



MAHARSHI AMARA (1919-1982)

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

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

LIGHT WORK

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

LIGHT BEINGS

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

SAPTA RISHIS

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

MAHARSHI AMARA

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

GURUJI KRISHNANANDA

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

SAPTARSHI DHYANA YOGA

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

THE AFFIRMATIONS

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

DOORWAYS

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MARCH 2017

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REFLECTIONS**Guruji Krishnananda**

(Excerpts from old Newsletter – November 2010 issue)

On 30th September 2010, this country stood still holding its breath before the Court verdict on Ayodhya dispute was announced, fearing communal violence. All huddled themselves in the safety of their houses, glued to the TV screens. The verdict was out. And there was a big lull. Then, nothing happened! There was no violence. Not a single case was reported in any part of the country. Then, there was a big sigh of relief. The country moved on.

Then, there was an endless analysis by the TV pundits and print media. We were repeatedly told that the country has moved on, the young were more pragmatic and the old had matured. It was all true. And there were other realities also which the media did not know, the Intellectuals could not read and the common people were ignorant about. It was the effect of Meditations by the Meditators all over the world in these years of awakened concerns. It was the effect of channelling of the Light by lakhs of school children all over the country. It was also the impact of energies channelled to this earth by the Light Masters, the Rishis, in the Astral worlds. It was also the result of the work by many Light workers all over the world.

I heard a Light Worker saying that recently a war was prevented by the Astral Masters. I know several such incidents. The Light Workers of the Earth are aware of these. But, the citizens of the world will never know this because the media will not help in publicising these very important realities even when these are brought to their attention.

I thought that Internet would help in publicising the Light matters. But Internet is an ocean and there are too many trivialities floating. The important messages are either ignored or joked about, though a miniscule minority takes these seriously. But, I am not disappointed. I am aware that the process of disseminating the Knowledge about the present realities of 2012 and messages from the Astral Masters are being done at the Astral level.

At the Astral level, everyone receives the knowledge and receives it without any distortions clearly and wholly.

We, the Light Workers, are not alone in establishing Peace on this earth and guiding the humanity in difficult times, including the great changes related to 2012.

We are never alone. But we do not always follow the guidance from the Light Masters thanks to Free-Will. ■

**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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NEWSLETTER

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Volunteers celebrate the success of the World Channels Day 2017.

NEWS AND NOTES

- ◆ Around 200 people participated in the Amara Jayanti celebrations in Taponagara on February 5, 2017.
- ◆ Around 60 people had gathered to celebrate Amara Jayanti in our Sapta Rishi Dhyana Kendra at Anekal on February 1, 2017.
- ◆ On February 1, 2017, The World Channels Day, close to 200 volunteers worked with great enthusiasm and conducted several Light Channelling sessions in different schools. More than a million children and teachers in about 2400 schools channelled Light silently on this day to bring more Peace on our Earth.
- ◆ On the occasion of Maha Shivaratri, Meditators gathered in the Meditation hall at Taponagara to meditate specially and to worship Lord Shiva.
- ◆ Orientation class will be held in Taponagara on Wednesday, 3rd May 2017 from 11AM to 1PM. External Guidance students who have access to the webcast can also join through live webcast. Those who wish to participate may please contact Manasa office and register by 30th April 2017.

MEDITATION ON SPECIAL DAYS

05	Sun	Shukla Ashtami
07	Tue	Shukla Dashami
12	Sun	Full Moon Day Kamadahana
20	Mon	Krishna Ashtami
26	Sun	Masa Shivaratri
28	Tue	New Moon Day
29	Wed	Chandramana Ugadi

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
12-3-2017	Shambala Group meeting at 2PM
19-3-2017	Ra Group meeting at 2PM

KAMADAHANA TECHNIQUE

On 12th March, Sunday at the time of moon rise, imagine a Homa Kunda in front of you. Invoke Agni Deva – say the Mantra 'Om Agni Devaya Namaha' once and imagine fire in the Homa Kunda. Imagine the Arishadvargas – Kama (excessive desire), Krodha (anger), Lobha (greed), Moha (attachment), Mada (arrogance), Matsarya (jealousy). Imagine Kama coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. It burns completely. Repeat the same for other five. Thank Agni Deva. Afterwards, you can experience the Light in you for some time.

