



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 13 Issue 9

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – August 1997 issue)

Fifty years ago, we got freedom though some cynics say the British got it from us! It was not merely the political but freedom at all levels – freedom to express, to grow and build up; freedom to manifest the potential, to actualise the dreams and disseminate the light of this very ancient civilisation.

After fifty years, we realise that something went wrong; we failed. No doubt tons of printed words – articles, editorials and books – will analyse and theorise the debacle and the political masters will churn out new slogans and messages from their castles of power, as poverty, illiteracy and exploitation continue their naked dance. Is it the system or the leaders or both that failed us? It is not difficult to find the answers but solutions are not in sight.

What is our role, our duty and power in realising the dreams? A sceptic jeered at us – “Why don't you meditate?” Well, that is what exactly I advocate! Meditations bring down subtler energies and build up fields of positivity that cleanse the individuals and systems of selfishness, greed, corruption etc., which have been the foundations of the failure. This is no day-dreaming but a clear choice.

Democracy in the present form has failed. The socialistic revolutions have failed. Why don't we accept it? Which is the other approach? And why don't we try the Spiritual? The Spiritual revolution will not fail. We have not tried it yet seriously. Revolution in an individual is like a drop and revolution in many is an ocean.

This is a land of Spirituality and only a Spiritual revolution will save this country from going down further. Let us begin meditating.

“Do I have to meditate?” – a friend asked me. He is good, rich and doing a lot of service to others. I said “Yes.” Amara explained later – “Selfless service attracts good Karmas. But to attain Mukti or the final freedom we have to be free of all Karmas, even the good ones. Meditation burns out all Karmas. So everyone has to meditate.”

It was in 1982 that I saw him close his eyes. All these fifteen years he cared and shaped my life. Amara is the Light of my soul. He lives forever along with my soul. I always remember him because he is a part of me. On the day of his Mahasamadhi I worship him specially. Let us all get blessed specially, on this day. ■



★★★★★★

### MANASA FOUNDATION (R)

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e-mail : [info@lightagemasters.com](mailto:info@lightagemasters.com) website : [www.lightagemasters.com](http://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

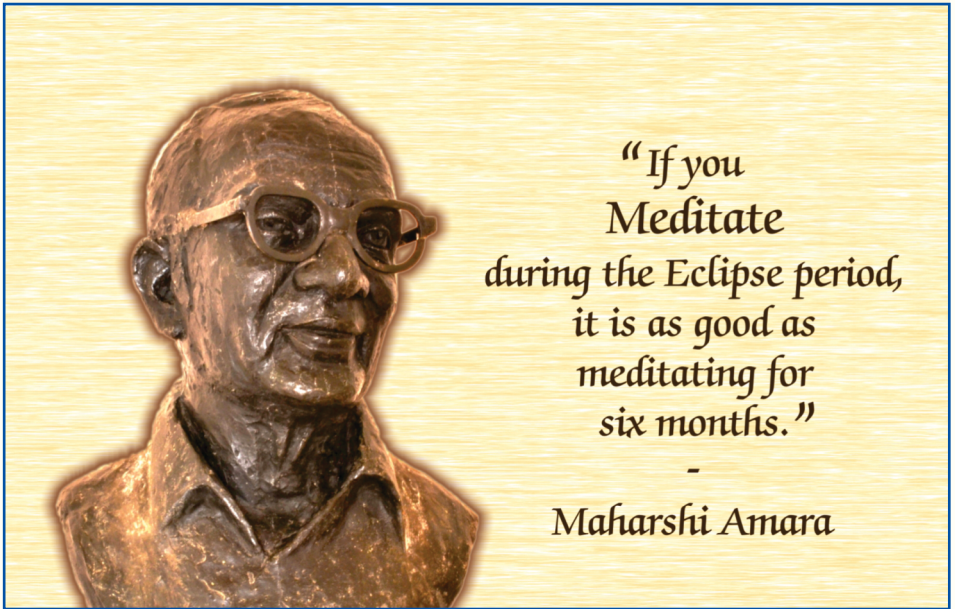
External Guidance is available by post and e-mail. Please refer column 1 on page 6 for details.

