



MAHARSHI AMARA (1919-1982)

### WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

#### LIGHT

is the Intelligent Power behind all Creation. Light is God.

#### LIGHT WORK

is assisting all life to raise its levels of Awareness and Experience for a better living.

#### LIGHT BEINGS

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

#### SAPTA RISHIS

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

#### MAHARSHI AMARA

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

#### GURUJI KRISHNANANDA

was the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

#### SAPTARSHI DHYANA YOGA

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

#### THE AFFIRMATIONS

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

# DOORWAYS

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – October 1991 issue)

I wonder how many Sadhaks really appreciate our Path and our efforts. The Sadhaks will have personal guidance not only at the beginning but throughout their Sadhana only when they join Gurukulas or Ashramas. For that they have to leave their homes, occupations and other things. Here, not only Meditation is taught, Theory and Practice thoroughly, a close watch on the Sadhak is kept and he is guided personally and continuously. And the Sadhak's normal life is not disturbed. In fact, the quality of his life will improve when the confusion and tension are eased out. Such follow-up is not available in other Groups. I wonder if our Sadhaks have ever noticed this. Perhaps, we should not get things easily!

There are other Specialties. That running away from the normal life for Spiritual achievements is not necessary, is emphasized repeatedly. The pitfalls of running after Siddhis are often explained and the importance of the pursuit of Yoga without any such distractions is made understood. The Sadhak is allowed to take up any other Sadhana as complementary and no restrictions are placed to keep him bound to this system alone. And above all only a nominal fee is collected for our survival.

My heart pains when these things do not impress the Sadhaks and they take goodness for granted. The casual attitude hurts.

I was pondering about my reluctance to meet people in my Room at Bangalore or at the Ashrama. I have, no doubt, heavy work and do not have much time to spare. Socializing was not my game at any time of my life. Above all, I find the visitors eager to pick up a new technique or a thrilling revelation from the life of my Guru. They seldom talk about the Work or our Spiritual projects that are waiting from the time of my Guru to be executed. It is not often that they seek guidance in their Sadhana.

My life and all its time is meant only to guide, to work and for Sadhana. But...

It is too early to assess the response to our Call for Global Network of Light. But the response received so far is heartening. It is heartening to note that the work of the Spiritual Activation is going on in many parts of the world. The Satya Yuga is advancing. The number of Meditators is increasing. The Earth is being filled with the Divine vibrations. These factors make all of us happy and feel rewarded.

Our Sadhaks are sending their experiences recorded for the Book. How wonderful they are! Every experience thrills me as if I had it. It is only in the Spiritual plane that we are enriched by other's enrichment. ■



### MANASA FOUNDATION (R)

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## MEDITATION CLASSES

### Held in Taponagara

on Sundays (10 AM - 11 AM)

### Held in Bangalore city on

**Sundays** (7 AM - 8 AM)

at Anjaneya Temple  
Mahalakshmi Layout

**Mondays** (7 PM - 8 PM)

at Anjaneya Temple  
Mahalakshmi Layout

**Tuesdays** (7 PM - 8 PM)

at Sri Aurobindo Complex  
1st Phase, J P Nagar

**Wednesdays** (7 PM - 8 PM)

at Arya Samaj  
C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

**Thursdays** (7 PM - 8 PM)

at Devagiri Venkateshwara  
Temple, BSK 2nd Stage

**Fridays** (7 PM - 8 PM)

at Indian Heritage Academy  
6th Block, Koramangala

**Saturdays** (7 PM - 8 PM)

at Devagiri Venkateshwara  
Temple, BSK 2nd Stage

### Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

at Saptarshi Dhyana Kendra

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

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## NEWSLETTER

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



Members of Pratham Foundation in Mumbai channelled Light on June 7, 2019.

## NEWS AND NOTES

- ♦ Ebook versions of the first two volumes of our book, "Thus Spoke Guruji Krishnananda" are now available. These can be purchased online from our website.
- ♦ Many Light Channelling sessions are being conducted in the schools again after a short break during the summer holidays. The response from the school authorities and children is very encouraging.
- ♦ If you wish to participate in the work of introducing Light Channelling to more schools, please contact Manasa office or write to us.
- ♦ Please help us by gifting our Newsletter subscription and books to your friends.