Please visit www.speakingtree.in to read Guruji's blog and watch his videos.

Live webcast of Sunday lectures is available for students. Please contact Manasa office through email for details.

WORLD CHANNELS DAY

Manoj Chopra

Every World Channels Day is different and special. But 7th World Channels Day was unique. It was unique because there was incredible participation and involvement of several young and enthusiastic volunteers who added fresh zeal to the Light Channels team.

World Channels Day is the day of sentiments and emotions. It is the day of spreading Love and Peace on earth. It is also a day of celebrating joy and happiness.

Our volunteers were very much excited about this day. We were able to feel the wave of happiness and togetherness in every team. One and half month ago, our volunteers started visiting schools to inform them about World Channels Day. They trained several school leaders to conduct Light Channelling sessions in their schools. Hundreds of teachers were taught Light Channelling by our Area co-ordinators. They approached close to 2000 schools. Their sincerity and selflessness always touches the School Authorities. Several schools invited us to conduct Light Channelling and several others readily agreed to channel Light by themselves.

On the World Channels Day, a few teams of Bangalore planned to conduct Light Channelling sessions in places, which were 50-60 kilometres away from Bangalore. Many volunteers started very early in the morning to reach their destination. First news about the Light Channelling session came from Delhi at around 8AM, where children channelled Light in extreme conditions of cold and fog. Slowly, the wave of Light started spreading all over India and Light started pouring on our Mother Earth. Apart from Bangalore, Light Channelling was done in Mysore, Hyderabad, Vishakhapatnam, Madurai, Chennai, Pune, Mumbai, Amravati, Sangli, Mohol, and several other places in Maharashtra and Tamil Nadu. Light Channelling was also done in several places in Rajasthan, U.P, M.P and Gujarat.

More than 190 volunteers worked very hard putting their heart and soul into the work. Several volunteers took leave from their offices and worked the whole day. Some volunteers who could not get leave due to work pressure did early morning sessions and joined back their offices in the afternoon. Their motive was to bring down maximum Light. With the help of teachers, school authorities and student leaders, Light Channels team could involve more than 2400 schools and more than 1 million children channelled Light. The most satisfying and heartening part was when several schools confirmed their participation by sending emails, letters and photographs. Apart from school children, thousands of people who received our Light Channelling updates also participated in this event.

Let the Light channelled by millions, heal our Mother Earth's wounds inflicted by non-love and violence. May the Light channelled by so many, bring soothing effect to all souls who want to transcend from the Dark Age to the New Age. And once again let Love and Peace prevail in the World.

We thank every individual who helped us to spread this Movement. On behalf of Manasa Foundation we thank School Authorities, Teachers and Students for supporting our volunteers and this Movement. ■

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)

June 2005

Sadhana has three parts. When a person thinks, 'I have to grow, there is something beyond this ordinary life and I want to reach a point, where the normal ordinary life does not take me to.' It is then he begins to search, may be for a Path or a person, and then he reaches a Path. I believe that this itself is a part of Sadhana. A person should strongly feel that he should grow, he should change. Sadhana begins from that point. Some people find a Path suited to them straightaway. They meet their Gurus straightaway like I met my Guru. Some struggle, some experiment, and some people sometimes land in places where they should not land. A question arises - how do we really reach the right place and meet the right person? The method is very simple - 'Pray'. There is a higher intelligence, there is God. Pray that you want to grow and get into a Path or meet a person. We will reach a proper person or proper place. After reaching the Path or meeting the Guru, understanding Sadhana is the second part. Usually, we always come to the Rishis with various problems - health, personal or any problem. To get rid of these problems, we take up the Spiritual practice. After we spend some time, we realize that we have problems and the problems have certain causes. And to remove these, we have to burn the Karmas, the root cause. And again we realize gradually that even if we remove all these Karmas, we will have new Karmas. So the way to have permanent peace is to move towards God, to live in God. When we realize this, we understand Sadhana. It is then that our real goal is understood. All the other times, we

will be practising things and will be trying to reach short-term goals. The third part is - having reached, having understood, we have to pursue. Everyone would have experienced that there will always be disturbances, obstacles and distractions in Sadhana. There will always be more reasons and opportunities for not meditating. It is important to hold on to Sadhana and pursue it, not merely for this lifetime, but for any number of lifetimes that we come down to this earth. So briefly, Sadhana has three parts - 1) searching, 2) reaching and 3) pursuing.

