



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

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – November 1991 issue)

When we started the Meditation Classes we called this Path as the 'Sapta Rishi Marga.' Some people did not feel at ease with the name. They thought that it would remind another Marga, skull dance etc. My Guru was in contact with the Sapta Rishis and he brought down a lot of Spiritual Knowledge from the Rishis that would update the theory and practice of Higher Meditations. We thought that 'Sapta Rishi Marga' would be apt name but gave into changing to 'Shambala Meditation'. We thought again that Shambala is the city of the Rishis and the Shambalites are living what we intend to put into practice and why not use this name? Again, we realized in these few years that, despite our pointing out that 'Shambala' is mentioned in Puranas and Rishis live there, many did not discard the impression that this is a 'Tibetan' Meditation! I described our Path as 'Dhyana Yoga' recently and everyone accepted it as something that is not alien!

From Raja Yoga, a specialized branch, Hatha Yoga, sprang up and from Hatha Yoga another branch was developed as Kundalini Yoga. Although Meditation is taught in Yoga Schools after Yogasana and Pranayama exercises and although some schools teach only Meditations, a separate branch that would take the Sadhaks to the ultimate when followed independently and which is complete with all the knowledge of theory and practice of Meditation is not developed yet. My Guru has filled up this void by making available all the Knowledge about Meditation and many techniques that are required to be used at different stages of Sadhana starting from the initial stage to the ultimate stage of Samadhi and Higher Samadhi. This knowledge is not available anywhere. I remember my Guru mentioning that we have come a long way after Patanjali Maharshi. With this back-ground, we can call our Path as 'Dhyana Yoga', as an independent branch from Raja Yoga, continue Research in this direction and add more knowledge to it.

My work brings me happiness and also a wave of fulfilment. Hundreds have taken up Meditations and many have touched Higher points. It has brought strength and smiles to many. It has brought many nearer God.

The Science of Meditation has brought answers to many questions of the Sadhaks, also indicating clearly the purpose of Life. The Work is not over and it covers several life-times. There are many lamps to be lit. My enthusiasm sometimes builds up large expectations also!

I mention these because I feel disappointed and pained sometimes when sincere Sadhaks who come closer to me disappear suddenly without even an adieu, ignoring the Love that I had poured out and the Spiritual attention specially given to them. I have a human heart. This is what I was trying to explain last time. I have to be careful in expression as it leads to misreading, sometimes. I reiterate that I am not a judge but only a Guide.

Several Sadhaks are mind-linking with me now-a-days even during daily Meditations. It is good. It helps Sadhana and Strengthening the Spiritual Bond. ■



★★★★★★

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



**Maharshi Amara's Mahasamadhi Day in Taponagara.**

**NEWS AND NOTES**

- ◆ Krishna Janmashtami was celebrated in Taponagara on 2nd September. About 150 Meditators had gathered and participated in a special Meditation and Light Channelling session after worshipping Lord Krishna.
- ◆ About 75 students along with some of their teachers from a nearby Engineering college visited Taponagara to learn about Meditations. They gathered in the Meditation hall and participated in a special Light Channelling session conducted by our Volunteers.
- ◆ Meditators of the Shambala group gathered in the Meditation hall on 9th September to receive initiations from the Shambala Masters. Many others joined through live webcast and many mindlinked and meditated to receive initiations from the Shambala Masters.
- ◆ Meditators of the RA group gathered on 16th September in the Meditation hall at Taponagara to receive special energies of RA.
- ◆ More Volunteers are required for teaching Light Channelling to school children. Our Meditators, who may be interested, are welcome to join us in this noble work. Those who can spare half a day on any of the weekdays for this work, can join us. Interested Meditators may please contact Manasa office.

