



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 12

NOVEMBER 2018

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – November 1995 issue)

Ken Saro-Wiwa is hanged. And hundreds are being killed, raped and tortured every day. Injustice, cruelty and non-Love from man to man. My silent tears unseen and unread, do not express my emotions and helplessness. The sun of 1995 is setting down on the deep red horizon, himself red, into the red waters. A sigh for the old and wait for the New Year. Let us welcome the New Year and whatever it has in its bosom.

It was not all blood in 1995. There was light also. Some struggled and died for peace. There was a greater awareness of Light and Life. With these we have to enter 1996, with a determined bid to bring more peace and more Light. Hope is not the food for fools. It is a way to Life that does not end with any amount of blood-spilling and thirst for more. All the previous wars and inhuman ways did not annihilate Life. Life always springs up from the bottom of un-civilization. We must know, realise and work for it; work for Light.

Let all the Light Workers unite and strengthen the base for Light and Life.

A strong urge is growing in me to break away from all that is stifling us – superstition, religion, tradition, false and distorted knowledge, the coloured uniforms and false pedestals. And yet, I have learnt enough not to throw away all blindly. There is so much to serve as a spring-board. But break away I must from many things including the personal relations that hold back the flight into freedom. It is in freedom that I can work at different levels.

Spirituality is not meditating always nor being pious alone. There is much more that is not understood and not explained to us. It is living fully bringing out all our potential that is absolutely positive. It is experiencing Creativity at the individual and the universal levels. It is never the life-negating, solitary and stifled inactivity that the religions wrongly emphasise. The future prophets will speak more about it may be, bringing new words and language. The New Age will be full of Life. And full of Light.

I am withdrawing from the more of physical activity to my inner chambers of Silence and Light. I can work more. I can communicate more. And I can live more of the few moments left over in my life. ■



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.



Sri Krishna Janmashtami was celebrated in the Residents' Meet.

NEWS AND NOTES

- ♦ Guruji's Mahasamadhi day will be observed at Taponagara on 25-11-2018. To participate, please register with Manasa office, before 23-11-2018.
- ♦ Manasa Calendar for the year 2019 will also be released during the program. Only a limited number of copies, only for those who request for it, will be printed. Please register by 11-11-2018 to book your copy.
- ♦ A new batch of Shambala Group will begin on 13th January 2019. Students who wish to join the Shambala Group may register with Manasa office before 31st December 2018. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2018.

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
11-11-2018	Shambala Group meeting at 2PM
18-11-2018	Ra Group meeting at 2PM
25-11-2018	Guruji's Mahasamadhi Program

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

MEDITATION ON SPECIAL DAYS

01	Thu	Krishna Ashtami
06	Tue	Masa Shivaratri Naraka Chaturdashi
07	Wed	New Moon Day Worship of Mahalakshmi
08	Thu	Deepavali Balipadyami
15	Thu	Shukla Ashtami
18	Sun	Shukla Dashami
23	Fri	Guruji's Mahasamadhi Day Full Moon Day Shiva Deepa
24	Sat	Vishnu Deepa
25	Sun	Guruji's Mahasamadhi Program
30	Fri	Krishna Ashtami

GURUJI'S MAHASAMADHI PROGRAM

25-11-2018, Sunday

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

PROGRAM AT ANEKAL

Guruji's Mahasamadhi Day will be observed at our Saptarshi Dhyana Kendra on Friday, 23-11-2018 at 11.30 AM.

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

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

For the last few months I have been suffering from pain due to sciatica. I was unable to stand even for ten minutes. I visited the doctor and also requested Light to help me. I had planned to attend a programme where four renowned doctors were giving lectures. Two of the speakers were Dr. Amate and Dr. Bharat Watwani. I went on time but the hall was packed and no seat was empty. I had to stand at the back. I was aware that I wouldn't be able to stand for more than 10 minutes. After some time the sciatica pain started. I felt sad but I did not want to leave the hall. So I closed my eyes and requested Light to enter my body. I filled my body with Light and requested Light to help me. To my surprise somehow the intensity of pain slowly became less and I was able to stand for the next forty minutes. I enjoyed the programme. It was a great evening as I felt the presence of our Beloved Guruji. I know Light has helped me.

– Santosh Kore, Volunteer

The Light Channelling session was very peaceful. I enjoyed it. Thank you.

