



MAHARSHI AMARA (1919-1982)

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

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

**LIGHT WORK**

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

**LIGHT BEINGS**

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

**SAPTA RISHIS**

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

**MAHARSHI AMARA**

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

**GURUJI KRISHNANANDA**

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

**SAPTARSHI DHYANA YOGA**

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

**THE AFFIRMATIONS**

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

# DOORWAYS

Volume 12 Issue 9

AUGUST 2017

Rs. 25

**REFLECTIONS**
**Guruji Krishnananda**

(Excerpts from old Newsletter – June 2012 issue)

The Revolution by Light entered the next phase with thousands of people from all over the world channelling Light on May 7, 2012. We should not stop with this. We have to channel Light daily. More and more people have to join this. Revolutions will not begin and end in a short period. Not this one. It is a silent one also. But, I know, it is very effective.

We must also remember that the Revolution is being carried on at the Astral level. The network of the Rishis which is spread all over the world is working on this. Masters from the outer space are helping with their energies and knowledge. They are in contact with some of the Light Workers who are working on their own. In a short course of time, everyone on this earth will be contacted either at the physical level or at the Astral level and is educated about the opportunities at the end of 2012 that take us to a higher life.

I have been witnessing the impact of the Revolution by Light that began in 2008. I have been noticing the awakenings, rejecting of the corrupt ways and systems and yearning for a peaceful and just living. I have been seeing the surges of waves of changes spreading all over the world. I am experiencing the waves of the energies of changes. It may take some time for them to manifest fully at the physical level. But they will.

We are going through a very special phase of Transition. We have to live with the imperfect and corrupt systems, choose a value system and keep a balanced head in the surrounding madness of greed and violence without losing hope of a better tomorrow. These are really challenging times. More chaos and confusion are expected. In these trying times, not losing the balance and hope is very important. For that, there is no other way than the Spiritual way: Meditating and getting help from the Spiritual energies flooding the earth.

Taking help from the Light is the best option. Not many may realize this now. But, ultimately, everyone will turn towards Light. ■


**MANASA FOUNDATION (R)**

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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)  
at Shri. Manjunath  
Shastry's house, Gandhi Circle

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

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PRAKASHMARG(Marathi)**  
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## NEWSLETTER

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along with the Subscription  
amount.



Guru Pournima was celebrated in Taponagara with Meditations.

## NEWS AND NOTES

- ♦ Maharshi Amara's Mahasamadhi Day will be observed in Taponagara on 27th August. Please register at Manasa office by 25th August if you wish to participate in the program.
- ♦ Guru Pournima was celebrated silently in Taponagara on 9th July. Meditators gathered in the Meditation hall and channelled energies of Parabrahma to the entire world.

## AMARA'S MAHASAMADHI PROGRAM 27-8-2017, Sunday

|         |  |
|---------|--|
| 11AM    | Welcome<br>Talks<br>Special Meditation |
| 12.30PM | Prasada                                |

### Special Meditation Technique for Sri Krishna Janmashtami

Imagine a huge globe of blue Light or the form of Lord Krishna made of blue Light. 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. This technique can be practised for ten days in place of the regular Meditations.

On 7th August there is Lunar Eclipse from 9.20PM - 2.20AM and on 21st August there is Solar Eclipse from 9.16PM - 2.34AM. Please channel Light to the whole world during the entire eclipse period.

