



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 10

SEPTEMBER 2017

Rs. 25

REFLECTIONS**Guruji Krishnananda**

(Excerpts from old Newsletter – November 2008 issue)

There was a death in a Meditator's family. The Meditator wrote to me saying, "My hope with the Rishis has been shattered." I felt sorry for the death and sorrier for the Meditator. I contemplated for a long time, meditated and wondered if we have really understood them!

Do we expect the Rishis to prevent deaths? - Death of one person, deaths of all our family members, deaths of everyone? What all do we expect from the Rishis? What is the role of the Rishis in our lives, apart from guiding us in our Meditations and Spiritual Journeys? And when do we declare that they failed us?

Everyone in this Path, well, almost everyone, knows the answers. That is, everyone who has meditated under the Rishis, who has received benefits from them and has progressed spiritually with their help, knows the answers. I do not repeat them. I only say, I am alive because of the Grace from the Rishis. And when I die, I do not say, "I have lost hope with them." I continue to live at a different level in their Grace.

One day, when I went to Anekal, I saw the leaves in the tree there curled up and diseased. I felt sad. Chandranna, a Meditator, told me that he would consult a specialist and inject medicine into the tree. I returned to Taponagara and was lost in this world for some days. Then, one day, when I remembered the tree, I contacted it. The tree told me that it was sad because the workers had cut off some branches unnecessarily. I apologised and sent my Love and energies. Then, the tree told me that it will soon shed the sick leaves and will greet me, when I visit the next time, with new leaves.

After a week, I went to Anekal and saw tiny young leaves smiling! ■

**MANASA FOUNDATION (R)**

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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 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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Send us the name and address,
along with the Subscription
amount.



On the third Saturday of every month,
more Light Channelling sessions are conducted.

NEWS AND NOTES

- ♦ Meditators gathered and meditated in the Meditation hall at Taponagara to celebrate Srikrishna Janmashtami on 14th August.
- ♦ Resident Meditators from Taponagara gathered in the Meditation hall and channelled the energies of eclipse to the whole world, for the entire duration of the Lunar eclipse on 7th August and the Solar eclipse on 21st August. Many other Meditators mind linked and joined from their own places.
- ♦ Maharshi Amara's Mahasamadhi Day will be observed in Taponagara on Sunday, 27th August.

Special Meditation technique for Navaratri

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

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

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM - 12 Noon
Light Channelling:
12 Noon - 1PM
10-9-2017 Shambala Group
meeting at 2PM
17-9-2017 Ra Group meeting
at 2PM

MEDITATION ON SPECIAL DAYS

05	Tue	Worship of Ananta Padmanabha
06	Wed	Full Moon Day
13	Wed	Krishna Ashtami
18	Mon	Masa Shivaratri
19	Tue	Mahalaya Amavasya
20	Wed	New Moon Day
21	Thu	Navaratri begins
27	Wed	Worship of Sarasvati Devi
28	Thu	Durgashtami
29	Fri	Mahanavami Ayudha pooja
30	Sat	Vijaya Dashami

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

On World Channels Day, during the Light Channelling session in Gulabbai Kataria School I could experience a lot of Light. The energies were palpable. After the session a teacher told me that the technique had calmed her and had she known about it earlier she would have cut short her “Om” chanting. Another teacher shared that the PMT bus she was travelling in, had a breakdown on the way, so she had to walk back two stops to catch another bus. This had made her tense, as she had to reach the school on time. But after channelling Light she was feeling fresh and energised for the day in spite of the mental and physical exertion in the morning. Yet another teacher, Ms. Hema Gore, shared that this would really help her. She had really enjoyed the session.

– Geeta Joshi, Volunteer

In one school where Shobhana and I went for conducting Light Channelling session, they called us ‘Light sisters’. It was so nice to hear that. When I went to another small school for Light Channelling the Headmistress came and hugged me. She said that as an experiment their school had been adopted by Parikrma (an NGO in Bangalore) for five years under which the education of the students will be completely supported. And she said that this had happened because of Light Channelling. She expressed her gratitude to Light.

