



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 8

JULY 2018

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – May 1992 issue)

Money, of course, is essential for any work. I have faced many awkward moments in my work without money. I could not reach larger sections of Sadhaks, could not organize Camps and could not participate in others' Spiritual projects. I am also aware that if I dilute the principles and make my classes more attractive harping on health, blood pressure and easy powers, I can make a lot of money. But then, I will not be the torch-bearer of the Rishis. I do not regret sticking to the Path.

There is so much of work that we can do without heavy funds. There is another kind of wealth available in plenty – the Spiritual wealth; the Spiritual energy. We can gather a lot and again use it for the benefit of others. Why did I not think of concentrating in this area? How much time did I waste! It may be difficult to attract others and involve them in this work. But does it matter? When such thoughts prodded me I woke up and have intensified the Lightwork. And it is at this juncture that the Rishis have decided to activate MANASI. Is this a coincidence? Only the Rishis know!

An old friend of mine remarked that I am wasting my time in writing, talking and counselling others when I should be sitting in deep Meditation. My individual Sadhana is neglected. I did not protest. He was right in his own way. We usually do not reckon others' perspective and think in terms of right and wrong from our point of view. We should respect others' views whether we agree with them or not. Such words from Amara guard me from blunders.

When I tried to look back I found that my work was my Sadhana. I grew while working. I came nearer the Rishis. I cannot describe the joy of their proximity. My Meditations, however brief they may be, are intense and packed with Bliss and Love. The same is carried through in all my work. One has to meditate deeply, pass through certain stages and go beyond Meditations to realise that there is so much more to experience and to expand!

A Sadhak suggested some kind of demonstration to draw the attention of many people and to convince the Sadhaks nearby that they are on the right track. My Guru was approached similarly a number of times. He always laughed at these. Demonstration of power will attract many – those who are ready and those who are not ready yet. The number game is not good. Those who are ready will come somehow. Their earnestness will keep them in the Path. And if anyone wants to leave none has the right to prevent. It is their choice; free will. The results of the Sadhana will be visible in our living. Anyone can see. And so what more is to be demonstrated? ■


MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

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

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

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/
PRAKASHMARG(Marathi)**
Newsletter Annual Subscription Rs. 300/-
DD should be sent in favour of
'Manasa Light Age Foundation'
Money Orders are not accepted

NEWSLETTER

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



Floral decorations were made on Guruji's Birth Anniversary in May 2018.

NEWS AND NOTES

- ♦ Our Light Channelling Centres in Gokhale Nagar, Pune, Anjaneya Temple, Mahalakshmi Layout, Bangalore, Maruti Mandir, Vijay Nagar, Bangalore and Sri Lakshmi Narayan Temple, Kengeri, Bangalore completed 7 years of Light Channelling. People gather in these centres once a week and channel Light. There is no membership here and all are welcome to join.
- ♦ Excerpts from Guruji's talks are published often in the form of articles under the column "Jeevan Yatra" in the Hindi daily "Dainik Bhaskar". You may visit epaper.bhaskar.com to read these articles. Articles were published on 10th, 15th and 30th May and on 12th June.

During Ashadha Masa, which begins on 14th July, we get wonderful and great energies directly from Parabrahma Loka. We can meditate more during this entire month and absorb these energies. They peak on Guru Poornima, the Full Moon day, which falls on 27-7-2018. On that day meditate as much as possible, and in the night before going to bed, imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.

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

MEDITATION ON SPECIAL DAYS

06	Fri	Krishna Ashtami
11	Wed	Masa Shivaratri
13	Fri	New Moon Day Solar Eclipse: 7:18AM – 9:43AM
14	Sat	Ashadha Masa begins
17	Tue	Dakshinayana begins
20	Fri	Shukla Ashtami
22	Sun	Shukla Dashami
27	Fri	Guru Poornima Lunar Eclipse: 10:44PM – 4:58AM

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
08-7-2018	Shambala Group meeting at 2PM Light Channel Volunteers meeting at 2.30PM
15-7-2018	Ra Group meeting at 2PM
27-7-2018	Guru Poornima Special Meditation: 12 Noon to 1PM
29-7-2018	Akhanda Dhyana (Light Channelling): 11AM - 1PM

On 13th July there is Solar Eclipse from 7:18AM – 9:43AM and on 27th July there is Lunar Eclipse from 10:44PM – 4:58AM. Please channel Light to the whole world during the entire eclipse period.