## MEDITATION ON SPECIAL DAYS

01	Mon	Masa Shivaratri
02	Tue	New Moon Day Solar Eclipse: 10:25 PM – 3:20 AM
03	Wed	Ashadha Masa begins
10	Wed	Shukla Ashtami
11	Thu	Shukla Dashami
16	Tue	Guru Poornima
17	Wed	Dakshinayana begins Lunar Eclipse: 00:13 AM – 5.47 AM
25	Thu	Krishna Ashtami
30	Tue	Masa Shivaratri

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
14-7-2019	Shambala Group meeting at 2PM Light Channel Volunteers meeting at 2.30PM
16-7-2019	Guru Poornima Special Meditation: 12 Noon to 1PM
21-7-2019	Ra Group meeting at 2PM

During Ashadha Masa, which begins on 3rd July, we get wonderful and great energies directly from Parabrahma Loka. We can meditate more during this entire month and absorb these energies. They peak on Guru Poornima, the Full Moon day, which falls on 16-7-2019. On that day meditate as much as possible, and in the night before going to bed, imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.

On 2nd July there is Solar Eclipse from 10:25 PM – 3:20 AM and on 17th July there is Lunar Eclipse from 00:13 AM – 5.47 AM. Please channel Light to the whole world during the entire eclipse period.

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

After reading one of our Volunteers' experience in our Newsletter, that by channelling Light to the particular office, her overdue pension papers were cleared, I also channelled Light to the office where my husband's pension papers were overdue for more than a decade. They got cleared and along with the due benefits. Light also made me question myself about our overdependence on material things for security and fulfilment, and brought a kind of detachment. I feel Light works both ways – Material and Spiritual!

- Nirmala Bala, Volunteer

I have practised the Light Channelling technique for the first time. It was an awesome experience. I feel relaxed. Thank you.

- Vandana M., Std. VI, J. S. S. Public School, Banashankari II Stage, Bangalore

Some time after I closed my eyes to channel Light, I felt as if I was flying. Then I saw white Light everywhere.

- Sanjitha K. P., Std. VI, J. S. S. Public School, Banashankari II Stage, Bangalore

Light Channelling was relaxing and refreshing. I loved it a lot. I wish to practise this everyday.

- Hrudhya R. P., Std. VI, J. S. S. Public School, Banashankari II Stage, Bangalore

After practising Light Channelling, I felt calm and relaxed, and as if something was cooling inside my body. I felt fresh and peaceful, and loved by Light.

- Purav D. Achar, Std. VI, J. S. S. Public School, Banashankari II Stage, Bangalore

When I practise Light Channelling, I feel very peaceful and relaxed. I used to find Maths and Science subjects very tough. After I started practising this technique, I have been able to recollect everything that I study. Now I feel that these two subjects are very easy.

- Sneha S., Std. X, Chethana Public School, Vaajrahalli, Kanakapura Road, Bangalore

I used to find Maths very tough. When I practise Light Channelling, I feel relaxed and I recollect everything I study. Also, there were lot of difficulties at home, but I was relaxed and at peace.

- Nisarga, Std. V, Chethana Public School, Vaajrahalli, Kanakapura Road, Bangalore

When I was practising Light Channelling, I felt the energy was flowing through my body. I felt there was concentration. I felt peaceful and the whole world was peaceful. I feel this is a good practice for our life.

- Annapoorna P., Student

During the Light Channelling session, I was fully energized. Light gave me strength.

- Naganamthini, Std. VIII, Ariyava Montessori Matriculation School, Madappuram

The post of Vice Principal comes with lot of responsibilities. I am slightly apprehensive and hope that all goes well in my tenure. By practising the Light Channelling technique I am relaxed and positive and handling the new position and the peripheral stuff is easy for me.

- Ms. Rasal, Vice Principal, Karmaveer Bhausahab Hire High School, Pune

## 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](http://www.lightchannels.com)

## SHAMBALA PRINCIPLES

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

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



## THUS SPOKE GURUJI

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

January 2006 (Contd.)

Some time ago, while reading I came across a very important point. It said, "When the Kundalini rises, reaches Agna Chakra, and cannot go beyond it, there will be heaviness in the head and our head starts bending!" This point is relevant to us as some of us are struggling to keep the head straight. I checked up if this is really true? Yes, it is true. This is important and as I said, it is very relevant.

Lot of energies are gathered here. Whenever we absorb too much of energies and the system is unable to cope up with it or unable to bear with it, it goes to sleep. We do not sleep. The system goes to sleep. So, we have heaviness and these things happen – our heads bend. Sometimes we snore! How to get over this? Here we are always trying not only to have a theory, but also to find a practical way out. If it is about how to meditate then the practical part is very important. I thought about how to get over this particular problem. Then I realized that it is not easy to send Kundalini beyond Agna Chakra because our purity levels will be such that it will not go there. Therefore, it is very important to increase our purity levels. And one more point is that whenever there is strain in the system of body, mind and intellect, this strain induces sleep and it adds to the problem. And of course, as we repeatedly tell you, we have to check our Trataka. Whenever we sleep or bend our heads while meditating, our Trataka will be at a lower level. We have to always correct it. It is not enough if we practice Trataka just at the beginning of Meditation. We have to periodically go on rectifying it, raising it. It is very important. Then most importantly, we have to