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

**MEDITATION ON SPECIAL DAYS**

02	Tue	Krishna Ashtami
07	Sun	Masa Shivaratri
08	Mon	Mahalaya Amavasya
09	Tue	New Moon Day
10	Wed	Navaratri begins
16	Tue	Worship of Sarasvati Devi
17	Wed	Durgashtami
18	Thu	Mahanavami Ayudha pooja
19	Fri	Vijaya Dashami
24	Wed	Full Moon Day

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
14-10-2018	Light Channel Volunteers meeting at 2PM

**Special Meditation technique  
for Navaratri**

**Think of a huge globe of blue Light. Enter the globe. Experience this globe of Light, experience the energies of Adi Shakti. This technique can be practised for ten days in place of daily Stage Meditations.**

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

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

In my previous school, we practised Light Channelling daily for three years. Our class, Section 'C' was considered a dumb class. But because we channelled Light, we became school toppers along with section 'D'! The other sections went through a lot of stress due to school hours being doubled for achievers and they scored less than their potential. Light Channelling also helped me personally to cope with my skin disorder and to heal myself.

– Vedashree, I PUC (FAA), NMKRV PU College, Jayanagar, Bangalore

I felt very fresh when I was channelling Light. I could really feel the Light entering into me and filling each and every part of my body, and I could feel the others' energy as well! I could literally feel that everything was animated. I felt that all the negative energy in me was removed by Light's positive energy. And when I rubbed my palms on my eyes, I felt softness in me. Thank you!

– Disha Gurunath, I PUC (SSA), NMKRV PU College, Jayanagar, Bangalore

We are practising Light Channelling twice a week in our school. The Class leaders conduct it during the assembly. The students also practise in their classrooms. I have observed that the General Knowledge of the students has improved. Also, they are showing more interest in studies now.

– Ms. Prema S. G., Head Mistress, Loyola Higher Primary School, Gottigere

When I was in 4th Standard, during the second semester examination, I could not understand a few things in the English question paper. I practised Light Channelling for 7 minutes and then I was able to recall whatever I had learnt. I was able to answer all the questions given in the paper. So, now I practise Light Channelling every day in the morning and evening.

– Yashasvini J., Std. V, S.R.G.V.V.K. Trust, Gottigere

## TAPONAGARA DIARY

Seema Almel

Maharshi Amara's Mahasamadhi Day was commemorated in August. Meditators gathered and received the great Master's blessings. It was a day of reflection for every Taponagarite, resident or not. This Day helps us review our Spiritual trajectory as individuals as well as a group. Guruji had defined Taponagara as a Spiritual community of Sadhaks with a common agenda of living by certain standards irrespective of the tasks they pursue. Standards like prejudice-free inclusiveness, accommodating everyone, genuine friendliness, collective progress without personal ambitions, etc.

Guruji had said that almost all of the Sadhaks who come to Him are Spiritual workers, even when one is not necessarily a Volunteer. This is more so for resident Taponagarites. Amaraji and Guruji have set an amazing example for all those who are on the Sapta Rishis Path. They tirelessly worked for the Rishis without any regard for their personal convenience; they did not wait for ideal people or circumstances. They never used circumstances as an excuse to deny their life's Mission. They forged ahead even when they were alone, without basic resources and with challenging people. The proof of our Love for the Great Masters is in how we live and what we do right now, circumstances notwithstanding. This lesson from the lives of Rishis guides us in our choices, right now. ■

## 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 Gururji's talks  
(Compiled by Shobha K Rao)

October 2005 Contd.