LIGHT CHANNELLING EXPERIENCES

(Compiled By Vaishali Joshi)

My son is studying in Intermediate II year. He has passed the Intermediate I State Board exam with 98%. He had channelled Light before he started answering the question paper in all the exams. Since we practise Light Channelling daily at home, he carries that positivity. With very less efforts he could get a very good result. I am very much humbled with Guruji's blessings.

– Jayashri Vasudev, A Light Channel

I had an important appointment last month and I travelled on my bike for the meeting. While I was on the Hosur National Highway, my bike stopped suddenly on the middle of the road. I pushed it to side of the road and tried to figure out what was wrong. I tried for 20 minutes without success. I had fever and was worried about the official appointment. I knew that I would have to push it 3 kms either way to reach the nearest garage or village. I prayed to Light for help. I had pushed the vehicle for hardly 50 meters when suddenly a person came in front of me and offered to help. He fixed the problem without any tools, and my vehicle started working fine. After going a few meters it struck me that the entire stretch of road was empty and the person had appeared out of nowhere to help me after I had prayed! And I could reach for the place of appointment before the scheduled time!

– Rajan R S D, A Light Channel

Wi-Fi is available on two frequencies - 2.4Ghz and 5Ghz. The Wi-Fi router at my home supported only the 2.4Ghz frequency. My phone had stopped detecting the 2.4Ghz Wi-Fi signal altogether, since I had its battery replaced. This essentially meant that I had to buy a new phone. I sent Light to it and prayed to the Rishis that I did not want to buy a new smartphone and asked for help. The very next day my Internet service provider called to inform me that my home broadband plan was due for an upgrade. This upgrade included a brand-new router which supported 5GHz signal free of charge!

– Vinamra Longani, A Light Channel

After practising Light Channelling, I got a huge amount of positive energy, which helped me to come and speak on the stage. I feel good and very confident.

– Madhu, Std. X, Dayananda Sagar International School,
Kumaraswamy Layout, Bangalore

TAPONAGARA DIARY

Seema Almel

Guruji's 79th birth anniversary was celebrated in May. More than two hundred attended the function. The Astral Presence of Rishis draws many to Taponagara, especially on special occasions. It was a day to express our gratitude for endless blessings and to renew our commitment.

Every anniversary takes Sadhaks on a walk down memory lane. This in turn leads to retrospection. The targets set by Guruji, the methods taught by Him and the attitude on the way, result in deep introspection. The emotions that saturate everyone's mind become visible. Everybody felt like they had a unique relationship with Guruji when He was available in the physical realm. His passing over has only heightened this feeling.

Guruji always looked at the way forward. He never let the challenges of the past restrain one from progressing ahead. His encouraging words of wisdom guide the Path's direction.

The physical form of the Path, the infrastructure, receives regular upkeep. The ashwath-katte, opposite the small Tapoganapati temple was repaired. The washrooms in the parking area were renovated. ■

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)

October 2005

Some of us feel sleepy while meditating. At such times, what we have to do and what we can always do is to hold on to the awareness. Let the awareness not shift or go away. Most of you would have experienced this even while repeating Mantras. Mantra is to be repeated only for 108 times. But by the time we count 8 times, or 50 times, we lose our awareness. Then suddenly we realize that half an hour would have elapsed and we would have forgotten the count. These things happen.

When you are about to lose your awareness, you have to hold on to your awareness, you should not lose it. How do we do it? I give very simple ways:

Check up your Trataka. Your gaze may have shifted to a lower point. Raise your gaze. If you do this, wonderful changes will happen. Give more attention to the technique. If you are repeating the Mantra, give more attention to it; let the whole body vibrate with the Mantra and think of the technique again. So you won't lose the awareness. Keeping this awareness intact is very important.

When we enter the areas of Samadhi, our awareness rises. It rises from this physical level, into the higher levels of Consciousness. We can easily make out and continuing from this point, we raise this awareness to the higher levels, then we are not aware of this physical world, naturally because we are aware at a higher level. But we do not lose the awareness. At the ultimate Samadhi – the Paripoorna Samadhi – we will be aware of everything. That is total awareness. In that state, there will be total awareness. We will be aware of this and we will be aware of that, and we will be aware of everything. It is a wonderful state. So, let us not lose our awareness.

