



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 4

MARCH 2018

Rs. 25

REFLECTIONS**Guruji Krishnananda**

(Excerpts from old Newsletter – August 1998 issue)

The rains are regular these days. Sometimes they pour. For days, the clouds have covered the blue skies. Well, it is the rainy season!

In olden days, the saints and Sadhaks used to camp at a place during the rainy season and pursue their Sadhana and contemplation. They could not travel from place to place. Now, the times have changed. The modern transport facilities are not normally crippled by the rains. Most part of the life goes on without severe disturbances. But the seasonal camping by the sanyasins, the Chaturmasya, continues with the tradition.

Our Meditation classes run in all seasons. Students, officials, businessmen, householders and others have taken up Meditations. Meditations are now a part of many people's daily routine, in spite of life getting busier. Life is changing like the seasons and the weather. We are moving into an Age of Higher Awareness.

In olden days, the daily performance of Homa at homes was a common practice. People knew the science of invoking the subtler energies and building up mini-fields of Spiritual energy in their homes. Peace and Prosperity (both Spiritual and Material) reigned in the individuals' houses. There was also a collective effect of this in the society and state. This is the beauty of a Spiritual pursuit. It brings universal good.

The science of building up energy fields is lost, now. The present day Homas are a distorted part of self-centred material pursuit. But a day may come when we regain all the lost treasure.

People read 'Doorways to Light' and then rush to see me with unsettled curiosity, gaping wonderment or just an urge to question. After they meet me, they go back happy and satisfied. Some take up Meditations too! But none has come, so far, to seek the knowledge and ways to reach the higher realms of Consciousness; to seek the Rishis. Our students, those who have read the book, admired it, cried about the difficult situations that I had to go through and then went back to their safe towers of ego. A wave has subsided.

And what do I really expect from any reader? Does anyone want to know! ■

**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.

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PRAKASHMARG(Marathi)**
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NEWSLETTER

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



**Light Channels Volunteers celebrated
the successful World Channels Day 2018.**

NEWS AND NOTES

- Around 180 people participated in the Amara Jayanti celebrations in Taponagara on February 4, 2018.
- Around 60 people had gathered to celebrate Amara Jayanti in our Sapta Rishi Dhyana Kendra at Anekal on February 1, 2018.
- On February 1, 2018, The World Channels Day, close to 150 volunteers worked with great enthusiasm and conducted several Light Channelling sessions in different schools. More than a million children and teachers in about 2400 schools channelled Light silently on this day to bring more Peace on our Earth.
- On the occasion of Maha Shivaratri, Meditators gathered in the Meditation hall at Taponagara to meditate specially and to worship Lord Shiva.
- Orientation class will be held in Taponagara on Wednesday, 2nd May 2018 from 11AM to 1PM. External Guidance students who have access to the webcast can also join through live webcast. Those who wish to participate may please contact Manasa office and register by 30th April 2018.

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM - 12 Noon
Light Channelling:
12 Noon - 1PM

11-3-2018 Shambala Group
meeting at 2PM

18-3-2018 Ra Group meeting
at 2PM

MEDITATION ON SPECIAL DAYS

| | | |
|----|-----|-----------------------------------|
| 01 | Thu | Full Moon Day Kamadahana |
| 09 | Fri | Krishna Ashtami |
| 15 | Thu | Masa Shivaratri |
| 17 | Sat | New Moon Day |
| 18 | Sun | Chandramana Ugadi |
| 25 | Sun | Shukla Ashtami Sri Rama Navami |
| 26 | Mon | Shukla Dashami |
| 30 | Fri | Good Friday |
| 31 | Sat | Full Moon Day |

KAMADAHANA TECHNIQUE

On 1st March, Thursday at the time of moonrise, imagine a Homa Kunda in front of you. Invoke Agni Deva by saying the Mantra 'Om Agni Devaya Namaha' once and imagine fire in the Homa Kunda. Imagine the Arishadvargas – Kama (excessive desire), Krodha (anger), Lobha (greed), Moha (attachment), Mada (arrogance), Matsarya (jealousy). Imagine Kama coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. It burns completely. Repeat the same for other five. Thank Agni Deva. Afterwards, you can experience the Light in you for some time.