There will be revolutions periodically. These revolutions are noticed naturally because they involve the entire humanity ultimately. Even in Spiritual areas, there will be revolutions. Many take advantage of it; many are touched by it. The rest ignore. When Mahesh Yogi spoke about Meditation, he did not speak anything new. All the knowledge was there, even what we are speaking of, all this knowledge is already there. May be we add a little more. Thanks to the great Masters – the Rishis. But he popularized Meditations. Popularizing was necessary. Meditations became very popular, but somehow people began using it for a kind of relaxation. What Mahesh Yogi offered, somehow people could not receive it. Similarly, there are many waves. The recent wave is Swami Ramdev's Pranayama. It is a wonderful thing. He is not speaking anything new. He is speaking of Pranayama which is there in our text books. People have practised it for thousands of years. He is giving importance to it; he is highlighting it. But when I see Astha channel, I see that people come only for health reasons. It is a pity. Pranayama is not only for health. It is for Spiritual upliftment. But again, he is doing a great job. We are doing in our own way; we are not focusing on these things. If we have to use one single word, our focus is on Positivising. It is not even on Meditations, but unless we meditate we cannot positivise. We have to positivise our emotions and thoughts. Then we will have everything. We will have health, peace, all our problems get solved; you have to believe me! The focus is on positivising.

Once we positivise, naturally we are pure. Purity helps us to establish

links with the Astral Masters and the Astral worlds. The whole humanity has to take this step, which is establishing contact with the Astral worlds, because it is there we have so much of knowledge. We have solutions for all our present and future problems. Positivising is just the first step. Pranayama should be the first step. We should not stop practising Pranayama; we should not stop it after we get over a health problem.

Once a person completes Meditation in *Mooladhara* Chakra, and if he takes birth again, he will not take birth on this earth, he will take birth on the earth belonging to the next Loka. This is Bhooloka, the next Loka is Bhuva Loka. There are six Lokas above our Loka. To understand, we will say that he will take birth on a higher earth. Similarly if a person completes Meditation in *Swadhishtana* Chakra, he will take birth in still a higher earth next time. If a person completes Sadhana in *Sahasrara* Chakra, he will take birth on an earth belonging to Satya Loka. Satya Loka has again different earths. A Loka has not only one earth, but millions of earths. In Satya Loka, there are earths belonging to higher and higher qualities. In Satya Loka a person completes his Sadhana, and he reaches not only Samadhi, but Paripoorna Samadhi, then he will not enter into the Divine Cosmos for Sadhana. He will just pass through it. He will attain Mukti and reach Parabrahma Loka. I would like to understand more and I hope I have understood this from the Rishis clearly. What I would like to highlight is, even once we cross *Mooladhara* Chakra, there is a jump and we take birth in a higher Loka and we do not come back to this earth.

A person who is a very big officer, wanted to take up Meditation here. I found that he has already taken up 5-6 Paths! When a person comes, we say, 'come, you are most welcome.' It is a natural thing. But I do not see this Path as a separate Path from the other Paths. We always say, every way is a way. All other ways are definitely Paths. A person takes a Path and takes up initiation, and then he jumps to other Path, and then some other Paths and finally comes to us and I am sure he will jump to something else! At this time, very genuinely I tried to ask him, 'Why is it that you have left the earlier Paths; was there any difficulty or did you really master all those things and then you are coming here?' Sometimes people come and tell us, 'I have practised these and give me something advanced.' Somehow, we are very simple and we are very tough like the Rishis. We always tell them, "You would have achieved anything, but you have to start from the beginning here." They get angry. A person recently remarked – 'Somehow I did not practise these childish exercises.' He found the Basic course childish and he did not practise!

It is not the exercise, it is the attitude. When Rishis asked my Guru to sit on a stool for a day, he just sat there. A person who had crossed 60 years, a Maharaja, sat on a stool! He had no ego. He used to tell us, if you want to experience Samadhi, just follow the Rishis. If they tell you to do something, you have to do it. Once he told us humorously, "If they ask you to eat mud, you eat mud and you will achieve Samadhi!" So, 'egolessness' is very important. So, if a person says, 'This is a childish practice', then I wonder why did he leave the earlier Paths? ■

## EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Jayant Deshpande)

26-08-2018

A question was asked to Guruji – “On how many earths do the Rishis work simultaneously?” Guruji had explained that a Rishi can work on dozens of earths simultaneously. But Masters like Maharshi Amara work on hundred different earths simultaneously! That is his capacity. What we know about his works and his capacities is very limited because only a small part of his Astral works were revealed to us. Guruji used to say that in future Puranas maybe these events will be recorded.