We should meditate during eclipses. We get the benefits, we get the energies. Receiving the eclipse energies is very important because the Rishis do a lot of things and they do not explain everything to us. Someday they will perhaps tell us. We have to be insulated against certain effects – putting it crudely, we have to be protected and we also have to be directed not merely protected. We have to make an onward movement. For this certain things come as obstacles. Karmas manifest as obstacles in many forms. We cannot say in which way – may be as an attachment or anything. So there will be forces that would like us to deviate from Spiritual paths. We have to have protection – not merely destruction – people who die in earthquakes etc. are fortunate. But people, who survive, have to go through a lot of things; not necessarily related to Pralaya but many other things. Here itself in our group I come across people facing complex problems. Sometimes, I indicate that this is the problem you are going to have. In spite of that, somehow peoples' karmas make them become less careful about it. When we say, "Don't do this", people do only that. But that is the pressure of Pralaya. For all these, the Rishis will be working in their own way and we have to receive their help, that is all.

When Shyamala mentioned about this conference we had in 1989, I went back in my memory. So many things come to my mind. I remember that Mother Teresa sent a very special message. She wrote a few lines on a postcard and there was so much of love and inspiration. We had this conference in Palace Grounds in a very modest way. We had erected *shamiyanas* and there were two separate compartments. The speciality was not merely the lectures, the talks; we had an Akhanda Dhyana session. We meditated from morning 6 to evening 6. People changed, the

batches changed, but the Meditations continued. I remember, a wonderful lady arranged food; she brought it and served. Unknown people helped me at that time and it was a remarkable event. A group from America wrote to me, "When you meditate there, we will join you in Meditations from the US." They meditated at that time and that is how they participated, as they could not come here. Wonderful things happened.

Yesterday a very close, old friend of mine, said, "You have to think of preparing a second ring of leaders, workers, etc." I told him, "I am working on the third ring; we already have the second one." Whenever people talk here, every time I find they have improved, there is more clarity in thinking, there is much more understanding and much more desire to continue this wonderful dream of the great Rishis. There is an improvement with every speaker and we have our wonderful teachers, volunteers and there is no problem honestly and it is not easy to have such a thing. There is no confusion; there is no scramble for attention, power. I am very happy.

A Sadhak asked me a question that he is in a dilemma – he wanted a clear answer from me; he was about to get a job, but to get the job, he had to tell a lie. The question he posed to me was, 'shall I tell this lie?' If I say yes, he would say, 'Guruji told, so I did it!' Usually we shift the responsibility; that is why people ask questions. He should not have asked the question at all. In the first place, he himself should have answered this question. What is that you have learnt here? Let us lose ten jobs, but let us stick on to the Truth! Rishis will give us the job! So the question itself, is a kind of insulting thing to me, what do you expect me to say, to say yes? Of course, I admonished him and scolded him. ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

20-05-2018

When I met Guruji, I felt very very close to him. I think this would have happened to everybody. Whoever met him, felt a kind of connection with him instantly. We felt as if we knew him from years and he is a person who will understand us, will not judge us. From where did this feeling of closeness with him come? We are connected with him from the past and also because Guruji would connect to our souls. At the level of the soul there is no distance. We are One in fact at that level. And he vibrated Love all the time. And that would make anybody to connect to him instantly.

He had seen God. He had experienced God. We can say he was One with God. And he gave us the confidence that we too can experience God. And of course he gave us all the knowledge, the energies and techniques. It is entirely up to us to make use of these and grow, grow to any limits. If we are stuck at a level – I am not talking of the stage of Meditation – if we feel stagnated, there is something in us which is holding us back. No external force, no person can hold us back. Sadhana is an internal process. Then we have to work on ourself to clear the blocks if any. But of course we are helped by the Rishis. They shower their Grace. They do not hold back anything. They go to any extent to help us if we are committed to Sadhana. But we have our freewill, our freedom and Rishis do not come in the way of our freewill or freedom. We somehow hold on to the blocks. Consciously or unconsciously we hold on to the blocks. We can clear them of course. We are given the knowledge, the energies and guidance.

