



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 10

SEPTEMBER 2018

Rs. 25

REFLECTIONS
Guruji Krishnananda

(Excerpts from old Newsletter – September 1993 issue)

When I received an invitation to participate in a meeting to discuss and decide about forming an association of groups working for Peace and Harmony, I was very happy that such an attempt was being made here now, though belated. We are already working in link with many international groups in this direction. Our work has remained unnoticed because the media is obsessed with politics and sensationalism. It has failed to notice the birth of a Revolution for Peace and Sanity that is growing up in all parts of the world. As all Revolutions, it is steadily growing at the level of the Individual.

Peace is a must if we have to survive on this planet. Any sane one will agree and realise that only after Peace everything comes – Prosperity, Progress etc. and Peace comes only after negativity in us is wiped out. Purity brings Peace. That is why we have to spiritualise first. That is why we meditate. Purification, generating Peace and spreading its vibrations all over the world has already begun. Many groups are working. The invisible Masters and their innumerable channels are guiding and a Revolution is taking place silently.

A person remarked once that unless a person is willing to change, no change can take place. I am reminded this whenever people complain that in spite of their regular Meditations they do not find any changes in them. Mere Meditations are not enough! One has to consciously allow the influence to work on. The transformation may be gradual but certain. And one can meditate and remain a rock for a long time or even resist the changes that begin first in the deeper unconscious layers!

When I was initiated into a Higher stage in the Spiritual, recently, the Rishis installed a power in me that is constantly working. I could see it as a Light and feel its influence at all levels. Many meditator-students had visions of a goddess seated inside me. One person wrote to me that she saw Tara Devi inside me. It was only after sometime that I realised in a flash that the power in me was that of Tara Devi, the goddess of Shambala. And I waited for an affirmation; a sign.

A few days back a lady presented me with an idol of Tara Devi! ■


MANASA FOUNDATION (R)

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

Phone : 99000 75280 (10 AM to 5 PM)

 e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

at Saptarshi Dhyana Kendra

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

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PRAKASHMARG(Marathi)**
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NEWSLETTER

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



**Independence Day celebrations began with
Light Channelling at the Chikkagubbi Government School.**

NEWS AND NOTES

- ♦ Meditators gathered in the Meditation hall at Taponagara and channelled the energies of eclipse to the whole world, for the entire duration of the Solar eclipse on 11th August.
- ♦ Maharshi Amara's Maha Samadhi Day was observed at our Sapta Rishi Dhyana Kendra in Anekal on 25th August and in Taponagara on 26th August 2018.
- ♦ 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.

**Special Meditation Technique
for Sri Krishna Janmashtami**

Imagine a huge globe of blue Light or the form of Lord Krishna made of blue Light. Enter this globe or the form as a speck of Light. You are inside Lord Krishna. Experience Him. This technique can be practised for any length of time, any number of times in a day. This technique can be practised for ten days in place of the regular Meditations.

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

MEDITATION ON SPECIAL DAYS

02	Sun	Sri Krishna Janmashtami
03	Mon	Krishna Ashtami
08	Sat	Masa Shivaratri
09	Sun	New Moon Day
12	Wed	Worship of Gowri Devi
13	Thu	Worship of Lord Ganesha
17	Mon	Shukla Ashtami
19	Wed	Shukla Dashami
23	Sun	Worship of Ananta Padmanabha
25	Tue	Full Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
02-9-2018	Sri Krishna Janmashtami Special Meditation: 11AM - 1PM
09-9-2018	Shambala Group meeting at 2PM
16-9-2018	Ra Group meeting at 2PM
30-9-2018	Akhanda Dhyana (Light Channelling): 11AM - 1PM

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

REGULAR LIGHT CHANNELLING CENTRES

People gather here voluntarily periodically to channel Light. Everybody is welcome to join us in this noble effort for Peace, in any of the following centres. There is no membership or fees.