**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.



**Maharshi Amara's 36th Mahasamadhi Day is on 25th of August 2018.**

**NEWS AND NOTES**

- ♦ Maharshi Amara's Mahasamadhi Day will be observed in Taponagara on 26th August. Please register at Manasa office by 24th August if you wish to participate in the program.
- ♦ Meditator Residents of Taponagara gathered in the Meditation hall and channelled the eclipse energies during the Solar Eclipse on 13th July and the Lunar Eclipse on 27th July.
- ♦ Meditators gathered in the Meditation hall on 27th July to celebrate Guru Purnima and channelled energies of Parabrahma to the entire world.
- ♦ Shambala Group members gathered on 8th July in the Meditation hall at Taponagara to receive special energies from Shambala.
- ♦ RA group members gathered in the Meditation hall on 15th July to receive special energies from RA.

**On 11th August there is Solar Eclipse from 1.32PM to 5PM. Please channel Light to the whole world during the entire eclipse period.**

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

**Please visit [www.speakingtree.in](http://www.speakingtree.in) to read Guruji's blog and watch his videos.**

**MEDITATION ON SPECIAL DAYS**

05	Sun	Krishna Ashtami
10	Fri	Masa Shivaratri
11	Sat	New Moon Day Solar Eclipse: 1.32PM – 5PM
18	Sat	Shukla Ashtami
20	Mon	Shukla Dashami
24	Fri	Worship of Mahalakshmi
25	Sat	Amara's Mahasamadhi Day
26	Sun	Amara's Mahasamadhi Program Full Moon Day

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
26-8-2018	Amara's Mahasamadhi Program

**AMARA'S MAHASAMADHI PROGRAM**

**26-8-2018, Sunday**

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

**PROGRAM AT ANEKAL**

Amara's Mahasamadhi Day will be observed at our Saptarshi Dhyana Kendra on 25-8-2018 at 11.30 AM.

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Light Channelling really helps the one who has faith in it, to succeed in life. I have experienced the results many times. It gives me strength and excitement, and motivates me to accomplish many things. A minute or two is enough to get refreshed by connecting to Light. It's just like a charger for our daily tasks. A few friends near my house were dull in studies. They told me that they were unable to understand and grasp what their teacher taught them. I shared the technique of Light Channelling with them and now they get distinction in their exams! They also say that their teachers appreciate them for this improvement.

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

When I was studying in Bangalore High School, we used to practise Light Channelling on most of the Saturdays in the school. We also practised before mid-term and final exams because that was the time when we had to concentrate a lot on studies. Ours was the noisiest class. On the days when we channelled Light we were very calm and peaceful, and the teachers loved our class on such days! Light Channelling helps a lot.

Today, I channelled Light after five months. It was a great experience. I could feel the Light entering me and all the darkness, fear and anger going out of me. Thank you for showing me my capability.

– Janvi Singh, I PUC (FAA), NMKRV PU College, Jayanagar, Bangalore

Light channelling sessions are held regularly in our school. I channel Light every day. It helped me not to feel the pressure of Class X, State Board examination. The school, which was my centre for the Board exams, was located in a very crowded area with a lot of traffic. There was a lot of noise during the exam and I could not concentrate on my paper. I channelled Light for some time. My mind became calm and I could recall everything that I had studied. I could write my papers very well and I have obtained very good marks.

– Sunita Rathod, Student, Murkute High School, Pune

## TAPONAGARA DIARY

Seema Almel

When Guruji started the Residents' Meet the objective was to provide a platform for Taponagarites to come together, know each other and form bonds which befit a Spiritual Community. Guruji wanted this community to forge relationships which can withstand all differences. The success of His Vision was seen in July when Taponagarites celebrated the wedding of Mr. Sudhakar Lakkappa's son, Vikyath.

A week before Ms. Ashritha, the new bride, was welcomed into the Manasa Family, mehendi and sangeet programs were held. The marriage ceremony's venue was a two hours' drive away. A bus was booked for many families to commute together from here and excellent arrangements were made by Mr. Gururaj and Ms. Sreedevi throughout the journey. While some chose to travel in their cars, others assembled for the bus in the morning outside Cosmic Tower. Many visited an ancient temple near the venue and turned the occasion into a pilgrimage. Decked in wedding finery, Taponagarites celebrated Oneness. This proved that the purpose of the Residents' Meet has been more than met and that Guruji's Vision of Taponagara is shaping up. On Amaraji's 36th Mahasamadhi, the assurance of nurturing this Oneness is our offering.

Manasa Family congratulates the newlywed couple, Mr. Vikyath and Ms. Ashritha, and wishes them a happy married life. ■

## LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

**Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.**

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit [www.lightchannels.com](http://www.lightchannels.com)

## SHAMBALA PRINCIPLES

These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. They live in Peace and Perfection without ageing.

