



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 3

FEBRUARY 2018

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REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – January 1996 issue)

One day, as I was travelling on my two-wheeler, I witnessed a very unusual sight. A dog was lying dead in a pool of blood hit by a speeding truck. A tiny pup was sitting by the side waiting for its mother to get up! Did it really not know that its mother will not wake up again? Never again? How long will it wait? What are its feelings now? These and other thoughts from my deeper layer moved me beyond words. The picture has remained frozen in my mind.

Recently there was a strike and the city buses stopped plying. Again, I was moving on the wheels and I saw a small group of people waiting in the bus stop. Waiting for a bus that will not come! Why are they waiting? Did they not know that no bus would come! What makes them wait! If it is hope, how strange it is!

At the bottom of our hearts lies Hope though it looks silly sometimes. It never dies. Earthquakes, floods, wars, killings, violence etc., do not kill this Hope. Future civilizations and Life cannot be built without this Hope.

As I was musing on these lines, my attention was shifted to those who will be constantly grumbling, cursing and complaining about life. The best opportunities to live peacefully and brighten the lives do not bring out any cheer or smile. They dig for unhappiness and sorrow and, perhaps, enjoy suffering! Nothing satisfies them; nothing inspires to Live the beautiful moments of Love and joy that Life always carries in its bosom.

The pup may move away and still be waiting for its mother to come. I have my tears for the pup and respects for Hope and Life.

I recall another sight stilled in my memory. Two oxen were standing resting after a strenuous journey. Then one moved near the other and began licking its neck, apparently, to relieve pain. How did it realise that the other had pain there! How did the other communicate? And what a loving gesture by the one who licked off the pain!

When people treat others with dislike, hatred and violence, I recall the picture of the oxen; picture of Love. Where there is Love there is Life. There is Divinity. All the Meditations lead us to Love; to Life; to Divinity.

January was filled up with greetings, affection and smiles. And a special Blessing from Mrs Amara who once treated me like a son and remembered it still. ■


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



A bright golden-orange orb of Light was photographed on Amara Jayanti Day in 2017.

NEWS AND NOTES

- February 1, 2018 will be observed as The World Channels Day. More than a million children from thousands of schools are expected to channel Light on this day. Please join from your own places by channelling Light for 7 minutes at any convenient time on this day.
- Amara Jayanti will be celebrated in Taponagara on 4th February 2018. You are welcome to join us on this special occasion. You may please register by 2-2-2018 in Manasa office.
- The first meeting of Shambala Group members in the year 2018 was held in Taponagara on 14th January and of the RA group members on 21st January.

MAHA SHIVARATRI TECHNIQUE

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

On 16th February there is Solar Eclipse from 12:25AM to 04:17AM. Please channel Light to the whole world during the entire eclipse period.

PROGRAM AT TAPONAGARA

Sundays Lectures:	11AM - 12 Noon
	Light Channelling: 12 Noon - 1PM
04-2-2018	Amara Jayanti Program
13-2-2018	Maha Shivaratri Special Meditation: 12 Noon - 1PM

MEDITATION ON SPECIAL DAYS

01	Thu	Amara Jayanti World Channels Day
04	Sun	Amara Jayanti Celebration
08	Thu	Krishna Ashtami
13	Tue	Maha Shivaratri
15	Thu	New Moon Day
16	Fri	Solar Eclipse: 12:25AM - 04:17AM
23	Fri	Shukla Ashtami
25	Sun	Shukla Dashami

AMARA JAYANTI PROGRAM

Sunday, 04-02-2018

11AM	Welcome Speeches Special Meditation
12.30PM	Prasada

PROGRAM AT ANEKAL

Amara Jayanti will be celebrated at our Saptarshi Dhyana Kendra on 01-02-2018 at 11.30 AM.

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

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NEWSLETTER

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I like Light Channelling because it makes me feel calm. There are no negative thoughts. After channelling I feel more interested in listening to the teacher when she is taking a lesson. I am happy with my friends and teachers.

– Vandana, Std. VI, Sri Sharadha Primary School, Jayanagar, Bangalore

In a follow-up session in a school, where I had conducted a Light Channelling session only once, I wanted to know how much they had understood, so I asked them basic questions about Light. They answered very nicely. But, when I asked, “What happens when we spread Light? Why should we spread the Light?” There was pin drop silence. One girl stood up and answered correctly. Later I came to know that the girl was blind. This was a regular school, not a blind school. She could not see the chart. Just by listening to us she had understood correctly, that too in a single session!

