



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 3

FEBRUARY 2017

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – October 2008 issue)

We want things to happen in the way we choose. We want people to think and behave in the ways we want. We want the rains and sun when we want and not when we go out for shopping. We want the world to cater to our needs and comforts. It is always we, we and we! But these do not happen always. This universe is not created only for us. It has a greater purpose. And we are here to serve its purpose also!

We have to stop thinking only of ourselves and find out the purpose of the universe. It is then that we come across the other realities. It is then that we realise that we have to align our lives with the life of the universe. This alignment is Yoga. When we align our lives with the universe, the universe takes care of us. The universe is always waiting to share its Love and abundance. We have to just open up to the universe.

Whenever there is a problem or whenever we are faced with a difficult situation, we go to the astrologers, go to the saints and expect miracles to happen. Nothing happens. We wait and suffer.

We do not realise that we have the gifts of wisdom and strength available in the treasure house within. We have to connect to these and act. We must use the wisdom and the strength and make sincere efforts to solve the problems. It is then the silent help comes from the universe. We get our problems solved somehow. It is then silent miracles occur.

The key to the doors of help and miracles lies with us, in our sincere efforts and non-shirking actions and not with the astrologers and saints. Our Meditators experience this every time. Silent miracles are common with Meditations!

We have to discreetly and humbly reject and put aside the gifts from the universe. Gifts like more abundance, more psychic experiences, more comforts, more pleasures, more human relations and more and more of the likes. Optimum gifts are welcome, good and Spiritual. We know, Spirituality is not rejecting the whole and choosing to suffer. But once we draw the lines of contentment, we have to reject. This is very important: rejecting the excess discreetly and humbly. This is the first step.

The next step is to seek the gifts of the higher level. The universe is waiting for us to seek the higher gifts though it tempts, tests and teases in the beginning with the lower gifts. It is then that we experience Samadhi, contact the Rishis and know the Light. The gifts of this order are wonderful and Divine. But even at this level, we have to discreetly and humbly reject some. Rejection continues till we become Light.

I am curious to read the comments about our newly released books. I am waiting for the feedback. ■



MANASA FOUNDATION (R)

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MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

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

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

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

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

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.

**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.



**Jyothi Project's Annual Day and special Christmas Residents' Meet
were celebrated in Taponagara.**

NEWS AND NOTES

- February 1, 2017 will be observed as The World Channels Day. More than a million children from thousands of schools are expected to channel Light on this day. Please join from your own places by channelling Light for 7 minutes at any convenient time on this day.
- Amara Jayanti will be celebrated in Taponagara on 5th February 2017. You are welcome to join us on this special occasion. You may please register by 3-2-2017 in Manasa office.
- The first meeting of Shambala Group members in the year 2017 was held in Taponagara on 8th January and of the RA group members on 15th January.

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
05-2-2017	Amara Jayanti Program
24-2-2017	Mahashivaratri Special Meditation: 12 Noon - 1PM

**AMARA JAYANTI
PROGRAM**

Sunday, 05-02-2017

11AM	Welcome Speeches Special Meditation
12.30PM	Prasada

PROGRAM AT ANEKAL

Amara Jayanti will be celebrated at
our Saptarshi Dhyana Kendra on
01-02-2017 at 11.30 AM.

MEDITATION ON SPECIAL DAYS

01	Wed	Amara Jayanti World Channels Day
03	Fri	Ratha Saptami
04	Sat	Shukla Ashtami
05	Sun	Amara Jayanti Celebration
06	Mon	Shukla Dashami
10	Fri	Full Moon Day
11	Sat	Lunar Eclipse: 4.04AM – 8.23AM
19	Sun	Krishna Ashtami
24	Fri	Maha Shivaratri
26	Sun	New Moon Day Solar Eclipse: 5.40PM – 11.05PM

MAHASHIVARATRI TECHNIQUE

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

On 11th February there is Lunar Eclipse from 4.04 AM – 8.23 AM and on 26th February there is Solar Eclipse from 5.40 PM – 11.05 PM. Please channel Light to the whole world during the entire eclipse period.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I had fixed a Light Channelling session in a new school, which I had never visited before, and I had no idea about the school structure and design. A day prior to the session, before going to bed I prayed to Guruji that the session should take place without any disturbance as there was a forecast for change in weather. In my dream I saw that I entered a very big, light ash coloured, four-storey building, reached the top floor and waited in front of the door to enter. Then a lady came and took me inside the room, which was like an auditorium, and started introducing me to the people sitting there. Then I woke up. The next day, when I visited the school I was surprised to see that it was the same building that I had seen in my dream, and the place of Light Channelling session was also the same. The lady whom I saw in my dream is the Vice Principal of the school, who is already aware of Light Channelling and practising it. I thanked Guruji and conducted the session.