- 1 Experience the Light in your Core and spread it around.
- 2 Experience and spread Love.
- 3 Experience the Oneness of Life in everyone and everything.
- 4 Carry on the daily activities first in mind, then verbalise it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising talks about it.
- 6 Gear up the body, mind and intellect to fight out the negativities.
- 7 Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.



## THUS SPOKE GURUJI

Excerpts from Guruji's talks  
(Compiled by Shobha K Rao)

October 2005 (Contd.)

Healing others, not only enhances the quality of our Meditations, but also enhances the quality of our very living. Healing others is an act of Love, particularly when we do it without collecting fee and do it with only Love. The satisfaction comes only when the person gets healed. When the person finds relief, you feel so happy as if you have conquered Mount Everest! Healing is an act of service. It may not be exaggeration if I say, 'healing is growing spiritually.'

Last week, a few of us were talking, and whenever I am in a group, we always talk about Spiritual things, Life and about living. We had many things to share. I would like to share one or two thoughts with you. A person robs a bag – let us say a few lakhs – and he takes one lakh out of this robbed money and with great devotion puts it in a *Hundi* in Tirupati! Does this act merit good things? Putting the money in *Hundi* is an act done with devotion! But, we have to know the intent behind it! When a doctor cuts open a body to operate, he is not a violent person, although he brings out blood. He is a very non-violent person. The intent is important. In this act of offering money in the *Hundi*, the intent is not offering, but it is trying to bribe God! Lord Venkateshwara knows. He is God. We cannot bribe Him! So this act cannot be called a meritorious act. The intent behind any act is important.

I mentioned the word non-violence. This non-violence is a state of our inner being. Only a very strong person can be non-violent. Whenever I tried to explain Yama-Niyama, I remember, I have mentioned this. A weak person always feels helpless, insecure, that is why he tries to be violent, just to defend himself. A strong person does not bother. Apart from being a non-violent person, a

strong person is also a forgiving person. It is not merely the strength; there is also the Love. A non-violent person is a kind of accommodative person. He accommodates others' imperfections; he does not complain, grumble, but accommodates. This is not easy. This can happen only when there is genuine Love. Non-violence comes from great Love.

There are three stages in Sadhana. Sadhana is a journey towards Truth, Perfection, towards God. The first stage is, knowing about the Truth, knowing about God. We gather knowledge by hearing, reading, and of course by contemplating. All these occur at the level of the intellect. So first we know about the Truth, about God intellectually. The second stage is experiencing It, i.e., going beyond the intellect and intellectual knowledge and having the direct experience of Truth, of God. This happens only when we begin practising certain things like Meditations. We cannot and we do not experience by merely talking, debating. We can go on debating about the existence of God. We can go on debating whether He exists or He does not exist; we can talk for hours together; we can write books. But, the journey begins with actual Meditations. So, we know about God intellectually, then we experience Him. In the second stage, there will be a kind of duality when we experience Him. I and He, this separation exists. In the third stage, we become Him; we become God; we become the Truth. In this stage the duality vanishes. We talk of Nirvikalpa Samadhi, which is the state of Non-duality – Advaita – I am God, I am Truth, I am Love. This is the ultimate stage. Normally people think that when people who achieve this, reach this stage, become recluses, saints, Masters; and they have to live only in caves and not amongst people. But we have one exception; one person by name Amara who was a

Master, who was all this; who was Truth Itself and he lived like any other person. He demonstrated that this is possible by living. The point is, one may achieve the highest spiritually, but one can live the so-called material Life in a perfect way. A perfect Master plays with a child perfectly. I think at that time, the line between the material and Spiritual vanishes. This is possible.

The Rishis say that we, as humanity, have messed up the Life on this beautiful planet by our egos, with our negativity. There are hurricanes, there is poverty because there is lack of Love. There is so much of suffering, because there is so much of cruelty, non-love. God taught us Love and we have manifested non-love and we have messed up this Life on this planet earth as humanity. Then individuals also, most of the time, mess up their lives with the same ingredients – egos and negativities. When our lives should be like the lives in paradise, we make it like in the hell. What is the way out? The Masters from the time immemorial, have been reminding us, starting from Christ, Gandhiji, Mandela and Dalai Lama that the only way out is positivising our lives. When we spiritualize ourselves, when we positivise our emotions and thoughts, we will be building the vibrations of Love. Believe me, it is not an exaggeration that when we build vibrations of Love, then there will be no hurricanes! My Guru used to say, "When the Rishis lived in forests, the wind blew very carefully, not to be very strong, not to disturb the Life in their *Ashramas*." There is intelligence in air, in water and in nature. If we generate Love, nature treats us with great Love. So, Pralaya is not destructive activity; it is positivising at the global level. It is not enough if one or two individuals positive. As humanity, we have to positivise. ■

## EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

10-06-2018

I have picked up a few points from Guruji's talks to share with you. This is about Sadhana. Sadhana is effort, conscious effort to move towards a goal. Spiritual Sadhana is an effort to grow, to positivise life and to sublimate our attitudes. Positive living means to have positive thoughts and emotions. Meditations help. Meditation is a part of Sadhana. It is also making conscious efforts to positivise ourselves. In Meditation we experience God. If not completely, we touch Him. And that experience of nearness to God, helps us to live positively.

Guruji says that Sadhana is also living the lessons we have learnt. If we are learning not to hate, not to judge then putting these consciously into practice is Sadhana. We have to observe ourselves. Sadhana involves observing ourselves. That is why Guruji suggested that we live in the awareness of God. If we can live in the awareness of God or Light then it helps positive living. Then we can observe ourselves and correct ourselves.

Guruji also said that Sadhana is an effort to unshackle ourselves from all bondages. We are attached to people, ideas, objects etc. We are attached to so many things. We can say that these are all bondages. Sadhana is an effort to disentangle ourselves from these bondages. We can say that Sadhana is a journey towards God, towards Light, towards perfection.

Sadhana is done at different levels. It is done at physical, mental, intellectual and Spiritual levels. At the physical level it is to keep ourselves - our body mainly - pure and healthy through physical things, like exercises, Yogasanas and Pranayama. Then at the mental level it is mainly to sublimate our emotions; all emotions erupt without effort. We have to

sublimate all negative emotions into positive ones. And how do we do it? For example, if we have anger, we have to use it for a higher purpose. How do we do that? We can get angry with ourselves to get over our negative emotions. If I am lazy, I get angry with myself. I get angry with myself to get over my laziness. Sadhana involves such understanding and then making conscious efforts to change.

Similarly Guruji said that jealousy can be also used for positive things. A bit of jealousy cannot be avoided in the human plane but instead of strengthening it, we can make use of it to improve ourselves. That is how we sublimate these negative emotions like anger, jealousy etc. Divine Love is the highest emotion. Divine Love has no demands, no expectations. In Divine Love, all negativities dissolve or sublimate. So if we develop Love, we can get rid of the negative emotions.

Sadhana at the intellectual level is reading, understanding and contemplating. We also use the intellect to imagine things. Guruji asked us to dream. We dream of all positive things. When we practise Dharana, we are asked to imagine something. That's when the intellect gets involved and the practise of Dharana helps us to silence the intellect. Guruji said that we should go on dreaming. The Rishis dream for the world and somehow their dreams vibrate and then become a reality slowly. He also said that there is nothing wrong in dreaming about material things. But when we go only after material things then that is not right. Reading helps but whatever we read in the books, we should not necessarily take that as the final thing. Books are not an authority. They are only a pointer to a direction, to go further. Only a small amount of knowledge is in the books. And all the

knowledge is in the higher planes. We have to be vigilant, careful. Any idea can be interpreted in so many ways and wrong ideas usually make very strong impression on us. So we should not get tied down to these wrong ideas. Just because somebody says, 'throw away Gita', we need not agree with that. We should think individually, contemplate and then decide.

Then the next is Sadhana at the Spiritual level. It is to experience the Truths directly, to experience the higher Truths directly. For this, Guruji said that we have to experience Samadhi. That's the minimum achievement, and for that we have to meditate. We have to begin with Meditations and reach the levels when we can begin experiencing. Once we experience the highest, our life changes. Then we feel and we know that we are pure, we are not small, we are great, very big. So experiencing Samadhi is important. For that of course Meditations are important. When we take up Meditations, it's a very, very important stage in our life, a turning point in our life.

He also said, "Meditate, but not all the time." While we are in the office, we cannot obviously meditate. We have to work there. All life is Yoga. These are Maharshi Aurobindo's words. Every moment in life is a moment of Sadhana.

