



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 14 Issue 2

JANUARY 2019

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – March 2001 issue)

Is one Path superior to another? I feel that this angle or the question is not proper. All Paths lead to God, including those that deny God! As different individuals are at different levels of Sadhana, they choose their Paths intuitively. Again, the goals they have set also influence their choices. When they change their goals, as it happens often, they also change the Paths.

In this Path of Rishis, although we know already that Meditators who are in their final stages of Sadhana join us and pursue Sadhana here, we do not try to entice anyone to stay back if they move outwards. We work on the principles of freedom and Love.

All Sadhaks will ultimately get guided by the Rishis somehow.

Why are people so insensitive to others' feelings and thoughts? Because they don't care! They don't respect others! This is the hard fact. It is here that Spiritual knowledge helps. A simple truth that similar souls like ours dwell in others makes a world of difference. The others are also a part of the Divine. They have to be loved and respected like God.

Simple truths are ignored and complex theories are admired!

I want a city of Lights, Love and Peace to come up here where the best in the Creation would manifest in living and every being. Looking at the people and practices here now, it is hard to believe that a Shambala blossoms here. But I *know* that Divine city will spring up here and grows tall enough to throw Lights all around the world. This place is being prepared for decades for that. And at the beginning of every cycle, the Lights shine from this point.

I want our people to realise this first. I want them to bring out their Love and Light from within first.

Finally, people living on the surface do not know about the depths. Let us contemplate on this. ■



MANASA FOUNDATION (R)

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

Phone : 99000 75280 (10 AM to 5 PM)

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

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

at Saptarshi Dhyana Kendra

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

DOORWAYS(Eng.)/ TAPOVANI(Kan.)/ PRAKASHMARG(Marathi)
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NEWSLETTER

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



The Jyoti Project Annual Day was celebrated with beautiful performances by the village kids.

NEWS AND NOTES

- A new batch of Shambala Group will begin on 13th January 2019. 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 2018. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2018.
- Friday, February 1 will be observed as The World Channels Day. Volunteers are required to approach schools and conduct Light Channelling sessions. Meditators who can volunteer to work on this day may please give their names to Shri. Manoj Chopra.
- Maharshi Amara's Jayanti will be celebrated in Taponagara on 3rd February 2019. You are welcome to join us on this special occasion. You may please register by 01-02-2019 in Manasa office.
- On 25-12-2018, Meditators gathered in the Meditation Hall at Taponagara to offer their Love and respect to Christ and channelled Light to the whole world.
- The Manasa Calendar for 2019 is also available on Android platform. Android users can download from our website or download / update from Google Play Store by searching for 'Manasa Calendar'.

MEDITATION ON SPECIAL DAYS

04	Fri	Masa Shivaratri
05	Sat	New Moon Day
06	Sun	Solar Eclipse: 5:04 AM – 9:18 AM
14	Mon	Shukla Ashtami
15	Tue	Uttarayana begins Makara Sankranti
16	Wed	Shukla Dashami
21	Mon	Full Moon Day Lunar Eclipse: 8:06 AM – 1:18 PM
28	Mon	Krishna Ashtami

**AMARA JAYANTI
PROGRAM
03-02-2019, Sunday**

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
13-1-2019	Shambala Group meeting at 2PM Light Channel Volunteers meeting at 2.30PM
20-1-2019	Ra Group meeting at 2PM

PROGRAM AT ANEKAL

Amara Jayanti will be celebrated at our Saptarshi Dhyana Kendra on 01-02-2019 at 11.30 AM.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

When students practise Light Channelling, they experience the Light very deeply. They are not affected even by the sound outside.

- Ms. Umadevi, Headmistress, Sarakari Hiriya Prathamica Shaale, Police Colony, Magadi Road, Bangalore

Whenever I find any obstacle, I overcome it by practising Light Channelling. It is an easy and effective technique. We practise it twice daily in our school, each time for five minutes.

- Ms. Drakshayani, Headmistress, St. John's High School, Papreddy Palya, Bangalore

I have observed that Light Channelling has increased the leadership qualities among the students and they are doing well in group activities. Concentration of the students has also improved.

- Ms. Sarojamma, Headmistress, Sarakari Hiriya Prathamica Paathshale, Sreegandhada Kavalu, Bangalore

Light Channelling is practised daily in our school for ten minutes. It helps in many positive ways. Our minds are calm, our results are good and the students are silent in the school. They practise it at home also.

- Ms. Sowbhagya, Headmistress, S V S School, Bangalore

Light Channelling helps us to shift to calmness from all other negative thoughts, media, people and stress.