– Swaminathan C., Volunteer

In an outstation trip, I had Light Channelling sessions continuously in different schools. I had to take my lunch in between, at the available time and place. When I approached the otherwise clean dining table I noticed a number of flies hovering over it. Strangely, without any distress or any kind of ill feeling, but with a calm accommodating mood, I sat and started my lunch. Till I finished, all the flies, about 20 of them kept buzzing around ever busily, but kept a margin of one foot away from my food and me. Humbled by this experience I have decided to hold on to this accommodating nature forever. During this mission we do get such miraculous help from the Universe with those embedded lessons.

– Nirmala Bala, Volunteer

When I closed my eyes and imagined Light coming down and entering me I could feel Its Love and Peace. I absorbed the Peace and Love of the Light.

– Abhishek M., Std. X, Basaveshwara High School, Byatarayanapura, Bangalore

TAPONAGARA DIARY

Seema Almel

Taponagarites bid farewell to 2016 with celebrations. The Jyothi Project's Annual Day was celebrated with entertaining performances from the village kids. The dance sequences, sports contests, etc were managed by Ms. Uma Maheshwari, Ms. Kanchanlatha and Ms. Hamsavathi. Many days of practice and effort went into making the Annual Day a success.

The last day of 2016 was marked by the first Christmas celebration in the Residents' Meet. The concept was designed by Ms. Apoorva Deshpande, the first amongst the next generation of young Taponagarites. Many helped her execute her vision. With Christmas as a theme, a quiz contest was held with four teams. The dais had an altar for the Holy Christ. The hall was decorated with Christmas tree, balloons, cotton snow, etc and the audience brought in the season's spirit. Little kids, and even babies, wore decorative wings; there were elves too. The fiesta ended with cutting cake for those who had their birthdays in December and dinner.

Akhanda Dhyana, a 12-hour marathon Meditation was held on Christmas Sunday. Many received Blessings for the New Year.

2017 looks forward to seeing more youngsters bring cheer and brightness to all activities of Taponagara. ■

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 Gurujii's talks
(Compiled by Shobha K. Rao)

May 2005

The Rishis say that they have so much of knowledge and they want to give you so much. For those of you who want to spare more time or are ready to practise more, they always give you more. It is to help you grow spiritually.

They also say, 'when you take so much from us, you also have to give this to others.' It is not a condition. But again from our part, it becomes a kind of obligation that what we receive, we have to pass on. We do not charge any fee; we don't think of it that way; we never thought of it at any time. I don't know, you have to find a way to pass this on. In my view there are two ways: to literally explain this to others - to pass on the techniques, pass on the knowledge. The Rishis say that you don't do it directly. But do it in the other way, which is: 'you live all these things. People should see the Sadhana shining in you.' I think that is the best way of serving the Rishis, i.e., by living the principles given to us by them.

Many wonderful things are happening. Amara had explained that when we reach Satya Yuga, people live for long, people live for eternity. Even when we are about to reach Satya Yuga, people live for 500 - 600 years! There are experiments to prolong Life. I read a small paragraph only yesterday in the Times of India. They say that our thoughts and memories are in the brain; all these can be transferred to a kind of mechanism - a computer. And even after we leave the body, they will be there and they can be later on transferred to a younger body. So that way, a person never dies; his memories, his personality will not die.

I came across a case, a person who is a Reiki master. He is sick now. He

himself has healed hundreds of people and now he is asking us to heal him! We wanted to understand. I found that when he healed others, naturally he gathered Karmas. These Karmas have to be cleared and burnt. It is possible and easy; and that happens by Meditation. He did not do enough Meditations. And the second part was very interesting. When we heal a person, help a person spiritually, the intention should be pure; no commerce should come in there. Sometimes, some healers make a lot of money. That was also a factor. Anyway, we are attending to the healer and he will be fine after sometime.

