



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 14 Issue 1

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – August 1991 issue)

My Life is full of Amara. I started living only after I met him in 1977. I gave up many things and many people but not Amara. Or I should say that Amara did not give me up, even after his death which is only throwing away a body. Whenever I was in difficulty or in a dilemma Amara guided me. He taught me things that are not in books. He gave a direction to my life and a purpose. He took me to Higher realms that I could not have reached even after a struggle of thousand years. If I dedicate this life and the next lives to the Work that he left behind, that would not express my Love and gratitude fully.

Once Amara was asked to sit on a stool for a day by the Rishis. He sat. People around him laughed and joked. Amara smiled and sat for a day. He used to sport a moustache and wear jubba and dhoti. Rishis said, 'Change.' He shaved off his moustache and began wearing the modern attire. He never asked why; never questioned. He just obeyed the Rishis. I remember him explaining that we have to be tools in the hands of our Masters – "If we cannot do this how can we surrender before God?"

As I recollect these I am amused when the Sadhaks around me try to convince me about the common sense approach to a situation that forces us to take a different way other than that is pointed out to us by the Rishis. People try to quote from books - particularly those written by foreigners - even after hearing me explain that the knowledge passed on to us is updated by the Rishis themselves and that the time has come to rewrite the text books on Yoga.

May be, I have to wait for some more time allowing the Knowledge to spread and sink. I may have to make a big name and noise publishing books or touring Foreign lands. Or should I bother about these things? Amara did not bother! He used to say – "Do not think that you are very important and essential to the Work. This is an opportunity given to you. If you do not come forward there will be others... You are the loser, not the Rishis."

As one more batch of Sadhaks is getting ready to take up Samadhi Yoga and as Sadhaks who have already taken up Samadhi Yoga are struggling in Sadhana that has suddenly become tough, I recall Amara explaining to us – "It is surrender... giving up all that your ego has projected as right or as the Truth. You have to give up everything that the Sadhana demands, all that the Rishis ask you to give up... it is not mere smoking or alcohol or the meat. It is your ideas, your convictions, your theories. You have to surrender all these and follow the path shown to you. Purify yourselves of all the contaminations. Throw away all the negative things in you. Do not grumble. Do not complain. Accept everything as the gift from God. Allow Him to enter you and occupy you completely. And ultimately let the line distinguishing between you and Him vanish. You are Him. That is Samadhi. It is not easy. But nothing is easy. Procuring Kerosene is also not easy! But we procure it... Put your heart and soul behind Sadhana. Without Sadhana, without effort, nothing can be achieved."

Sri Aditya Basuli from Gujarat wants to join the ashrama right now. A few Sadhaks here are also anxious. It is good. But let us build up the minimum amenities first. That is why I suggested 1993. Let us atleast wait till March 1992, by which time we hope to erect a small structure at the village.

A few individuals are trying to procure a big land for Gurukula or the Spiritual University and to build up a small commune. Let us wait. Let us work. ■



MANASA FOUNDATION (R)

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Phone : 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 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



Deepavali Celebrations in Taponagara

NEWS AND NOTES

- ♦ Guruji's Mahasamadhi Day was observed in our Saptarshi Dhyana Kendra at Anekal on 23-11-2018 and in Taponagara on 25-11-2018.
- ♦ Manasa Desk Calendar for the year 2019 was released during Guruji's Mahasamadhi program on 25-11-2018 at Taponagara and will be available for purchase at Manasa office.
- ♦ A new batch of Shambala Group will begin on 13th January 2019. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this group may register with Manasa office before 31st December 2018. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2018.

MEDITATION ON SPECIAL DAYS

05	Wed	Masa Shivaratri
07	Fri	New Moon Day
15	Sat	Shukla Ashtami
16	Sun	Shoonya Masa begins
17	Mon	Shukla Dashami
22	Sat	Full Moon Day
24	Mon	Christmas Eve
25	Tue	Christmas
30	Sun	Akhanda Dhyana Krishna Ashtami

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

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PRAKASHMARG(Marathi)**
Newsletter Annual Subscription Rs. 300/-
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'Manasa Light Age Foundation'
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NEWSLETTER

Gift a Subscription to a friend. Send us the name and address, along with the Subscription amount.

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
25-12-2018	Christmas Special Meditation: 12 Noon - 1PM
30-12-2018	Akhanda Dhyana (Group Meditation): 6AM - 6PM

AKHANDA DHYANA

On 30-12-2018 at Taponagara from 6AM to 6PM. To participate please register your names with Manasa office on or before 28-12-2018 along with the timings.