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

A REPORT ON 8TH WORLD CHANNELS DAY

Manoj Chopra

Revolution by Light, a silent Movement, which was started by Guruji Krishnananda on May 18th, 2008, successfully entered its 10th year. Revolution with Light never fails. This is the final Revolution which will definitely lead humanity to the New Age. 8th World Channels Day was another such effort to take humanity towards the magnificent era of Golden Age.

The 8th World Channels Day was another memorable experience for all of us. To make this Day successful, more than 150 volunteers from all over India worked for more than a month. Their goal was tough to achieve, but their plan was meticulous and execution was picture-perfect. With the grace of Astral Masters and with the help of the Universe, the Light Channelling team not only achieved the goal but also surpassed it. They presented a very special gift to Maharshi Amara on his 99th Birth Anniversary. More than 1 million children and adults channelled Light on this Day. Around 2400 schools from all over India participated in this silent Revolution. Light Channelling sessions were conducted in Bangalore, Mysore, Tumkur and other parts of Karnataka and in Chennai, Madurai and several other parts of Tamil Nadu; similarly in Mumbai, Pune, Sangli, Amravati and different parts of Maharashtra and also in Hyderabad, Vishakhapatnam, New Delhi and Rajasthan.

Although this year was more challenging on all fronts for our volunteers, their determination and enthusiasm made them cross all the barriers. They supported each other. They worked with great zeal. Several volunteers travelled thousands of kilometres to cover schools within and outside Bangalore and in other cities. They met the School Authorities and informed them about World Channels Day. They taught and trained teachers and student leaders to do Light channelling on their own.

On that Day, thousands of schools channelled 'Light' on their own. Several schools sent photographs by e-mail, WhatsApp and confirmed their participation. Many intimated us by phone. We are grateful to all the School Authorities for their immeasurable support.

Every year lakhs of children and adults are opening up to Light. They are making 'Light' their companion. With regular Light Channelling they are transforming themselves. Their channelling impacts their surroundings and also the World. This Revolution is already built by these wonderful souls.

Light channelled by lakhs of children will definitely have a positive effect on the World. We thank the children, teachers and other Light channels for their immense support. Let more Love and Peace prevail in the World. ■

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

(Compiled by Shobha K Rao)

September 2005

Knowledge has to be used or applied, otherwise it is a waste. We ask questions and gather so much of information; we have to make use of all this knowledge. We can apply the knowledge that we have gathered in improving the quality of our living. How do we do that? It is simple – by improving the quality of our emotions and thoughts. Then, we can use the knowledge in helping others also to improve, by directly explaining things to them or indirectly by improving the quality of our vibrations. When we improve the quality of vibrations around us, it has its own impact. People around us find improvement in the quality of their emotions, living, responses, etc. The emphasis on Sadhana hereafter would be on application of the knowledge that we have gathered. The emphasis on Sadhana will be to make use of this knowledge. When we change, the world changes; so, we have to start applying the knowledge to change ourselves.

In Sadhana, we have to meditate of course. You may wonder if I say that some need not meditate. Don't include yourself in that category! Those who have already transformed, honestly I say, they need not meditate because they have achieved this. But the people who take up the work of the Rishis, they cannot say, 'I need not meditate.' The Rishis do Tapas even now; they need not do; they are not students, they are Masters. Lord Ishwara does Tapas. When Lord Ishwara does Tapas, even we have to do Meditations! The people who take up the work, they have to continue Meditations; because we have to gather more energies, more knowledge. This work never stops. So it is better that all of us continue Meditations.