– Mala Suresh, Volunteer

On 24th June we conducted a Light Channelling session in Yelwadi village school. During the session I narrated how Light helps us in every way in our life. We also channelled Light to clouds. The session was very calm and good. After the session I told them how it had rained in Latur last year after we had channelled Light to the clouds. As I was speaking about this experience it started raining. It rained for five minutes and then stopped. The students were so happy that they started clapping at once with joy.

– Santosh Kore, Volunteer

TAPONAGARA DIARY

Seema Almel

July brought blessings from Parabrahma throughout the Ashadha Masa. Guruji had taught that this month is most auspicious for Meditation. To receive more blessings from the Divine, Sunday Speeches during the entire month were cancelled. The entire two-hour duration on Sundays became energizing sessions.

On Guru Pournima, like every year, Meditators gathered in the main Meditation Hall and aligned themselves to the Source of all that is – God. This is an emotional day for all Sadhaks. The memories of those golden days when Guruji would sit on the edge of the dais, smiling, showering His Love on everyone as a benevolent father-figure; and all of us lining-up patiently to get just a few seconds with Him, are personal treasures. Back then, a chance to receive Guruji’s blessing personally would fill us with inexplicable joy. And if He said something to us while blessing, that would give us strength to deal with life itself.

Guruji had mentioned that the Guru Principle continues even after the Spiritual Guide leaves the physical realm. Despite missing Guruji, this guideline was upheld by all those who gathered. Guruji’s Teachings have helped us evolve our human love into Divine Love. He made sure that we did not get attached to His physical form and he helped us outgrow attachments with the knowledge of Oneness. Guruji’s Presence always shines on us like the full moon of Guru Pournima. ■

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)

July 2005

The answers that come from the Rishis are precise and clear. It is either 'yes' or 'no'. You would have noticed that the answers are never lengthy. They are always short and to the point and just because they are simple and precise, we should not undervalue them. We have to go on contemplating on these answers. You will get more knowledge from them.

We gain wisdom by gaining knowledge. Whenever we speak of knowledge, we always mean the knowledge about the highest reality, God, Truth. By gaining that knowledge, we gain wisdom. There cannot be wisdom without knowledge. And without wisdom, there is no peace.

—◆—

I am very happy to see that people who talk here for half an hour, are improving themselves, every time they come here. And everyone is maturing in their views, in their expression. This is what I wanted. For a teacher, there is no greater pleasure than seeing his own students surpassing him. I want that to happen; not merely in talking here, I want every one of you to become a Rishi and surpass me.

I feel scared these days particularly whenever I try to contact the Rishis for carrying petitions on behalf of others or having questions related to the work, etc. I feel scared because the Rishis are so great and they will be always busy with such great work, involving the entire globe and we go with the petitions concerning very small things! Whenever I feel scared like that, they tell me, "Don't keep anything back thinking this is a very petty thing. For the individual who is going through that problem, it is a big thing. We are

aware of it." That is why, I may not explain everything. We may not communicate many things to the individuals, but every problem of every individual that is made known to the Rishis through me or even directly will always be taken care of. The care of the Rishis for us is unimaginable! A person had pain yesterday night. I saw at about 2 AM, that he was being healed. I also joined the healing part. Suddenly, I woke up at 3.30 AM in the night and I found that the healing was going on and of course I too was there. I attended to this healing yesterday and the person may not know that we have attended. Whenever any problem or things concerning health comes to us, it becomes a problem of ours. The Rishis will be constantly working to solve the problem, to give relief from the pain and bring back the person to health. I say all these things to make you understand the way the Rishis work. If we say we are fortunate to be with the Rishis, it is an understatement. We are a million times fortunate!

—◆—

This is very important to understand that failure is a part of the process. We have to fail to succeed. Failure leads to success, because when we fail at one level, we succeed at another level. We have to remember that it is a part of the process.

Remember that the Rishis have great Love but they are also great Masters. They will be testing us. We have to be aware of this all the time. It could be a test of our own will power or our own faith in them. When we fail, we have to reorganise that at the human level and make efforts, and leave it to the Rishis. We have to accept that failure and never lose hope, never lose trust.