- Ms. Lata, Headmistress, Alpha English School, Bangalore

Light Channelling is a part of our academics. Every day, we begin our day with Light Channelling for five minutes. It improves the brain cells, so mathematics is becoming easier for the students. There is improvement in the confidence, memory power and health of the students. Our results have also improved. We are happy with Light Channelling.

- Ms. Shanthi, Headmistress, S W E S, Bangalore

TAPONAGARA DIARY

Seema Almel

Anybody who is sensitive to Spiritual energy will confirm that the energy field in Taponagara, called the Manasi Field, has become stronger in the last few years. The benevolent Rishis charge the place and the Meditation Halls periodically. Whether it is the Cosmic Tower, Mahakundalini Hall, Saptarishis Cave or Ra Meditation Hall, the energy has become much more palpable. This inspires Taponagarites to catch up, to expand our consciousness so that we can hold more of the Divine Light. It is important to understand the difference between being believers and followers of the Rishis.

As Pralaya intensifies, witnessing the changes within and without bring lessons in Spiritual growth. Knowing that the Light Age will dawn irrespective of all the setbacks gives Sadhaks a unique access to hope. "Hope is the sustainer of Life," said Guruji. The Rishis have seen many Pralayas and Mahayugas. Their Presence is an assurance that Truth shall win no matter how bleak things might appear. Sincerely focussing on our Sadhana and self-improvement is a proof of our dedication to our Guruji and the Rishis. Staying calm in the face of sudden upheavals and of acceptance of life situations prove our faith in the Light Masters. For all those who take shelter under the Spiritual umbrella and follow the Light Masters, the year 2019 will be a year of hope and Light. ■

LIGHT CHANNELS WORLD MOVEMENT

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

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

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

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

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

Spread this Message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

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

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

THUS SPOKE GURUJI

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

November 2005 (contd.)

Speaking about Sadhana, we have not gathered here to get a kind of entertainment. I can go on giving you nice examples, entertain you with beautiful lectures, but I am deliberately keeping away from such things. We are here to learn and grow, to learn Meditations, to meditate and to take up Sadhana seriously. We have to understand Sadhana more and more; the same thing with more depth. If Sadhana is a tool, we must go on sharpening it, as every tool requires sharpening periodically.

I told you very recently that Sadhana has two parts – internal and external. Internal part is mainly Meditations. External part is mainly positivising. In the internal Sadhana, I would like to add one more point. It is not a new point. It is a part of Yama-Niyama. It is *Swadhyaaya*. It is so important in Sadhana. We know that *Swadhyaaya* is studying ourselves. It is a Sanskrit word. *Swa* means self. We start understanding the self, we begin knowing about it. How do we know? Of course by knowing from the people who know it already, from the Masters. We also know by directly trying to experience it. It is not easy, but we try. We also read about it. We have to read a lot. Somehow I feel that I have to emphasize on this point. There is a lot of beautiful literature, a new literature, the New Age literature. The same thing is explained in beautiful thoughts; the same thing is explained in such different terms. We have to read a lot. We have to read and contemplate. This is a very important part of Sadhana. When we joined our guru in this work at Manovati, we did not have electricity sometimes for many days. We had not received any instructions and perhaps that was the best thing. When instructions are not given then we learn more. When

they are given, we follow only that. I believe in Amara's principle – he gave minimum instructions. They were not even instructions, they were just guidelines, the rest we added, we developed. I used this principle recently. We are trying to have this research centre in Antar Manasa. I gave the Architect – a wonderful person – just the idea, the concept. He wanted more details and I told him, 'You add more details.' I gave him lot of space. He picked up this concept and came out with such a beautiful thing. Then I realized, if I had given him the details, he would have given my own drawing. There would have been no space for creating and adding. So my Guru did not give us detailed instructions. I asked him, 'Can we read newspapers?' We thought, 'Going into *Ashrama* means, closing ourselves. It is like going into a cave or Himalayas.' He told me, 'Read more! You have to understand what is happening in the world. You must know everything.' Even when he was alive, there was no necessity for us to look to other Paths, to study the other Paths, because we had so much to receive and assimilate – we did not have much time. After he passed away, I began studying other Paths, reading other things, which I do even now. But some of the people thought that we need not do that because he has given us everything. Some thought that because we are in this Path, we should not know anything about other Paths. It is a mistake. We should never close ourselves with such things. We must always try to see and know everything – if possible – around us. We have to study every Path. If you really think there is something better than this, you should not hesitate to take up that Path. Personally I know that this is the best Path; you need not take my word! The point is, if we close ourselves or shut ourselves, we

limit our growth.

