



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 6

MAY 2018

Rs. 25

## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – June 1995 issue)

Seven Years ago, I opened Meditation Classes and since then have guided hundreds in the journey in Unconscious. One phase of my activity is over. As my work enters the second phase, I try to turn back and view my struggles, failures and successes. This is always a rewarding exercise. We can always learn from our failures.

Many things have changed in these seven years. The time has changed. We have stepped into the New Age and are receiving the transforming energies. Because of these, there are changes in our systems which necessitate modifying and developing Meditational Techniques. I am able to achieve this with the help of the guiding Rishis who are Masters in the Spiritual Science. Our students have the advantage of their experience and foresight.

These seven years have revealed more about my work and myself. From mere guiding in Meditations to understanding the Spiritual problems of the Meditators and finding solutions to them and from merely passing on the knowledge of the Spiritual science that I had acquired through Amara, when he was available in the physical plane, to gathering new knowledge directly from the Rishis in the higher planes, I could improve my capability with the help of the Rishis.

When I moved in to stay in Taponagara two years ago, the changes were fast and incredible. We could channel new energies, build up several fields of Spiritual energy here and store special energies in the Astral chambers. We could accommodate several Higher beings to stay here by building up the required living conditions. Taponagara became a focal point of Astral Visitors and a centre for Astral Light Network. Even on the physical plane we could establish contact with many Light groups spread all over the world.

Rishis initiated me into a Higher Spiritual state and later on raised my ranking several times training me to work in multiple planes and multiple roles of a Guide, Channel, Healer, stellar messenger, distributor of Pralaya energies, member of the Council etc. By their grace and Love, the Rishis trained me in the higher planes to work in many more ways that I am not allowed to reveal. When I look back, I feel happy and grateful to my Rishis.

Seven years ago, even as I started the Meditation Classes, I had the ideas of establishing a commune, a Gurukula or an Ashram. I worked on these ideas for some time. Lack of competent associate workers restrained my zeal. But, now, I feel that it is good. Similar establishments are many and in spite of their material build up, the Spiritual thrust is somehow always lost. I do not want to repeat this experiment.

I have realised that, working in the physical plane, helping the individuals to awaken and tune up to the Divine is the most important mission of every Light worker. From the individual Light, Love and Peace spread. At no time of history the role of the individual was this important and necessary. It is individuals and small groups that are silently building up the conditions for the New Age. ■



### MANASA FOUNDATION (R)

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**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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along with the Subscription  
amount.



**Maharshi Amara and Guruji Krishnananda - The Founding Fathers of  
The Sapta Rishis Path**

**NEWS AND NOTES**

- ♦ Guruji's 79th Birth Anniversary will be celebrated at Taponagara on 20-5-2018. For participation, Sadhaks may register their names by 19th May at Manasa office.
- ♦ The tenth anniversary of our Saptarshi Dhyana Kendra at Anekal was celebrated on 16-4-2018.
- ♦ 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 before 30th April 2018.

**GURUJI'S BIRTH ANNIVERSARY  
PROGRAM**

**20-5-2018, Sunday**

11AM	Welcome Speeches Special Meditation
12.30PM	Prasada

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

**MEDITATION ON SPECIAL DAYS**

08	Tue	Krishna Ashtami
14	Mon	Masa Shivaratri
15	Tue	New Moon Day
18	Fri	Guruji's Birth Anniversary
20	Sun	Guruji's Birth Anniversary Function
22	Tue	Shukla Ashtami
24	Thu	Shukla Dashami
29	Tue	Full Moon Day

**PROGRAM AT TAPONAGARA**

Sundays Lectures: 11AM - 12 Noon	Light Channelling: 12 Noon - 1PM
13-5-2018	Shambala Group meeting at 2PM
20-5-2018	Guruji's Birth Anniversary program Ra Group meeting at 2PM

**PROGRAM AT ANEKAL**

Guruji's Birth Anniversary will be  
celebrated at our Saptarshi Dhyana  
Kendra on Friday, 18-5-2018 at  
11.30AM.