## PROGRAM AT TAPONAGARA

|           |   |
|-----------|---|
| Sundays   | Lectures: 11AM - 12 Noon<br>Light Channelling:<br>12 Noon - 1PM |
| 14-8-2017 | Sri Krishna Janmashtami<br>Special Meditation:<br>12 Noon - 1PM |
| 27-8-2017 | Amara's Mahasamadhi<br>Program                                  |

## MEDITATION ON SPECIAL DAYS

|    |     |  |
|----|-----|--|
| 02 | Wed | Shukla Dashami   |
| 04 | Fri | Worship of<br>Mahalakshmi                                |
| 07 | Mon | Full Moon Day<br>Lunar Eclipse:<br>9.20PM - 2.20AM       |
| 14 | Mon | Sri Krishna<br>Janmashtami                               |
| 15 | Tue | Krishna Ashtami  |
| 20 | Sun | Masa Shivaratri  |
| 21 | Mon | New Moon Day<br>Solar Eclipse:<br>9.16PM - 2.34AM        |
| 24 | Thu | Worship of Gowri Devi                                    |
| 25 | Fri | Amara's Mahasamadhi<br>Day<br>Worship of<br>Lord Ganesha |
| 27 | Sun | Amara's Mahasamadhi<br>Program                           |
| 29 | Tue | Shukla Ashtami   |
| 31 | Thu | Shukla Dashami   |

## PROGRAM AT ANEKAL

Amara Mahasamadhi Day will be observed at our Saptarshi Dhyana Kendra, Anekal on 25-8-2017 at 11.30 AM.

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Practising Light Channelling makes me calm and helps me to overcome my anger. Practising it is not so simple because we have to leave all the thoughts and concentrate only on channelling. And if we practise it with all our concentration we can overcome anger, stress and fear. Since I am practising Light Channelling I don't say I am perfect now, but I can say I am better than before; I have improved. By doing this we can't change the world, but we can at least change ourselves, which is more important.

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

I like the Light Channelling technique and we are practising it regularly in my home too. I am gaining knowledge and the tension of exams is released from my mind. I am getting good energy from God and becoming more patient. I am able to connect with others and with God. It's too good. By practising this for 3 or 7 minutes we gain everything, whatever we want to survive in this world.

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

I was facing a lot of problems in my life due to my family, friends etc. The feeling of guilt stayed in me for many days. My friends and parents could feel it by looking at my face. Then I started practising Light Channelling for a few minutes. I felt fresh and peaceful, could forget all about it and started concentrating more on my studies than on the particular situation. I feel very pleasant and nice after channelling Light. If I had not known about this technique I surely would have ended in a very big problem.

– Bhavishya J., Std. X, Canaan Christ Public School, BTM Layout, Bangalore

## TAPONAGARA DIARY

Seema Almel

One of the biggest lessons that can be learnt from Guruji Krishnananda's journey is about being an excellent disciple, student and follower. Guruji only had five years under Amaraji's direct tutelage; and within this short span Guruji started as a humble follower, became a student and grew into a Disciple. Taponagara is a living testament of Guruji's fulfilment of His Guru's mission. Taponagara was born out of the sacred promise Guruji had made to Amaraji of establishing The Sapta Rishis Path. A promise He kept at every cost.

None of us have met Amaraji, yet we know Him as our very own. And that's only because of His best Disciple – Guruji Krishnananda. Only manifesting our Guru can make us His disciples. Working for the Masters qualifies as service only if it is driven by the values laid out by the Guru.

Standing at the cusp of Time Cycles, Taponagara is fulfilling its mission. Holding and disseminating New Age Energies. This Spiritual Centre gives ample opportunities to every seeker to grow from even a casual visitor to any height they wish to achieve.

Dealing with the trials of Pralaya in silent surrender, Taponagarites continue with their attempt to grow to Guruji's expectations. This unflinching struggle to grow is what qualifies everyone to succeed in the eyes of the Spiritual Masters. On Amara Mahasamadhi day, we re-dedicate ourselves to fulfilling our Guruji's Vision, at any cost. ■

## 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)

July 2005

Each one of us would have experienced that there are always miracles in our lives - silent miracles, as we have learnt to recognize and describe them - and they won't stop. What I am trying to say today is that whenever we join the classes, we always expect miracles. And I say, we have every right to expect. Why should we not? Miracles do happen and we expect more miracles and they will happen. Faith brings us everything. It is our own faith that brings miracles.

