has improved.

– Ms. Maya, Teacher, Sree Sajjan Rao Vidya Samasthe, Bangalore

Whenever I find time, I channel Light. I was hot tempered. Now my anger has reduced. I always suffered from headaches. With Light Channelling the need for a tablet or a balm is gone. I sometimes practise this while travelling, to be at peace and remain fresh.

– Mr. Tyagaraj, Teacher, Sree Sajjan Rao Vidya Samasthe, Bangalore

Light Channelling is a five minutes Meditation which gives us a lot of positive energy and strength to start our day in a very positive and peaceful way. As it is conducted in our morning assembly, it also lets the students' minds be calm and peaceful. It shows a way to conduct our activities for the rest of the day in the right manner.

– Ms. Rasna Kapoor Anand, Teacher, Indian Public School, Bangalore

Before channelling Light my mind was full of worries. While channelling my mind became calm. After channelling I felt very happy. This is very nice.

– Durgamma, Std. VII, Govt. Higher Primary School, Parangipalya, Bangalore

It felt like a therapy session. It was very relaxing and there was relieving of tension.

– Student, Std. VIII, Auxilium High School, Hyderabad

TAPONAGARA DIARY

Seema Almel

Seasonal change has brought the monsoons. But the rainfall around Taponagara has been sporadic. Weather has not been following its usual pattern over the last few years. Through any and every change, that which remains constant wins the test of Time; the monthly Spiritual Check-up is the finest example.

Every third Sunday, systematically, Meditators fill the application forms for Spiritual Check-ups and receive Initiation. A Great Maharshi comes in link with the Teachers and guides the students in their Sadhana. Check-ups for those in the initial stages of Meditation are also conducted with the same regularity in the Meditation Centres. Postal guidance Meditators get feedback within a few days of mailing their Practice Reports. As always, each Meditator is given Guidance when sought.

'Doorways' the monthly Newsletter from Manasa Foundation is another example. Since the first time it was published by Guruji in 1988, the Newsletter has been published continuously.

No matter how the winds of Time blow, that which bends and sways without breaking passes the test of Time. Unwavering alignment with the Divine is the source of inner strength which keeps a person, a small group or a Path, sturdy in the face of changes. Unfazed by numbers, sensationalism and a need for superficial growth, Taponagara weathers the changes. ■

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

About a point that “we give lectures, but we don’t follow them”, I recall two incidents which are very funny. A homeopath used to live near our town - Anekal. But whenever he fell sick, he would go to an Allopath! Reiki healing, Acupressure started twenty years ago and these also came to India. One of our students began learning acupressure. For anything he would say, “acupressure”. Even when he was hungry, we would say jokingly, “why not use acupressure!?” But, one day when he had a severe headache, he went and took a tablet! These are very funny incidents, but this is Life.

When a person joins this path, we know that he is immediately linked astrally to the Rishis. When he is in this Astral link, his Sadhana will be monitored and he will be protected. All our problems, even those which he/she is not reporting, will be attended. He will be given advice and energies at the Astral level. And at the physical level, we will listen, guide, console, give techniques, give instructions and more than anything we give a kind of support. Sometimes, the most needed and valued support is emotional support. We always say, “Don’t worry, we are with you.” These things happen to our students automatically. You have every right to demand all these things. It is a part of the package! You join this path and all these are assured. Sometimes, our students bring their friends or relatives whenever they have problems. You all would have witnessed that we extend all this help even to these people. Every individual is given the same treatment. We don’t insist these people to join the classes or to subscribe to our Newsletter. We never think in those terms.

Sometimes, strangers come and meet me. When they come to know about the benefits - not Meditations! - they also, if not demand, seek these things. So far we have attended to them also. Sometimes, it is these people who demand more. And we noticed that they would not take up Meditations, which would be very proper for them and would help them. And sometimes, most of these people, after receiving all these benefits, have told me that they don’t believe in the Rishis! I admire and appreciate what they have told me on my face! So honest! Now, having limitations of time, having a lot of work at the physical and Astral level, I was wondering, whether I should entertain these people who demand and seek all types of support, without even acknowledging the existence of Rishis. But, somehow I have second thoughts about these things. You have every right to demand.