– Jagjit Singh Bedi, Guru Nanak Vidyalaya Society, GTB Nagar, Mumbai

Light is very powerful and takes us to the path that we seek in our life. When we share our feelings, thoughts, problems etc., with the Light we seem to instantly connect ourselves to our needs. Light is full of positive energy and I believe that we can get solutions to the problems in life. I, along with my colleagues and students, have experienced this flow of positive energy. Practising Light Channelling on a regular basis brings peace, joy and reverence to the mind and soul.

– Ms. Hemavathi, Headmistress, Nalanda English High School, Kurubarahalli, Bangalore

TAPONAGARA DIARY

Seema Almel

Every year Janamasthami is marked with a beautiful dance performance on Sri Krishna by the kids in the Resident's Meet. Led by Ms. Priyanka Mishra, many women made elaborate preparations with costumes, song selection, stage decorations, etc. This year Ms. Ishita Chalapathi, Ms. Shruti Mishra and a few other kids gave a Bharatnatyam recital. This was followed by another musical performance on Sri Krishna leela by a group of younger kids.

The entire program was most eloquently conducted by Mr. Sathvik and Ms. Swastika Kanade. Decked in festive finery, both the teenagers spoke like young stars. Mr. Vidhaata Karanth melodiously sang a bhajan in Kannada while his sister Ms. Vishruti Karanth, who was also a part of the Bharatnatyam recital, sang a Hindi bhajan. Toddlers came to the stage dressed as Krishna and Radha adding oodles of adorable to the sparkling event. A decorated flute was given away to each family as memorabilia. Some of the Residents had graced the event specially dressed in festive attire. As always, Mr. Gururaj Kanade gave all the audio-visual support to the program.

November 2018 marks the 6th Mahasamadhi of our Guruji. It is time to take stock of our Spiritual journey. It will leave us only a month to catch up on the resolutions we made at the beginning of the year, before we welcome yet another New Year. ■

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 (contd.)

I was thinking of communication. We receive knowledge or a message, may be from the Rishis or even from some other people and we pass it on to others. I would like you to understand this process; it is very simple; let us contemplate on this process. In receiving and passing on the knowledge, there are three stages; one is receiving it, the other is understanding it and the next is passing it on. While receiving, we may receive the information, the knowledge, and the message completely or may be even partly. It depends on us. While understanding, we may understand it properly or maybe we understand it partly or differently. When we receive things partly, we understand them in our own way, meaning we understand them differently and the distortion takes place there. The possibilities are there. I am not saying every time we do that. We may understand things clearly and pass on as they are. But sometimes we may understand things differently and the distortion takes place. So when we communicate and pass on, what is it that we are passing on? The first thing is that we may pass on the right thing. The other possibility is that we pass on a different thing, a distorted thing; a thing which we have misunderstood. While passing this message or information, there is one more thing - the language. If we are not properly equipped with the language, maybe we are unable to communicate properly. So the whole process becomes a kind of failure. So we have to be careful here. I have seen from the times of my Guru. He explained to us simple things, but I had heard people

explaining to the others in an entirely different way. Even here sometimes, simple things - like a technique for example - are passed on. When we explain to some other person, maybe we add or subtract or modify or try to improve the technique sometimes. We think that we are wise and we improve it and pass it on! So passing on as it is, is so difficult. If we are egoless - my Guru used to insist on this - if we are a tool, we are the most efficient persons. One need not be wise, one has to be just a tool. Just to remain a tool is so difficult. Because there is always a temptation to improve things, particularly when we try to highlight, exaggerate, we think we are doing the right things. We do not know that we may not be doing the right thing. Teachers here, have to be very careful about it. Whenever I receive some information, I check up, once, twice or even ten times. Only when I am sure, I try to pass it on. If you do not communicate it, it is one thing; but, communicating a wrong thing is not good and not right.

November 2005

When I interact at the individual level, whenever I try to help or support a person in his pursuits, I realize that what I do at the physical level is only 10%. After all I have my limitations of the words, language. I don't understand everything. When I try to convey you or advise you, I do only 10% work. The 90% work is done at the Astral level. This is done by anyone. Sometimes, I consciously do it and at other times, the Rishis do it. They speak to individuals, help them, pass on energies; and at the Astral level it is easy to place before the individual the facts of the previous