The problems surface, resurface again may be because we forget the lesson the problem would have brought. May be we relax or we dilute our Sadhana and fall back sometimes. This resurfacing happens sometimes in healing. A healing would have been successful, and suddenly the person will find the same health problem resurfacing again. At that time, I feel very sad because I can see and make out that the person would have gone back to the old ways, to the old Spiritual condition. Whenever there is a healing, whenever there is a problem removed, we have to cultivate great humility and be alert. Whenever we are less cautious about these things, the problems surface again, only to remind us that we have to move on and not fall back. In Sadhana, there is no stage where we can relax. We can fall from any stage. We have to be aware of it. We should not be worried or scared about these things. The safest thing would be to live always in God's awareness. We have to relate to Him completely. We have to surrender to Him so that it is He who conducts my Life. We have to emotive being aware of His presence. It will be as if He emotes. It will be as if He thinks. When we follow Him, we don't have any problem. Let us be aware of the Light in our system. Let us make this Light a companion and this Light is God Himself. I think this is one of the greatest techniques ever given to the mankind. We have to put this into use to know its value. Ramana Maharshi was such a great man, he simplified the entire Vendanta and said, "Start asking yourself, 'Who am I?', and you will reach God." This technique is as great as that contribution. It comes from the Rishi, and it has to be great. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

25-06-2017

A young boy in a school said that his anger has reduced after channelling of Light. All the other children agreed with it. I think that is important. When we change, others notice. When they say that we have changed, then we can say that we have changed. Light Channelling and Meditations have such amazing benefits.

When we begin Meditations, we commit ourselves to changing. We can say that we register our wish with the Universe that we want to grow, we want to change. It is like taking a step towards God. When we take one step, we know that He takes a million steps towards us. And as we go on practising, go on becoming positive, we may be tested during our journey. Only when we are tested it will be revealed whether we have changed or not, whether our intention is right or not. We may not have changed but do we carry the right intention? That is how this journey becomes very, very interesting. Anyway, Light Channelling is spreading and many, many people are making use of it.

Our volunteers are working with a new zeal now. And there are people who have benefited from Light Channelling. They have become - I can say - our spokespersons. They are talking to others about the benefits of Light Channelling. There are teachers and children who use this technique to deal with stress, to deal with pressures of studies or work and naturally they want others also to benefit from it. They tell others, 'You try this. This will work.' In a way these people are our volunteers. They have not registered as volunteers with us but they are working for this world Movement. These are wonderful developments. I just wanted to share them with you.

An uneducated person helped me

a lot in some of our very odd jobs. He is employed with us and he gets his salary. But I wanted to reward him for this odd, very special work, which he need not have done. I just paid some money to him and I said to him, 'you please keep this. You have done so much work which you need not have done.' And it was not a routine type of work, it was very difficult work. But somehow this person did not accept the money. He needs money but his goodness did not allow him to take this money. He said, 'I am getting paid.' He is an uneducated man but this is what he wanted to convey - 'My conscience will not allow me to take it.' Somehow, I was very much touched.

Whenever we come across situations where we see people behaving in a very strange, selfish way, we wonder about the future of this world. We feel frustrated with the corruption but we are helpless at the same time. At that time we wonder - what happens to this system? It is dysfunctional already in a way. And when we see such people - I am talking of this man who helped me - our hope in people, in the future of this world is restored again and strengthened. This incidence may not look like a big thing. It looks like a very small example but I feel it's not a very small example. Through such acts, through such small acts, goodness is manifested, Spirituality is manifested.

Some new students mentioned that they feel Meditation is better than Light Channelling because they are able to experience Stillness during Meditation, whereas Light Channelling involves a lot of imagining. They wanted to know whether they can skip Light Channelling technique.

We know that we meditate for our individual, our personal growth

and we channel Light for others, for the benefit of the entire world. Of course in the process of helping others we also are benefitted. When we channel Light the vibrations of Love and Peace reach everybody. It is such a noble work, such an important work. And some people say that while channelling they experience a lot of Peace and during Meditation they are unable to experience that type of Peace, but these students have a different experience. We have to meditate because with Meditations we grow. We vibrate Love and Peace, which somehow touches others. That is very, very important. But Light Channelling is also equally important.