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When we take a person into our fold, we take care of him in every way. If he is emotionally upset, if he has a lot of pain or strain, it is automatically taken care of. You don't have to pray and tell the Rishis. They automatically come to you. Suddenly, when you have pain or strain I will be disturbed. I wonder why and then I realize that a person is having problem. I admire the way the Rishis work; we have not understood them completely. We have to understand them - how wonderfully well they work. They protect us in every way and every time. When I went to Pune to gather information about Eknath, we were sitting in a hotel, having dinner and suddenly something happened to me. I was about to lose my consciousness. I realized that a person was trying to harm me and before I noticed, before I realized what was happening, suddenly there was help. Nothing happened, nobody knew and only I had to tell them. People like us are subjected to attacks and it is natural. Three days ago, at night 3 o'clock, I woke up suddenly. I had a kind of warning which I could not understand completely. I thought let me understand it later, and I went

back to sleep. And next day when I was coming out of the Kundalini hall, I slipped and fell down. I walk carefully; I am a very careful person. Somehow I managed to sit up. When I look back, I see that I should have broken my back or hit my head on a stone and it would have been fractured. Rishis said, 'all or any one of these would have happened and we saved you.' They said, 'it was a kind of attack - don't get scared.' We have to be ready for these things and we are always protected and the Rishis take care of us in every way.

June 2005

We normally say that we have all our problems because of Karmas. It is easy to blame the Karmas, but Karmas only influence, they do not determine. Karmas may push us to move towards a particular direction, but we need not move. At any point of time we are free. We can unshackle all these Karmas, but generally we will have problems because we make wrong choices. We will have problems because of our own selves. We need not attribute this to the past Karmas. We can say that the problems are because of the present Karmas, not the past Karmas. If we are careful, if we are cautious, if we know our goal, we will not waste time in other minor activities which may take us away from the goal. And then we will have no problems.

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Swadhyaya is a very common word. We have read, we have heard, we also know the meaning. 'Swa' is self and 'Adhyayana' is study. Studying our own self - we can do that by reading books, and contemplating. But we know there is one more way which is by directly establishing contact and directly knowing it, we study it. How do we do that? We do it in Samadhi. We do it by Meditations. The best way of Swadhyaya is by Meditations. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

11-12-2016

I remember always that whatever I speak is only passing on what I have learnt from my Guru and it applies to me first. What I speak, I try to practise and I have to admit I fail many times, but we can't give up. That's why we are all here. We have to go on practising, trying.

I was thinking about the current developments. It's a good beginning. It is a very positive development. A Meditator friend of mine said that it is a kind of awakening of the masses. There are clear choices available, which is the 'speciality' of Pralaya.

If we keenly observe our own lives, we will have these clear choices to make. We will have to choose between this or that, right or wrong. Like Guruji used to say that this is the time to choose. Guruji had said that the voice of people against Adharma will gather strength. We can see that happening. The dark is still holding on. But we can now clearly see that it is becoming weak. The direction of our movement is very clear now. We can see the New Age although still at a distance. There is a lot of distance to be covered but at least we can see it. Our hope is stronger now.

I watched on the TV that in Columbia there is a Peace deal between the warring factions in the country, after 52 long years!! There is a hope that there will be Peace. So people are willing to let go of their positions. There is acceptance of new systems. And while there is a battle going on outside it is also going on inside each one of us. This is a very important battle, the outcome of which depends on us.

When we reach higher stages of Meditations, we are given higher techniques which involve no Mantra or Dharana. We begin with

imagining, that is all. We begin with imagining that we are Light and then we surrender completely to the higher forces and then they do everything. After beginning with imagining, we should surrender and do nothing. If we try hard to see the Light or go on thinking about it, then somehow our intellect will be active. We will not be able to go beyond it. In Meditation our goal is to establish stillness at all the levels. If we understand and apply, then suddenly we will find that there is a shift.

Changing is not easy. I say this based on my struggles and also my observation of life outside. Meditations help but are not enough. First we have to accept that we have to change. When we introspect very honestly, we know what our shortcomings are. We have to then attend to each of our shortcomings one by one. When we take small steps, we realise that we are moving quite fast.

Guruji says that we ask for things, we pray to God for things and God gifts us those things. But sometimes we don't get them. Then we have to accept it realising that God knows what is best for us.

18-12-2016

A person asked me, "What exactly is internalizing?" Internalizing in the context of Spiritual Sadhana is shifting our attention inwards, towards the soul. Guruji had said that it is shifting our focus from the physical level of existence to subtler level of existence. For that Guruji had said that we can minimize talks, stop giving importance to minute details of life. We can observe our inner personality and spend time in refining it. We can refine our emotions and thoughts. When we refine ourselves like this, then it

manifests outside in our expressions, in our living. He suggested that we spend time in contemplation. He suggested that we can do Swadhyaya, which is 'study of the self or soul'. We can do it at different levels. We can read books, understand about ourselves and then we have to also go beyond the intellect and actually know ourselves, actually experience ourselves. For that we meditate.