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.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

One of our students brought laurels to our School by securing 94% in the Standard X Board Exams (2017-18) without taking help of any tuition. He studied and prepared with help from the coaching given in our school. Light Channelling is the inspiration behind this achievement. We are proud to say that this was possible for him because of Light Channelling.

– Mr. R. M. Naidu, Secretary, New Carmel School, Hoskerehalli, Bangalore

I channel Light every day. It is helping me. I used to be very much scared whenever I was scolded. But now I am alright and enjoying the studies. I am very happy.

– Susheela, Student, RBBPAM High School, Bangalore

I channel Light at home every night after the TV is turned off and everyone goes to sleep. Now I am smiling all the time. I have also improved in studies.

– Jothi Prakash, Std. IX, Shalini School, Bangalore

I start my day with Light Channelling. Light is a part of my life. It helps me to face all the challenges of each day.

– Ms. Swaroop Rani, Headmistress, New Carmel High School, Hegganhalli, Bangalore

Light Channelling is done twice daily in our School, each time for five minutes. It helps to improve the memory and discipline in the students. The students can focus well on the subjects and do their work with love and interest.

– Ms. Kavitha, Headmistress, Luminary School, Andrahalli, Bangalore

Light is brightening the life of students and staff. It is improving consciousness and will power to follow the right decisions and showing the way. It is removing negative feelings, and positive things are happening in my school.

– Ms. Sharada, Headmistress, Soundarya Sri Vidyamanya Vidya Kendra, Andrahalli, Bangalore

TAPONAGARA DIARY

Seema Almel

In the thirtieth year of The Sapta Rishis Path, all the Meditation Structures were lit with Deepavali lights. Taponagarites lit deepas in Guruji's Mahasamadhi, the Sapta Rishis Cave, Amaraji's Holy Ashes, Cosmic Tower as well as Antar-Manasa's Ra Meditation Hall, Vishwamitra Maharshi's Statue and the ancient Shiva Temple. Colourful rangolis and flowers adorned the places. The glow of the festive spirit was more than those cast by the umpteen diyas. Dressed in festive attire, everyone assembled at the amphitheatre at Antar-Manasa and channelled Light. From the youngest to the oldest, three generations of Taponagarites celebrated Deepavali together.

As we welcome the New Year with new aspirations, it is wise to take a contemplative look back and acknowledge the values on which this great Spiritual Path was based. In just thirty years, Taponagara - the abode of the Rishis, has grown in many ways and will continue to do so. Maintaining the Spiritual underpinnings, as defined by the founding Fathers, by keeping the intent behind each act pure, will be the pole star for every Taponagarite.

Not just a New Year, but a new era of Light is upon us. New challenges will give Taponagara opportunities to manifest its hidden Spiritual potential and strength. With gratitude to 2018, the year 2019 is welcome. ■

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)

November 2005 (Contd.)

I am always very much interested in the struggle in life. There is a thrill; there is a romance in the struggle! I like to read the biographies of Masters, because I want to know how they struggled. Once we achieve our goal, it is like winning but this process of reaching the goal is very interesting. I am a Guru, but I don't claim to be a Guru. You have to use some word to address me and I have to respond to it, that is all. The human part of struggles, failures, hope and despair is always interesting. Two weeks ago, when I came out, I saw a butterfly in front of the gate. I felt like catching it! The young child in me is always alive. I want to go after butterflies! This part is very interesting. People usually ignore these things. They talk of Mukti! We have to go after Mukti definitely, but we have come down here to go through this human part; to experience this human part. We have to be very sentimental. If someone gives me a small gift, I keep it. Till recently, I had kept a gift. When I was a young boy, a person had given a gift and I was keeping it till recently. I am very sentimental. There is a beauty in that. May be if you are very wise, you may think it is stupid. But human beings are stupid!

Parabrahma Loka is full of Light, full of Ananda. We just use some words to describe Parabrahma Loka. We have a very vague idea about it. A person asked me, "There is only Ananda there, what else is there?!" I think, that is why we all have come here. There is Ananda and also Non-Ananda here! This variety, I don't think it is there on any other earth. That is

why we come back here again and again and go through this diversity. So, this human-ness is such a valuable thing; we miss it. When we try to grow spiritually, I think we should not miss it. Who does not enjoy playing with a child; who does not admire the smile of a child? We admire it when we see it on the TV or in a photo. And a sunrise, a cloud passing is very nice to experience. But somehow, we are busy with our own lives, our own burdens of living. But, in spite of that, it is possible to experience these things also. I think experiencing these is Spiritual. Spirituality is not sitting and meditating. It is easy to just sit and practise some techniques. Anyone and everyone can do it. We have to sit by the side of a child, sit along with him. He will be crying for some silly thing; may be just for a piece of a rubber or chocolate. We have to understand him at his level and we feel so much of love.