– Hemnath, Volunteer

Before World Channels Day I was approaching the schools for Light Channelling sessions. While walking I felt tired and a little giddy, and I was alone. When I was going to the third school the Sun was hot and I was not able to walk. I was feeling very nervous. I called out to Guruji, “Guruji, I can’t walk any further. Please help me.” Surprisingly, I felt Guruji standing next to me and I heard his voice. He said, “You will be alright. Don’t worry. You walk.” Along with his voice I also felt an energy. It was so soothing. I felt very happy and started walking. I completed my work and returned in the afternoon.

– Shobhana K., Volunteer

TAPONAGARA DIARY

Seema Almel

While change is the only constant, Timelessness is the proof of a Mission’s inner strength. The Principles of the Mission guide the creation and maintenance of its systems, infrastructure, projects, etc. Tapovana and Antarvana are examples. Guruji had brought Tapovana into being as a green zone to hold precious Chakra energies and to host the Great Sapta Rishis.

From the parking one enters with the sacred sight of Amaraji’s statue. After making the rather difficult choice of walking right towards Guruji’s Mahasamadhi or left towards the Sapta Rishis Cave, Tapovana beckons. The evergreen big lush green trees clothe the brown earth beneath. The seasonal flowering trees beautify the picturesque landscape. The Chakra Mandapas bejewel the Spiritually charged place with their silent presence. Seven ponds stir with frogs and critters, like the mind stirs with thoughts. Bright Lillies bloom in the ponds reminding a Sadhak that divine thoughts can emerge from a mind in a Spiritual place despite the stirrings of thoughts.

The increase in residencies and traffic around has not overwhelmed the silence in Tapovana. Under constant care from Volunteer Sreedevi B. V., the green space receives due maintenance.

There is a lot of Spiritual energy in the silence of Tapovana and Antarvana. It has the potential to catapult us into Stillness. ■

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 on Maharshi Amara's Samadhi Day (Contd.)
(Compiled by Shobha K Rao)

28-08-2005

How far have we benefited from Amara? Every one of us has the answers, in our own way. He has touched us in different ways, but he has touched every heart. We have our problems solved. And if a problem is not solved, we have enough strength and wisdom to cope up with that. Every one of us, all those who meditate and also those who do not meditate regularly, are transforming, may be slowly. There is no doubt about that. Even we are changing. I have been personally benefited immensely. I have realized that we should not expect anything in our work; not even the results. Our job is to present, our job is to offer, and that is all. There are no rewards – that is what the Rishis say. But my experience is that we always have rewards. And they are innumerable and there are bounties of rewards.

I have realized that people have the potential to grow to the Divine limits. But sadly, they reach a point and after that they do not grow. I have realized to accept that. In earlier times, I used to be in a hurry, and would try to take the person along, but now there is no hurry. After realizing this truth, I have learnt to wait. I have seen the Rishis waiting for Lifetimes. So we have to wait. I have realized that people better than us will come. They improve the world. May be, we ourselves will come back as the better people and improve the world after improving ourselves first. I have realized that to teach, we have to learn more; quite a lot more. To remove ignorance of the world, we have to

remove it from within first. We talk of World Peace. We have to establish it within ourselves first. The Kingdom of God begins from me and we have to establish it within.

I have realized now that we are entering into a new phase in Sadhana. And this Sadhana is beyond techniques. For me, this is not a profession. It is a mission. For me, you the students are not merely persons or just the numbers, but the souls. For me, my work is worship. I want all the volunteers and teachers to understand and remember these things always that you must love your work. You must respect it. Then only, we can do the right work. And no one is forcing us to take up the work. For all others, I would like to say that you must love Meditations. Then only you can meditate. No one is forcing you. Take up Meditations and practise it sincerely. Even if you are not regular, meditate sincerely. When we love a work, it is worship. I saw it in these last 3-4 days. 3-4 volunteers were cleaning and toiling for hours all the 3-4 days; nobody would know about them actually. They are not very regular and not visible. They did this work silently. They loved the work; they love Amara; they love this place – Taponagara. Only when we love, we can do work wholeheartedly.

I see people struggling to succeed in their professions and in Life and I also see them struggling in their professions and in Life even after succeeding. There is more to a profession, there is more to Life. A very successful person

who has name, fame, money, everything – wrote a very lengthy letter to me. He wrote, “I have all these things; still I feel there is a void in my Life, what is this?” I told him, “It is the absence of Light.” All these may give satisfaction but after sometime, we realize that they are not enough. There is something more to Life; there is something more to fame and name. He felt the absence of Light as void. I admired his honesty. He said, “I have failed. I have missed something in Life; please help me!” We are fortunate that we have so much of Light around us. Only thing is that we have to open up and allow ‘It’ to enter us. We don’t have to make any effort to receive ‘It’; just open up, ‘It’ enters. The Light is waiting.