This is a wonderful point – I want every one of you to think about this, particularly the volunteers. When the Rishis are strict, they are also liberal. And when the Rishis are liberal, they are also strict. What makes me say this? The Rishis are strict and they announced in the last week that we had called for applications to take up three hours Sadhana. I remember I had said that we would not take any more names. Normally, the tendency of our people is to give names after the last date and I remember having said that we can accept the students although the last date was over. The Rishis said, 'Yes, accept the names.' They were very strict and again they were very, very liberal. Why they were liberal, why they were strict, it is not easy for us to understand. I remember, in certain situations, the Rishis say, 'This is it. These are the instructions for the individual and the individual has to follow this.' In a similar situation, sometimes, involving the same individual the Rishis have said that he need not do it. It is quite contradictory. How is it possible that they are strict and are also liberal? I repeat again, we cannot understand the Rishis. We look at things from one perspective; we know certain laws but the Rishis look from different perspectives and they follow higher laws of which we have absolutely no idea. So what should we do? We have to adopt the simplest method that I follow. Just follow them. When they say, 'do', we shall do and when they say, 'don't do', we shall not do. People usually do not understand this. Sometimes people may think that this Guru is very partial. But the Gurus have to take all types of risks and blames! And when you as individuals try to explain things to others, convey to others as teachers, or even as students, you have to remember this. You have to take these risks. I remember, I had mentioned that truths are sometimes contradictory

when we look at them from this plane.

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A few days ago, I had to make a small drawing to be passed on to an architect to draw certain plans. They are necessary to get the approval from the authorities. Whenever I do any work, or try to answer even simple questions, I always link up to the Rishis, my Guru and God. I prayed to Lord Krishna, I prayed to the Rishi in charge, my Guru and sat down; and to my surprise, I was given instructions for certain things. After two hours, it was not merely a small structure that they added or drew; it was for a kind of research centre. I was amazed, I was surprised. Afterwards, whomever I came in contact with, I began explaining about the research centre that the Rishis want to establish. In 'Antar-Manasa', the Rishis proposed that there will be a small research centre for Yogic Sciences, a research centre for research in Consciousness. For this, we don't require big laboratories. A small room of 4 feet by 4 feet is enough, where I can sit to experience and enter into higher layers of Consciousness and record later. So the proposal is to do research in Consciousness, Samadhi, Healing, Astral travel, etc. This, God willing, we will start the work immediately. By one year, this small centre will be ready and it will have a library, a lecture hall and a very special Meditation hall.

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Don't think that I sit here and go on giving you techniques and instructions. I also practise and experience and then I pass it on to you, and I also tell that you don't have to accept this and you don't have to accept anything blindly here or even anywhere. I present you a possibility; what I have received, I place before you and you have every right to accept it or reject it. ■

EXCERPTS FROM TALK BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

07-01-2018

This is the first class of this very important year. On behalf of Manasa Foundation I wish everybody a very, very Happy New Year. A lot is expected to happen in this year. A huge shift in Consciousness should take us further into the New Age. All that we have learnt here in the Path of the Rishis is meant for practising. During these times of this shift in the Consciousness all that we have learnt here becomes all the more important for practising.

We have to feel very happy that we are doing Sadhana in the Path of the Rishis, the Sapta Rishis. They are the ones who taught the humanity – for the first time – how to meditate. They are the highest Spiritual authority. We are learning right under them. If we think about it, it is such a great thing. It's like learning under God directly. Rishis guide all the Paths, but we are meditating, doing Sadhana directly under their guidance. Let us be happy about it.

We have access to the highest knowledge, the most advanced techniques and of course the best of the energies. These energies are meant for everybody, every being on this earth. The focus here in this Path is growing spiritually. The focus is not gaining powers. Powers take us away from our goal, which is growing spiritually. Our goal is God Himself.