Yesterday I was talking to a group of people, who had some questions and also problems. I tried to show them the way out in the light of the Rishis' wisdom. It is then I realized that people are ready to listen, but they are not ready to follow. It is not a negative comment; it is a common experience. It is not easy to accept the realities and try to go into Light. In spite of knowledge, in spite of understanding, somehow there is a human part, which prevents us from taking the right step. I have observed that the most intelligent person becomes blind sometimes and he does not see what a child can see. People lack what I call as Spiritual intelligence. When I used this word in 1990,

people wondered, what this new word is – Spiritual intelligence! And from then onwards, people are using and have used the same words – Spiritual intelligence, emotional intelligence; there are so many intelligences now! I have observed the world moving very fast to new ideas in the last 10 years. When I observe these things, I feel so happy and excited. I know we are entering into the New Age; I know the energies that the Rishis are bringing are working effectively.

While speaking to the group yesterday, I observed one thing in a particular case – a father loves his son, is very much attached to him and the son is a very good boy, very obedient, very intelligent, studies well and does not have any bad habits. But somehow the father thinks that his son may commit some mistake. It is his imagination and he enters into depression and since 6 months his health is upset! He asked me, "What is the way out?" I told him, "Love your son more but get detached." When we detach, we can love more and we will not be very possessive. This is one part of his life and the second most important part is that the time has come for him to take God into his life, to get over his problem and to open up to new dimensions and possibilities - the Spiritual dimensions. We have to make use of every opportunity to bring God more into us, but very sadly we miss this opportunity most of the time. This struggle is going on from thousands of years. Our job is to go on reminding ourselves that we have to make God a partner in our Life; we have to make God our real guide. ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Jayant Deshpande)

14th October 2018

A person wrote to me that if we offer our actions to God, we can avoid accumulating Karmas. As I understand, it depends on the action. If we are involved in an improper action - let us say we steal something - and then we say that we offer this action to God, obviously we will still be acquiring Karmas. Every action attracts a kind of effect - good or bad - depending on the action. While living here in this world, we have to always act and obviously we cannot avoid attracting the effects of our actions. Then how do we avoid attracting Karmas? The only way I have understood is that we have to tune up to God. When we tune up to God, we become His channel. To tune up to Him we have to meditate and we have to go on positivising. When we are totally positive we will be in tune with God. And when we are in tune with God we become pure. And when we are pure all our actions will be based on pure intention. We listen to our conscience. God speaks to us through our conscience. When we listen to our conscience we do only the right things. And when we do only the right things then we obviously do not attract any Karmas, definitely not the bad Karmas. And when we do good things, we will also be aware that we are only a channel and it is God who is actually working through us. There will be no ego involved and there will be no selfish intent behind the action. Then there will be no Karma. We act with a pure intent but we truly offer the result to God. We truly believe that it is God who is working through us and we are just an excuse that is all. When we act with such a *bhava*, then I think there will be no Karma.

A question was asked to me, "How do we handle emotions at the personal level?" As I have understood, we handle emotions by allowing the positive emotions, and by sublimating the negative emotions. Negative emotions drain us, exhaust us. Positive emotions elevate us. A feeling of Love will always bring happiness to us and to the other person. We feel elevated. Hatred, jealousy or anger will generally result in unhappiness for us and will even cause unhappiness to others. These emotions have to be sublimated. If we allow Love, these negative emotions will not find place in us.

Guruji used to tell us, "Do not interfere in others' affairs." It is such a clear guideline, but sometimes we do not understand where to draw a line. The best is to get involved when people seek help. Otherwise we can send Light and keep quiet. The Light will help them.

Sometimes we advise others, when people seek advice, but our advice should not be an order. If people do not follow our advice, we have to accept that. Giving freedom is important and Spiritual. But then, if we see somebody struggling, should we not help? We can help. But the person should not feel that we are coming in the way of his/her freedom. Interestingly I came across this in Guruji's talk - "When our help comes in the way of freedom of the individual it becomes interference."

Guruji further said, "When we try to help other people, the person who is getting the help should feel happy. He should accept the help. If he doesn't want the help, then I think we will be interfering." Sometimes we advise when we see people struggling. We do it with a

good intention. Again it is fine as long as we do not impose our ideas.