Guruji had said, 'never waver from your Spiritual goals which you have selected; neither this way nor that way.' Does this mean we should avoid the extremities in this regard? As I understand, it means that we do not move away from our Spiritual goals. We choose things that are aligned with our Spiritual goal. Our goal is to grow spiritually. Being Spiritual is being honest. Even when there is a temptation to choose dishonesty, we will choose honesty. That is how we remain aligned with our goal. I feel it is also prioritizing. We do things which are aligned to our Spiritual goal first and then take care of other things.

We are often blessed with a feeling of expansion after a good Meditation or after practise of one of the Shambala principles. What actually happens to us when we attain this state of expansion and what are the benefits? When we meditate or practise one of the Shambala principles we feel expanded. If we can be in that state and remain expanded all the time, then we can say that we have attained that state of expansion. Then we will be connected to God every moment. And we will also be manifesting Him every moment. And it will be a very positive influence. Our health will improve, our Karmas will be cleared. We will be pure like God. ■

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.

AMARA - A MASTER SO RARE

Usha Satishchandra

"Manasa" was born on 'Amara Jayanti' in 1988. Guruji and six other friends gathered at 10AM in a small hut in Antar Manasa. Seven of them had gathered to fulfill an unknown destiny. They recalled Amara's dream, meditated and agreed to carry on his work. Guruji's promise to Amara remained unwavering! It stood the test of time. Amara was Guruji's breath, Life force and wealth. Through him the dream blossomed. "Manasa" took shape in the brightness of Amara's Light.

A great Light shines for ages, even without its physical presence. Amara comes alive in Guruji and in his own vision – A future of only one religion, which will be a 'Universal value system'. As an initial step to begin with, all human beings follow Love, Peace, Truth, and Oneness. "World Channels Day" observed on Amara Jayanti is a humble tribute to manifest Him through this vision.

"You should have met Amara", Guruji would often say. The very first moment Guruji met Amara, it was the point of total contact between the two. Every time Guruji would sit on such occasions, he would go back to that moment. On one such occasion, Amara had sent his love and a special energy that helped non-attachment and expansion of consciousness. That day's special Meditation helped in receiving this energy and absorbing it into our system. Likewise, opportunities yet again embrace us for this total contact and bonding. Amara always carries such gifts and many more. Thus, he leaves behind a treasure of dreams, work and energies as an eternal source, for one who seeks. ■

NEW AGE BEING

Karthik N

New Age is a mystery to all of us. Guruji gave glimpses through his talks on how Life could probably be in the New Age. We learnt that a New Age person is an advanced Spiritual being with fully functional faculties and capacities such as telepathy, teleporting, third eye, ability to travel in Time, etc. A New Age person can talk to God as easily as talking with a fellow New Ager. He will be able to communicate with everything animate and inanimate. The person would be materially advanced and can travel to other planets, other galaxies and interact with Beings there. All these seem phenomenal, almost overlapping the boundaries of a Fairy tale.

The books 'Doorways to Light' and 'Astral Ventures of a Modern Rishi' clearly indicate that Amara was doing all the activities that a New Age Being would do! He did so many of these while in His physical body itself, that too during the Dark Age! Through this, he also subtly highlighted the mastery over physical elements. He could talk with Gods and Rishis and also converse with fellow humans with the same ease. His works were spread across several parts of the Creation, involving interplanetary and intergalactic travels. These faculties were so ahead of times that all of it seemed miraculous to us! And, his amazing capacities were always based on the Spiritual qualities of Love, Purity and Humility. He did not have to demonstrate any of these. He lived all of these naturally! Through his living, he unravelled few mysteries of New Age life.

For us, he was, and is a perfect example of a New Age Being. He shows the Path and leads all of us into the New Age. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: What role do intense emotions play in Sadhana?

A: A very positive role. For example, an intense loving emotion takes us nearer God. Intense emotion helps us to surrender. Intense emotions bring out the best creativity in us. We have to understand and draw a distinction between intense emotions and extreme emotions. Extreme emotions are beyond control, devoid of logic. Extreme emotions make us lose sobriety and cause damages.

Q: Can we manifest what we desire by positive visualization?

A: Yes, but we have to be careful. There are certain Spiritual laws which we shouldn't violate. Let us say, at this time, I am not supposed to have money and if by such methods I forcibly manifest money, I will be violating a Spiritual law. I may get money now but I will lose my health. The best thing would be to pray to God and the Rishis. They will get us things, now or may be later, but they will be right.