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

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

After the Light Channelling session at Chetana Vidya Mandir High School, Tumkur, on World Channels Day, Ms. Sumangala, a teacher told me with tears in her eyes, "I was part of the Light Channelling session just conducted. Something miraculous has happened and I am going to practise this regularly." She explained further, "About six months back I had a fall from a bus and my knee was injured. I went through a lot of pain. I was on medication and I recovered, but the pain did not go away completely and I could not walk straight. During the Light Channelling session when you were emphasizing on healing, I imagined that a lot of Light went to that area and it is helping me. For the first time in the last six months I walked straight and from there I am coming straight to you!" I was speechless. I just thanked Light and carried on.

In another school there was bit of a challenge to conduct Light Channelling sessions and Anjali madam was trying to help them understand the benefit and importance of channelling Light. I realized that I did not have any role there, so I just sat and began channelling Light. As I finished channelling, the person who was supposed to communicate the decision from the management came and told us that he was not able to reach anyone who could give us permission for the session, and he could not decide about this on his own. At that minute his phone rang. A person from the management had called to give permission. Within a few seconds the entire situation had changed. We could conduct the session and all the kids participated really very well.

– Gururaj Kanade, Volunteer

On World Channels Day, during the Light Channelling session in St. Joseph's School, when I said, "Now imagine the Light spreading to your entire school", I immediately felt the flood of Light in and around me, and it was unbelievably palpable. The entire area was flooded with Light and that was when I experienced first-hand how Light actually spreads when we practise the Light Channelling technique.

– Shruti Sudhakar, Volunteer

## TAPONAGARA DIARY

Seema Almel

Thirty years ago, Manasa Foundation, The Spiritual Mission was set in motion to manifest the Vision of the Founding Fathers - the Light Masters. Guruji Krishnananda sacrificed all that was dear to Him to establish The Sapta Rishis Path. He went through untold personal trauma to ensure that the Mission would come into being so that Spiritual Guidance would be available for the sincere seeker. Through the efforts of the caretakers, the Path Guruji paved remains embellished with Spiritual wealth.

Taponagara is increasingly surrounded by a concrete jungle. Increased amenities around the area have brought with it the baggage of noise, pollution and population. Simultaneously, the vibrations of the energy fields have also gone up. The Light Masters periodically charge this holy site with newer and stronger Spiritual energies. The absence of crowds may make the Path lacklustre to those who equate success to mass appeal, but for those with depth know that lustre wears off while silent majestic simplicity lasts.

While the Path's system remains disciplined, rigid rules are not imposed on Residents or Meditators. Freewill is always respected. The New Age ways of directly using energies, without rituals and mantras, right under the banner of Rishis, might seem strange to many. But Time makes such new concepts acceptable to all. On the Birth Anniversary of our beloved Light Master, Guruji Krishnananda, we introspect and renew our commitment to His Vision, which is now our life's Mission. ■

## LIGHT CHANNELS WORLD MOVEMENT

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

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

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

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

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

Spread this Message to all.

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

## SHAMBALA PRINCIPLES

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

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

### THUS SPOKE GURUJI

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

September 2005 (contd.)

All of us know that after death there is Life and there is a Life even after that. There are several lives like that because there are several layers of existence. All these are temporary. The Life here is temporary because someday we have to go away and enter into the next Life. Even that Life is not permanent and after that again we have to enter into the Life still further. Any number of layers of existence after this layer, are temporary. But there is one layer of existence, which is permanent, and there we exist with God Himself. So, living Life here on this earth, we have to prepare for the Life there with God. How do we prepare? By Purifying ourselves, by cleansing this system, by removing all the negativities consciously, expanding in every way, emotionally, intellectually and Spiritually.