lives. When we look at our own past lives, we know where we had faltered or we had triumphed. Don't ever think that we always have made mistakes; we also would have done some good things. We know what to avoid or what to choose. Rishis sometimes show us the future also. These things are possible at the Astral level. Sometimes people remember this at the physical level. They say, 'I had a dream'; but many times people are not aware of this and it is not important. What happens at the Astral level, we need not know at the physical level. If certain things are to be known at this level, the Rishis will make it certain that this comes down to the physical level and we will be aware of it at the physical level. So, most of our learning processes occur at the Astral level. That is why the Astral world is so important. It is important also because, first an event occurs at the Astral level, then it happens or manifests at the physical level. We have met like this 72 hours ago at the Astral level and this has happened and now at the physical level this is happening. During this gap of 72 hours, can anything change, can we alter anything? The beauty is, 'yes, it can be altered.' At any point, the future can be altered. The simple example is, to avoid an accident. An accident has taken place at the Astral level 72 hours ago. If I am aware of it, I can alter that and I can change it not only by physical effort, but by Spiritual effort. So, knowing more about the Astral world is so important, so that we live a better Life here on this day after 72 hours. There are so many things that we are yet to understand and the time has come to open up to these worlds. ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Jayant Deshpande)

09-09-2018

I was talking to a few people and in some context this question came up, "A person meditates a lot, must have meditated for years and yet he has not changed. How does this happen?" We all know the answer to this question. We do not allow the change in us. Meditations help us to change but somehow we resist the change. That is why we remain the same. This is the truth.

Let us try to understand the whole process of bringing changes in us with the help of Meditations. In Meditation we try to establish Stillness in our system. When we establish Stillness, our awareness gets released from this system of body, mind and intellect and it reaches higher layers of Consciousness and then it expands. This experience of expansion brings many benefits to us. We receive wonderful energies and a lot of wisdom and inner strength. We experience God in Meditations - if not completely - we experience Him in some degree. In Meditation when we establish Stillness, we can say that we touch God, we go closer to Him. Naturally this experience of closeness with God will have a wonderful effect on us. This happens during Meditation. Then when we come out of Meditation, we come back to this life. What happens then is important. Let us understand this point better with the help of this simple example:

We may face a situation in life, which generally makes us react with anger. But now after having meditated, and having experienced God, there will be something inside us, some internal force in us, which will make us not react in the old way. Then we have to cooperate

with this internal Spiritual force. If we ignore this internal force and still react in the old way, which probably could be triggered by our ego, then we will not be allowing the influence of Meditations to work on us.

When we experience God, even in a very small degree, it will have a powerful influence on us. God is all Love, all positivity, all forgiveness. The experience of God will remove any negativity we may be carrying. Then no negativity will be able to touch us until we invite it ourselves again. But over years in this life or in earlier lifetimes, we may have developed a way of responding to situations triggered by our ego. It becomes like a habit. We have to consciously ignore this trigger from the ego and accept the suggestion from the internal Spiritual force. Then our responses will be very proper, very Spiritual.

This is how Meditations helps us. Although Meditations help us to bring change in us, it is we who make the change occur in us ultimately, with conscious efforts. If we do not make conscious efforts then we may not change, in spite of hours or years of Meditations. If we make efforts, we change gradually. That is how we grow spiritually. And this growth continues until we begin manifesting Light completely, until we become Light. That's why Guruji would have said thousands of times, "Meditation and Positivisation, both have to go parallelly."

When we meditate, we receive a lot of energies. These energies should change us actually, but if we do not change, then we lose these energies eventually. We will not be able to hold these energies if we do

not bring changes in us. Guruji used to say that the energies have their own intelligence. They decide where to stay, with whom to stay. I try to give a simple example to explain this point clearly. We know that in these classes, we are always blessed with the presence of Masters in their Astral forms. Whenever they come, they pass on wonderful energies to us. And many times Guruji would tell us, 'Now that you have received such wonderful energies, remain calm. Remain calm not only for some time, but for all the time. We have to be calm always. That is also a special instruction associated with the first Principle of Shambala. Guruji used to tell us that if we allow a burst of anger, we lose these wonderful energies which the Rishis would have passed on to us. Which means that if we are unable to change, we will not be able to hold the energies. That is why Meditation alone is not enough.

Many times people ask this question when they meet me, "What else can I do to improve my Sadhana? How do I make faster progress?" I can only suggest what Guruji used to tell us. He would always tell us to manifest more Love. He would say, "If you are manifesting Love, it's good. Manifest more Love. If you are manifesting more Love, it's good, manifest more Love than that." He would say, "We have to have more Love for God, for Guru. Whatever practices we are doing, let us add more Love into these practices; let us add more intensity into our practices." And similarly he would say, "Add more Love to your living." That is the only way to improve our Sadhana. ■

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.

GURUJI KNEW EVERYTHING

Nedu Durai

Guruji's messages were always simple. It is very important for us not to misunderstand Guruji. He stated, for example, "Being Spiritual is just being good; Humility is the measure of our Spiritual progress; a bit of jealousy is fine; there is nothing wrong in having comforts if we can afford them; have a balanced approach to Life." I haven't come across anybody else who described "Spirituality" in such simple terms and with so much clarity. But, sometimes we don't accept simple things so easily.

