



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 15 Issue 1

DECEMBER 2019

Rs. 25

REFLECTIONS**Guruji Krishnananda**

(Excerpts from old Newsletter – December 1992 issue)

I wish everyone a very Happy New Year.

As I sit staring at the open arms of the New Year, the struggles, triumphs and failures of the Year behind hold my attention. Globally, despite the escalating violence, naked corruption and growing greed, there was a warming under-current of Spiritual awakening. The young asked more questions, tried to understand more of Life and Creation and more than that many took up Yogic practices to delve down deep within to experience directly the Higher Realities. The press may not be screaming about this and the other media may be busy with the Sensationals. But the letters I receive from all over the world indicate this inner journey. That gives me Hope for Tomorrow. One day, we will have Peace on Earth; Love, Harmony and Plenty for all.

As a Spiritual Group we have made progress. Some of my students are able to touch Higher moments in deep Meditations, some are able to understand the bigger Dimensions of Love and many are genuinely making efforts to grow. There is an awakening.

Personally, although I had very beautiful moments of Life and closer contacts with the Spiritual Masters, the Rishis, I feel that I wasted many precious moments. I could have worked more, could have spent more time in Samadhi and could have lived some moments better. But I have no regrets, for all the moments gave me something to carry on. Each moment has its own lessons; its own glory.

As I move step by step in Life and Work, I realise the importance of moving along the flow of Life, experiencing the pains and pleasures, triumphs and failures and the accomplishments and disappointments. Life is a great teacher. It teaches things that a thousand books do not teach. It is easy to escape to caves and forests. A Yogi goes through Life remaining untouched all the time. At such thoughts, I recall the life of Amara. He went through all and yet remained a recluse. He played with the children and talked with Gods. ■



★★★★★★

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

Basic Class – 10 AM to 11 AM
Regular Class – 11 AM to 1 PM

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

Saturdays (7 AM - 8 AM)

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)

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NEWSLETTER

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



Some Taponagarites visited Sant Eknath's home in Paithan and Shuli Bhanjan hillock where he did Tapas.

NEWS AND NOTES

- ♦ Guruji's Mahasamadhi Day was observed in our Saptarshi Dhyana Kendra at Anekal on 23-11-2019 and in Taponagara on 24-11-2019.
- ♦ "Thus Spoke Guruji Krishnananda – Vol 4", and Manasa Desk Calendar for the year 2020 were released during Guruji's Mahasamadhi program on 24-11-2019 at Taponagara, and will be available for purchase at Manasa office.
- ♦ A new batch of Shambala Group will begin on 12th January 2020. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this group may register with Manasa office before 31st December 2019. 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 2019.

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12 Noon - 1PM
25-12-2019	Christmas Special Meditation : 12 Noon - 1PM
29-12-2019	Akhanda Dhyana (Group Meditation): 6AM - 6PM

MEDITATION ON SPECIAL DAYS

04	Wed	Shukla Ashtami
06	Fri	Shukla Dashami
10	Tue	Shiva Deepa
12	Thu	Vishnu Deepa Full Moon Day
16	Mon	Shoonya Masa begins
19	Thu	Krishna Ashtami
24	Tue	Christmas Eve Masa Shivaratri
25	Wed	Christmas
26	Thu	New Moon Day Solar Eclipse: 7:59 AM – 1:35 PM
29	Sun	Akhanda Dhyana

On 26th December there is Solar Eclipse from 7:59 AM – 1:35 PM. Please channel Light to the whole world during the entire eclipse period.

AKHANDA DHYANA

On 29-12-2019 at Taponagara from 6AM to 6PM. To participate please register your names with Manasa office on or before 27-12-2019 along with the timings.

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

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

OUR VISIT TO PAITHAN

Shobha K Rao

We, the residents of Taponagara were looking forward eagerly to the trip to Paithan. We reached Pune at 2.45 AM on 1st October morning and immediately boarded a pre-booked bus from Pune airport to reach Paithan. After a sumptuous breakfast, we travelled to Eknath Maharaj's house.

Eknathji's ancient house has an open area in the centre; a balcony with wooden railings encircles it, which was typical of those times. There is a small temple of 'Vijayi Panduranga' or Lord Krishna on one side of the house. It is believed that Lord Krishna lived in Eknathji's house as a young boy and served him for 12 years! Such was the relationship of Sant Eknath with Lord Krishna, very close and touching! The water tank from which the boy used to fetch water can still be seen! We felt blessed and empowered with Eknath Maharaj's energies. A descendant of Eknathji, from the 14th generation joined us there, giving us all the details in Marathi.