What is Spiritual growth? Even that has been defined beautifully by the Masters. Growing spiritually means becoming good. It means manifesting more Love, becoming humble, becoming peaceful. Only when we are peaceful within, we can vibrate peace outside. Growing spiritually means being honest, being truthful. This is how the Rishis, the highest Spiritual authorities have defined Spirituality. That is why the

focus of Sadhana here is practice - practice of Meditation and also living positively. The focus here is on living fully. Living life fully is to experience all aspects of Divine life on this earth. The nature is Divine. The nature is an aspect of Divine life on this earth. A sunset, a moonrise, a flower, a bird, the rains, the sky, the stars, the ocean, the mountains, the rivers – nature has so many things. When we experience these, we will be experiencing God.

The great Master Ramakrishna Paramahansa once entered into Samadhi when he saw a bird flying. He would be listening to a bhajan and he would enter into Samadhi. It may not happen to us. While we are listening to a beautiful bhajan, or while experiencing the nature, we may not enter into Samadhi. But we will be experiencing God, like it happens in Meditations. When Masters meditate, they enter into Samadhi. It may not happen to us every time but we will be taking a step in that direction. I think that is important. For the Sadhaks like us, we need a kind of an effort to enter into higher states of experiencing. That is why we try to sit in Meditation for a longer time. It helps us to enter into Stillness. But great Masters enter into such higher states effortlessly. It may not happen to us. But when we meditate or when we experience the nature, we will be experiencing God. We experience God in Meditation, and we experience Him also in life, when we experience the Divine aspects of life. Both are important. If we only meditate and not focus on the other aspects of experiencing life, then we will not be living fully. The focus here is on living fully. All these guidelines come from the Masters.

Like nature, even music is a manifestation of the Divine. We can say that we experience the unmanifested aspect of God in

Meditation and we experience the manifested aspect of God in life. And experiencing these Divine aspects of life helps us to remain connected with God even while we are not meditating.

Similarly, Guruji told us to read literature, because there is so much of life in literature. We can experience life while reading the literature. And of course he told us to watch movies. I don't know which Guru will ask his disciples to watch movies. There is so much of life in the movies. And of course he told us to balance between all these experiences. Doing only one thing is not enough. And extremes have to be avoided. He always talked of a balanced approach to Sadhana.

When I say all this I also think of the pressures of life. People working in the IT industry, or any other industry, have to work long hours. If a person is working for 14 or 16 hours in a day, it will be difficult for him or her to find time for Meditation. We have to be practical. What should they do? I feel if we are in a situation like that we have to just keep this wish alive that we want to meditate. We may not find time for Meditations. It's alright. We can practise the first and second principle of Shambala, we can carry Light and keep this wish alive. Then God will somehow, somehow gift us the time. A stage will come when we will be able to find time. Maybe our job changes or the pressure relaxes a bit. Something will happen. A genuine wish for Sadhana is always reciprocated by the Universe. So if we are in a situation like that, let us not worry and let us not feel guilty also. Let us keep this wish alive, that is all.

We have everything and we are well equipped to face the challenges of this year. This year will be a wonderful year. We can keep aside all differences and complaints we may have against others and focus on our journey forward. ■

EXTERNAL GUIDANCE

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

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

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

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

SPECIAL GUIDELINES BY GURUJI

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

EXCERPTS FROM TALK BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

14-01-2018

I came across this point in one of Guruji's talks. It's very beautiful and I thought of sharing this with you. A question was asked to Guruji, "How to intensify Sadhana?" In reply to that Guruji said, "Bring more Stillness in you." And he explained further, "Bring Stillness into your system. This can be practised." He explained how it can be practised. That is the speciality of the Path of the Rishis. They will give a Principle and they will also explain how to practise the Principle. Giving the Principle alone is not enough. Rishis are always very practical.

Anytime Guruji has given any Principle, he has always explained how to practise. So he explained, "Bring Stillness into your body. That is at the physical level. How do we do it? During Meditation we do it. We sit still and try to bring Stillness to our body. At other times, let our physical movements be slow and graceful. It has its own benefit. Only when we practise, we will know. Bring Stillness into your mind. How do we do it? Again during Meditations we try to still this entire system. Let your emotions be calm. Let the emotions be very peaceful. We know that positive emotions bring peace and negative emotions disturb us. Have positive and peaceful emotions."