Q: How can we intensify our Spiritual learning?

A: Read the teachings and the struggles of Masters, the past Masters and the contemporary ones. In their journeys we have many lessons. Then you have to intensify Meditations, not necessarily increase in timings but in the quality. If you meditate well, you will understand better; you will receive the Light in the scriptures. We have to contemplate on the reading and define our philosophy. All this will help learning intensely.

Q: Are the Rishis Spiritual Scientists too?

A: They were the first Spiritual Scientists and even the material Scientists. Many great scientists are Rishis. Einstein was a Rishi; Sir C V Raman was a Rishi.

Q: Are the energies in the Ra Temple too intense?

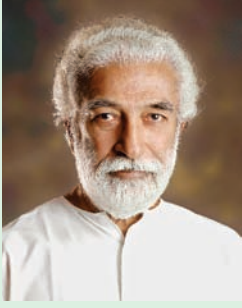
A: They are different. We are not used to such energies, that is the reason for experiencing them as too intense or too strong. These energies are very special, very pure. They work instantaneously whether you sit in the temple or you connect to the temple; they cleanse the system first, purify us and strangely clear all doubts. They remove all types of falsehood, distortions introduced at various levels by various people for various reasons. Experience these Energies. They make us humble.

Q: Is there any specific reason for constructing Hanuman Temple in Taponagara?

A: Yes. This is mainly for the villagers, who can gather there in numbers as the temple has a big hall, which was not there earlier. I have suggested that all the villagers and the residents gather there on every Saturday evening and meditate. It is a great opportunity for the villagers to learn Meditations and have the benefits of Meditations. This is going to be a great storehouse of special, protective energies of Lord Anjaneya. You can connect to the energies and communicate to Lord Anjaneya. During the days ahead when we may have to go through difficult times these energies help everyone, all of us, we and the villagers. ■

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/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

MANASA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I feel the flow of energies in Meditation. Sometimes I will be in a thoughtless state during my daily routine.

I feel I have changed a lot. I try to follow the teachings taught by Rishis and Guruji. At times of difficulties when it is very much tough to manage, I have prayed to Guruji and got help from him. I try to carry Light always and speak to Light. Light is helping me a lot.

– Shilpa Raghavendra

I live in a rural area with a very small population base and couldn't see how I could conduct a healing practice. Synchronicities occurred and a distant healing Internet opportunity came my way which was perfect! I now belong to a worldwide distant healing practice as a volunteer, and I send Loving Light to those in need of it. The Rishis surround me and I call Guruji for his loving assistance for those who ask for help.

– Lucinda Bach

Only last week while I was driving home from work, my car got stuck on the sidewalk. Immediately, a gentleman came from nowhere to help me. He guided me while I reversed the car and got back on the road. As soon as I was all good to go, he said 'God bless you and take care', and left. He was gone in a flash. I knew it was Guruji who had come to help me!

– Vinamra Longani

I was facing temper issues, but I thought it is part of surfacing inside me. I am bit more calm now and hopeful that I will be able to conquer my weaknesses soon. Somehow I was not able to feel the love, the blessings even though it was visible to me. I am gifted with so many blessings in recent times and I am very grateful to Light, Rishis and Guruji. I also hope that I will

be able to become part of this Light revolution in a responsible way as per my capability.

– Harshad Oak

On many occasions I have experienced that whenever I cannot help (especially in my office) and if I pray to Light for help, the help is sent to that person.

– Pushkar Patki

Rather than focusing and repairing the negatives and lapses, I focus on abundance and building on positives. It strengthens and gradually wipes out negatives.

Also, I have made a strict mental note to myself that anything which disturbs my peace of mind, which in turn affects Meditation, is to be discarded, then and there.

– Geeta Joshi

Like most people I am facing loads of negativity and stress... as we all know Pralaya is in full force and problems increase for all. It is most difficult not to buckle under these problems. But, I am happy to say that with God's grace and guidance of the Rishis, our Guruji and Amara, I am able to meditate regularly than ever before. This helps me to cope with anything that comes my way and I am able to handle it.

– Pratima Vadgama

I had recently travelled to Bhutan, and was in one of their holiest and most ancient Monasteries. The energies in the Monastery were high; but, I simply could not manage to do my Meditations there though my entire being had only this one pure goal. But, the Meditation that day was one of the most deep, and blissful Meditation ever! Thank you Guruji and Shambala Masters! How blessed we are to have been introduced to Shambala. I knew it then.

– Vidya Virkar

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