23-09-2018

I was talking with a person who went through something like a dead-end in his life. But we know that in God's world there are no dead-ends. Our journey has no end. Maybe our journey ends in God. And who knows, a new journey begins from there on. That way there is no end to our journeying, experiencing. Anyway I was talking about this person who was almost at the dead-end. But miraculous things happened, and he was somehow helped to take a break for several months. A break from the routine, the pressures of life. He had the time to reflect, understand and make course correction. Rishis helped of course, otherwise such a thing is really difficult. Now this person is back to life and very much active in pursuing his goal.

He told me, "I was in a stage where nobody was ready to listen to me. They kept on judging me, scolding me. Nothing was working in my favour. But now there is no problem. I am busy and I am happy." And somehow this point touched me, when he said, "It is good that I went through these problems. If I had not gone through these problems I wouldn't be in this situation today when I can really smile. Sitting here now I can look back at my life and laugh at it. But when I was in the thick of it, when I was going through it, it was terrible. I wanted the problems to end immediately."

The life on this earth is so beautiful that way, so inspiring and so touching with such amazing experiences, stories of struggles and achievements, and Divine help. ■

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.

APPLICATION OF LIGHT CHANNELLING

By Shri Jayant Deshpande

A person would find it very difficult to sleep at night. She was aware of Light Channelling and would also practise it when she found time during the day, but had never tried practising it at night before sleeping. Once she could not find time for her Light Channelling practice during the day. At night she remembered that she had missed her practice and wanted to practise it before going to bed. Then she channelled Light and slept. In the morning she realised that she had slept undisturbed! She realised that this was due to her Light Channelling practice at night. Accidently she found the solution to her sleep problem on her own.

Guruji Krishnananda would always ask us to apply the Spiritual knowledge in our daily lives. He would urge us to make use of the Light Channelling practice to build a relationship with Light. He would urge us to take help from Light. Light is like our father or mother. He used to tell us that this is a plane of opportunities and this also is a plane where we have to make efforts, we have to struggle to achieve our goals. We have to apply the Spiritual knowledge. Application of the knowledge is important. Even the gifted people – people who are gifted with unusual talent – have to make efforts; have to struggle. They have to practise regularly. Without practice or efforts, the most gifted people also cannot

reach their goal. This is true in every field – Material or Spiritual.

In this plane of struggles, we are helped when we struggle; when we continue our efforts. This person was helped to find a solution to her problem with sleep. When we receive help like this from the Light, from the Universe, we naturally feel motivated. The Light shows us, through such experiences, that It is with us. That gives us the inspiration to continue our efforts. We may take time to reach our goal, but the journey towards our goal is also a very beautiful experience. That is why I believe that we should not stop the journey. We should not give up – even after a million failures. Failures as we see them, are a part of the journey.

None of us want difficulties, but it is so true that the difficulties bring us closer to God. We have to make sure that we do not go away from Him again. Then the difficulties will not affect us even if they do not stop. God is always with us but we probably realise His closeness only when we are in difficult situations. Guruji Krishnananda would always tell us – the Life here on this earth is so Divine. We are living in God.

In spite of the corruption, the injustice, the dark showing its horrifying manifestations in grotesque deeds, the Light shines in our ordinary lives. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: What are the laws of Pralaya?

A: We do not know, but I can give you a few tips. During Pralaya we have to receive and accept the energies from Pralaya. We have to choose the New Age or choose to remain in the old Age. If we choose to remain in the old Age, we will be shifted to a place where the old Age, Kali Yuga continues. Pralaya energies bring new knowledge and new energies. If we allow these energies to work through us, we transform. We also minimize destruction, if not totally prevent it, as the destruction here depends on our transformation. During Pralaya the Spiritual progress is very fast. And all corrupt systems collapse either gradually or abruptly. We have to accept and follow the instructions from the Avatar. We may not meet Him directly, but He definitely contacts each one of us at the Astral level. It's a law. There are many more things.

Q: Is religion important?

A: Yes. Religion has two parts: First is the Spiritual part, the essence, and the second is the operative part with lot of things, rituals etc. We have to accept the essence and understand it. The operative part unfortunately has been distorted a lot. We have to be judicious, use our intuition and with the practice of Meditation we can understand what is right and what is not right. But to begin with, religion is important. Before we take birth we choose our religion. That is why converting into some other religion may not be the right thing. But we have to go beyond religion. Unless we do that, we don't progress.