These blocks could be as serious as hatred or deep-rooted jealousy or could be something simple as our

own inertia. Inertia also can hold us back. Meditations help. There is a solution for every problem. But we have to work on it. We have to operate the solution. Somebody cannot meditate for us. We have to meditate. Meditations take us to God. And in God there are solutions, solutions for everything. In God everything dissolves, all blocks dissolve. And this is what I feel, that when we are with God we have nothing more to achieve, nothing more to gain. We can say that the highest method or the highest way to all solutions, highest way to completeness, highest way to fulfilment is Meditation. And the highest way is given to us so easily here.

Guruji in fact told us that even if we are meditating in the Chakra Activation stage, we can experience God. Guruji gave us the confidence that we can experience God if we follow whatever he taught us. That is our Sadhana – to practise what we have learnt here. Sadhana is a gradual process, as I understand. This is what Guruji explained. It is a gradual process.

We have so many Principles, so many techniques, so many hints for experiencing life, for growing. We cannot obviously begin practising everything on day one. We can begin with one Principle. This is what Guruji explained. Follow any one Principle and we will realise that slowly we will be able to practise all the Principles. The Principle of Love for example. It will help us to practise all the Principles. All Spiritual Principles are based on Love. So Sadhana is a gradual process. We have to be patient. We cannot become Masters overnight. It requires lifetimes of efforts. Only the Masters like Guruji and Amaraji were Masters even before they were born. But when they took birth here,

even they spent lot of time in Sadhana. Their Sadhana was different because their intensity of Sadhana was different. But even then they went through their own struggles in their lives. Anyway, we can go on growing gradually.

Guruji did not judge us in spite of our shortcomings. He said, “Even a murderer should have an opportunity to grow.” I think only Guruji had the courage to speak like this. He also said, “Nobody is condemned forever.” The more I think about this particular sentence of Guruji, I only feel more gratitude towards him. “Nobody is condemned forever” – what a profound truth this is. Imagine if we are condemned for our entire life for the mistakes we have committed, then what happens to our lives? What a burden it is to carry? Because if we are not strong enough, it may result into guilt, and how difficult it is to deal with guilt? We cannot undo what is already committed. Nobody can do it. But we have the opportunity to grow so that we do not repeat the mistakes. I think of Valmiki Maharshi. Whatever acts he was engaged in, he became a Rishi after intense Tapas. Guruji did not judge us and gave opportunities to everybody. He took everybody along and nobody felt left out. How do we run this organisation if we cannot carry everybody along with us? We have to accommodate everybody.



Our lives are miracles! If we were not with the Rishis our lives would have been entirely different. This is what I believe. After coming here our lives have changed. Not that the Rishis do not help others. Rishis help everybody, not only people in this Path. But we are very fortunate to be with them because we have access to such amazing energies, knowledge and guidance. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes one year's Newsletter subscription.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Sri Jayant Deshpande.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

27-05-2018

Smartphones and WhatsApp they have become a part of our lives. A very funny incident happened on my WhatsApp recently. For some reason it stopped working and the application had to be downloaded again. By the time I realised it, a day had passed. On WhatsApp you have the facility to know whether the person has received the message or not, whether he has read the message. Because WhatsApp was not working on my phone for 24 hours the messages obviously did not reach me. A person called me, he was very upset. He said 'why have you blocked me on WhatsApp?' He thought I had blocked him. I had never imagined that a person would think like that. He was somehow convinced that I had blocked him without really trying to understand what was the problem. This happens many times, we somehow imagine things in our own way. We try to jump to a conclusion and we may misunderstand people. We may try to judge people based on our understanding of their actions without really trying to understand what could be the real reason behind their actions. And if our understanding is limited, if our understanding is coloured by our own prejudices, we may not understand them at all. And we may in fact misunderstand people.

I give another example. This is not a real example. This is a possible scenario. A person is very reserved, does not mix with people. He may be having some complex or there could be some other reason. He does not feel confident because of certain things he has experienced in his life – could be failures or could be some problems at home, could be anything. He is going through a very difficult phase and

one may judge and say this person is very arrogant, he does not mix with us etc. But the real reason is entirely different. He has no problem with others or anybody. He has problems within himself. He has to deal with these things, clear these things. We may find his behaviour very strange.