Maharshi Amara was a social reformer but his ways were very unique and non-confronting. He did not belittle the old ways but brought a new awareness. He explained the principles behind the old ways so that people could capture the essence and let go off the unnecessary part. If we take the way of worshipping for example, Maharshi Amara had explained that worship is an expression of our Love and respect. Because we do not know how to express our Love, we offer fruits, flowers as a way of worship. Maharshi Amara explained that there are still finer things, higher things. We can gather the energies which the fruits and flowers contain and also more energies from the Cosmos and offer these to the deities. That is the higher way of worshipping. When we do that then we don't require the flowers and fruits and a whole bunch of rituals. This is how he brought the change by making us aware of higher things.

He demonstrated through his living, how we should live this life; what great Spiritual heights we can reach. Although he did so much of work at the Astral level, he said that the physical life is important. He could talk to Gods and he also enjoyed a cricket match and a cup of

coffee. He wore a shirt and pant and he also taught Meditations. I feel this wearing of shirt and pant itself was like a statement. It conveyed so much. He did not have to say anything more. He of course told people that saffron has to be worn inside.

He was always very soft spoken. Guruji used to tell us that he had never seen him angry at any time. We know that he was Sant Eknath in the previous life. There is a very interesting story about his patience, humility and tolerance. This happened in Paithan where Sant Eknath lived. He would go to the river Godavari to take bath. One day when he came out after taking bath, a person who was waiting, did something horrible. He was eating *paan* or *bida* and he spat on Sant Eknath. This would be such a humiliating experience for anybody. But Sant Eknath quietly went back and took bath again. When he came out, this person repeated the act after eating a fresh piece of *paan* or *bida*. Again Sant Eknath did not respond. He just went back and took bath again. This happened again and again. It happened 108 times! And after that, this person could not repeat the act. After eating these betel leaves so many times he had ulcers in his mouth. He realised his mistake and apologised to Sant Eknath. The interesting part is how Eknath Maharaj responded. He thanked the person and said, ‘Because of you I had the fortune of taking bath in the great river 108 times.’ And it did not stop here. Eknath Maharaj consoled the person and told him, ‘Please come to my house. I will offer you honey, which will give some relief to your ulcers.’ That was Eknath Maharaj. That is Maharshi Amara.

He was always involved in initiating a kind of a Spiritual movement. If you observe each of his

lives he was involved in initiating a Spiritual movement. In this life as Maharshi Amara, he started this New Age Spiritual Movement. He explained about the Yugas and told us that the New Age is dawning now. I think he was the first one to have ever mentioned about the New Age. Now many westerners are talking about it but he was the first one to have ever spoken about it. Rishis are spreading a lot of new energies which help to bring a kind of new awareness in people and help them understand certain realities. We can actually see this awareness spreading. More and more people are turning to Spirituality. There are so many Paths, and there are so many Meditators. During the floods recently in southern India we saw that the common man came forward to help others. I read that many fishermen carried their boats in trucks and went to the flooded areas and started rescuing people to safe places. And they did this without any expectation, purely out of concern, out of humanity, out of Love for others. It is true that the floods exposed many imperfections of the systems. But we also saw the goodness surfacing. Maybe this is how slowly the imperfections will be removed, when they are exposed. And the goodness surfaces and gathers strength. It motivates others also to bring out this goodness from within. Maybe through such events, although painful, we learn and move forward towards the New Age. And of course if we change, if the majority of the people change then such events can be avoided. It was Maharshi Amara who had said that if all the people in this world - if not all - if majority of the people in this world seek or intend for the New Age, it will be gifted immediately. Then we don't have to go through this painful process of transition. ■

## EXTERNAL GUIDANCE

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

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

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

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

## SPECIAL GUIDELINES BY GURUJI

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

## EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Jayant Deshpande)

12-08-2018

A person met me recently. He is not a Meditator. He mentioned that there is so much of turbulence in life. Somehow the turbulence touches everybody. All of us are touched by the effects of intense Pralaya that is going on now. I think nobody is left out. Everybody can feel it at some level, and probably understand also at some level why we are going through this.