The quality of Sadhana changes, rather, it varies from individual to individual. Simplifying - Sadhana is meditating and positivising. How much of Meditation and how much of positivisation is required? For some people mere prompting is enough and they change a lot and transform a lot. For them, normal Meditations are enough. If this transformation or changing is difficult, then we have to meditate more. I think that most of us have to meditate more and more.

I know a person who has learnt several things from a person known to me. He told me that his third eye was opened, by practising a particular technique. The person who gave the technique to him had given this to me also and I had tried this technique nearly 10 years ago. This technique when practised, opens the third eye, may be in about 48 days or 60 days. After 60 days, this person began seeing things. He would practise these techniques, and when he was aware, he would see things in a different layer. He would meet

people and sometimes they would try to talk to him. There are many techniques like this. Amara asked me to practise the technique and tell him later. I told him that my third eye was opened. He laughed! He said, 'this is a faculty, which helps us to see things in the next Astral plane or level.' This is not difficult. It is very easy to have an access, and even interact with the persons who move in that Astral plane. This is the plane where the spirits and angels move. If we meet an angel it is very good and if we don't meet an angel, it is not really good!! We get confused. There is always a possibility in this plane of getting confused and misled. The Rishis live in a very higher plane. That is why establishing contact with them is difficult, but I think it is worth it. I mention this, because such techniques are given in many books. Reading a book and practising the techniques may not always be the right thing.

This is a very special Dashami, which comes once in a year. It is called 'Dashapapahara Dashami'. If we meditate on this day, it will remove 10 types of sins. Anyway, we can get rid of at least 10 varieties of Karmas; and we shall meditate more on this day and get rid of the sins.

This Poornima is called 'Phala Poornima'. May be, on this day we are closer and nearer to God! All our resolutions are honoured. All our requests are obliged - material or Spiritual. Usually on this day, people who know this special day, perform Satyanarayana Pooja. We don't have to do Satyanarayana Pooja, but we can meditate. We can have much more benefits; we can literally invoke Satyanarayana. We have to make use of all these days. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

01-01-2017

2017 has already begun. Time is moving so fast. Probably the Rishis want this difficult period of Pralaya to pass quickly. Maybe that's why they have compressed the time.

On behalf of Manasa family I wish all of you a very Happy New Year. This is my belief that there is something special every time the New Year begins. The New Year brings new energies. There will be new beginnings. If we observe carefully, new systems will be evolving in our small circle of life. And after listening to Guruji, I have begun noticing life, keeping such things in mind. I feel we have to admire God for designing this Life so beautifully! And I wonder many times how could He have dreamt a Life like this? There are such wonderful events which repeat so often. We are a part of His Dream and yet we have the freedom and the ability to give shape to this Dream, at least to an extent, in our area of influence. We can add colours to it at least. He has left that option to us. We can shape our destiny and along with that the destiny of this world. We came to know of such things through Guruji. God goes on providing opportunities. And if we can surrender, we can play our role in His Dream perfectly. Every bit of this Life is such a wonder.

Time runs in cycles. Because of that we have this New Year! The New Year is an opportunity to throw away the past and live in the present. It is an opportunity to begin living better all over again.

During these times of Pralaya, every New Year takes us closer to the New Age. Guruji had said that 2018 is another important milestone. Pralaya processes are expected to be completed by 2018. If that happens, we will see drastic changes happening in these two years. We have to choose Light and hold on to that. Even if the changes that are expected will be

drastic, they are for good because they take us towards the New Age. We also have to cooperate with this pace of changing.

Of late we are seeing a kind of mass awakening which is growing. Masses supported demonetization with a hope for a better life. They are fed up of corruption, war and they want peace. Imagine if these cleansing processes are over by 2018, how beautiful life will be after that! Then, all our energies can be channelled towards constructive activities. There will be construction within and outside also. There will be very positive new technologies and there will also be more development in the Spiritual areas. This beautiful life awaits us. We have to do our bit of choosing, changing and channelling. That we will do sincerely.

Our Brajabandhu Mishra has made the Manasa calendar available on the mobile platform. You can download it. You can have it available for quick reference on your mobile itself.