Almost every one of us would have asked this question: 'How do we recognize our own Spiritual progress?' I had asked this question to my Guru. Many people have asked this question and even now people go on asking it. It is natural and we have answered it every time and I would like to repeat it again. I also would like to put it in a humorous way. How do we recognize if there is Spiritual progress in us? If I am a short-tempered person, and if there is a difference in my temperament, my friend will tell me. I recall, I quoted last time about a person who was asked a question, 'what benefit have you got from Meditation?' He said, 'I experience Peace and people around me also feel Peace.' We don't have to worry about our progress because we are making progress; otherwise you would not be sitting here and waiting for me, even when I am late!

Incidentally, let us understand, "Who is a student and who is not a student; who is a member of this Rishis' family and who is not a member?" Every being is a member of this family and that is how the Rishis look at things. Incidentally, at this point I would like to say, "Because we are making progress, we can consciously make one strong effort

from whatever the stage we are in and, wherever we are spiritually." One may be experiencing Nirvikalpa Samadhi, but even from that stage, let us shift ourselves. We are no more ordinary people; we are extraordinary people; let us remember that. We can never behave in the way we would have behaved earlier. Our response to every situation should be in the same way my guru would respond or a Rishi would respond. This happens naturally, automatically, when we go on meditating. But, a conscious effort makes us move faster. Let us do these things.



Bad Karmas generally take us away from Spirituality. They take us away from Spiritual association. They take us away from Spiritual heights. When this happens, something else also happens parallelly. The bad Karmas boost our ego, and we know about the ego. The ego says, 'I am right and everyone else is wrong.' The characteristic of the ego is such that it can never guide us spiritually; it can only give us an immediate satisfaction, because its vision is limited. The ego can never take us beyond the point wherever we are. In fact the ego misleads us, it pulls us down spiritually. And when we are spiritually down, we naturally attract pain, attract misery and we go away from God. I also add one more word - we move away from Guru, and we will have problems and pains. How do we safeguard ourselves from the influence of bad Karmas? The Rishis ways - as I said earlier - are simple, straight and most effective. You can try any one of them. 1) Keep your ego down; 2) Keep away negative emotions; 3) Keep away negative thoughts, and of course meditate. Regularise Meditations.



'Massive shift' in consciousness is a familiar phrase used by many New Age groups. If we replace the word consciousness by awareness, that explains everything. What is this massive shift in awareness? There is a shift and people are able to recognize it. This shift in awareness, this expansion in awareness now helps us to grasp certain realities, which were there, and we did not notice. Now we are able to recognize them. We are yet to understand many things, but we are able to recognize these things. Some of them, I have listed out.

The Rishis have brought down new and subtler energies. We ourselves bring down energies with our regular Meditations during the times of eclipses. And there are people with such extraordinary sensitivities who are able to make out that there are new energies on this earth. That is the shift in awareness - the increase in our ability to recognize such things like subtler energies, Astral worlds and Light beings. There are Light beings and Astral beings in the Astral worlds and we are able to recognize these facts and some of the people have contact with these Masters. People are able to make out that we are entering a New Age. People can feel it; people can experience this. Some people are able to make out that there are other dimensions of existence. Some people are able to enter into these dimensions. Because we are not able to keep ourselves updated with these developments, we are not aware about many of these things. That is why I always say that you must go on reading literature and keep yourself open to these things. Such wonderful things are happening and there is a kind of expanded awareness. This is the 'Massive shift'. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

11-06-2017

What exactly is living in the Presence? As I understand, it is living in the awareness of the Presence. When we are aware of the presence of God in and around us, our living will naturally be of a higher quality. I try to understand it in this way. If we imagine the days when Guruji was around, our behaviour in his presence would somehow be the best. There would be a strange elevation in our emoting and thinking, strange expandedness in his presence. We would be full of Love. We would be accommodative. Many things would not matter to us; many details of life would not matter to us because relating to him would be the most important thing for us.