In 'Nageshwar ghat' down below we can see the serene and beautiful river Godavari flowing. This is the place where Dnyaneshwar Maharaj had made the he-buffalo chant the Vedas! All the places we visited were full of fresh, lush greenery, very beautiful and soothing to the eyes. By lunch time we reached Eknath Maharaj's Samadhi mandir. The place was crowded with pilgrims from all over India. We offered our love and respects to the saint and were served a tasty 'Prasad bhojan'. In the afternoon we were in 'Apegaon', the birth place of 'Sant Dnyaneshwar'. It carries the same stamp of the sages of Maharashtra - simple, calm and peaceful. Next morning we reached 'Shuli Bhanjan', the place where Eknath Maharaj did Tapas for many years on a stone, which is still preserved with a railing around it. This place being at a high altitude has a grand view of the green valley below and also of the 'Dev giri hill' where Janardhan Maharaj, the Guru of Eknathji lived. Shuli Bhanjan has a small temple of Lord Dattatreya. We meditated there for a short while, absorbing the Divine energies and felt spiritually elevated.

We could feel the energies of the great Sant Dnyaneshwar in Alandi, his Samadhi mandir being there below the Siddeshwar temple. We meditated there; it was a session so deep and intense!

Such a beautiful and holy trip was possible only because of the great effort made by three of our Meditators, one of them being from Pune. It was so kind of him to go around, see some of the places and make all the arrangements for our stay, food etc. During our excursion we experienced 'Oneness' amongst us. Meditations have really brought so many positive changes in us! The sages of Maharashtra would have definitely observed that and blessed us, all the more! We returned home enriched with energies and their blessings. ■



Sant Eknath's Samadhi sthal on the banks of the river Godavari in Paithan.

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience, to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners, where just channelling and spreading the Light are enough. The Light will do 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.

This is not the physical Light but the subtlest Light 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.

To channel and spread the Light, imagine an Ocean of Light above you. Then imagine a beam of Light descending from this Ocean. Imagine this Light entering you, filling up your body completely. Experience this Light for a minute. Then imagine the Light coming out of your body and spreading around gradually, filling up your home, locality, country and the whole world.

This Movement was launched on 18-05-2008 by the Sapta Rishis through Guruji Krishnananda.

Spread this message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven Principles practised by the people living in Shambala. 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 them in soft whispers and then actualize them in deeds.
5. Observe the law of secrecy before achieving any goal by minimizing 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)

March 2006 (contd.)

We have to get rid of all types of falsehood. Each one of us has to locate our own specialty, our own falsehood. Sometimes we try to project ourselves as what we are not. We have to grow to be that and not try to project. Let us live for ourselves. If we have a weakness, we do not have to hide it. We have to get over the weakness. We should not show to the world a very polished image. If we do that then at a subtle level, we will be practising falsehood only.

I say that exaggeration is also a part of falsifying things. Let us not exaggerate anything about this knowledge we have, about the Rishis, about this Path. Let us speak about what we know, what we experience, what we believe in. Let us not speak more than this. Let us not say that our Guru does miracles, to attract people here. There are no miracles here! Miracles happen by themselves. They happen because of our own faith, our own strength and not because somebody else does it. We attract such wonderful results and wonderful effects because of our faith in God. And of course the Rishis help. Therefore, let us give up trying to pretend and let us be as we are. Falsehood holds us back.

The contact with the Guru is very much necessary. We may not be able to do it all the time, but be aware of it. We suggest, let us think of a Light in us. Let us be aware of the presence of this Light. It is God Himself. If we are aware of this, establishing the contact is very easy. We can talk to Him; we can get all guidance from Him; we can feel His presence, experience Him. Living in this awareness is very important.

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There is a question about

Mahavatara. I have explained this many times in the class; still I would like to repeat. This 'Mahavatara' that I am talking of is not the 11th Avatara of Maha Vishnu. He is not the Avatara after Kalki Avatara. He is a very, very, special Avatara, who comes down once in 51,000 years. Whenever *Satya Yuga* begins, Mahavatara comes. An *amsha* of either Lord Maha Vishnu or Lord Shiva comes as Mahavatara. In one cycle Lord Maha Vishnu comes down and in the next cycle, Lord Shiva comes down as Mahavatara. In the last cycle, it was Lord Shiva who was here as this great Avatara – Mahavatara. This time it is Lord Maha Vishnu who has already come down as Mahavatara. Amara told us, “The vibrations from the body of Mahavatara are enough to bring *Satya Yuga*. He has already taken birth but He is yet to begin His operation. We do not know where He is but the Rishis know.” The Rishis work very hard to bring this Avatara down. The Pralaya processes reach a high point, when there will be lot of chaos, lot of destruction, and also lot of stability in some people. Those who reach *Satya Yuga* spiritually, will never be touched by these Pralaya processes. They remain like rocks and stand like the Himalayas. You will see this in the next years. There will be people with such great maturity and also people with great confusion. We will see both these and the Pralaya processes will not go on forever. There is a time limit. When the time comes for them to be ended, Mahavatara will take charge of the affairs of this earth. Every individual on this earth will know about Him. He will be living as a boy for the entire *Satya Yuga*. He will be available to everyone. When one thinks of Him, He will be by the person's side. People will be able to