A person has written about me as, “Our Guruji is a cool guy!” Using such a modern expression, I would like to call my Guru, “The maximum Guru.”

Today we are releasing a book – Channelled Knowledge from the Rishis. This is a compilation of questions and answers. It was brought out in a record time! What I am very happy about this is that it was not just one person sitting and writing, but this time I saw several people involved in this work. That is a wonderful thing. Their names are mentioned in the book. A book of this kind – a book of questions and answers – may not come for a long time, simply because, we have stopped asking questions. The Rishis have all the answers; we don’t have enough questions. May be as we grow, we learn to ask more. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

10-12-2017

In an interview, which I read in a Newspaper, Dalai Lama mentioned that to create a peaceful world we must develop inner peace first. I always think of Masters who speak of such profound truths in very simple ways. They speak the same truth, the same language. Even Guruji had mentioned that if we can be peaceful within, we will be contributing to Global Peace. Meditation is the way to individual peace first and Global Peace ultimately. Dalai Lama also mentioned that using force is outdated; problems come with the use of force. Guruji had also said that we should avoid confrontation. He has gifted us the way of non-confrontation, the silent revolution – the Light Channels World Movement. At the level of the common man this is the best way to bring in change.

Dalai Lama added that the basic human nature is compassion. He mentioned, “Constant anger and fear are eating up our immune system.” He talked of oneness and he dreamt of a future where there will be no need for weapons or wars. He was hundred percent sure that we would have a world like that. Masters are dreamers. They dream. Maybe we have to go on dreaming like them, realising very well that we may or may not see these dreams taking shape in our lifetime. It depends on the people. It depends on how fast we accept the new energies, the changes.

Guruji spoke so much about choosing. It is very relevant now and relevant till Pralaya ends. Maybe, from then onwards our focus will shift to perfecting ourselves. In God’s world there is freedom. Nothing is imposed on us. We have to go on choosing our alignment with the Light in every situation. This is a conscious choice we make. We choose all that is positive; we choose

to spread Peace, Honesty and Love. We don’t have to declare it to anybody. I feel we have to remind ourselves about such things and bring them into practice.

I wanted to clarify about the practice of Trataka. In the earlier times when we were practising Trataka, we would focus our gaze at the mid-brow point. And later on Guruji clarified that we need not do it. We can look straight and close our eyes and keep our gaze straight. That is the practice of Trataka. It helps us to establish silence in our system.

24-12-2017

End of this year has now brought us to the beginning of a very important year. Every New Year brings new energies, new opportunities, new possibilities and of course new hope for a better life.

These are times of intense Pralaya. I feel all of us are touched by the effect of this intense Pralaya in some way or the other. Cleansing or purification is a part of Pralaya. Purification is happening at the level of individual, society, nation and also at the global level. For us the Sadhaks, it is our internal, individual purification which is of great importance. Surfacing of truth is a part of this cleansing process. Our own emotions, feelings and shortcomings surface and when it happens we definitely notice such things. If we can observe these things objectively we can get rid of the negative feelings and emotions; and we can hold on to the positive part – the positive feelings and emotions that we may be carrying.

As I understand the idea behind this surfacing is not to condemn or humiliate an individual, or to show somebody down. No Divine process will have such an objective. The idea is to help the individual so that he or she can move forward in this journey

towards God. Somehow, it is the ego that justifies the non-positive things that surface. Humility helps us to connect and remain connected with God and then we do the right things. We accept our shortcomings, which is the very important first step. Then we can begin the process of changing. If we do not accept our shortcomings, the process of changing cannot even begin.

Guruji had said that in 2018 the world is expected to take a huge leap towards the New Age. We have all the reasons to throw away things, which do not help our Spiritual progress. Guruji would always say, “When we are climbing a mountain, we cannot carry all our baggage.” But we have the freewill. We have to accept the destiny changing energies, the guidance and the knowledge passed on by the Masters, assimilate it, also manifest and live that knowledge. Then we change and the world changes.

I feel we have to prepare by focusing more on our Sadhana. Sadhana has two parts – Meditation and positive living. In the area of Meditations, effort may be required in disciplining ourselves, prioritising our activities, increasing our will power to find time for Sadhana. To improve the quality of our Meditations we have to add more love to our practice and we have to have more longing for God. I feel much more effort is required in the area of positive living, in accommodating others and in relating to the positive side in others. All obstacles will be removed when we march ahead in this journey with a very genuine resolve.