Bangalore:

Sri Siddashrama, 17th Cross, Malleshwaram;
Monday to Friday (7PM to 7.15PM),
Tel: +919480121545 Mr. K. Chandrashekhar

Anjaneya Temple, Mahalakshmi Layout;
Mondays (6.30PM to 7PM), Tel: +919972111809 Mrs. Anjali Patil K.

Maruti Mandira, Vijayanagar;
Wednesdays (6.30PM to 7PM), Tel: +91 9972111809 Mrs. Anjali Patil K.

Sumathi, No. 481, 7th Cross, 7th Main, J.P. Nagar, III Phase;
Fridays (6.30PM to 7PM), Tel: +91 9900110351 Mr. Ramesh V. Bhosekar

Siddhi Vinayaka Devastana, 59/1, Hutchins Road, 3rd Cross, Cooke Town;
Fridays (12 Noon), Tel: +91 9980205803 Mrs. Nirmala Bala

Balamuri Mahaganapathi, Sri Rajarajeshwari and Sri Lakshmi Narayana Temple,
8th Cross, Near Hoysala Circle, Kengeri Satellite Town;
Saturdays (6.30PM to 7PM), Tel: +91 9972111809 Mrs. Anjali Patil K.

Solapur:

Bal Ganesh Mandir, Bushar Peth, Mohol;
Mondays and Thursdays (7PM to 7.15PM)
Tel: +91 9860967066 Mr. Vivekananda Swami;
+91 9970800279 Mrs. Swaroopa Swami

Chennai:

481, SAIPREM, 19th Street, 4th Sector, K. K. Nagar;
Sundays (10AM to 10.30AM), Tel: +91 9444880409 Mrs. Rajalakshmi R.

Pune:

3-B, **Kapila Housing Society**, Gokhale Nagar;
Saturdays (7PM to 7.30PM), Tel: +91 9011038169 Mr. Ashutosh Navangul

TAPONAGARA DIARY

Seema Almel

As heavy rains showered over most of the Indian sub-continent, the Spiritual energies of Ashadha Masa flooded the world with Light. Refreshing Nature, rains wash away layers of dust; quite like the Divine clearing us of ignorance. When conserved, water quenches our thirst during harsh summers; so with Spiritual energies. Those who meditated more during the two eclipses in July received an abundance of subtle energies to sustain them through the times of unstable Sadhana. Due to many occasions of special Meditations in July, the energy reservoirs of Taponagara were surcharged with potential energy. In the Pralaya years ahead whether life gets harsh or pleasant, any Sadhak can tap into Taponagara and saturate himself with these energies.

The Chikkagubbi village around has grown. Population, commerce and concrete have still not dulled the greenery around completely. Cowherds and shepherds still bring vehicles to a stop. Even though rarely, rare birds can still be sighted. Silence still fills the afternoon and night air between the morning and evening hustle. The garbage piles have not snuffed life out of the land yet, and sometimes, snakes can still be spotted slithering around. With newer apartment blocks every few months the scene keeps changing. When Pralaya promises to change the whole world for the better, let these changes around not make us bitter. ■

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 Gururji 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.

EXCERPTS FROM GURUJI'S TALKS

(Compiled by Shobha K Rao)

October 2005 (Contd.)

We had two eclipses. During the time of the second eclipse, I remember having mentioned, that it was a very important event. With this second eclipse, we completed a phase in Pralaya. Now we are entering into a new phase. From here afterwards, Pralaya becomes serious and intense. By this time, we as Meditators - let us claim ourselves to be awakened - and we the awakened people should have made very clear choices. The choice is to change, to transform and mere making a choice is enough; we will not suffer in Pralaya. As I always say, we don't have to achieve, don't have to complete our Sadhana, we don't have to reach the ultimate Samadhi. It is choosing to change, that is enough. It is making our intent clear. That is why I mentioned that we have to take roots in Sadhana. Deciding about changing is enough. If we have not decided yet, it is better we decide about it now; by the next class; by next Sunday when we meet. There is not much time; believe me, open your eyes, look at the Life outside, at the people who are unaware of these things. We have a very difficult Life ahead. The processes of Pralaya are intensifying; they are going to intensify further!!