We are advancing into a New Age. We are able to understand this so easily. If you talk these very simple truths to very elderly people, who belong to the previous generation, it is difficult for them to comprehend. You must be watching and observing the next generation. They are wonderful, brilliant and they understand as if they know it from the beginning itself. The point is, we are advancing into the New Age and it is possible for us to understand and accept that we can live this Life perfectly and also live for the other Life. All these days, we used to think that everyone has to run away from their families to become *sanyasis*, to become Spiritual, and people used to run away from families! Now we know that all these things are not necessary. We were told with a purpose at that time that the most important part of Life is the

‘Spiritual’ part. Even now that is important. Who denies it? The Rishis and Amara taught us that the material Life is also important. We have come down to experience this. If we do not experience this, we will be failing. Experiencing all Life here is Spiritual. But, normally we lose ourselves in very unimportant details of Life here. Let us say, there are two aspects of Life here. One is very important, another is very, very important! Who denies that food is not important? It is important. Dressing is important, the details of daily Life are important. I am overemphasizing perhaps that we shall never think that these are not important. We have come down to experience the diversity of the Creation, the diversity in nature. It is important to experience nature. It is important to experience music, not merely listening, it is experiencing. You must experience the poetry, experience all the beautiful things in Life. If we neglect these and give importance to only daily routine, we are missing something. This is very important. Only then we can enter into higher Life. It is possible. We have seen this with great Masters. I have seen Amara – for him, nothing was unimportant. I have seen him playing with children. I wondered, he used to be so absorbed, he would go down to the level of a small child and would empathize with the child and he was equally comfortable talking to gods! Such a Master you won’t get. I wish every one of you had met him. But at least through me, you know him. Anyway, do not neglect anything. Food is important; Meditation is important. Food is for the physical body and Meditation is for the Spiritual body – the soul – and everything is important.

I wanted to tell you this – to help others or to serve others, what

resources we have is not important. It is the willingness to serve that is important, the readiness is important, manifesting Love is important. To help others, it is not the material wealth that is needed; it is the Spiritual wealth.

Let me boast a little about myself. When I was living in Antar Manasa, I never felt that I had no money. I lived like a king, although I had no money, not even a single paisa in my pocket. I have told you earlier that I lived just eating tomatoes for one week! Breakfast – tomatoes, lunch – tomatoes, dinner...! Even at that time, I felt like a King. Once I had a small note (Rupee), when someone came and I saw him miserable, he had to be helped, I just gave him that note and I did not feel that I was losing it. As I said, “I am boasting a little!” So, it is not how much you have, but how much you have within.

Anyway, all this will help us to live our lives and this Life very, very sensibly and Spiritually. That is what we are expected to do. All of us let us remember that we are not here just to pick up some techniques, practise and forget about them. We are the future Rishis! You are the people to guide others in future, whether you know it, accept it or you don’t. Your role is defined. You may not take it up. Consciously you may say, ‘no, no, I won’t do it’ but, unconsciously you will be doing it because the knowledge in you will not allow you to keep quiet. You will always guide the other man – like I always say, when you have the Light, try to cover it with your palms; the Light will come out between two fingers – that is our role, which is very, very important. Let us realize it. ■

## EXCERPTS FROM TALK BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

11-03-2018

These days, the number of people attending these classes is reducing. Guruji's physical presence brought many people. His magnetism, his Love brought many people. Those of you who are here, what holds you here? It is Guruji of course, his Love. It is his Love that keeps you involved in the work. He was personification of Love and Life. He provided such practical guidance for living. And he taught us how to live. And he also provided all the guidance for experiencing the highest. And he created these wonderful facilities for Sadhana, all these beautiful structures here. He gathered the most precious energies here. These probably we may not be able to get even if we do Tapas - if at all we do Tapas - for thousands of years. To make use of these energies and very valuable knowledge, very pure knowledge that is available here, I wish more people come here and benefit from these things.