Q: What is Life?

A: It is different things to different people. It is an opportunity to experience Life, the joy of living. Life is also an experiment to refine ourselves in every way – our behaviour, body movements, emotions and thoughts. We can elevate relations with the same people. Life is an opportunity to manifest the Divine, manifest Love. Life is an opportunity to learn, grow, experience and more importantly to serve in our own way. One can take up the work of the Rishis, a social cause or one can take up anything.

Q: What is the primary purpose of Life?

A: The primary purpose of Life here is to manifest Life, manifest life-force, manifest Love and the Divine.

Q: If Love is enough then why meditate?

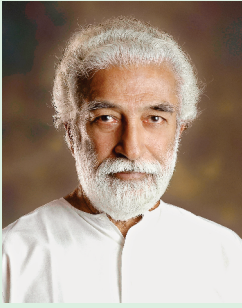
A: If we really have the genuine Divine Love, if you can carry it, then Meditations are not required. As we don't carry Love, we have to meditate. Meditation helps experiencing Love. First we have to experience, only then we can manifest. Meditation is so important.

Q: What is Sadhana?

A: Sadhana is being aware that we are a particle of Light, a part of a huge Light, God Himself. Sadhana is going beyond mediocrity, as God is beyond mediocrity. Sadhana is going beyond superstitions, our pet beliefs, prejudices, the distortions of Truth. Sadhana is becoming aware of the Presence, God Himself. Sadhana is also rising above the plane of the day-to-day living. Sadhana is also finding our real Guru, God Himself. ■

LIST OF OUR PUBLICATIONS

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iGurujī Vol 1,3,4 & 7	each 150/-
iGurujī - Vol 2	120/-
iGurujī - Vol 5	100/-
iGurujī - Vol 6	75/-
Living in the Light of My Guru	220/-
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Light	10/-
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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)

During the webcast of Amaraji's Maha Samadhi function, I was able to see Jayantji's face in Maharshi Amaraji's face. From Jayantji I was receiving Light continuously. The Light appeared like lightening in the sky! Similarly, later in one of the webcasts, Jayantji's face was seen in Guruji's face. I felt elevated and watched that video for many hours!

– Geetika Mehrotra

I was upset for not having received the birthday greeting card from Manasa. On my birthday, while I was sitting on a chair, I closed my eyes and felt my chair being pushed gently. And soon I found myself in a dense, green beautiful forest with Guruji. Guruji was smiling; I felt so happy and blessed. That was the best birthday of my life! Thank you very much Guruji for being with me always.

– Yashoda C

When I experienced the Light during the entire period of Meditation, it was a Divine experience. I felt as though I got completely dissolved in it and became one with the Divine energy. I experienced deep Peace and Divinity. For a very long time I was unable to come out of Meditation. For the next two days I was living in this energy.

– Padmaja Bajpai

During the last three months, I struggled a lot at the emotional and physical levels. I prayed to Guruji, Rishis and the Light for their Grace and Blessing. I kept getting their help and the joy and Peace in me remained intact and undisturbed. Though it was a very intense testing period for me, it gave me satisfaction of learning and finding something.

– Aparna Ropalekar

I always remember what Guruji taught us - to just keep positivising daily and to have the intention to be a good human being. So, even though I haven't been able to meditate regularly, I am still mostly at peace. I am accepting people and their weaknesses and mine too!! I am grateful to Guruji and the Rishis.

– Pratima Vadgama

When I am tempted to do something I know I should not, I am able to draw strength by thinking of the Rishis. My inner voice tells me something and I draw strength to listen to it by a moment of silent prayer.

– Nandita Vijayan

My husband was sailing and I was alone with my mother in Goa. The rainy season was severe and I was very nervous and anxious about my delivery, as earlier I had a miscarriage. During labour, the pain was intolerable. I prayed Respected Guruji, Rishis and the Light to lessen my pain. Miraculously I could tolerate the pain and had a normal delivery, giving birth to a baby girl. I am immensely thankful to Guruji, Rishis and the Light for their timely help.

– Garima Sharma

I have been working in a place for the past 5 years without any recognition or promotion and indifferent attitude of people. I have been desperately trying for a change of place by requesting bosses several times. I prayed to Rishis, Guruji, Light and met the top boss, and requested a change to a specific department, which is the best in the organization. I got the transfer letter within an hour and soon reported to the new department. Everything seems magical. Guruji, Rishis and the Light have changed my destiny at work place. I have no words to thank for the Grace I have received.

– A Sadhak

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