Most of us have a problem. Problem may be a strong word; maybe it is a difficulty. We feel sleepy, there is drowsiness while meditating. I have talked and spoken about it. There is a fresh understanding. Do not ever think that there is something wrong in the way that we are meditating. Rishis have introduced stronger energies; these energies are stronger and our bodies are not that strong. For some time, all of us will have this

difficulty. After some time, our bodies will become strong enough to cope up with these new energies. What do we do meanwhile? The same thing that I suggested, which is, check up your Trataka; focus more on the technique, there is no other way. Without any extra effort, without any other thing, you will see, you will get over these.

I had a kind of encounter with our own *Sadhak*. There was a long mail – a person told me very honestly, 'I don't meditate.' I admire this honesty always. There is so much honesty. Honesty has its own marks. He further wrote, 'I don't study, I am very lazy, and please help me!' My difficulty is, what to tell him! Of course, I asked him, 'Please specify, what kind of help you are asking for?' All the answers are in the questions; the solutions are in the problem itself. If one is lazy, he has to get over it; if he has to pass the exam, he has to study; one has to meditate. The point is, we expect miracles. We want to pass the exam without studying! We want all the help without meditating. The thing is, miracles do happen, but when we make efforts. We have to make very genuine and sincere efforts and then God helps. There is a very famous saying – If I take one step forward, God takes 9 steps towards me. But He expects us to take that one step! Without we taking that one step, He does not move even an inch! I think we have to realize this. We also have to understand the ways of the Rishis. We have spent so much of time here.

People have problems and they come here for solutions. We suggest certain ways but the next day, these people go to astrologers. The astrologers say, 'You have to do

shantihomas', and they spend 10,000 Rupees! They won't wait even for one day. We have to understand the ways of Rishis. Rishis always help everyone, every time. All of us have this experience, but they do not do it as we want, in the way we want. Sometimes, if I have a physical pain, or a problem, they will allow it. Let us say, they don't help. Putting it crudely, not helping itself is the right thing at that time. If I have a physical problem, they do not heal at that time; not healing at that time itself is healing. We have to have patience. Why do they not help us? I will remind you, I have quoted this many times and have also written in 'Doorways to Light'. My Guru took an old lady to Lord Krishna and told Him, 'Please help her, she is suffering from a long time.' Lord Krishna told my Guru, 'Let her suffer for some more time.' He told him, 'If I give relief now, she has to take one more birth to come and clear this part of Karma.' He said, 'Let her suffer.' So, not giving relief at that time itself is a kind of help. Of course he would have given a little relief. Astrologers look at the birth chart and we know this chart represents the planetary condition at the time of birth. It does not speak much of the later part. Rishis look at the Life beyond the chart. They look at Life, may be after two-three Lifetimes. They look into hundreds of our past lives. Their vision is naturally different. I say, their vision is the right vision. So, if they do not give us relief today, we have to accept it. Because they know it better. We have to understand the Rishis. So, when we approach the Rishis, we have to have faith and leave the problem to them. We have to understand so much about the Rishis and God; we have to understand quite a lot. ■

EXCERPTS FROM TALKS BY SHRI. JAYANT DESHPANDE

(Compiled by Jayant Deshpande)

01-07-2018

You would have observed that these days there are several channels available to us to express ourselves, to express our views. We have the Social Media, where many people are quite active. They share their views. They write on blogs. Of course, apart from Social Media, there are other channels; Print Media is there. People publish books and of course there are many, many other channels. People may speak in different forums. Such things are possible.