So, to help these students who feel that there is a lot of imagining involved in Light Channelling, this is what I feel we can do. We can sit with a very sincere and genuine intent that let the Light spread to the whole world. Then we begin with the imagination that Light is descending and spreading to the whole world but we need not go on imagining continuously. We can just sit silently and the process will happen automatically. These students have a very genuine problem that when we go on imagining, we cannot experience Stillness. We need not go on imagining. We sit with an intent that is all. Then we just sit and do nothing. The channelling will happen automatically. And I feel we will be able to experience Stillness.

Guruji used to say that channelling of Light is a very important part of Sadhana. If we don't do it our Sadhana remains incomplete. If we only meditate our Sadhana remains incomplete. That is why channelling is important to complete our Sadhana. ■

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.

EXCERPTS FROM TALK BY SHRI RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

When the souls came to this world for the first time their minds and intellects were brand new and pure. For the souls perceiving the worlds through them was like looking through clear and transparent glass without any distortion. And when the souls would look at another individual they could clearly see that soul's original persona because of the purity of the mind and intellect. There was no veil of personality to cover the soul's true qualities.

As we accumulated many experiences and learned to think and react to the world in certain ways, we developed certain tendencies and patterns. Over lifetimes these became deep-rooted habits, and our reactive patterns and tendencies became the major part of our acquired personalities. Such living by habit is called unconscious living. So, in the shaping of children's personalities their parents, elders, teachers and others around play a very important role whether they are aware of it or not. In my opinion parenting is a toughest job on earth because it involves the bringing up of a child, which is a very complex task. I believe that to be a successful parent one requires professional training in parenting. Parenting plays a very important role in the Spirituality of future generations, and hence the future of our world. Proper parenting can ensure that there is very less conditioning and negative habit forming in the children. This can be a good foundation for children who take up Spirituality later in life and they can live a life with awareness.

How to remove all this programming, conditioning and the patterns that we have formed over several lifetimes that practically drive our lives? Experiencing stillness every day in our Meditations is the best way to begin with. So we experience stillness in Meditation and make some progress, but soon after the Meditation we unknowingly return to our old

ways and lose the progress made. It is for this reason we say that we have to meditate and at other times we have to positivise by being aware all the time. This is why Maharshi Amara said all life is Sadhana. This is not possible without awareness.

I mentioned that developing non-attachment will greatly help in releasing our awareness from the superficial level. Our thoughts, emotions and actions can be expanded instead of being self-centred. For example emoting for all the suffering in the world and dreaming for a better world.

Even though we are not the mind or the intellect, our awareness is so strongly bound to them that once these tendencies are formed we cannot easily free ourselves from them. For example there may be a tendency to get angry very easily because of getting frustrated and angry frequently in the past. Once this habit is formed one can get angry for the smallest of reasons.

To overcome such habits in addition to experiencing stillness in Meditation regularly one has to increase one's level of awareness while interacting with the world. This can be practiced by doing everything consciously which means with full awareness. When we practice this living in awareness we get used to being aware consciously. Living without awareness is not living at all.

So regardless of whether we are experiencing anger, jealousy, bitterness etc., the most important thing to do is to become aware of it and observe it. We then experience the feeling fully without suppressing it. When we become conscious of our tendencies and patterns and observe them we create a separation between ourselves and them. Once this happens these patterns get diluted slowly and eventually disappear. Only then our awareness can be released from the surface level. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: After death does the soul continue Sadhana in the Astral body?

A: It depends on the soul. If the soul wants, it can continue Sadhana. For that there are facilities. In this Universe there are always opportunities and facilities to do our Sadhana.

Q: Is Sadhana easier without the physical body?

A: It is easier definitely, because the body's problems come in the way of Meditation like - tiredness, laziness, sickness, and without the body we don't hear the physical sounds or noise. But we should not forget that it is through the body we experience so many things here. In a very limited way we can say that the body comes in the way. But if the body co-operates even Meditation becomes easier.

Q: Can the same guru continue to guide even at the Astral level?

A: Yes, if he is capable. It depends on the individual case. The person in the Astral plane should seek permission to have continuous guidance from the person at the physical plane. But there are many guides, to help and guide Sadhana in the Astral plane.

Q: My body sways when I meditate. Why?

A: There would be several reasons. But generally, it is because we practise many things picked up from books, without any guidance. You have to continue Meditations. After sometime you will be alright.