Along with the turbulence there are wonderful changes also. I have heard people saying, 'I want peace. It is alright even if I have to give up my position. Peace is more important.' If people are able to say this - people who are non-meditators - that means somehow they are able to understand at some level; they are being taught at some level, being guided at some level. It is also due to the fact that the energies available now, the energies that are flooding the earth now, bring new awareness in people and they are able to make such decisions, very important decisions in their lives which are life changing, destiny changing.

I remember Guruji had told us to follow non-confrontation during these times, because we have very little time and the best is to focus our attention on our Spiritual growth. This is the time when we have to conserve and channellise our energies on spiritualising ourselves. That is the priority.

A friend of mine who is a very conscientious person - not a Meditator - had a very interesting observation. He mentioned to me that he was quite shocked when he realised that he was jealous of another person. He said he had never felt like that before. He said he was never jealous of anyone earlier. But he said, 'I noticed recently that I was jealous.' And then of course he said, 'I felt shocked and I was unhappy with myself and then later I laughed at myself.' We can understand

these things because we have learnt about such realities from our Guruji. I understand this as a process of surfacing and cleansing. As this person says, the jealousy surfaced in him and he was able to notice it. And because he is a very honest man, very humble person, he could accept it. Generally we may not accept even if such things surface in us. He did not blame any other person for this. And because he could accept it, he could laugh at it, he could throw it away. He could throw away the jealousy. If we think about it, it is such a wonderful process. This process of cleansing during Pralaya is such a wonderful process. The honesty helps of course, humility helps. If he had recognised but had not accepted the fact that there was a shortcoming in him, he couldn't have gotten rid of it.

So this happens during Pralaya. Guruji had explained so beautifully. First, when negativity surfaces, it's for our own good because we have to recognise it. We have to recognise it, then accept it and then throw it away. That is how we can overcome negativity.

We have read in 'Doorways to Light' that the Rishis do so many things during eclipses. Even Guruji used to mention that during the eclipse, Rishis gather and perform a kind of Yagna. They bring out new energies and pass on to the humanity. These energies help us in every way. These energies clear Karmas, severe Karmas. They purify us and help us make very fast Spiritual progress. And this benefit is given to everybody on this earth, not only to Meditators. Meditators get more benefit because we absorb more energies by meditating during the eclipse. Also, because of our Meditations, our systems will be such that we will be able to absorb and assimilate more energies. Naturally more of our Karmas get cleared. Naturally more transformation occurs in us. ■



**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q: Has Light Age occurred in the Astral level?**

A: No. We have very simple versions and simple understandings. Beyond the Astral plane there are other planes. We do not know much about them. We are aware that when something happens in the Astral plane, that will physicalise on the physical plane after 72 hours. So at the Astral plane, Light Age has not begun. But in the places still higher, the Light Age has already come into existence. The Rishis operate from that plane.

**Q: Do musicians and artists come from Gandharva Loka?**

A: Musicians come down from the Gandharva Loka. There are other earths from where the artists, even writers, intellectuals, philosophers come down.

**Q: Who is superior? Is it Ra God or Parabrahma?**

A: Both are superior.

**Q: Do we receive energies when we repeat a Mantra?**

A: Yes we do. A Japa is repetition of a Mantra. If you repeat a Mantra you get connected to the respective field of energy and you naturally receive energies.

**Q: Do we exist separately from God?**

A: God is everywhere, as Light, as Consciousness, as His own Creation. We are always living in God whether we are aware of it or not. So, we can't say we exist separately from Him. We always exist as individuals.

Even when we go back, to our Source, even there we continue to exist as individual souls.