Anyway, I was saying that I feel sad, not because I am concerned about the numbers. Our Masters told us very clearly never to go after numbers. But at the human level we feel sad. So many can benefit from the pure knowledge and these amazing energies we have here. The whole world can benefit from this. Anyway, we will continue to do our job that is all.

Our job is to live this knowledge, to manifest this knowledge. Our job is to go on improving our practice, go on perfecting our practice. Practice has always two parts – practice of Meditation and that of living. We will go on improving both these parts of the practice. That is our job. Our job is to try and establish contact with the Rishis. Our job is to grow, to manifest more Love and wait. I know that we are not perfect. I always speak for myself whenever I speak like this. I know that I am not perfect and

I know that what I am doing is not enough. But I wish to do more. I wish to become perfect. And all of us we want to do that. That is why we have gathered here.

Maybe when we begin shining with Guruji's Light, then we will have more people visiting here. We have to accept the fact that if the number of people are reducing, it is a kind of an indication that I am not shining enough with Guruji's Light. Maybe we have to accept that. Let us accept it and let us try our best. But if more people come they can benefit so much. But I am so happy that the senior students continue their Sadhana with great faith in Guruji. And of course there are new students. People are coming in search of truth. Only in the last one month or so we had so many people, visitors from Australia, visitors from Canada. Guruji's Light is reaching all corners of the world. That also is a fact. People come here, sit in different structures, meditate, gather energies and they go back. They may not come to these classes. It is alright. Not everybody needs to attend the classes. These energies are meant for the entire world. This knowledge is meant for the entire world. Let them come, read our books, gather energies and go back. That I think is happening.

That way I am happy that we are at least of some use to our Masters' work, if not enough to our full capacities. And we have this Light Channels World Movement spreading all over the world. Millions are channelling Light, millions have benefitted from this Light Channelling. As the New Year begins - I am talking of our Indian New Year, Ugadi, which begins from next Sunday - we can gear up ourselves all over again and re-dedicate ourselves to Sadhana.

I wish to share a beautiful point

I came across, while reading one of Guruji's talks. We know that Meditation is establishing stillness at all the levels – at the level of our body, mind and intellect. We also know that the body has its own intelligence. Similarly, the mind and the intellect also have their own intelligences. Guruji said that these entities – body mind and intellect – also have their own individuality. He said that in Stillness, the intelligences and the individuality of our body mind and intellect merge with the core. The core is our soul. When such a merger occurs we can say that this is Yoga. Yoga is union. And in Stillness, in Stillness of this entire system, our core merges with the higher core, greater core which is God Himself. This is the next step of Yoga. We can call it a higher Yoga. Without this initial Yoga, which is the merger at the individual level, the higher Yoga cannot occur. And in the higher Yoga, when we merge with the greater core or God Himself, we establish connection with God. Then we will have all the wisdom of the greater core or God Himself. We will have all the wisdom and also all the strength of God with us. Then our lives can only be peaceful and very meaningful. It is then we realise everything. Maybe there is nothing more to be known after that.

Whenever Guruji spoke, he spoke from his experience. These are not just theoretical words. His words came from the experience. In Yoga we will have wisdom to deal with any situation, and we will have the wisdom to establish connection with everyone and everything, not only with human beings but with every being and every non-being. That is so important. Establishing these connections is so important. Without these harmonious connections, we cannot be in peace. So we have to initiate this process of peace from within to have peace for ourselves and to pass it on to others. ■

## 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.

## A MAN OF FEW WORDS

Keerthi Bisarahalli

Guruji once said, "When you speak, it should be like the Vedas." Every word he spoke was like simplified Vedas for the common man. When I first met Guruji, there was an instant connection. I trusted him implicitly. It was at that point in time, probably, because of his enchanting smile, an amazing sense of humour, the twinkle in his eyes and the warmth of his unconditional love.

In response to lengthy mails, his answer would be a simple yes or no or a tick or underline against the relevant content. He would always guide us with a single word or perchance a sentence. He encouraged us to take decisions. He would ask us to write down our options and then pick the one that was most suitable and go ahead with it and own the consequences, thus making us strong and independent.