How much Sadhana should we do? It depends on our goal. If our target is just to relax, then five minutes of Pranayama is enough. Our goal can be a material goal also. Generally most of us take up Meditations because we have some problem in our life. But once the problem is solved, we need not stop. We can shift the goal. There is nothing wrong in having material goals, but we should not stop after achieving our goal. Sadhana is a continuous effort to keep growing. ■

## 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.

## THE WILL OF MAHARSHI AMARA

Sunil Bisarahalli

Guruji once asked Maharshi Amara, "What is the mission of your life?" Maharshi Amara said, "To gather all of you here." Guruji further asked, "How are you going to do it?" Maharshi Amara said, "I Intend."

It is said that the whole Universe came into existence due to an Intent.

Maharshi Amara had tremendous willpower... the willpower of the Rishis. Due to his immense capacity to impact humanity, he was asked by the Rishis to build their Centre on Earth. As was his wont, he immediately agreed and came down. Thus began another incarnation of Maharshi Amara on earth to uplift humanity like he had done on many other occasions in his previous births.

There were no crazy marketing ideas or brand building to get people to come to him to learn the ancient art and science of Meditations as taught by the Rishis. He Willed! And people flocked around him.

A Master's will is not like ours. Maharshi Amara's will was so powerful that people that were ready not only came to him when he was alive, but they are still coming. Even now, when people come to us and look at Maharshi Amara's photograph, they exclaim that it was he who sent them here.

He taught Meditations, Samadhi, Astral travel, strengthening the mind and intellect, Shambala Principles and the perfect way to lead our life, both internal and external. He also guided more than 5000 souls to Mukti during his life.

Guruji has often mentioned about Maharshi Amara's humility, surrender and his capacity to achieve great things at the Astral level. But his will is the reason we are all here. Maharshi Amara has left tremendous impact in both this and the other world. Maharshi Amara is alive. Maharshi Amara just is.... ■

## THE JOURNEY BEGINS

Usha Satishchandra

Maharshi Amara, declared a Rishi at the age of twelve, was working with the major groups of Rishis who steer the humanity through Yugas and Pralayas. He had knowledge, power and vision. But he served with great humility to carry out their Mission. He drew by will, the people Rishis pointed out, and guided over 5000 persons to attain Mukti. He waited for Guruji to carry forward the work of the Rishis.

Maharshi Amara once had to demonstrate that he was in touch with gods and the Rishis. People wanted him to bring down rain immediately to prove this. He sat in Meditation, entered Samadhi, and prayed to Lord Varuna. It did rain heavily in 30 minutes! And when Guruji asked him to describe the life on several earths he had travelled, Maharshi Amara humbly said, "I have to take permission from the Rishis. I work under them and all activities are directed by them." He had accepted to follow certain disciplines and abide by them. A glimpse of his persona is captured in our book – "Master-Pupil Talks". A legacy is passed on in such brief interactions between him and Guruji. He led by precept! And Guruji emulated him!

Meditation teaches us the language of gods. The short time we sit for Meditation, is only a peak period of Sadhana and the rest of the time we practise Yama-Niyamas unknowingly, is also Sadhana. Such deep understanding comes out of true knowledge and God experience in deep Meditations. Only when we surrender, we receive. And to surrender we have to bring out Divine Love. Meditation is the key to our inner world, to unleash our Divine potential, to grow to become a Rishi.... is in brief.... a peek into the page of Amara's Life. ■



**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: What is the purpose of the existence of God?**

A: We know very little about God. If you really want to know about the purpose of His existence, meditate and try to experience Him instead of analyzing or trying to understand logically. In the experience perhaps God will let you know why He exists. You may begin with asking this question, “Why do I exist?” This helps more.

**Q: People are expected to transform, before they enter the Light Age. What happens to the people who are not aware of the Light Age?**

A: Everyone is guided and helped at another level. Wherever people meet in groups – small or big – the Rishis transmit energies there. At the Astral level, Rishis meet even the people who are not aware of the Light Age. At the physical level people may not be aware of any of these things but at a different level they will be aware. When the time comes, they will come to know the importance of changing, to become eligible to enter the Light Age.

**Q: You don't speak of freedom and always talk about submitting to the Rishis and God. Please comment.**

A: My Guru always advocated freedom. From 1988, from the day I began conducting Meditation classes, I have been advocating freedom. We grow only in freedom. The truth is that it is only when we are free, we can surrender to the Rishis and God.