Maybe, we have to take God's presence in and around us that seriously. We may not be able to do it most of the times. We may ignore and we may live, behave in the way we want. This is the real struggle of a Sadhak. I am only acknowledging it based on my own struggles. If we can really believe and be aware that God is around us, monitoring us - not to judge, but always to help - we will naturally be at our best. We will have a kind of trust, a kind of security, a secure feeling, a kind of dependence on Him that He is there, He is watching us, He is taking care of us. And this awareness will also connect us to Him, which will elevate our thinking, our emoting and we can practise Spirituality fearlessly in His presence. Of course it's not easy. In the process of living we get entangled in life. The life has this strange pull. Our own attachments may make us blind to His presence but He is always there. Anyway, if we can practise it, which is possible because Guruji said it and practised it, our life will be wonderful.



A person told me that Meditations have helped him reduce his sugar level to the extent that he has stopped taking medicines. It's an amazing thing really. Is it really possible? It has actually happened to this person. Definitely it is possible. But should we stop taking medicines because we have taken up Meditations now? This person has gotten over his problem of sugar, so he has stopped medicines. It is very much fine. He has such amazing faith in Meditations and he has been able to do it. But generally - I am not speaking about this particular case - if the sickness or disease is still there we cannot stop medicines.

We have understood from Guruji that we have to treat the sickness at multiple levels. At the level of the body we have to treat it with medicines. To treat the sickness at other levels, we have to take up Spiritual practices. We have to take up Meditations. We can also practise self-healing. And we also have to transform, which is very important. Even the doctors nowadays understand and suggest Meditations for faster healing. Generally, a sickness or disease may have its roots in our Karmas. When we meditate we clear the Karmas and the disease vanishes. But sometimes it may take time. It may not happen immediately. It depends on our efforts. How much do we meditate? And most importantly, how long do we take to transform. It depends on that.

When we begin Meditations, the processes of cleansing of Karmas set in, in our system. These processes get initiated and they continue and strengthen based on our efforts in Meditations and also in transformation. Also if the Karmas are more or if the Karmas are stronger, we

may have to make more efforts and we may require more time to clear them. If the Karmas are not cleared and the disease is still there and if we stop medicines then there may be repercussions. There may be damages to our body. We may not be able to reverse some of these damages. We have to respect the law of the body.

People say that medicines have side effects. But then we have to take medicines only as long as we have the sickness. We don't have to take it lifelong. Some medicines, we may have to take life long of course. But when the sickness is gone then there is no need for medicines. And our Meditations and transformation, if these can help us get over a sickness, they can also help us get over the side effects of the medicines if we persist with our Spiritual practices. Rishis are the most practical beings. When we have a physical injury we can't say, 'sit and meditate.' We have to attend to that injury. We have to respect the law of the body. Taking care of the body is also our duty. That is why the most sensible approach is to take medicines, follow all that the doctors' say and also simultaneously practise Meditations and healing. And we have to make efforts in transforming, changing. This will be a very sensible, very balanced approach.

Development in the field of medicines is also a gift from God only. Of course there may be forces, which may come in the way of these developments. But as humanity this is what we have right now and we have to accept it.

In Satya Yuga there will be no need for these things, there will be no need for medicines, because there will be no diseases. ■

## 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 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 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.

## AMARA

Sunil Bisarahalli

Whenever I think of Amara, I think of vastness, all-pervasiveness and permanence. I also think of humility, love and kindness. He is all that and much more. His capacity to simplify knowledge is legendary, be it in this life as Amara or in other lives.

If our lives are likened to a boat in the sea of Consciousness and Guruji as the wind to our sails, then Amara is like the Polestar, giving direction and hope.

Amara lived life fully. He celebrated it. He loved cricket and music as much as Rishis and their work. He wrote songs and composed them. When I met Guruji for the first time, I had taken a rose with me. He took it from me and placed it in front of Amara's photo and said, "Amara loved roses." I stood there, speechless, wondering which was greater, Amara's simplicity or Guruji's love towards him. This is how Amara entered my life.