The few words from Guruji always carried a world of wisdom because these were never mere words. They always carried energies and his unconditional love.

Guruji always gave the principle and a simple technique for implementing it in our daily living. He would let us figure out the details on how to implement it in each of our own ways; to each according to his thinking and approach. He never imposed anything on anyone. He only gave us hints and nudged us in the right direction without stifling our creativity or approach to life.

He expounded the universal truths not with commentaries and treatises but by living them. He brought spirituality into daily living. Simplicity, clarity and brevity are the hallmark of his teachings. He silently watches us take baby steps to improve and encourages us with his unconditional love and support, never judging us despite our failures.

Although he was a man of few words, he is a powerhouse of wisdom who left a mark on every life and life form he touched. ■

## A DREAM

Vaishali Joshi

Taponagara is a part of the bigger dream and vision of the Rishis of establishing Satya Yuga on this earth. The Rishis nurtured this dream for years. They trained Guruji even before his birth, to prepare him to endure the hardships that he had to go through on the physical plane. After testing his resolve to continue their Work they also trained him in Shambala and other planes to carry on the Spiritual work in the Physical, Astral and Causal planes. Guruji assisted the Rishis in manifesting their dream and established Taponagara.

He made us a part of this wonderful dream, introduced to us the concept of Taponagara, and told us that we have to share this dream. He said, "Taponagara has its dreams, its unwritten poetry and unmanifested essence of Life with all its Beauty and Divinity. This is a sanctuary for Life – Divine Life of Peace, Love and higher levels of Perfection."

Taponagara draws different types of people. Guruji had told us that there is a higher purpose in our gathering here. He wanted us to realise this purpose, love each other and smile from within. He said, "Each soul brings its Light; its music, poetry, dance and dreams. This is a place for all these to come alive and enrich the harmony with others. All the people and pursuits add up to form the life of Taponagara. It is a life of positivity. It is living every moment fully and positively. There will be no negation of life; no escapism; no distancing." He added further, "Rishis have built up Energy fields to nourish this Life here, to sustain the dreams of Taponagara and to actualise them."

We are really blessed to have been given this wonderful opportunity to be a part of this dream of the Rishis. Let us explore the opportunities and the experiences that this place is waiting to offer by opening up to it. ■

**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: Who influences us to develop or change our attitudes?**

A: The intelligences of the body, mind, intellect, or our own Karmas influence us to develop or change our attitudes. But ultimately it is the soul which takes decisions. Normally the tendency is to blame the ego or the Karmas. We can't blame. We have to blame ourselves. If we have a genuine intention of growing spiritually, all the intelligences in our system cooperate. Even Karmas help. We can say without exaggerating that the whole Universe helps.

**Q: Some say that each one of us is like an island. Is it true?**

A: To some extent it is true. Most of us have our private spaces at all levels. Physically we have a private space, a room or some corner of a room at least. Mentally, intellectually and spiritually also we have our spaces. That way we can say that we are islands. The most important point to understand here is that we are created to live in groups, not as individuals. Talking of the islands, even the islands are interconnected by waterways.

**Q: Which is the single-main obstacle in Spiritual growth?**

A: It is ignorance about our birth, death, Creation and important events occurring in the world. If we are not aware of these then I should say that we can't make Spiritual progress. Everything is interlinked. An earthquake or a political disturbance somewhere impacts us somehow, if not directly. Whatever is happening on this earth impacts us. We have to accept a bit of the Karmas, a bit of the pain and suffering. We

will not be knowing about it. These are very important things. Ignorance is the obstacle. Why should we meditate? And after Meditation what? If you are meditating, having experiences is very good; but I want to see it reflecting in your behaviour, in your thinking and emoting. If it is not reflected, it means you have not grown enough or not grown at all. You must know what Yoga is, what Meditation is, otherwise you will be groping in the dark and you may flaunt that you are a Meditator. I have seen that ignorance is the main obstacle and the next obstacle is stubbornness - we know what is right but we do the wrong. This will not lead us anywhere.