Mouna is a part of Sadhana. What is *Mouna*? *Mouna* is Stillness. Somehow, I began liking this word 'Stillness', after reading a book by Eckhart Tolle. I would recommend his book to every one of you – 'Stillness', a beautiful word. We have to practise Stillness at three levels – body, mind and intellect. At the level of the body, we have to practise Stillness. This stillness is not non-movement. You may wonder what this is. Keeping the body still is one way. But if I want to observe *Mouna*, today, this entire day, I cannot keep this body still all the time. If I try to do that I will have cramps after some time. I can move the body, but still I can be observing Stillness. So what is Stillness? I have understood this as non-agitation. There should be no agitation in this body. The body can move; it won't feel disturbed. If I eat more, overstrain the body, there will be agitation and disturbance in the body. Stillness is not non-movement, it is non-agitation. We have to apply the same principle in relation to the mind. Mind can be active. It is difficult to still the mind; it takes time. When we are observing *Mouna*, we can keep the mind active. As long as there is no agitation, we will be observing Stillness. We should not allow any strong, negative or positive emotion to agitate the mind, to disturb the mind and similarly at the level of intellect we should not allow strong thoughts, violent thoughts, to disturb or agitate us. So, we will be observing *Mouna* at all these levels when there is no agitation. Stillness is *Mouna*; total Stillness is Dhyaana. *Mouna* means non-agitation, Dhyaana means total Stillness. This is a very interesting and a very beautiful point. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

25-11-2018

It was six years back, 23rd November morning, Guruji left us. He knew about it. I think it was sometime in August, when he was diagnosed with Cancer. I remember that he mentioned to me once, 'count 75 days from today.' But although he knew and hinted us about it, we thought a miracle would happen and his life would be extended. But it did not happen. We cannot understand everything but we know that the Masters follow all the human laws and also a higher law.

Although we were not ready, Guruji left us with all the tools to grow spiritually. He equipped us with the most advanced, very pure distortion-free Spiritual knowledge, the most amazing Spiritual energies and the most advanced techniques. He told us very clearly that the techniques we are practising now, will not change until the New Age is established completely. In the New Age we will be Light and we will practise all the Shambala principles naturally, as a way of living.

He will come back again. Once, I remember, he had mentioned that until the Satya Yuga is established we have to come and we will take four more births here for the work. He promised that he would guide each one of us individually at the Astral level. He continues to be there in our lives. We have all the opportunities and the facilities to assimilate the knowledge that he has left behind, and to bring this knowledge into practice. When we begin applying the knowledge, we are given more knowledge. The knowledge that we have right now here with us is so huge and so vast that it will guide the future generations. And Guruji has also stored the knowledge in the walls of different structures in the form of Light. It will manifest at the right time.

He has enriched us with so much of Spiritual wealth. We have to make use of it by applying it, by using it and by sharing it with others. He established a perfect system for teaching Meditations, for spreading the Light Channels World Movement and for spreading the knowledge and Light. We just have to follow the system and the work happens automatically. Also when we grow spiritually, we will be doing the work of the Rishis just by living here, because we will be manifesting the Spiritual principles and the Rishis will be able to channel wonderful energies through us.

The work that we are doing here is important. I believe that our work is like the work of a caretaker. We take care of this system by making this knowledge, these energies and the techniques available to everybody. If anyone comes to learn Meditations here, we can guide him or her very clearly. So we have a perfect and complete system. And we also have a very clear knowledge of the current realities, about the period of Pralaya and how we should go through this period of Pralaya. Guruji explained that Pralaya is an opportunity to positivise, to change and to move towards God, towards the New Age. Another very important thing during these times is about choosing. We have to choose the right things based on Love, an option based on Light. Such guidance is of great importance during these times.

He also passed on very clear knowledge about our descent, about our purpose. He told us that we have come down here to experience Life. We have to live fully experiencing the Divine aspects of Life. I quote what he had mentioned in his talks once, "When I came out of the house once, I saw a butterfly, and I wanted to catch it. The young child in me is always alive. This part of the human

life is very interesting. People usually talk of Mukti. We have to go after Mukti no doubt, but we should not miss this human part." Guruji was like a living example of how we should live this life. His gift of Light Channelling is probably the greatest gift to humanity. Anybody can practise. We are teaching this freely to people. We publish the experiences of students in Doorways and the Light Channels Newsletter, which we share with schools. How beautifully this technique is helping the students in their studies and in their life.

Guruji's dream was to establish a second Shambala here. And to do that, the only way is to build a Shambala within us, just by practising the Shambala principles, by manifesting Love. I think if we are able to establish a Shambala within us, we will be able to fulfil Guruji's dream.