Our students may also be sharing their views. They may be writing and speaking in different forums. I wish to clarify that when they do this, when our students write in different forums, they do this in their individual capacity. Their views, their thoughts are their individual opinions. Just because they are our students, we cannot and do not endorse what they write or speak. We associate only with what we write or share on our official platform. For example: our website, our own social media accounts. We associate with and endorse only what we post on our accounts, what we publish in our Newsletter and our books. We do not associate or endorse or do not even comment on what others write. I am clarifying this because sometimes our silence is misunderstood. People may misunderstand that a person is learning Meditations here so whatever he says is endorsed by this Path or that his views are our views. It is not so. I am sure everybody understands this point.

We are very careful before we post anything on our official platforms, official channels because we understand that people take us very seriously. If something is said, it comes from the Rishis. People know this and that is why they take it very seriously. They begin

practising whatever we say. That's why we are extra careful. We have to be very, very responsible not to introduce any distortions to the pure knowledge provided to us by Guruji. We take utmost care and all that we post is what we have learnt here from Guruji. Most of the postings are what Guruji would have said or would have written himself.

Sometimes, some people who are learning Meditations here, may also be teaching or guiding a group of people. We are not associated with their activities. We teach in our Meditation classes here and our centres in the city. We also teach our External Guidance students through email or by writing to them directly. And of course we teach Light Channelling in the schools. But if somebody is privately teaching others, we are not associated with them. These people may give techniques and the techniques may appear similar to our techniques. We will not be knowing about such things. Here we understand very clearly that the techniques given here are very sacred and are given by the Rishis. These techniques are evolved by the Rishis after a lot of effort. Guruji used to tell us that Rishis go into Tapas for thousands of years and then they receive these techniques from God or they perceive these techniques directly. Then these techniques are first practised by them for a long time. They observe the effects and then the techniques are passed on to the humanity. How can we make any changes to these techniques? They are too sacred, too great. There is no need for us to modify these techniques. Meditation techniques that we are practising now are very, very advanced. They may appear very simple but they are very advanced. These techniques that are passed on to you, are meant only for you. These should not to be shared

with others. Guruji had told us very clearly that these techniques will not change until we enter the New Age. And once we enter the New Age there will be no need for Meditations. So we have to be careful about these things.

Another point I wish to clarify is about the Initiations. The Initiations here are done by the Rishis. We as individuals do not or cannot initiate. We don't have such capacities. Only the Rishis can initiate. They have such huge amount of energies. They initiate astrally. At the physical level, our teachers will be involved in the process of Initiations. We only explain the technique, that is all. Even the External Guidance students are initiated astrally by the Rishis. Initiation is done with great Love. There is no commerce here. Initiation is a very sacred process based on unconditional Love. Guruji used to tell us that a batch of the Rishis sit for Tapas for thousands of years, gather lot of energies, then when they come out of their Tapas, they come to this world, begin living here and they go on passing on their *Tapas-Shakti* to students, to people. They also use their energies for the welfare of this entire world. They use these energies when they initiate. That is how they spend their *Tapas-Shakti*. When they live here, another batch of the Rishis sit in Tapas to gather energies. When the Rishis living here, exhaust their *Tapas-Shakti* completely, then they again go and sit in Tapas. That is when the other Rishis, who would be doing Tapas, come back and live here. The work of the Rishis goes on very systematically like this, based only on unconditional Love. So Initiation is a very sacred process. If somebody is charging you for Initiations, they definitely are not associated with us. That is not the way of the Rishis. ■

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)

01-07-2018

Each one of us is capable of emoting and thinking in the highest way. Each one of us is capable of being very positive, being compassionate. Each one of us is capable of manifesting goodness, honesty, Love and all that is positive. Each one of us is capable of being truly Spiritual. This capability comes from our core, which is our soul. We are the soul in fact. Our nature is Love. Our nature is all positivity. Our Sadhana is an effort to live according to our true capability, our true nature. Meditations help us live according to our nature. Guruji had in fact explained that living according to our true nature all the time, all the 24 hours, is Yoga.