talk to Him, will be able to ask Him anything. Amara told us, “If people want to go to another planet, they ask Him, He will take them there.” People who live in *Satya Yuga*, won't be asking for small things; they will be asking for higher things. He will give any higher experience. He will be with us for 20,000 years. And when this earth enters *Treta Yuga* of 15000 years, there will be dilution of values. Mahavatara will become old, a man of 24-30 years. He will remain like that for 15,000 years. Then He will not be easily available, as in *Satya Yuga*. We have to go in search of Him to meet Him. Later, in *Dwapara Yuga* of 10,000 years, He chooses a place and remains there and it will not be easy for people to meet Him. This happened last time. Lord Shiva remained in Mount Kailas. My Guru said, “Mount Kailas was not like this. It was habitable. He lived there; people went to Lord Shiva, with difficulty of course.” He will not be easily accessible because of the dilution of values. When Kali Yuga begins, He leaves the body, He dies. During these 5000 years of Kali Yuga, Mahavatara will not be available on this earth.

The greatest news and the hope is that Mahavatara is on this earth now. Anyone can pray to Him; anyone can try to contact Him; He will respond. We have not tried. When we contact Him, we should not ask for small things. For example we shouldn't ask, “Can I buy this site?!”

—◆—

The easiest and the most difficult part here is, understanding this Path. It is very easy to understand, but somehow it is very difficult also, simply because this is different from any other Path. It is unique, it is very special!■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

13-10-2019

I recently met one of our Meditators from Mumbai who shared a wonderful experience he had. He told me that before he came to know about Manasa, Guruji or Amaraji, one day during Meditation he saw a face of a person. He wondered who this person could be! Later, after a few months he somehow came across the Marathi version of our book 'Doorways to Light'. When he opened it, he saw the photo of Maharshi Amara. And he realized that it was Maharshi Amara's face he had seen in his Meditation! He was thrilled and stunned! He made enquiries and joined our Path and he continues to be our student. Spiritual Sadhana I feel is filled with such wonderful experiences sometimes, very touching and thrilling experiences.

Another experience I wanted to share: This is of a different type. It is the impact of Meditations on one's thinking. How Meditations help us change, help us transform, help us to look at things in a different way. How Meditations help us accept people, accommodate people. This person told me that in the past she would expect a kind of perfection from herself and also from people around her. She expected a kind of a perfect life. She expected people around her to behave in a certain way, think in a certain way as probably she had imagined them to be. And she would obviously meet with disappointments, in the process of trying to be perfect and expecting others also to be perfect. She went through a lot of pain, because people naturally did not behave in the way she expected them to behave. She somehow persisted with her Sadhana. Then after a lot of pain and also a lot of Sadhana, she realised that such a thing was not going to happen. She had to accept the situation. She had to accept imperfections in people

and in also herself. Then things began to change. She began to reconcile with life, began to enjoy living, began to smile and is able to laugh looking back at her life. There is peace now. This is an actual experience of a Meditator.

I was thinking about this. This is the real impact of Sadhana. This is how it helps us to accept life, accept people and accommodate people. I was thinking, can we really be happy? Can we really be happy in spite of the external circumstances? We say that Peace is an inner state of being; we talk about it but, is it really practically possible? I feel that it is not that easy, especially when the external circumstances are not very peaceful. We have to work for it. We can ultimately establish peace within, no doubt about it, but it's not easy.

Even today in 'The Speaking Tree' that comes with Times of India, I was very happy to see Guruji's article published. It's about anger. How to control anger? Guruji says, "People say that after years of Meditations, I have still not been able to overcome anger. It doesn't happen just like that. We have to consciously work for it."