Maharshi Amara's hundredth birth anniversary will be celebrated on 1st February 2019. Our Light Channelling team is planning to conduct Light Channelling sessions in a big way. And it will be a great opportunity for all of us to participate.

I take this opportunity to express my gratitude to all the Volunteers who are supporting me to run this system, to carry forward this work. This is such a huge work, such a huge responsibility. It is not the job of one person or even a small team. Without the support of these Volunteers, without support and encouragement from all of you, we cannot continue this system. Everyone's support is important and very valuable. Most of the Volunteers remain in the background and they do so much of work. The names of these silent volunteers will probably be never known publicly. But the Rishis know and God knows. ■

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 TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

11-11-2018

These are very, very difficult times of intense Pralaya. I remember Guruji's words – as Pralaya intensifies further life becomes more and more challenging, difficult. And once he had told us to begin operating certain faculties that we have. These will help us during these challenging times. Somehow, I felt that I must share with you what he had told us.

He told us to practise seven rounds of Sapta Rishi Pranayama before we begin the practices. The first technique given was to operate the intuition. When we begin operating our intuition, it becomes sharp. Then we will be able to make use of it. There is no technique as such for this. He said, "Begin operating your intuition in different situations of your life. For example if there is a ring on your phone, before you pick up the call, try to understand who is trying to call you. Maybe your intuition will guide you and you will know which person is trying to call you. You can verify afterwards. You may begin with such simple things." There could be other situations in our life. We can try to operate our intuition and then verify and never get disappointed if we fail. We can go on trying and practising it.

The next technique is about Astral travel. Guruji had asked us to practise Astral travel only on special days like Mahashivaratri, Buddha Purnima etc. This technique, which I am going to give, has to be practised during the day, when we are awake, not in the night when we are sleeping. He said, 'Sit in your room and then intend to be in Taponagara, in the Cosmic Tower for example. Then you can observe things around you. Having a strong will is important.' I suggest that we begin practising this technique for coming astrally to Taponagara from wherever we are. We can practise this during the day on any day.

Next technique is about healing. For self-healing, there is a technique given in the book 'Living in Light',

which we can practise. Guruji used to caution us to be always judicious and discreet about healing others. A part of their Karmas comes to us. This has to be cleared by us by regular Meditations. The healing technique is like this – "Imagine a globe of Light in front of you. Then imagine it enters you and goes to the area of your body, which requires healing and have a very strong wish that you are getting healed. We can do this for self-healing. Similarly, we can send this globe of Light to the other person and imagine it goes to the area where the person requires healing and pray to Light and have a strong wish that the person gets healed. There is no Mantra." When we are healing others, the healing will be much more effective if the person being healed can also sit at that time and be aware that he is receiving energies and is getting healed.

Next technique is about contacting the Rishis. We can think of the form of a Rishi in front of us, full of Light; we can think of Guruji or Atri Maharshi who is in-charge of Rishis' work on this earth. Then we can imagine a beam of Light connecting us and him. And then whatever we wish to speak we can speak silently in our mind. Then we can just be silent and try to listen. The Rishi will definitely respond. Sometimes we may not be able to capture what the Rishi is saying, we feel disappointed and we may stop the practice. Guruji cautioned us not to stop, but to persist. Someday we will have the contact.

Next technique is for communicating with the Light. The Light is God Himself. No technique is required as such. Only Love is required. He suggested that we imagine our system is full of strong, bright, white Light. And we think of this Light as a separate personality, separate intelligence. And being aware of this Light we can talk, then like in the earlier practice we can listen silently. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Why can't I control my anger in spite of my best efforts?

A: Obviously the best efforts are not enough. Instead of trying to control the anger, we have to manifest genuine Love. Then the anger vanishes. We can always try to remain in the ocean of Light; anger will not find place there.

Q: Do all of us have the same capacity to feel all emotions?

A: Yes. Every human being is capable of emoting, all types of emotions, though the expression may be different or may vary.

Q: Do the tests get tougher and tougher as we advance in Sadhana?

A: As we advance in Sadhana, the tests become tougher and tougher. But we can reach a stage where we become Light, we become enlightened. It is then all tests vanish.

Q: Are gifts like wealth and looks, the testing grounds?

A: Yes they are. The realization that all the gifts come from God is important. It makes us humble. We can accept and enjoy these gifts; we will not have any problems.

Q: Do people steal energies from others?

A: Yes, people can do. But nobody can steal energies from us just like that unless we are very weak minded. So do not worry about it. We are very well protected.

Q: What is Divine madness?