Q: Is it true that a person cannot remain in the Light body if he feels panicky or scared?

A: A person in a Light body will not feel panicky because he would have crossed fear, all types of phobias, prejudices etc.

Q: Why are there emotional upheavals and accidents during eclipses?

A: Whenever we have a New moon or Full moon, we receive energies from the Moon, which impact our mind. We will be high emotionally. During eclipses we receive special or more energy from the Moon. They are pure, special and Spiritual. They never cause accidents or emotional upheavals. It is the fear which makes us think we have a lot of disturbance. It is psychological. Let us get rid of all these distortions and ignorance.

Q: If one in a group sees Light, can the others in the group also see?

A: No. A person in a group sees the Light for various reasons. These things happen individually, personally.

Q: I am sending Light to terrorists, they are not receiving. Why?

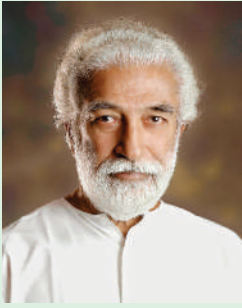
A: How do you know they are not receiving? Of course some terrorists may refuse, but not all. We don't know.

Q: Are our destinies decided by the planetary influence?

A: Our destinies are decided by ourselves, by our Meditations. The planets definitely have their influence, which we cannot ignore. But they don't decide our destinies. All intelligences in this Creation, all planets, every person will always help us if we make genuine efforts to move spiritually to reach God. ■

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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 was invited to a Christian home where a priest was conducting prayers. I remembered Jesus in my heart and sat quietly and closed my eyes. Soon, I felt and saw rays of white light emanating from my body. I felt an ocean of white Light around me. It continued throughout the prayers. I opened my eyes only when the prayers had ended. I am thankful to Jesus and Guruji.

– Nirmala A M

Last month my husband was unwell; even a little bit of walking was causing breathlessness. He was advised to undergo Angiography. I prayed to Sapta Rishis. Next day, the doctor saw the Blood report and said, "Nothing is wrong with him and there is no need to do anything." How did this magic happen? Who did it? I found answers to these questions! That's why I meditate with faith.

– Anita Wakharkar

After practising with the new technique of Meditation I feel deep peace, experience Light and feel as if I am completely surrounded by Light. I experience an expansion of Awareness. I feel like meditating every day to have this experience. I feel bad if I miss Meditation even for a day.

Long back I had read about circumambulation of river Narmada. I wished to do it. I thought I would not be able to do it, and I closed my eyes. That very moment I saw a Rishi full of Light. I asked him, 'who are you?' He replied, 'Vasishtha Maharshi.' He told me clearly, 'you need not do this. You do Light Channelling work.' His voice was so clear, I cannot describe it. I thanked the Rishi and river Narmada.

– Vaishali Tare

On Guru Pournima Day, my Meditations in the Cosmic Tower were very deep and satisfying. Later, in the Information Centre the answer to every

question came from somewhere deep down; I was so still that all this looked like a dream. I saw the whole process of the answer coming to me as a thought, the thought getting converted into words and I was speaking those words. I was observing myself as a third person. And everything in this Universe was very still and vibrant.

– Sunil Bisarahalli

During Guruji's birthday celebration function, when Jayant sir was speaking, I was able to see Guruji's face in the background as Light, for a long time.

– Sharadamma L

I could not meditate, as I was unwell. But, I used to practice Light Channelling and Shambala principle one. It is then I experienced the real effect of these powerful techniques; I was able to get up from bed and do my work. Guruji used to tell us that our problems vanish when we spiritualise – be positive, good and honest. And I experienced this when I was not well. I am very lucky to be in this Path.

– Shilpa Raghavendra

This has been one of the toughest phases of my life; just when I feel one problematic day is over, another, even tougher begins. But, through this test I found that practising the Shambala principle of Oneness has helped me a great deal. And along with that spreading Ananda, the first principle, too has helped calming me down, keeping my balance.

– Nandita Patel

I am a Yakshagana artist. I was not getting enough time for practice. One day, during the training in the class, I forgot my dialogue. I prayed to Light for help. I filled my entire system with Light. Immediately, I was able to recall what I had forgotten.

– Prakash Ullura

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