We have to wait until we clearly know why a person behaves in a particular way. What are the reasons behind his or her actions?

There is another factor. People are at different levels of Spiritual evolution. People may not know what is the proper way to act. I think we have to give space and time to the people and help them if possible. It may not be possible every time. Then we can send Light and wait. If we jump to conclusion and react, we may end up damaging relations. I was wondering, "Why do we judge? Why do we have this tendency of judging people?" I feel such an urge comes from the ego. Maybe it feels happy that the other person is not as good as me. Ego will have such requirements and there could be of course other reasons for judging which I do not know. But we can say that judging is an act that originates from the ego. Whereas understanding comes from the soul. The ego has the constant need to feel superior. Otherwise its existence will be under a kind of a threat. I remember having read this in the great Master Eckhart Tolle's book somewhere. He goes at length to describe and analyse ego.

When we judge, what we imagine as the truth may not be truth at all. That is why understanding things from a deeper level may help us see the real reason behind a person's actions and behavior. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: These days my anger has increased. Should I take guidance from my higher self?

A: Why do you go to your higher self? Make efforts and you will succeed. You have to contain your anger by yourself. Meditations help. Have you practised the first Principle of Shambala? Even if you consult God, He will perhaps say, 'Practise Shambala Principles.'

Q: Where is God in this system?

A: God is in every particle, every cell.

Q: Who is Mahavatara?

A: Mahavatara is a special Avatar of Mahavishnu living on this earth right now. He is a boy now, aged 12 years. He will remain as a boy for nearly 20,000 years. Nostradamus speaks of a boy. He calls him Kiran. This is the boy.

Q: Does self-negation help humility?

A: No, these are entirely two different things. Self-negation is condemning oneself. When you are humble, you know your strengths and positive aspects. When you are aware that there is a Higher Intelligence, God; and that in front of Him you are nothing, then that is humility, or absence of arrogance. People who are humble, people who are strong, they listen to others.

Q: Are there two minds, conscious and the unconscious? Are we using them fully?

A: There is only one mind. But we have three layers of the mind – conscious, sub-conscious, unconscious. We use the conscious mind mostly, most of the times. The sub-conscious mind becomes active when we sleep. The unconscious mind,

I don't think we are using. The unconscious layer has all the memories of all lives. It also stores some energies. These memories can be tapped by regression but the energies and the knowledge cannot be tapped by regression. That is possible only in deep Meditation.

Q: What will be the type of death that a Meditator undergoes?

A: I know that it will be peaceful and painless. It is very important that we know it.

Q: Does a Meditator suffer from any disease before death?

A: Generally no. It depends on the individual and how much of Meditation he or she has practised and how much of transformation has occurred in him or her. It depends on the Spiritual condition of the person. It is very difficult to generalize. If a person has understood death and accepted the reality of death, then he will not suffer before death.

Q: Does the planetary influence work on a Meditator?

A: No. When we meditate and transform, the planetary influence does not affect us. Even if we have initiated this process of transformation, it is enough. The planets will not trouble us with their influence, and in fact they help.

Q: Can I ask for an Astral check up at any time?

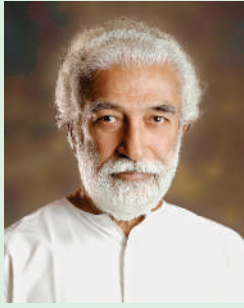
A: No. Stand before the mirror, you will know your Spiritual condition. Why should we trouble the Rishis for such small things? We have regular check-ups here. Go through this process, it will help you.

Q: Is it a coincidence that we are born into a religion?