The time has come for us to choose. Pralaya is choosing. It is not actually transforming or becoming a God, a Rishi. All these take a long time. Pralaya is about choosing the right thing; choosing to become the right person. It is choosing between the Ego and Conscience. I think the time has come to consciously choose these things. We must consciously put down the ego. What happens if we don’t? We will have problems. I am not trying to threaten you! I am just telling you because whenever people come and meet me, I see the future. I see a lot of disturbances and trouble. I say, having come to Rishis, not a single person should live unhappily. We should all live happily. All the students who are here, who are not here, people who have gone away from us and who are with us, all these

make a single body. If there is a pain in any part of the body, the whole body becomes restless. I can never live in comfort. Let us not choose Ego. Ego always says, ‘I am right and he is wrong.’ Let us stop faultfinding. When we do that, then many things happen. Let us look at every one with great Love. Let us try. So, let us not choose the Ego, let us choose God. That is the condition of Pralaya. Whenever you come and sit here I deliberately explain these things in simple terms. I wish you to take something back to put into practice. Sometimes, we listen to lectures and at the end of the lecture we clap and say ‘he spoke very nicely.’ And at the end of the day, what is it that I can carry to implement in Life? There could be a lot. The Rishis have specialized in these things. They simplify everything and place before everyone so that they will be able to pick up and put it into practice. I have mentioned several times about an 80-year-old Sanyasi who came to my Guru. He was with him for quite some time and when he came out of the room, we saw him in tears. Later, when we were having food, I asked my Guru about the Sanyasi’s emotional disturbance. My Guru said that the Sanyasi had realized that he had wasted all his 80 years; he could have done a lot, he could have practised so much, achieved so much and in spite of wearing saffron he was not guided properly. Systematically doing things, taking up the proper Mantra can help us make progress in leaps. This Sanyasi was perhaps repeating a Mantra, but he could have done so much. Let us do Sadhana in a very systematic way under the guidance of Rishis. I can assure that we will achieve the highest goal and everything in this Lifetime itself. ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

07-12-2014

A Meditator asked me, “Can going to places full of negativity affect us?”

It depends on us really. Generally we will not go to places full of negativity. But, if we happen to go for some reason, we need not be affected. We have to be strong. If we are strong we will not be affected. If we are very strongly aligned to our goal, then we will be drawn only to the places that help our journey towards our goal. I think this happens automatically. If our goal is to grow spiritually we will be naturally drawn to positive places, to people who are positive. Maybe only as a test we may be put in a situation where we have to be in a place, which as this person says, is full of negativity. But our alignment with Light will ensure that we are not affected. So I think the only Mantra is we have to grow stronger. We can meditate, understand Spirituality thoroughly, align with Light and grow stronger. That’s the best way to deal with negativity.

When we are in a situation where we are unable to get over the thought of negative people - actually we cannot call people negative but, for the sake of understanding this point, we use these words - if we cannot avoid feeling disappointed with the behaviour of people around us, I feel at such times we have to consciously re-align our focus to our goal. Maybe then we do not see them as negative. Maybe we see them as Light. If we do not have a goal, then I think we have to begin by defining a goal. And if Spiritual growth is our goal then we cannot waste time thinking about peoples’ behaviour. We cannot waste time, how much ever justified we may be in doing so. People may really be very mean to us but if we want to move ahead we have to leave these

people behind. I am not saying it literally. We cannot leave them behind and move on, we have to take them along with us. When our consciousness is occupied with a Spiritual goal we will not bother thinking about things that do not help our journey.

04-01-2015

This is the first class of the year. And I wish you a very happy and prosperous New Year. It is difficult to believe that the year 2014 is already over and another week in this New Year is already over. The time is running really fast. All of us can feel it.

From the life around us, we can make out that the intense Pralaya continues. Guruji had explained to us that Pralaya is a process of transformation, process of change; change for the good of course, change towards betterment. This process involves a kind of churning. And when the churning happens, the truth comes to the surface. Everything surfaces, the good and the bad. We have to identify what is good and what is not good. And we have to accept the good and reject that which is not good. All these are Guruji’s words. He has explained this.

This churning happens even at the individual level. What happens at the individual level is very, very important for us because it helps us to transform. We are put in situations where we are forced to choose. We have to choose. We cannot remain undecided about certain realities facing us, certain issues facing us. This is the time, I believe, when we have to apply sincerely all that we have learnt and we have to make choices. The knowledge that is provided to us will help us make the right choices. And we have to also seek help from the Light. The Light

will help us. It will guide us.

I feel our choices are not unimportant even in the global context. Although we make choices at the individual level, our choices do make an impact on the collective Spiritual condition of humanity. After all we are a part of humanity. And the collective Spiritual condition shapes the destiny of this earth, of the globe. Our choices not only shape our own individual destiny but they impact the destiny of the world also.

See how important our actions are! We have such a huge responsibility. Of course we need not get intimidated by the hugeness of this responsibility, but we can be aware of it. And here in this Path of the Rishis it should not be difficult. After all, things have been explained to us so clearly in such a simplified manner.