Whenever I had a question in my mind, I would ask Guruji mentally. He would answer the same question in his talks in the next Sunday class! It was amazing! I realised that this was not a coincidence because this happened repeatedly. I would always wonder, "How does Guruji know my question that I had asked him mentally?" And I realised that Guruji was a Rishi and he knew everything.

Guruji would always find a positive aspect in any issue that we brought to his notice. He always looked at any problem from a distance and provided simple solutions. He would answer us in one word or one simple sentence but with great authority! And all that we had to do was to blindly trust him and move on with his guidance. I never ever regretted taking a decision based on Guruji's guidance! He knew what was best for us.

It took me a while to understand him initially. My understanding of Spirituality was different. For me Spirituality meant wearing saffron; going to forest and doing Tapas. But now I understand many things, thanks to Guruji. I understand that we have come down here to experience Life on this earth and after that we have to go back to our Source, for which the easiest way is to meditate and positivise, clear our karmas and merge back with Light! ■

DO WE MISS HIM?

Karthik N

Guruji loved to meet people, listen to them, and pass on the Love and Light from Rishis. He said that some would come to pour out their problems, while others would come to share their experiences. Some came to receive instructions from the Rishis and some to chitchat! Many came to simply have his Darshan. He was available for everyone. It is perhaps easy to observe how people related to him. But, it is very difficult to comprehend from what all angles he would interact with us. Guruji was a teacher, parent, guide, friend, Guru, Channel and much more. He was an abundance of everything great and positive in the Creation that we could think of. He was Human and Divine at the same time. He was always rooted in God and carried enormous Light from the Rishis.

From a villager to a serious Sadhak, any interaction with him was never ordinary. He would speak of tall Spiritual Truths even in casual talks. A person could receive as little as an advice from him to as large as an experience of Samadhi. He waited to give much more, but we were limited by our capacity to receive. Having spent so much time meeting us, he did carry sadness, as he could not pass on all the treasures he had received from Amara and the Rishis.

Do we miss him now? Though his mortal form doesn't exist for us, his vibrant energies and love more than fill that gap. Through the weekly classes, his students, books and videos, he directly communicates. And he continues to meet us like this in a more personalized way! One has to only remain connected to the Universal aspect in Him and open up more to experience His Light. If we become aware of what He represents, we can never miss Him. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Do we live in parallel universes?

A: Yes we do but we are not aware of it. We exist simultaneously in seven planes. We exist in different bodies, different types of bodies also. On this earth it is the physical body. On some other earth of a different plane, it's a body of that particular earth. It could be Astral or semi-Astral. We have to understand quite a lot.

Q: Will the Rishis have work in the New Age?

A: Yes. They always have work here.

Q: Does Time influence our behaviour in different Yugas?

A: Yes it does. But we can always overcome its influence by practising Meditation. Everyone can meditate though many think they cannot.

Q: Is the energy of anger a seed for compassion?

A: No.

Q: What is Spiritual wrong?

A: It is an act not permitted by our own conscience. It is an act against a Spiritual principle, a Spiritual law. It is an act against the interests of a group, against the interests of society, nation and humanity, affecting one's Spiritual growth. It is an act allowing the dark energies to work in us. Whenever we commit a Spiritual wrong we are aware of it. We can always undo this Spiritual wrong with Meditations, by positivising, by experiencing Light.

Q: What are we missing in Life?

A: We are missing many things in Life. The first thing that we miss is the joy of living, that doesn't depend on money but just on contentment. We always seek things beyond us. Somehow, we choose unhappiness. Each one of us has to draw the lines of contentment. We miss great experiences like experiencing the sky, the clouds floating. We miss poetry, art, the sight of birds flying. We also miss the warmth of a relation. It depends on us to develop it. We miss nature. We miss Rishis, God and thus we miss Life.

Q: How to measure the quality of Meditation?

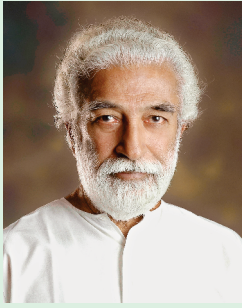
A: It depends on the quality of Peace and Stillness that you experience during Meditation and after Meditation. The quality of Meditation can also be measured by the Love and Peace that we manifest and carry; also by our own behaviour, by the way we relate to people and the world, by the way we look at things. Good quality of Meditations makes our life full of quality and refinement.