The World Channels Day on 1st February is an opportunity for every Meditator to participate in this noble work of spreading Light, by practising, teaching or conducting Light Channelling sessions. ■

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.

AMARA

Sunil Bisarahalli

Bible says, "In the beginning, there was the Word, and the Word was with Him, and the Word was Him." Everything began with the Word, a sound so vibrant that it created Universe. If we look back into the history of the same Universe, we will find that there are very few words that have a similar effect. One of them is "Amara". Amara is a shining example of what one person's dream can achieve.

Guruji once said, "Amara was a dreamer. It is his dream that we are living now." Amara's thought force was so great that it influenced a generation to think and act differently, nobly. In every birth, either as Gora Kumbhar or Sant Eknath, Amara influenced the thinking and living of the people radically. Not one to be bogged down by blind rituals and traditional thinking, he always challenged the general understanding and accepted practices. He gleaned out the essence of those thoughts and practices and threw away the unwanted. He spoke about the principles.

When Guruji saw Amara for the first time, he reminded Guruji of the Himalayas. He was always magnanimous, magnificent and great. He was also humble, with knowledge as vast as the skies and as deep as the oceans. He was perfect.

Guruji said, "Among other capacities, Amara was a specialist in two major things. At the physical level, he was extremely good at simplifying teachings and scriptures to reach the common man. At the Astral level, he was an expert in travelling through space. He had an inner mechanism which took him in the right direction and at tremendous speed."

Amara is not just a teacher or a traveller, he is a Maharshi. He is that silent spark at various points in the history of the world which guides and aligns the world towards God and His Principles. Whenever Guruji talked about him, I could see his eyes light up with love and warmth. He was always in link with Amara. For him, Amara was everything. ■

AMARA – THE GREATEST GIFT

Usha Satishchandra

Amara Jayanti symbolises the birth of not just an individual but the birth of a dream and vision for the entire humanity – The New Age! Amara's dream was dream of the Rishis. Amara obeyed Rishis to the core and said that if we cannot do this we cannot surrender before God. He believed that, "Establishing roots in God is the ultimate in Sadhana." Amara's dream was to build a kind of machinery to take care of this great vision.

We gather to build the dream of Amara. In the process we grow, perfecting our behavior and attitude. On every such occasion we consciously make an inner preparation to receive Amara. When we sit before him in a prayer he is able to bring out the hidden potential and love out of us. And we shift to a level, where we elicit the qualities of Amara. Although the manifestation appears automatic and natural we also have to make efforts to receive Amara and live his dream. Amara always brings extraordinary gifts for us. The greatest gift we can receive from him is Amara himself – his dreams and visions, energies and knowledge and his experiences. Amara was not a channel. He gathered the knowledge directly. He was the greatest Astral Traveller. What we can receive from such a Master is unfathomable!

Guruji's most important work was to bring Amara to us, as a Guru and a parent. Guruji gave up several things but not Amara and his dreams. 'World Channels Day' is our humble effort to hold Amara's dream intact, vibrant and alive. Preparations at all levels and in all Planes are made to bring heavens down! As the atmosphere prepares silently to be filled with Serenity and Peace heralding the New Age, Amara Jayanti is in a way, Universal celebration of life! ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: From the ocean of Light emerged the ocean of Consciousness. What is Consciousness?

A: Consciousness is a very subtle Divine matter, which cannot be seen and is everywhere. From the Light came Consciousness. It is the next level of manifestation. Wherever there is Creation; in all the earths, in all the living and non-living beings there is Consciousness. There is Consciousness in space, in the dark space between galaxies.

Q: How many Manvantaras are given to this earth?

A: Manvantara is a measure of time. Roughly 51000 years make one cycle of Yugas. Each cycle of Yugas consists of Satya Yuga, Treta Yuga, Dwapara Yuga and Kali Yuga. One cycle of these Yugas is called one Mahayuga. 71 such Mahayugas make one Manvantara. A Manvantara is just like one hour in the Divine time scale of Brahma Loka. Each Manvantara is named. We are in saptama or seventh Manvantara which is called Vaivaswata. In this Manvantara of 71 Mahayugas we have spent 28 Mahayugas. We are entering the 29th Mahayuga. Amara told us that we have spent 2 billion years and the earth will be there for 2 more billion years. Thereafter the earth gets destroyed.