I feel there is something about the New Year. It is difficult to understand and explain how – but every New Year brings more Hope. Somehow, we hope that life will be better. Whatever be the condition of the world, whatever situation we may be in now, somehow at such occasions we feel and hope for a better future. Of course we always hope, that’s how we continue living, but the New Year somehow strengthens our hope. The New Year also brings new opportunities to grow, new opportunities to excel in our lives. I had mentioned once that opportunities and challenges always come together. Meaning, every challenge is also an opportunity and naturally every opportunity brings challenges. So, this New Year also brings new opportunities and new challenges. And it also provides newer ways to deal with these challenges. This year takes us more closer to the New Age we are all waiting for. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes 14% service tax, one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes 14% service tax and one year's Newsletter subscription.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Sri Jayant Deshpande.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM TALK BY SHRI. RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

We have to take responsibility for the problems of the world because the world is a reflection of what is within us to some extent individually, but to a great extent collectively.

There is already enough evidence to show that when large groups of people meditate and experience stillness there will be peace even in those who are not meditating. So this clearly establishes the fact that we are collectively responsible for the condition of the world not philosophically but directly. If, we can be aware of this always then our Sadhana will not be just personal. It will be global. Just this change of perspective will make a difference to our Sadhana.

I had also said we attract problems and difficult situations because we would have chosen them at a deeper level for some reason that we cannot understand now. And when we have a strong reaction to a negative quality in someone it is because that quality is in us but we are unable to see it or accept it. And when we see the same quality in others we recognise it and condemn it. It may imply that we have the same quality in us; we can find that out through contemplation, introspection and intuition.

Deep down at the level of the soul we do not like to have such negative qualities in us. But at the level of the mind we may find it convenient to have such a quality. This creates a huge conflict within us between the deepest level and the surface level, creating a lot of stress within us, and also ill health and suffering. This conflict within is essentially the Kali Yuga in us.

When we are able to manifest our inner nature completely we can say we have established the Light Age

within us. Jesus clearly said, 'do not judge others and treat others as you would treat yourself.' By default it implies do not judge others unfairly. The one who is fully aware of the same negative quality in oneself will have empathy instead of judgment.

It is said that when Master V came down as Jesus he could see a king in a shepherd and a disciple in a murderer. If we try to understand what makes a person a criminal or a saint then it would be easier to have empathy, avoid judgment and also to forgive unconditionally. I think he could see every experience an individual has gone through, every mistake and wrong decision taken leading to the present condition. So he had compassion for everyone and he forgave everyone. This does not mean that he condoned wrong acts. He was both very strict and compassionate. So what we can understand from this is accept the criminal, reject the crime. We have to learn to separate the individual from his acts. We should not forget to see the soul behind the temporary personality.

We are Meditators and we are supposed to be in the final stages of our Sadhana. We have acquired a lot of knowledge from the Rishis. We have also made a conscious choice to grow spiritually. We may have the highest expectation from ourselves but we cannot expect the same from the average person in the world today. Even with all the help and support from the Rishis we are not yet free from our negativities. Our Spiritual growth should not just put us on higher moral ground and lead to a higher expectation from others. In fact when we grow spiritually we must lower our expectation from others who do not have the same opportunities as ourselves. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Do you name your Spiritual project every time as 'Manasa' in all the earths?

A: Given a choice I would do. But the name is not important. I name it, whatever name the Rishis give.

Q: Why is the Star Sirius so important to us?

A: It's important because its energies and the knowledge from it are required for us now. Many Masters from Sirius have taken birth as human beings. They are doing a lot of work. They are in touch with the Rishis, who revealed that the knowledge of pyramids and its construction came from Sirius. When the pyramids were constructed for the first time, the Masters from Sirius built a passage from Sirius to the Giza pyramid. Even now it is there intact, and nobody is aware of it. Through this passage we can go to Sirius astrally, receive knowledge and energies. We are going to receive a lot of knowledge in future, but this passage is being guarded. One has to do the Astral travel for universal welfare only.

Q: Is it a common occurrence that while receiving the healing energies heaviness in the head is experienced and in some cases there are swellings on the hands?

A: When you receive the healing energies heaviness in the head is not the normal thing. It's a very rare case. It's not because of the energies. Even if the healing energies are very strong, they always soothe us, make us relaxed and come to help us. The heaviness occurs when the person will not be completely receptive. He was given relief though he was not a Meditator, but the Karmas were transformed and he had the

swelling which was not painful. When people meditate healing becomes easy. Then there will be complete healing and relief. There will be no swelling.

Q: If we identify a place or a person who drains our energy should we avoid him?

A: Don't avoid. You forget that you have a shield. Why are you scared that someone drains, sucks your energy? He will draw energy. Allow it to go. Are you not connected to the Rishis? They are the reservoirs of energy. Are you not connected to Light? Don't you channel Light? Don't you carry Light? You will be carrying the whole reservoir of energy as you are connected to It. Nobody can drain you out unless you want to drain yourself with your own negative thoughts and emotions.