Similarly, for peace we have to consciously work for it. When there is a gap between our expectations and circumstances outside, when there is a gap between our expectations and the people, their behaviour and their attitude then there will be pain naturally. But when we tone down our expectations, when we reduce our expectations, or if possible we can reach a stage where we have no expectations at all and we begin accepting people, then I think we can begin to experience Peace within. I feel when this happens, when we begin to accept or have reasonable expectations then our responses also improve, our responses to the world also improve. When that happens, the responses of the world, responses of

the people towards us also become different, change. Then there are lesser conflicts and we can journey towards Peace. Such realisation, such wisdom, it comes from Sadhana, from Meditations. That is why we come back to this point again and again - Meditations are so important. This has really happened in somebody's life. She is able to enjoy the benefits of Meditations. I thought it is worth sharing, so I shared with you.



Another wonderful experience I wish to share. This is of a different type. Some of us, a group of people from Taponagara, visited Paithan recently. Paithan is the place where Sant Eknath lived. We know that Maharshi Amara was Sant Eknath. There, we were blessed to meet the 14th descendant of Sant Eknath! This person was very humble, very good, very affectionate, very kind. I felt that we could see a glimpse of Sant Eknath in him. We know about Sant Eknath, we have heard from Guruji and we have read about him in books. But, after visiting Paithan this time we felt as if we know more about him. Although we have the same information, theoretically, somehow we felt we know more about him. Somehow, I felt this visit brought us closer to Sant Eknath or Maharshi Amara.

We were very happy going back in time and we were mesmerised by Maharshi Amara's greatness in all his incarnations. His 14th descendent explained to us about his life, with great devotion and reverence for Sant Eknath. He mentioned something unusual, which we know of course, but it was interesting to hear from him. He said, "If you observe, most of the saints become like gods and are worshipped by their disciples. But, Eknath Maharaj remained a human being, and Gods came to him and lived with him!" ■

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.

JOURNEY WITH THE MASTER

Guruji Krishnananda

Ten

(From September & October 1990 issues of Manasa Patra)

Amara went to the Rishis every night and would narrate his work given by the Rishis, skipping the points that are not to be revealed to any human being. Once he said that he would not be visiting the Rishis for some time. He was asked to visit *Satya Loka* every night. Amara's parents were in *Satya Loka* and he had to go there and serve them.

During their lifetime here, Amara was away from them and was busy with the Rishis work. He had not served them. And so he had to complete his duty now. Amara explained that after leaving his body here, he would take birth in another galaxy. He had to clear all his karmas and settle all his accounts here, before leaving this galaxy.

We were eager to know about the life in *Satya Loka*. But Amara declined to talk about it saying that such information sometimes comes in the way of life here and that Rishis would not permit. I wanted to request him to take me to *Satya Loka* astrally, but somehow held myself back.

Amara had taught me the Astral Travel and the way of contacting the Rishis. He also trained some of us in Astral Travel which is not easy. The initial thrills of the Travel subdued as the Astral Journeys took me to Higher realms. I could understand why Masters become silent ultimately.

Speech corrupts the experience. And the void between this life and that is so big that no language is adequate to bridge it.

Amara completed his duty in *Satya Loka*. "My Parents blessed me!", he beamed. Who were his Parents? "Kashyapa Maharshi and Mother Aditi." The revelation made us dumb. After many silent moments I asked him.

"Who are you Sir?"

Amara looked at me intently and said -

"I am a worker under the Rishis."

I thought, "What a great man! He has no Ego." I had an inkling from a long time and it came out.

"Are you Ramakrishna Paramahansa?"

"I don't know."

He smiled. I could not read it.

Amara fell sick; bedridden. I wondered about his powers. Could he not cure himself! I realised that he preferred going through it. Sometimes, I thought that he did not suffer at all. I never saw pain in his face. The same silent smile played always. I realised later that these Spiritual Masters are above suffering.

(to be concluded)

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: As the physical body gets affected due to unhappiness, tension and stress, does the Astral body also get affected and what are its symptoms?

A: As we understand unhappiness is a state of mind. When we are unhappy and under stress the mind is affected. And when the mind is affected the entire system is affected. The unhappiness and stress can manifest as sickness in the body. And we know that the mind is a part of the Astral body, so naturally even the Astral body is affected. Sickness, unhappiness are the symptoms.

Q: Does it affect the Chakras?

A: It may not directly affect the Chakras as I understand. This negativity in the system is a kind of impurity. This affects the activation of the Chakras or the operation of the Chakras. As we understand when the system is pure the Chakras operate fully. When the system is not pure then the operation of the Chakras is affected.

Q: In spite of my regular Meditations I am asked to continue in the same stage. Am I making a mistake or is it that I am not suitable for this Path?