**Q: What is Mukti?**

A: First, Mukti is the realization that we are souls, that we are particles of the Great Light, God. We have come down here to experience the life here. Then we go back. Mukti is first realization that we are free always, as we always have the freewill. Somehow for various reasons we are stuck here. Attaining freedom from all types of bondages is Mukti. Mukti is freedom from ignorance, freedom from all questions or doubts, freedom from emotions, freedom from thoughts, freedom from dry logic and all types of limitations. Then the final stage is reaching back to the Source. Mukti is a huge process. Even when we are here we can attain Mukti, without going back to the Source. It's a very important point. Once we attain freedom from our own negativities, we can say that we have achieved Mukti to certain degree.

**Q: Does the mind project an experience by itself?**

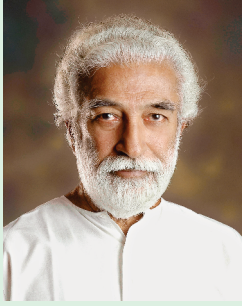
A: No. If we wish to have an experience it will understand and project an experience, but only when we desire or have this wish.

**Q: Do Karmas come to teach us lessons?**

A: No. They come to give experiences as consequences of our own acts. They don't come to teach us but we can learn a lot. It is up to us. ■

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**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)

I realized that when we work without attachment, definitely the work will be beautiful. Sensible living is an art and it is beautiful.

When I remember Guruji and Amaraji my eyes fill with tears. I have been struggling to talk to Rishis. I am confident that I will definitely meet them soon and talk to them.

– Harish G

Last month I had a deep cut in my little finger; the doctor was doubtful of saving the finger since the cut was very deep. I sent Light to the injured finger and prayed to Rishis and Guruji for its recovery. On the third day the doctor was surprised to see that it was healing and said, 'It is really a miracle!' It was the Grace of Rishis, Guruji and Maharshi Amara that made this possible.

– Jayashri Vasudev

I am receiving hints for working of many things as an idea and later, that same thing gets clarified while reading a book or while watching any Master's video/audio message.

I am getting to understand that everything and everyone is Light. Light is experienced as a constant companion. There are innumerable instances where the Light is taking care and guiding in all aspects of my life.

– Sachin K N

Recently, I saw a sketch of my body. Inside it there were many chambers one inside the other. In the innermost chamber was a very bright spark of white Light. All the chambers outside it were full of Blue light. I felt spiritually elevated.

– Asha Pirlak

Material wants are of no more importance to me now. Little things make me very happy and grateful, and it makes me feel like spreading more Love and Peace.

– Anupama Mahesh

It is as if the Rishis have put my life on auto mode. Ever since I came to the US most of my anticipated troubles never happened and the whole transition from one city to another passed relatively with ease. Certain family issues too seem to be getting solved. I have totally surrendered to the Light and the Rishis and I am able to accept whatever comes my way with relative ease.

– Nandita Patel

I was in conflict with my husband over a matter which caused friction. Before I went to sleep I prayed to Guruji for guidance. When I woke up the next day I saw the matter in a totally different angle and was able to resolve the conflict. I feel that Guruji is pure Love and I am so grateful that I have found this Path.

– A Sadhak

While driving back from work recently, my car got stuck badly in a ditch. Just then a middle-aged gentleman walked over. He smiled and said, "Get aside. Let me see if I can help." He took the driver's seat, got some people, who lifted the car out of the ditch and got it back on the road. I thanked the gentleman, he smiled and walked off. This is the second time I was delivered from a state of despair and hopelessness by a complete stranger. This is the how the Rishis take care of us.

I was fortunate enough to visit Manasa on Guru Pournima. I had slight knee pain and was apprehensive if I would be able to sit on the floor for a prolonged period of time. But, in Antar Manasa, Maharshi Amara's Samadhi room and in the Meditation hall too I got chairs to sit, though there were many people. Guruji knew of my knee pain and ensured I was able to meditate in comfort.

– Vinamra Longani

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