Generally in our lives, there will be times when we live positively. We act based on unconditional Love. We smile and also help others smile. Whenever we are involved in such acts, we will be living according to our nature. We will be manifesting the Divinity in us. All the positivity comes from this Divinity that we carry in our core. When we are involved in such positive acts we will be connected to God. We will be channelling His energies through our acts, through our thinking, through our emotions. We will be channelling Light at such times. We can even say that for these moments we become Light. This is what I feel. We become Light for these moments when we are all positive, when we are full of Love, unconditional Love. We become a perfect channel of Light. Sadhana is to remain the channel of Light all the 24 hours. When we are able to do this then we can say that we are in Yoga. We will see that whenever we are involved in such acts, we feel expanded and happy. We begin vibrating happiness because we are with God and in His presence we can only feel happy.

But then there may be times when we are not able to live like that. We may bring out anger, we may act negatively, we may spread unhappiness. Whenever we do this we are obviously not manifesting our true nature. We will be working against our nature in fact. We may manifest non-love at such times. When we do that we can say that for these moments we begin channelling the dark energies. For these moments we get connected to the dark. We obviously lose contact with the Light. And we can observe that when we are involved in such acts, such negative acts, we ourselves feel miserable. We will be very unhappy because we will be disconnected from God. How can we feel happy when we are not connected with Him? Anyway Sadhana is never to have such moments in our lives. That's why we have gathered here, to be able to live all the 24 hours in positivity.

In Meditation we get connected to God and we experience Him, although we may experience Him in different degrees. We experience Him for a few moments. We can say that we go near Him or touch Him. These few moments when our awareness goes beyond this system of body mind and intellect, then we touch Him, we experience Him. As we make progress in Sadhana, these moments of experiencing Him increase naturally. We will be able to experience Him for a longer time. And then when we come out of Meditations we retain this influence of this experience, of that connection with God. We try to retain that influence during our living. That is our goal – to retain the influence all the 24 hours, to be able to remain in God all the time. Then whole life becomes Yoga. Maharshi Aurobindo had said that whole life is Yoga. All these points that I have mentioned were explained by Guruji. We easily understand these things intellectually, but bringing these into practice is Sadhana. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: How long do the energies of Lord Ganesha stay in our house?

A: For ten days.

Q: Should we continue doing pujas and rituals for Spiritual progress?

A: You can do anything you want to - pujas, rituals, anything, but there are higher ways.

Q: If we do pujas do we progress spiritually?

A: When you do pujas you receive energies, you receive Grace. But, as long as you are doing pujas there is a distance between you and God. But when you meditate, this distance vanishes. You become God. You become Light. For Spiritual progress, pujas are not enough. We have to meditate, practice Shambala principles. Only then transformation occurs.

Q: Is our life only to ask for something or the other from God?

A: We don't have to ask God for anything. God is waiting to give us everything. We are not ready to receive. We do not know how to receive. We have to learn to receive. You have to read the book 'Descent of Soul'. Read and re-read and contemplate on these things.

Q: If we are Light or God then to whom do we offer respects in pujas?

A: When you just become aware of God in you, around you, then there is no distance between you and Him. You experience Him directly, and then there is no need not to do pujas.

Q: How to silence our ego?

A: I suggest you read the book 'How to meditate' again. Ego is the collective intelligence of the body, mind and intellect. We meditate to silence the ego.

Q: How do we realize that our ego is silent?

A: You can make out by yourself very easily, by observing your own behaviour. Look in the mirror of your conscience daily and you will know. People with egos get angry easily. That is the indication, which you can check up yourselves.

Q: There is turmoil in me and around me. How to deal with this?

A: During these times of Pralaya, the turmoil will be there, so that we come out transformed. We must allow the turmoil to happen. It is then the truth comes out, the truth about us and about the Creation. Meditations and the practice of Shambala Principles, bring us such wisdom and *Vairagya*, that we can manage any turmoil.