He further explained, "Bring Stillness into your intellect. Let your thoughts be very peaceful." Positive thoughts bring peace. Negative thoughts disturb us. So let our thoughts be positive. Let our thoughts be peaceful. Like this we can bring Stillness into our entire system at other times when we are not meditating. He said, "When we bring Stillness into our system, God enters us. God will be with us." When we are practising this Stillness

in life, we can say that God will be acting through us or God will manifest through our actions, emotions and thoughts. Like this we can bring Stillness into our lives to intensify Sadhana.

He also said, "To help establish this Stillness, think of Light in your system. Think of Light in your body at all the times – while working, walking, talking. This will lead to experiencing Light. And Light brings more Light to us and it leads us to enlightenment."

He also added that we can intensify Sadhana by manifesting Love. We can intensify Sadhana by manifesting Ananda. These are the Shambala principles. We can intensify Sadhana by manifesting vastness, by manifesting vairagya. He said, "Practise any one of these to intensify your Sadhana."



Yesterday I observed something very beautiful. I just wanted to share with you. Every Saturday we gather in the temple here in the evening and meditate for half an hour. When we came out after Meditations and while we were walking towards our car to go back home, I saw two young kids. They may be 6 years or 8 years old. They were the kids from the village. They were in their own world. And they had the *prasada* in their hand. I observed that they were offering the *prasada* that they were carrying – a part of that – to a stone, a stone on the road. I wondered what were they doing. Then I realised that the stone on the road was not just a stone for them, it was God for them. They were offering a part from their share of *prasada* to God! I wondered who taught them! Their innocent act and their faith and Love just touched me. It was very beautiful to see them doing this. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: What happens after Samadhi?

A: Amara had said that Samadhi is the beginning in Sadhana. There are many stages after Samadhi, the most important stage being 'Enlightenment'. Even after Enlightenment, Sadhana does not end. Our behavior changes when we experience Samadhi, even for a short time. Samadhi manifests itself in every detail of our life. People will notice the change. The soul experiences Samadhi. But every cell in the body – physical, mental, intellectual – also experiences Samadhi. Please make a note of this beautiful point. The body also experiences Samadhi and enters Stillness. It is then we feel sleepy. It's a momentary phase. We shouldn't succumb to sleep. We should be awake and expand our Awareness. Then we experience Samadhi. Experiencing Samadhi by the soul only is not enough. When we reach this state of Samadhi, God takes over our lives. Besides the Rishis, He also will begin to monitor us. He will help us, push us and protect us. We will not be aware of all these things but there will be lot of activity, lot of support from all Divine quarters. After experiencing Samadhi, life changes, but we must allow it. This is the most important point. Somehow for various reasons we go back. If it happens, it is not a failure but it's a kind of setback. After Samadhi the purity levels will be of the highest order. One can see this purity in our face, in our body language, in every word that we speak. Experiencing Samadhi is not an easy thing. Most of us have experienced Samadhi, at least for a moment. After Samadhi we will be in very close alignment with God. Somehow, we will be able to know what may occur after two

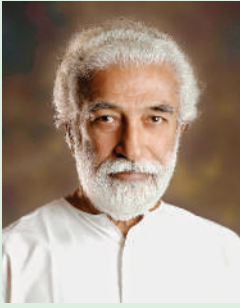
days. Such faculties naturally become operative. After Samadhi, when we are in a state of expansion, we accommodate the imperfections in others, as we have our own imperfections. We can easily understand the higher realities. Expansion brings us newer experiences. With new experiences we get new knowledge. We may not be able to decipher this immediately because it comes to us in the form of energies or Light, but it will be in our system. Suddenly one day, there will be a flash and the knowledge will come down to our intellect. Intellect will be able to decipher it. All that we receive as knowledge through energies will not be translated into words, but even then it's great for us. After Samadhi, we will not have any kind of conflict with anyone, but there will be some conflicts which happen within us. The *Dharmakshetre* mentioned in the 'Gita' is inside us. The conflicts within are not resolved because we have our egos. For some it is so easy, for some it looks almost impossible.