Q: Is there any lean period in Meditation?

A: Of course there is. It is in nature. Everything fluctuates on this earth. It is not because of lack of effort from our part. It is because of external reasons, other reasons. The same reasons apply to a high period. Being aware of this fact, we should not worry when our Meditations are not really good or satisfying. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Gurujii Speaks Part - I & II	each 200/-
Gurujii Speaks (Vol 3)	150/-
Gurujii Speaks (Vol 4)	250/-
Gurujii Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences - Vol 1 & 2	each 150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis - Vol 1 & 2	each 100/-
Pyramid Revelations	100/-
Thus Spoke Gurujii Krishnananda - Vol 1	200/-
Thus Spoke Gurujii Krishnananda - Vol 2	250/-
ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯರ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರೂಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
ಪ್ರೌಢ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿರೂಪಣೆ ಅಭ್ಯಾಸ	50/-
ಆಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತಿಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
ಗುರೂಜಿ ನಾ ಶಂಕಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ಲಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕೃತಿ ವಿಸ್ತೃತ ಗಣಪತಿ ಮೂರ್ತಿಗಳು	100/-
ಅನೇಕರಿಂದ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ಬೆಳಕಿನ ಶರೀರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयुगुरुजी (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 ವಾಯಿಲೆಗಳು	200/-
தியಾನ ಯೋಗ	50/-
ಆತ್ಮಮಾವಿನ್ ಅವರೋಹಣ	50/-
ನವೀನ್ ಗಿಣ್ಣಿ ಉರುವಗಿನ್ ಕ್ರೂಪಮ ಸಾಕಸುಕುನ್	50/-
ಸುಂಬಲಾ ನಿಯಮಕುಣಿನ್ ಅಪುಪಿಯಾಸುಕುನ್	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಸಾಂತಿಕೆ ದ್ವಾರಮುಲು	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.

APEAL

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, in Meditation my body disappeared gradually and became one with space. I did not know where my identity had gone! I was confused and was searching my body! After some time I came back to the physical plane. I cannot explain in words how light I felt!

– Sitaram Puranik

As I am able to accept all situations now, facing all the ups and downs in life is happening very naturally.

– Jagdish Prasad

It was just past 2.30 AM, the night of Astral Travel to Vrindavan to worship and welcome Lord Krishna to Earth. I just awoke uttering "How nice, how nice, how wonderful!" My head was full of a beautiful bhajan, and I was feeling celebratory and wide awake! If our souls are left dancing so, quite simply, thank you Guruji and the Rishis, and thank you Lord Krishna for gifting our Earth year after year with such a grand celestial celebration.

– Vidya Virkar

I have a bad habit of getting angry and mocking at people. Last month one of my office colleagues pointed out this weakness in me. I got disturbed and had a serious introspection. From that moment, I cautiously avoid my old way of reacting. Now even though I get angry, I try to place facts in front of others in a sober way. I feel this is a big change in me.

– A Sadhak

I am able to sublimate my emotions most of the times. My interactions with people around have reduced; withdrawing into silence happens naturally, without having to avoid anyone.

– Rajalakshmi R

I speak to Light more easily and seem to get help. Many days I sit and experience Light for longer times in

myself. I can feel the presence of Light with me whenever I am silent.

I am facing the challenges at all levels. I feel I am being guided towards a kind of detachment with all relations. The see-saw journey of life continues and I am able to handle it quite well.

– Nandita Patel

Meditation has taught me to live a stress-free life. No matter what happens, I am calm and positive knowing that Guruji is there with me always. There is love within and all around! I am able to face all challenges bravely and not to accept defeat. I get good sleep and live in the present. I feel light, as there is no past baggage to carry. Forgiveness comes easily and now; I can see that silence has become my language! I enjoy everything I do and teaching children has given a purpose to my life.

– Payal Varma

The inner sky or space in Meditation is overwhelmingly vast and clear, without clouds or stars. It extends all around, below and above and on all the sides endlessly. There are neither barriers nor boundaries. In deep Stillness, one experiences peace, joy and a strange sense of freedom.

– A Sadhak

I will never leave this Path and will continue my Sadhana guided by Guruji. With the practice of the new technique given to me, I feel I am more in control of my mind than before and more and more peaceful. I feel assured that the Rishis are helping and listening to us. Thank you.

– Pratima Vadgama

End of the day it is compassion and empathy that comes out with a prayer and Divine Love for all, as all are on way back home, with varying degrees of growth and understanding.

– Geeta Joshi

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