Q: Who is a visionary?

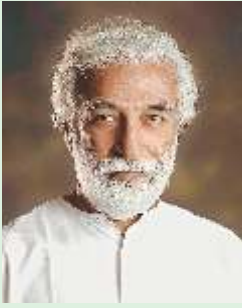
A: A visionary is a person who sees life from the perspective of God, who sees realities beyond the present, who sees realities beyond himself. A visionary is a person who dreams for the world, not for himself; he works to actualize these dreams. A visionary is a person who inspires not just a few people, not just a small group but generations. All the great Spiritual Masters were visionaries.

Q: You have mentioned about the unknown. Why is it unknown?

A: It is unknown because it is not known. Some day, the unmanifested will manifest a little more. It's a very important point. Let us understand. Manifestation is not over. Creation is not over. More will be manifest, so more will become known. Till then it is unknown. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Gurujii Speaks Part - I & II	each 200/-
Gurujii Speaks (Vol 3)	150/-
Gurujii Speaks (Vol 4)	250/-
Gurujii Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences - Vol 1 & 2	each 150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis - Vol 1 & 2	each 100/-
Pyramid Revelations	100/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಮುಷುಗಲಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಮುಷುಗಲಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರುಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರುಜಿ ಭಾಗ 2	120/-
ಪ್ರೊಸ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	50/-
ಅಧುನಿಕ ಮುಷುಗಲಂದ ಅತೀಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
ಗುರುಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ಮುಷುಗಲಂದ ಗಣಪತಿ ಮಂತ್ರಗಳು	100/-
ಅನೇಕಲಿಪಿ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ಬೆಳಕಿನ ಶರೀರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयुगुरुजी (Marathi)	100/-
ध्यान कसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
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/-
ஆத்மாவின் அவரோகணம்	50/-
நவீன ரிஷி ஒருவரின் குஷ்ட சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-
ಧ್ಯಾನಂ ಕೆಲವು ಡಂ ಎಲ್	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)

I feel I am always under the protection of Guruji. I feel more secure. I am able to meet every situation peacefully and with confidence. I keep a distance from every situation and I am able to deal with it in a better way.

– **Vasantha Ramanujan**

I am able to accept things as it is and maintain calmness in most of the situations. I can see that unwanted things are moving away automatically without my effort.

– **Ramesh K**

I thank you for all the guidance. Other books, other than Manasa Publications seem superficial after the Love and Energies that radiate from every printed word from Manasa. Even reading extracts of Somayaji's Talk in June Newsletter had me in an altered or elevated state. It is difficult to settle for less after experiencing such depth and love.

– **Nandita Vijayan**

I met with an accident in April 2016 which could have proved fatal. I was badly bruised. After reaching home, I could manage to meditate for an hour before going to bed. It brought confidence in life. I felt someone was taking responsibility of my life. We all know who that someone is! I came out of it easily with normal medication and rest.

– **Rajendra Rangnekar**

I had challenging times in the last few months. I was able to keep calm in intense situations. But I need to work more on my limitations. I have uncovered a lot of my shortcomings. Work began on addressing the limitations and improving myself. I feel much better with regular Meditations.

– **Harshad Oak**

I believe now that all that comes to me is for my good. Even if something

that I want doesn't materialize, I am so very sure, it's for my good. So acceptance of everything in life has become easier. The roots of faith are really growing deeper.

– **Bhavana Vichhivora**

I have become more balanced, I am calm always. I like to spend time by myself. Whenever I need something I remember Sapta Rishis and Light and the need is fulfilled. I am thankful for what I have.

– **Prerana Kale**

Once when I was sitting for Meditation I felt a lot of Love being showered on me. It was a very beautiful experience!

– **Kavita Kanade**

I didn't meditate for so many months but, in every sphere of my life I could feel the presence of the Rishis and Guruji. They did not leave me and actually protected me from all negativity. I thank Guruji and the Sapta Rishis and all the Guides for looking after me during my difficult times. I feel truly blessed!

– **Rashmi Raghuvanshi**

I am more peaceful, less fearful and more optimistic. I have the need to spend more time quietly alone – to meditate in service to God, Mother Earth and beyond. What has awakened in me is my identity as Spiritual rather than solely human. This has deepened my relationship with God and emissaries of Light – The Rishis. Light nourishes me and as I make my way in the human world, I consciously bring Light with me.

I check in with the Manasa Foundation Facebook page and read Doorways Newsletter to feel connected with you in India. I make note of auspicious days for Meditation and join you on those days and I learn about the wonderful work you do.

– **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