**Q: We have been told that when we meditate once, its influence will be there for 24 hours. What do we do to keep this influence for 6 months or one year?**

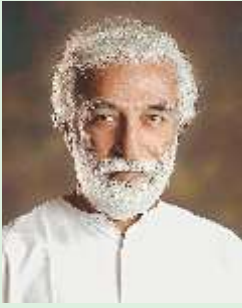
A: There is no such technique. We have to meditate consistently. What we achieve through Meditation is not a one-time operation, but a continuous one. But when we reach the higher, advanced states where we experience Samadhi, or we become kind of enlightened, you will always be in that mode. Its influence will be there all the time. Samadhi is 24 hours experience.

**Q: Is attaining the Light body a Spiritual process?**

A: Yes. If my purity levels are not high, I cannot attain the Light body. We have to Spiritualise first and be Spiritual completely. This process of the body becoming a Light body begins to happen when one is good, honest, peaceful and accommodative. So this is a Spiritual process. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
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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)

Recently, my 6-year-old son fell down accidentally from the kitchen counter and was injured on his forehead, nose, hands and legs. Later the bleeding from his nose stopped and he was conscious. After 15 days he told me, "I saw Gurujee in my sleep 2 times. He touched my forehead and knee." On hearing this, my eyes were filled with tears. Gurujee has so much of love. Really he is a very big support. After this incident my son's faith in Gurujee has increased.

– Vishakha Vaidya

I experience Light throughout my body. I also experience Light around my head like an aura. I also experience the hollowness in me completely filled with Light and I become one with the Light.

– Sanjay Manohar

For the first time in my life I feel absolutely safe in the hands of the Rishis, not because my problems get solved. Actually, after joining the Sapta Rishis' Path, I have had a lot of problems. But, now I feel that it was part of the Pralaya process for me, to make me eventually strong and responsible, so that I can move further and evolve into a better person.

– Rajendra Rangnekar

I was lying down in bed thinking of some mundane matter and was about to go to sleep. I had closed my eyes. Suddenly, I saw a flame of golden Light in front of me and within that I saw Lord Mahavishnu in all His splendor. For some time, I was not aware of my surroundings as the joy and bliss filled me completely.

– Sunil Bisarahalli

By the Grace of Gurujee and Rishis I am learning to live in the present, and I live a life of Grace and ease. I know that I have to put more and more effort to improve my Sadhana and I also know that the Bliss I experience is nothing

but a tiny particle in the Ocean of Divine Bliss.

– Sulochana Ramaswamy

I am going through 360-degree challenges in my life and it's only my Meditations that are keeping me afloat. There is a firm conviction that Gurujee and the Rishis are helping me sail through these challenges in the best way possible. I have surrendered to whatever comes my way, and live from day to day with equanimity and a deep inner joy.

– Vidya Virkar

I have begun to realise how to love someone unconditionally, how to keep faith in self and others. I have begun to slightly let go of my baggage and blockages. I am more hopeful and will continue to work on myself.

– Harshad Oak

I was suffering from insomnia/sleeplessness because of bad health. One day I prayed to Gurujee and requested him to help me and almost immediately without my knowledge I fell asleep.

– Harish G

Each passing day comes with new challenges. And now I have come to such a stage that with deepest gratitude I say a big thank you to the Rishis and Gurujee for guiding me and helping me all along. Now the fear of what will come next is almost gone and I have totally resigned and surrendered in the true sense, which has made life easier for me.

– Nandita Patel

I was having a tough day when nothing seemed to work in my favour. I meditated and just when I finished it, I got a call from someone appreciating my work. It seemed as if Gurujee had asked them to call me to give me hope that everything will be fine.

– Vinamra Longani

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