Q: Sometimes I feel very insecure for no reason. How shall I deal with this situation?

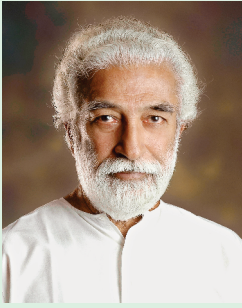
A: Whatever be the circumstances, if we are aware of God and if we are with Him, He will take care of everything in life. He takes care of every bit of our lives, the smallest issue to the biggest one, any problem. In fact we are always secure because we are in God, with God.

Q: Do family deities help us to progress spiritually?

A: Yes. Everyone will not be having a family deity. Sometimes these family deities are special entities. They protect the family members. If the entity is evolved, it can guide us spiritually. If you consider a God as a family deity - Lord Venkateshwara for example - He always guides spiritually. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGurujī Vol 1, 3, 4 & 7	each 150/-
iGurujī - Vol 2	120/-
iGurujī - Vol 5	100/-
iGurujī - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
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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)

On 13th July I was meditating in the Sapta Rishis' cave. Though it was quiet around, I could hear the sound of the wind blowing. After some time when I went into deep Meditation, I heard the sound of bells ringing and also the sound of conch; and these nadas were audible for a few seconds. I tried to open my eyes to see where the sounds were coming from, but I couldn't open my eyes.

– Rucha Shetye

I was suffering from pain in the knee joints; it was difficult to walk even with a walking stick. Medicines did not help. Doctors suggested 'Drill Operation', which is very painful. I prayed to Guruji and sat for Meditation. I saw the Light from Agna Chakra entering my body. Light healed my knee joints and I was relieved of the pain completely! Guruji's help brought tears in my eyes. Now there is a change in my behaviour too. There is more of patience and sacrifice.

– Anasuya Bendre

Since my mother's sudden death, it was difficult for me to meditate. I could not find out the reason for her death and it was bothering me. On 1st May I visited Taponagara and meditated there for thirty minutes. I purchased the book 'Guruji Speaks'. Since then there is stillness in me and now I am able to meditate for two hours daily. I strongly believe that Guruji is watching all of us and helping us.

– Harish G

I am very clear and confident now. I know that I am being taken care of. I like to deal with everything and everyone with love and not with fear. I don't want to go by my likes and dislikes. I am now happy to stand before the mirror and see the 'new me'.

– Maitreyi Sasank

I have been meditating in my current stage, since more than a year. I have observed many positive changes in me, like non-attachment. I don't feel my happiness is dependent on any external thing, as I feel complete and total in myself. The self is the Light which is in me and everywhere in all the living and non-living things. This kind of feeling makes me experience Oneness. Thanks to the wisdom of our Path and beloved Guruji.

– Swapnil Powar

I can clearly feel that I am being taken care of in each and every thing in my daily life. I get guidance to the minutest detail. Recently, the tyre of my vehicle got punctured twice. When I had a doubt that the tyre was punctured, I stopped the vehicle and was surprised to see that I was standing right in front of the puncture repairing shop! The puncture was set right immediately!

– Saurabh Joshi

Due to some technical glitch, I could not join the Orientation class in time. I sat and started practising 'Lord Suryanarayana Meditation'; then continued as per the instructions given by Jayant Sir. Later, I learnt to my surprise and delight that it was 'Lord Suryanarayana Meditation' that was practised in the Orientation class! It is a blessing each time to experience how Rishis guide us.

I was alone at a place, where I had to cross an area of monkeys. As I was going down the stairs, I saw a huge monkey sitting on one of the stairs eating something. I immediately remembered Guruji and recalled some bits of information he had shared about Lord Anjaneya. I called out to both of them. Within seconds, the monkey cleared my path and I could reach my destination with ease!

– Jas Bhatia

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