A: I think we get disappointed too easily. Sadhana in this Path or anywhere is not an effort of just a few months. Sometimes, Sadhana stretches over lifetimes. We have to give ourselves some time and have faith in Meditations and in the Path. Guruji had given some broad indications about our Spiritual growth. If we are able to meditate regularly, that in itself is an indication that we are moving in the right direction, we are growing spiritually. We may be asked to continue in the same

stage but we will still be making progress. I think everybody who takes up Sadhana here is suitable for this Path.

Q: After Guruji's passing away are we still getting new techniques and energies?

A: Guruji had told us that these advanced techniques are for the New Age and there will be no need for any changes in these techniques, till we enter the New Age completely. After that there will be no need for Meditations. These advanced techniques we are practising now, help us to experience the Light. We already have a huge amount of energies brought down by the Rishis and Guruji, which we haven't made use of completely. Even the future generations will make use of these. But whenever new energies are required, Rishis will bring down the required amount of energies, whether we are aware of it or not.

Q: Is our gender the same in all lives?

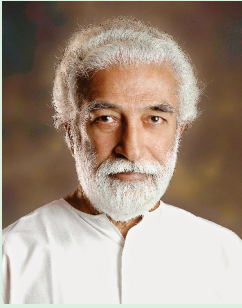
A: Yes it is. In the book 'Descent of Soul' Guruji had mentioned that when we receive the mind in *Brahma Loka*, before entering the Material Cosmos, we choose our gender. And that remains with us in all the lifetimes.

Q: In the book 'Channelled Knowledge from the Rishis' in volume 4, it is mentioned that we should not practise any other techniques apart from Meditations during the night. As per my understanding we should not practise anything during the "Nisheeta Kala". Is this correct?

A: What is mentioned in the book is correct. From 1AM to 3.30AM, avoid all practices except your Stage Meditation. ■

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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.

TAPONAGARA

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 am able to understand the reasons behind the disturbances and failures in my life. Yet, I am able to remain peaceful.

- **Rajalakshmi R**

While meditating, I was very much aware beyond doubt on more than two to three occasions that there were snakes around my building premises, though I had not personally seen any. I was surprised as there is a concrete jungle now around our building premises with very little greenery. However, recently I came to know that a lady staying behind our building in a hutment had died of a snake bite. The snake was also spotted around the same time in the electric meter room, confirming the subtle knowledge I was given during Meditation!

Recently while meditating, I saw myself meditating deeply in an unknown place. I could see everything outside the room, though the door was closed. Suddenly, I saw a bright whitish golden sparkling flame coming out of the huge banyan tree situated outside the building. It came out and went up towards the sky. The very next day I saw the huge banyan tree uprooted without any reason and it had collapsed tilting towards the adjacent building in our society! There was negligible damage as it had fallen a few meters away from the building.

- **Rajendra Rangnekar**

In the early part of this quarter, Meditation felt very dull and lacklustre. After my recent visit to Taponagara, I feel as though I have been guided afresh. There is renewed enthusiasm to meditate. I have taken a keen interest in practising the Shambala Principles. I am able to practise with a revitalized feeling, whereas I was doing it earlier more as a duty.

- **Nirmala J**

I realise that practising the Shambala Principles is the only way to a happy and peaceful life. I look back at my journey and realise how much I have been 'raised' and helped to grow. It has been 21 years for me to actually realise this. Yes, I have changed. I thank Guruji and the Rishis for their patience and unimaginable Love. Yet I realise that the subtle ego raises its head stealthily and I need to be very cautious. Life is really beautiful! The challenges are our gifted opportunities to grow and I welcome and thank them. I am eternally grateful to them.

- **Maitreyi Sasank**

I feel light and experience expansion in my Meditations. Sometimes I feel as if I am merging with the vast sky.

- **Narendra Kumar Dhankar**

On 29th August 2019, I completed 15 years in the Path of the Rishis. It took me time, but now I have become human. Many years ago I had a temper and a restless mind. Now I am calm and I no longer have a bad temper!

The most beautiful development is that choosing has become easy. I wonder about how much energies are given to us to choose wisely and effortlessly. Manasa Foundation, the Sapta Rishis Path is the best. It is the best example of how a Meditator's growth is "freedom-based". Guruji emphasized on the point that God has given freedom to all and we have to make the right choices.

I have outgrown many of my limitations. The best part is that I don't even know how I got rid of these! It is like the withered leaves falling from a tree automatically, about which Guruji used to often mention.

- **Nikhil Gandhi**

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