Q: Is Transition, meaning Pralaya, always violent?

A: It need not be. Now we are passing through the transitory period. We are hoping there will be great changes. To what extent or degree there will be pain and destruction? We are not aware of this. It is avoidable and depends on us only. At any level, at the global or individual level, it is we who invite this violence or pain. That's why we always say, 'Prepare.' We have endorsed that this Transition is a Spiritual process. It is a *Dharmayuddha* which is going on – the battle between scamsters and other people. We can see the turbulence. ■

LIST OF OUR PUBLICATIONS

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|--|------------|
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| iGurujii Vol 1,3,4 & 7 | each 150/- |
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| தியಾನ ಯೋಗ | 50/- |
| ஆத்மாவின் அவரோகணம் | 50/- |
| நவீன ரಿஷಿ ஒருவரின் சூಕ್ಷ்ம சாகசங்கள் | 50/- |
| சம்பலா நியமங்களின் அப்பியಾசங்கள் | 50/- |
| ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್ | 50/- |
| ಕಾಂತಿಕೆ ದ್ವಾರಮುಲ | 100/- |



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)

A person was very negative. I sent Light to him daily for many months. After sometime, that person took up Meditation and is very much positive now. Thanks to the Almighty God and Light for bringing peace in my life.

– A Sadhak

I am feeling healthy, calm and energetic. I am able to face problems calmly, accept uncertainties and accommodate accordingly.

– Ashok Thakur

I am experiencing the help and Grace of the Rishis since the last couple of months. As I make more efforts to meditate, Rishis are helping me with new energies and sometimes with their presence. Inner calmness is setting in and the quality of Meditation has improved.

– Ramesh K

There has been a vast quietness in me since I increased the duration of my Meditations. Even in stressful situations, I am able to step back a little before responding. I feel joyful at times. It's a

feeling that transcends the ordinary happiness that we know of.

– Nirmala J

In December, one day after completing deep Meditation very early in the morning, to my utter astonishment, I came out of my body. Initially, I floated above my building but a strong thought of visiting the cave in Trimbakeshwar transported me within a fraction of a minute to the exact cave. I was back on my bed in Mumbai in no time. It was a Spiritual experience made possible by the Masters and I felt peaceful; and my mind was in a tranquil state for quite some time.

– Rajendra Rangnekar

Failing to get any relief from medicines, I started praying to Guruji and the Rishis. By their Divine Grace and blessings my health has improved and I am able to meditate better, more regularly and I experience Light for a longer time when I feel Peace and Stillness. I am sincerely grateful to God, Guruji and the Rishis for bringing me to this beautiful Path.

– Sadanand P V

FORM IV

(See Rule 8 of Press and Regulations of Book Act)

| | | |
|---|--|---|
| 1 | DOORWAYS | Title of the Newspaper |
| 2 | Registration No. | KARENG/2005/16369 |
| 3 | Place of Publication | Bangalore |
| 4 | Periodicity of its Publication | Monthly |
| 5 | Editor's, Publisher's & Printer's Name | S.B. Shyamala Devi |
| | Nationality | Indian |
| | Address | Taponagara, Chikkagubbi, Off Hennur – Bagalur Road, Bangalore Urban - 560077 |
| 6 | Printed at | M/s. Art Print, 719/A, West of Chord Road, 2nd Stage, Rajajinagar, Bangalore - 560086 |
| 7 | Owner's Name | Manasa Foundation ® |

I, S.B. Shyamala Devi, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-

Bangalore

S.B. Shyamala Devi

Date: 25-2-2018

Signature of Editor, Publisher & Printer

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