**Q: Is mind a subtle matter?**

A: The mind is an entity which is made up of subtle matter. It is independent. It has its own intelligence. The mind matter is available in a Divine Loka called Brahma Loka.

**Q: With so much knowledge stored in Taponagara, why is it that we are not able to make use of it?**

A: Maybe we are too involved in the world. Maybe we are not interested in gaining more knowledge. And maybe we don't know how to apply this in daily life. Maybe there are many reasons like this. If someone wants to know they will make all effort to know, to learn.

**Q: Is it alright to be angry sometimes?**

A: Yes. Sometimes we have to get angry – angry against corruption, against injustice, falsehood, wrongdoing. But such anger should be at the surface level, like a wave. But deep within, we should always be peaceful and calm.

**Q: Is it true that there are no such things as accidents?**

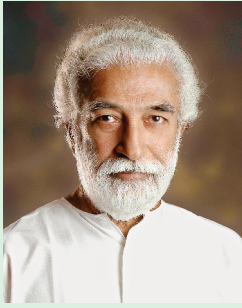
A: Many events in our lives are definitely not accidents – like meeting a person, choosing a job or meeting a Guru. But there will be actual accidents. If we are careless, we may hit another vehicle and this will be an accident that was not destined to be. So we can say that there are accidents and there are no accidents.

**Q: During the Ganesha festival how do we draw energies from Lord Ganesha?**

A: My understanding and firm belief is that we don't have to draw. The energies are given to us. We do not know how to receive them. We do not open up. We do not have enough Love. The energies will come to us naturally, and not only energies, a lot of knowledge also comes along with the energies. But if you consciously want to draw energies, meditate, that's enough. Or you can imagine Lord Ganesha as a huge ball of Light. Enter that ball of Light as a speck of Light. Experience Him; you get a lot of energies. ■

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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.

#### **APEAL**

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## **SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL**

(Compiled by Shobha K Rao)

I was extremely upset after a confrontation with a close one. I knew for sure that I wouldn't be able to sleep. In the past, after a conflict, my night and the following day always went terrible. This time, something magical happened. I requested Guruji to come and wrap me around in his Light. I slept like a baby within minutes and woke up fresh, rested and calm.

– Jas Bhatia

While meditating in the Saptarishis' cave, I could see some shadows moving in front of me, but when I opened my eyes there was nobody inside the cave. As I closed my eyes I could feel a very strong and pleasant energy entering me from above and going down to the ground; and a few seconds later the same happened again, but the energy was less intense. It felt like a blessing! A few days later I had the same kind of experience inside the RA temple.

This was my eighth visit to Taponagara, and somehow I felt the most important one because, since the month of March 2018 I could suddenly feel an enormous love vibrating within my heart.

– Roland Pfeffinger

Meditations have really intensified and become very still, deep and absorbing. I noticed this change especially after the Orientation conducted in May 2018. Often during the day, I am in a deep Samadhi-like state with no thoughts, very calm and peaceful, for much of the time. Just 'being' is the best way to describe this state that I am experiencing. There is no urge to rush around doing things or to achieve anything, but to 'just be'.

– Vidya Virkar

While practising the Oneness technique in the Orientation class, I felt as if I was expanding as a bright white Light. A bright string of Light entered me, and I felt as though I was becoming brighter and expanding to no limits. I never felt like opening my eyes even when Jayantji asked us to open them. I was peaceful for a few more days too. I am grateful to Rishis and Guruji. I thank Jayant sir for making this possible.

– Sujatha Ramarao

On 27th May 2018, I was watching the live webcast of the Sunday class at Taponagara. I enjoyed practising 'Experiencing the Ocean of Light'. As I entered the Ocean of Light, I felt that I had merged with the Light and I was in that state for hours. I felt the blue Light in me had merged with the Ocean of Light which was also blue in colour.

– Geetika Mehrotra

We had to shift our house and were worried, as we had not found a doctor yet for the delivery of our second baby. On the night of 27th April, before going to bed we practised "Experiencing the ocean of Light". In an Astral experience Lord Hanuman took me to a Divine being, who I sensed was Lord Narayana. He held my hand and said, "When I am giving you the baby, will I not take care of it? Just stay relaxed." Tears rolled down my eyes as I opened them. The Lord Himself had come to relieve me of my worries! From that day, I am not worrying about anything. The Ocean of Light gave me Peace. On May 24th we were blessed with a baby girl. We offer our gratitude to Guruji, Amaraji and Rishis.

– A Sadhak

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