We have all heard Guruji talk about Astral works of Amara. Once, Guruji explained one of the Astral works of Amara about which I dreamt later. There was a huge energy waiting to come down to Earth and for that to happen, two planets had to be linked. I saw these two planets in sky, spinning at great speed and saw Amara standing between them. He started growing suddenly and he grew to such a great extent that he kept one foot on one planet and another on the other, thus linking the two and helping bring down this vast energy for the benefit of humanity. This was a glimpse of the enigma that Amara was.

Now, even though he is not with us physically, he covers the distance between us and him with great love and patience. Like Guruji, he is an integral part of our lives. ■

## SPIRITUAL UMBRELLA

Vaishali Joshi

When a person asked Amara, 'Is there any place on this earth which is safe?' Amara said, 'There is no place. There is only a space under the Spiritual umbrella.'

These words of Amara are so relevant today. As we move from darkness towards the Light Age we see Pralaya intensifying more and more each day, all around us from the grassroots to the highest level. It is touching almost every aspect of our life from the individual, social, national to the global levels.

Spirituality is the only umbrella that can give us shelter and help us sail through these difficult times. Amara defined Spirituality as being good and honest. Through his teachings he has given us the knowledge, the principles and the tools, and shown us the Path to reach and remain under the Spiritual umbrella. The space under this umbrella is infinite and full of Divine grace. This Divine grace becomes our shield and protects us at all times, in every situation, irrespective of where we are. To qualify for this space we have to inculcate the Spiritual values in our life.

When we are anchored in Spirituality we can live in peace and contentment, see things clearly and feel secure in spite of the turmoil, confusion, insecurity or instability around us. Because we live in the knowledge that we are not alone, God and Rishis are always with us, and we can fall back upon them for any and every thing.

On his 35th Mahasamadhi day let us express our gratitude to Amara by resolving to firmly hold on to the Spiritual umbrella, so that we can weather all the storms, internal and external, thrown up by the Pralaya, as we journey towards our ultimate goal of Liberation. ■



**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: In which direction should I sit for channelling Light?**

A: It can be done facing any direction. You can channel Light when you are standing or sitting, while working, or when you are travelling.

**Q: Does the volume of Light channelled get amplified by itself?**

A: No. You spread Light. People receive It and if they further spread, It spreads further. It will not multiply or amplify.

**Q: When we channel Light, should not those who receive the Light request It to enter them?**

A: When we send Light they will not be knowing about it. The Light is received at a different level and most of the people receive It. Some do not. There is one very interesting phenomenon here; the Light will always ask ‘can I enter you?’

**Q: How can I know that the Light reaches the whole world?**

A: Close your eyes and try to see with the inner eyes whether the Light has reached the whole world. You will be able to know, if not actually see. You can also observe changes occurring. We have been channelling Light. You can see the changes in our own country. There is turmoil, there are questions. People come to realize that they can't put up with certain things any more. I attribute this to Light, to Light reaching people.

**Q: From where did the Light begin to come down?**

A: The Light was there all the time. In fact, we have come from the Light, out of Light.

**Q: Why is this Light invisible?**

A: This Light is invisible because it is in a different frequency.

**Q: Is Light a Soul?**

A: We have to say ‘yes’ because a soul is a speck of Light. This Light is a very big soul, the original soul. But we need not limit It by describing it as a soul. All souls, the whole Creation has come from Light. If we understand Light as God, we have many answers.

**Q: From where did the Light come?**

A: From the unmanifested God.

**Q: If we can't see the Light, how can we experience It?**

A: Try. Close your eyes. Experience the Light. You will not see Light but you will experience It.

**Q: How does the Light express Itself?**

A: Light expresses Itself in many ways - as Love, Peace, Truth, as higher Awareness, joy, dreams, ambitions, urge to adventure, inspiration to share, intolerance towards falsehood etc. That is what exactly is happening in our country - intolerance towards corruption. There are many things you have to observe and realise by yourself.