Q: Yoga is described as union. Is it the union with the Divine?

A: It is true. This union can happen in two ways. We go back to our Source, to God and stay with Him; not merge with Him because we continue to survive there. When we get qualified to go back, we will be completely in tune with God. There is another way that is more important. While living here in

this world we can align with God. Yoga is aligning. When we are connected to God, we are living with God. We need not meditate, have experiences. One may live in isolation, practice many things systematically. If we do that, we may be a Yogi, but only at one level. There is a higher level of union or Yoga, which is living in harmony with the world, with this imperfect world. This is very important. When we cannot establish harmony around us, with the world, aligning with God is not possible.

Q: Whenever I heal, I suffer from the symptoms of the patient. Is it because my aura is weak or I take upon the Karmas of the patient? Am I a weak person? Is there any other technique that I have to practise?

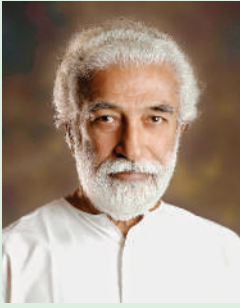
A: There is a lot to understand about healing. Never pick up techniques from a book and practise. A healer is aware that he will have to take a bit of the Karmas. That's why you experience the symptoms of the patient. Just meditate. Meditation takes care of everything, the patient, the healer. Begin with humility. In healing it is a greater power, God's power that heals. Even if you have the symptoms do not worry. It will be taken away from you. You are not a weak person. None of us are. Aura does not play any part in healing. Healing is a part of our duty. It's a service to God. Never stop healing.

Q: Does one get a new body after death?

A: Read 'Descent of Soul', the basic book. Once we leave this physical body we continue to live in the Astral body, our original body. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
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Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
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Gurujii Speaks (Vol 3)	150/-
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Gurujii Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences - Vol 1 & 2	each 150/-
Awareness	60/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

established in 1988 by Gurujee 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 Gurujee 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)

While practising the healing technique, the moment I closed my eyes, I saw a stream of golden rays so clearly all around me, shining and blinking like stars. It was so wonderful to watch this and experience this only for about 30 seconds. This healing technique works like a wonder! I am so grateful to know about it.

– Kumar T N

I am able to view happenings around me with acceptance. I am also able to feel that the reactions of others towards me are changing. Of late, I am able to recognise the negativity in situations as they arise, and I am able to avoid them. I am also able to control my irritation and anger.

– Rajalakshmi R

Now I notice that I am calm and there is clarity in my thinking. My attitude towards life has changed. I am able to see my wishes being fulfilled one by one. I am grateful to the Divine Light and Sapta Rishis.

– Ganapathy R

After taking up Meditation, I experience so much peace and calm. Sometimes, when I am meditating I see white Light surrounding me and it's beautiful. People ask me why I am always smiling no matter what the situation is.

– Venaya Rathod

Every day there have been hurdles in work related to the forthcoming wedding of my daughter. But by the Grace of Rishis, by the end of the day the stress is eased out. I am ever so grateful to Gurujee and the Rishis. I have full faith that our function will go off smoothly.

– Nandita Patel

A friend of mine, who does not know about our Path, had been undergoing tremendous domestic pressure. In a

dream-like state she was surprised to see me – like a water-body – in her room. She felt that I took her to 'Antar-Manasa' and hugged her tightly. In the morning she felt a strong, huge light all around her. She felt very calm and light. There was no fear, tension or hatred in her heart. Thank you Gurujee, thank you everyone.

– Sudha H M

My problem of seeing bad dreams in the night is solved. I am now able to sleep peacefully. It is only due to Gurujee's grace and practice of Meditations.

I would also like to mention that I saw Gurujee in a dream in the morning on 18th November 2017. I don't remember what he said but I am happy that Gurujee gave me his Darshan.

– Nirmala A N

Every day, at the end of my Meditations, I pray that I am kinder, calmer and that I manifest more Love and be mindful of the Light. And slowly, I am able to feel peaceful in the same situations, where I used to feel anxious. I am more loving and patient and I am letting go of the little things that used to worry me so much! I never tried to truly understand what Gurujee meant when he used to say, "Manifest more Love." Now I pause, and in that moment of clarity, I am able to allow Light to work!

– Shriya Sasank

Just the other day, I was going through my email account and I happened to read emails which I exchanged with Gurujee before he attained Samadhi. There was so much Love in the words he wrote. They are small replies but reading them brought tears to my eyes. The fact that a Guru took time to reply to a student who had just signed up in 2012 was amazing!

– Vinamra Longani

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