08-01-2017

There are times when we worry about certain things. We worry about people very close to us. Because we love them, we are deeply concerned about them and it is natural that we worry about them. We worry about maybe our own future.

I remember the last few days of Guruji in the hospital. He would say, "I can see very clearly that God is with everybody. He takes care of everybody. There are no exceptions." We have to take care of our part of the responsibility for the individual, for people close to us, for our families, society and even for the world. But we need not worry. We can do our part with great love. But we have to take care that we do not take this worry to the level of depression. We do our best, whatever we are capable of and then leave it to Him. He takes care. If

we can do it, I feel we will be helping the person. If we go on worrying maybe we will not be able to help the person. We can have that faith in God and also have faith in the people about whom we are worried.

Guruji used to tell us that we have to emote for the people of this world who are suffering, who are in very difficult situations. We can at least send Light to them. Maybe our feelings reach and touch others who are in a position to do something for them and they are able to somehow pass on the help to them. Our thoughts against injustice done to these people will vibrate and touch others and when others also join in the process these vibrations become stronger. These stronger vibrations against injustice attract response from the Universe that works in a way that removes this injustice. Guruji used to say that we cannot be indifferent to what is happening in the world. We are One with the world. Whatever happens in the world touches us also. So, we have to think of people who are suffering. We can feel for them. We can channel Light.

Guruji used to mention that we have to work for the Spiritual upliftment of the humanity. It means even very ordinary persons like us can work for our own Spiritual growth and also for the growth of the entire humanity. And he said that it is not a help we are doing. It is our duty. We are One with the humanity. Collectively we have to grow.

We have to think of others. It is then this Love that we have, comes into operation. These are Guruji's words. Love works when it expands like this. When we love another person then we can say the Love expands. That is what Spirituality is all about – expand Love, manifest Love. ■

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)

A long time ago the French philosopher Rene Descartes said, 'I think therefore I am.' He attributed our existence to our capacity to think. We feel this way when we are completely engrossed in our thinking. In this state we don't even realise that we are thinking because we become the thought. We know here very clearly that we existed long before we learned to think. And now we are struggling to stop thinking. We know that we can get in touch with ourselves only when we stop thinking, which is why we meditate. Only when we stop thinking we become our true self which is stillness personified. We are the stillness. So the philosopher's statement 'I think therefore I am' can be re-phrased as 'I am aware therefore I am' or 'I am, therefore I can think.'

To simplify, we are primary and our thinking is secondary. And when we say Awareness is a faculty of the soul, it means the soul has the capacity to be aware. Even though we say Awareness is a gift from God, which implies that the soul was unaware until it received this gift, the truth is the soul was and is always aware. But it is possible for a soul's Awareness to be trapped in this system of body, mind and intellect and get completely lost in this world of forms. This is when we resort to Meditation.

Earlier I said we are the Awareness. I also said our Awareness wanders. It is we who jump from one thought to another thought or from one problem to another problem. It is mostly unconscious, which means we are not even aware that we are thinking. If this unconscious thinking continues during Meditation then it is very difficult to meditate. When this happens we have to drag our Awareness away from this thinking, which means we have to become aware that we are

meditating and we have to pull ourselves away from thinking about our problems. We have to become aware of the thoughts during the Meditation not afterwards. Realising it later does not help. The more seriously we take our problems the stronger the thoughts will be and then it is harder to ignore them, naturally.

Maharshi Amara had said renunciation is giving up things mentally while we still have them. We can apply the same to our problems and give them up mentally while they continue to exist. If we are not trying to find solutions to our problems and we are merely worried about the future then we can do three things. First, we can tell ourselves that worrying about the future cannot help us in any way. It can only disturb our Meditation and it may actually impact our future also. Second, if we develop an attitude of surrender leaving the problems to the Divine then we will have no reason to worry. The third thing that we can do is we have to learn to live in the present. At any given time the only reality is the present moment. So, living in the present moment means to pay all our attention to this moment. But, if all our attention is in the past or the future we completely miss the present and thereby we miss life itself. Maharshi Amara had said, 'every moment is a gift from God.' He had also said, 'don't lament the past, live the present.' If we do not live in the present we miss these gifts from God.

It is also necessary to develop a lot of Vairagya or non-attachment towards our past and our future. If we can practice this it can break the habit of wandering into the past or the future during Meditation. To live in the present we have to prioritise the present by renouncing the past and the future, which also requires non-attachment and surrender. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is a vision different from experience?