**Q: How to receive more and more Light?**

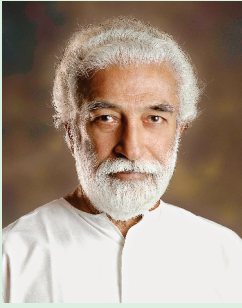
A: With Love. Ask for more Light with Love. In the same time more Light will come to you.

**Q: Who saw the Light first?**

A: It is very difficult to say. Whoever opened their eyes, they saw the Light. We have come from the Light. So when we opened our eyes we saw the Light. ■

**LIST OF OUR PUBLICATIONS**

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|--|------------|
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| Light Body & Other Realities                   | 100/-      |
| Master-Pupil Talks                             | 60/-       |
| Master-Pupil Talks - Vol 2                     | 75/-       |
| iGurujī Vol 1,3,4 & 7                          | each 150/- |
| iGurujī - Vol 2                                | 120/-      |
| iGurujī - Vol 5                                | 100/-      |
| iGurujī - Vol 6                                | 75/-       |
| Living in the Light of My Guru                 | 220/-      |
| How to Meditate                                | 50/-       |
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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)

While experiencing Light I experience purity, complete Stillness, Peace and happiness. Even while attending to my other daily work I can feel higher energies around me, and feel as if I become one with them, and I experience Peace for a few seconds. And I feel I am closer to God.

– Padmaja Bajpai

Guruji used to tell us to carry Light. I had a lot of problems in my hotel. I started spreading Light. I sent Light to each worker, my customers and also to each and every dish that was prepared. Now the business is good, the workers are working well and our hotel is peaceful. I am very happy. I thank our Guruji and Light.

– Prakash Ullura

My niece was ill last month. Biopsy of a fibroid, detected in her chest, had to be done. Her sugar and cholesterol levels were high and her blood pressure was also on the higher side. She was advised to undergo Angiography. I started sending Light to her and prayed to Lord Krishna and Sapta Rishis. Next day they found that her heart functioning was normal and the biopsy report turned out to be negative! It was a miracle!! We are grateful to Lord Krishna and the Rishis.

– Ramesh Narkar

The faith in the Great Masters has taken me into the surrender mode. My son passed his class twelve this year. He wants to study further in Mumbai. I am happy to set him free. It has so strongly got etched in my mind and heart that anything that happens in my life, which would seem bad in the worldly eyes, holds a lasting good for me. I thank the Sapta Rishis, Maharshi Amara and Guruji with all my heart.

– Bhavana Vichhivora

On Guruji's birth anniversary celebration day, I saw my Astral body in the Meditation hall, with arms extended, holding a globe of Light. I saw the entire Meditation hall full of our Astral selves, each holding a globe of Light. The whole spectacle was beautiful beyond belief. I saw all of us paying our respects to our Guruji with unimaginable solemnity and concentration, worshipping Guruji on this wondrous day.

On the day we had the Orientation class, I was spreading Ananda in the afternoon. I was very deeply into the technique, in a thoughtless state, when suddenly I literally 'saw' the Ananda energies spreading across the surface of our Mother Earth. It took me a moment to realize what I was seeing!

– Vidya Virkar

My Meditations were erratic and sporadic. I prayed sincerely to Jesus Christ to help me. Since then I am meditating regularly. On the days I am tired and do not want to do Meditation, I somehow end up doing it! I know that it is Grace.

– Arjun Scindia

A few years back while reading the book 'Doorways to Light', Guruji, his family and the people around him, everything that happened to him appeared in front of my eyes very clearly like a movie. I had the very same experience two months back while I was reading 'Amaravani'. I felt a kind of energy, power in every word of the book. Both these experiences are very special for me. Any amount of gratitude expressed to God for them is not enough.

– Kavita Kanade

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