A: No. We chose the religion that we are born into. ■

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/-
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/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Gurujī Speaks Part - I & II	each 200/-
Gurujī Speaks (Vol 3)	150/-
Gurujī Speaks (Vol 4)	250/-
Gurujī 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/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis - Vol 1 & 2	each 100/-
Pyramid Revelations	100/-
Thus Spoke Gurujī Krishnananda - Vol 1	200/-
Thus Spoke Gurujī Krishnananda - Vol 2	250/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರುಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರುಜಿ ಭಾಗ 2	120/-
ಪ್ರೌಢ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	50/-
ಆಧುನಿಕ ಋಷಿಗಳಿಂದ ಅತಿಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
ಗುರುಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ಮಜ್ಜಿ ಗಣಪತಿ ಮಂತ್ರಗಳು	100/-
ಆನೇಕಲಿಪ್ತಿ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ಬೆಳಕಿನ ಶರೀರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयुर्गुरुजी (Marathi)	100/-
ध्यान कैसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
தியானம் செய்வது எப்படி	50/-
ಊನಿಯಿನ್ ವಾಯಿಲೆಕನ್	200/-
தியಾನ ಯೋಗ	50/-
ஆத்ಮಾವின் அவரோಹಣ	50/-
நவீನ ரಿஷಿ ஒருவரின் சூಕ್ಷ್ಮம் சாகசங்கள்	50/-
சம்பலா நியಮங்களின் அப்பியಾಸங்கள்	50/-
ಧ್ಯಾನಂ ಕೆಲವು ವಿಷಯ	50/-
ಕಾಂತಿಕೆ ದ್ಯೂರಮುಲ	100/-



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)

After taking up Meditations, I have become strongly aware of the shortcomings in me. My inner voice tells me that I should be able to overcome them and move ahead, but my mind is not ready for change. There is a continuous struggle inside. In the last six months the picture has changed. I have chosen many right and positive things. I have become aware that everything that happens is required for my progress; there is scope for improvement in everything. I am making sincere efforts to remove my shortcomings. I have realized that this is the purpose of my life.

– Saurabh Joshi

My husband was searching for a job for 6 months. And exactly on 'World Light Channels Day' (1st February 2018), he attended an interview, got selected and joined the job. We had a lot of financial problem, but now by the Grace of Gurujee and Amaraji we are recovering slowly.

– Jayashri Vasudev

Life has its variants, but at the core I am growing silent. Guidance is received from the Masters, and solutions appear. As I pray to Maharshi Amara and the Rishis, I am embarking on a life full of effectiveness under Gurujee's umbrella.

– Geeta Joshi

Recently, one afternoon, I dozed off and saw myself meditating in my dream and could feel the lightness and had the feeling of 'floating'; at the same time I was aware of the surroundings. It was an amazing feeling!

– Utkarsha Malkar

My sister-in-law had come to Delhi from the US for a week. She remarked that I was able to deal with difficult people very properly every day!! I told her that the credit goes to my Meditation, which has helped me to stay positive and cheerful at all times!!

Earlier, I used to get affected and in the process my health would deteriorate.

– A Sadhak

Recently, I heard a lecture on 'Panchadasi'. It was about Consciousness and Oneness. Now, I am able to understand and feel Oneness at the intellectual level, about which Gurujee used to tell us. After this experience, I was almost in tears, thanking Gurujee for his guidance through somebody else's lecture and books. I am so fortunate that God has led me to this Path and given me such a Guru. Over the years I feel this is a major change in me.

– Shantha Kumari H S

My heartfelt prayers are always answered by the kind Rishis and whenever I have been confused they have always helped me to take the right decision. My gratitude cannot be conveyed in words. I think I am calmer and certainly less worried about the future because I know the Rishis are watching over me and my life is in their hands.

On the day of the Orientation class I could not log in and missed the beginning. I prayed in desperation, and our Gurujee helped; I missed only a few minutes of the beginning but I could attend the class! It meant a world to me.

– Gayatri Ambady Bhatia

The Orientation class conducted in Taponagara was excellent. Whenever we come to Taponagara the Rishis never send us back empty handed. Through Jayant Sir we receive their Love and understanding, lot of knowledge, energies, which cannot be compared with anything else. We have established an inseparable relationship of Love with Taponagara, where only Divine Love and energies vibrate. Also, with Gurujee's Grace Taponagara gives us a lot without asking.

– Goraksh Mahadik

DOORWAYS An English Monthly Newspaper, Annual Subscription: Rs. 300/-

Printed, Published and Edited by S.B. Shyamala Devi on behalf of Manasa Foundation (R).

Published from Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077 and

Printed at M/s. Art Print, 719/A, West of Chord Road, 2nd Stage, Rajajinagar, Bangalore-560086. Phone : 23359992

Owner: Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077.

Editor : S.B. Shyamala Devi