A: It is different. Vision is what we see. Experience is what we go through directly.

Q: Why do we need to experience Akasha?

A: When we experience Akasha or inner sky, even for a brief period we will be able to rise above emotions, thoughts, sentiments, attachments, all types of prejudices, our own ignorance; we will come out of our own towers, and we will realize that we are free. We have always been free but we built up prisons around us. If we experience the inner space it will be easy for us to experience stillness, to stabilize ourselves in our emotions, thoughts, living and in our chosen tracks.

Q: Does Ananda contain any other energy?

A: Ananda contains all positive and creative energies. That's why experiencing Ananda is such an important thing. That is the first principle of Shambala given by Master V.

Q: When communication systems fail and our telepathic and other faculties are not developed yet how do we communicate with you?

A: We communicate at the level of soul. You can start communicating from now. We will not succeed the first time maybe even the thousandth time, but we should not give up. Sadhana is effort, endless effort, patient effort. You can imagine yourself as a point of Light and me as another point of Light. You can imagine a beam of Light connecting these two points. Then begin communicating.

Speak and listen. There will be communication. The communication is pure, straight, undistorted.

Q: Last night I felt some energies leaving my body. At that time I also felt a burning sensation. Is this normal?

A: It is very rare, not normal. When we meditate there will be several processes activated and going on. One is a cleansing process. If by chance we receive some negative energies, this cleansing process will throw it out. Because you are very sensitive you observed this and felt a kind of burning sensation.

Q: When I met you I could not ask the questions I prepared. It was as if a veil of energy was put on me. Can you explain this?

A: This happens to many people. This happened to me whenever I met my Guru. When you sit before a Guru you must remember you are not sitting before a person. He is a representative, a storehouse of energy. You automatically receive energies and I consciously send energies to a person to make him or her feel at ease. There will be unknowingly a kind of communication at the level of the soul.

Q: When we go to temples we touch the ground with our forehead. Is it to receive energies?

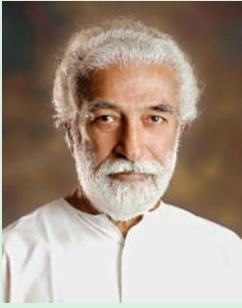
A: No. Maybe it's just a gesture of humility, respect, surrender, could be any of these.

Q: When we touch the feet of a human being out of respect do we receive the negative energies from him also?

A: It is true. We receive all types of energies from that person. Your normal, regular Meditations take care of all these things. ■

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iGurujī - Vol 6	75/-
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GURURJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

established in 1988 by Gururji 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 Gururji 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 am in this Path from 2008. I meditate and channel Light regularly. At the age of 84 that is the only support and help. Recently, I had severe stomach ache. The doctor told me that water had accumulated in the Uterus and operation had to be done. I was shocked! I prayed to the Sapta Rishis. But, next day sonography revealed that everything was normal and there was no need to worry! I thanked the Sapta Rishis. They are our parents and will they not take care of their child?

– Vijaya Soman

On 28th Dec 2016 I was travelling from Kottayam to Bangalore with my family. Near Salem our car met with an accident. The car toppled to one side after hitting a lorry, which crossed the road suddenly. The car was completely damaged. I do not know how but within seconds I was standing on the road without any injuries! Rishis helped my family and me. The hospital was very close by and we could get first aid. My

in-laws sustained slight injuries. Nothing happened to my wife and son. I offer my gratitude to the Rishis for their Grace and timely help.

– Rajesh S

Reading Gururji's books, seeing the Sunday webcast and meditating almost regularly has kept me going in spite of the testing times. My resilience and acceptance of any situation and balance has risen so much that I myself can see the difference. Jayant sir's words in the last lecture that God is looking after each and every one of us, was a reassuring message for me. Somehow, most of my answers are found either in our Newsletters or in the Sunday lecture.

I am indeed blessed to have chosen this wonderful Path designed for me. So far everything I worried about just passed by smoothly. With all your blessings and wishes I hope to continue my Sadhana and do better than before.

– Nandita Patel

FORM IV

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

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I, S.B. Shyamala Devi, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Bangalore
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Sd/-
S.B. Shyamala Devi
Signature of Editor, Publisher & Printer

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