A: In the Divine there is no madness, there could be Divine ecstasy.

Q: Is awakening a one-time process?

A: No. A person awakens to a higher reality, understands it, lives in this higher stage and continues his Sadhana. Spiritual awakening is not a one-time process. It is a continuous

process till our merger with God.

Q: Is healing a natural process?

A: Yes. The body heals itself. Sometimes it may not be able to do it immediately. It is then we assist the body to heal with medicines and energies.

Q: Can the natural disasters be avoided by Spiritual means?

A: They can be avoided. But for such things to happen there has to be greater efforts by the masses. Many people on this earth have to sit and meditate, and then we can prevent many disasters. For all the positive changes that are going to occur, Light is helping, our Light Channelling is contributing to a great extent. Let us be aware of it. Let us be very proud about it.

Q: Is Life force different from Prana?

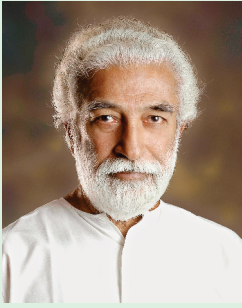
A: Yes. There are several types of Prana, which we get from the Sun. But we get the Life force from the Divine Cosmos, from Maha Vishnu. Prana adds quality to our life by giving us good health. It purifies the entire system, more importantly the mind. Life force injects life in this system and in the entire Creation. It helps evolution of the human body, helps us carry hope always and gives us the strength to fight against all odds. Life force is behind all activities of Creation and all creative activity. It is everywhere. It is in nature.

Q: How do we deal with depression?

A: We meditate and also sit still and seek clear guidance from the Universe and the Rishis. They have higher wisdom. We will receive help. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
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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)

Now, life looks simpler. Every situation, when filled with the Light, has a miraculous positive change. I love practising the Shambala principles and apply them all the time in life. It has helped me to be non-judgemental and compassionate.

– Pratibha B

My anger has almost gone out of scene! Life's teachings are becoming clear. Positive changes are being observed in my husband's and kids' behavior too.

– A Sadhak

During Meditation I enter the 'no thought-state' and remain in that state for a long time and yet remain fully aware. Coming out of Meditation becomes very difficult and it takes quite a long time. The quality of Meditation is improving day by day. I remain very calm and cool throughout the day. My concentration has improved a lot and anger has become a thing of the past.

– Madhukar Shah

I feel both Guruji and Light's presence around me all the time. We are indeed truly blessed to have Guruji, who guides and helps us to celebrate Life. He knows that we are not perfect and yet he ensures we have the right techniques in Sadhana to achieve our life goals. All we need to do is trust him and surrender to him.

– Vinamra Longani

The last two months have been very tough in my work-life. I was able to sail through this difficult time fairly well by carrying Light as much as possible, and also by carrying two thoughts. Firstly, I said to myself, 'The challenge I am facing is not as big a challenge

compared to the challenges faced by the Rishis.' Secondly, I told myself, 'It is God who is putting this challenge in front of me and not a specific individual.' Personally I am undergoing changes within myself, especially due to work-life demands.

I feel these tough situations have pushed me to strengthen my leadership courage. I am really working on myself to get there. Be it career, family or even talking about Meditations to others, I see a change in myself, in my approach and the choice of words I use. Thanks to Guruji and his teachings, which resonate in my mind whenever I am in difficult situations.

– Mohanchandrabanu

Now I am able to send Light to each and every part of my body and to others too. I feel healthy and full of Bliss.

One of my close relatives was upset over turmoil in the family. A professional Pranic healer tried to heal her to come out of depression. She was not aware of this healing. But, no improvement was noticed. I thought, 'Why should I not try sending Light to her?' Then, I prayed to Rishis, Amaraji and Guruji and started sending Light to her everyday. After a few days I noticed changes in her. Her family problem was also solved slowly. Now she is fine. Thanks to the Light, Rishis, Amaraji and Guruji. There are no words to express my gratitude to the Masters.

– Vijayalakshmi R

In my dream I saw glittering stars of different colours pouring onto me and filling up the whole room. I could listen to the 'sound of stars'. It was a very pleasant experience. I felt truly blessed and got up cheerfully.

– Mridula Malpani

DOORWAYS An English Monthly Newspaper, Annual Subscription: Rs. 300/-

Printed, Published and Edited by S.B. Shyamala Devi on behalf of Manasa Foundation (R).

Published from Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077 and

Printed at M/s. Art Print, 719/A, West of Chord Road, 2nd Stage, Rajajinagar, Bangalore-560086. Phone : 23359992

Owner: Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077.

Editor : S.B. Shyamala Devi