meditate more, more and more. There is also another factor. There is a force called inertia in nature. This force works against any movement; it tries to prevent any expansion. This force works more when Kundalini rises and reaches Agna Chakra. How do we get over this? There is only one way; there is no other way other than persisting and practising. We should never give up. Sadhana is persisting more. When we are not able to sit for Meditation on any day, when we do not feel like sitting, the body refuses to sit, then you must tell the body, "You are not to decide about it; it is me who decides." We must make it sit. Our duty is to offer ourselves. So let us force this entire system to sit and meditate. There is no other way or shortcut for this. There is also another factor to understand that there are several types of Kundalini. When the Kundalini of the gross type rises, it brings heaviness but a finer type of Kundalini will not bring any heaviness. It will keep us alert, awake. We can get over this problem of drowsiness, when we meditate regularly.

—♦—

There is nothing new if I say that in this system, in our Life, emotions play a very important part. Emotions lead our Life in different directions. To a question asked to me 5 or 6 years back – which is stronger, emotion or thought? – I answered as thought. Later on, I experienced and I learnt that it is not the thought, it is the emotion. Emotion overpowers the thought. When we printed the book, "Channelled Knowledge from the Rishis," I made this correction. We have to keep the emotions at a particular level and should not allow them to disturb us and create agitations. This is one way. We have to restrain ourselves and deal with the emotions. But there is another

way – we have to go beyond emotions. It is possible. In Meditations, we do it. We raise our awareness beyond the level of emotions. Then we will be in a state where nothing agitates us. During the other times when we are not meditating, is it possible to remain in that state? I say that it is possible; we have not tried, that is all. We can always rise above these emotions and look at them and they will be somewhere there like clouds. When you are on the peak of the mountain, you see the clouds somewhere there. That is how you can be above emotions. Coming to the practical part, let us try, let us bring out Love, the Divine Love. This Love allows us to expand, rise to any level, to the level of God. We have not tried, that is all. There was a question, "Is Love an emotion?" Love is much more than emotion. The highest emotion is based on Love, comes from Love but Love is much more than emotion. That is a different point. The point again here is that we can rise above our own emotions, when we can keep this system un-agitated and unaffected.

—♦—

Is ecstasy an emotion? I say, "It is much more than that." We were talking about the ecstasy in dance and about agitations when we are getting ready for a sports event. Emotions are related to the mind. We have understood this thoroughly. Emotions belong only to the mind, but ecstasy is not confined to the mind. It extends to the whole system – body, mind and intellect. So ecstasy does not create any agitation. When we listen to a Bhajan, we enter into ecstatic state. That does not create agitations. In fact, it will be very much satisfying. There will be a kind of expansion. In ecstasy, there is expansion and not in an emotion. So there is a difference.■

## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE ON GURUJI'S BIRTH ANNIVERSARY

(Compiled by Shobha K Rao)

19-05-2019

Some years ago, a tailor came to deliver my clothes to my house. In the hall in our house he saw Guruji's photo and said, 'I know him. I had stitched clothes for him. He was so gentle. He would speak very softly. There is something special about him.' He spoke with very great respect for Guruji. He did not know Guruji personally. He had only met Guruji in his shop. He did not even know his name. I immediately started thinking, "I do not know what he thinks of me. Was I also soft enough while interacting with him? Did I manifest Guruji while interacting with him?" I wasn't surprised that this person was in a way touched by Guruji, impressed by Guruji. If we carry Guruji consciously within us, probably we can also touch others like he did, because we will be passing on him, passing on his energies. Guruji lives in all of us. We manifest him in different degrees. Our efforts to manifest him completely is our Sadhana.

I remember, once I wanted to discuss about some challenges I was going through in my professional life and I wanted Guruji's help, his guidance. I called Taponagara and sought an appointment with him. I was living in the city those days. He must have sensed the urgency and agreed to meet me immediately. When I reached Taponagara and met him, he said, 'Immediately after your call, I sat in Meditation.' He meditated because he wanted to be in very proper alignment with the Rishis, with God so that he could guide me very properly. Honestly, I feel Guruji need not have meditated. He was always in link with God, with Maharshi Amara and he could give the most proper advice at any time. But I realised that it was his humility that made him meditate.

Humility is not an external expression of modesty. Humility comes from the core, from the soul. Deep within we realise that we are a very small part of the great Light. When we realise that, we naturally become humble. Anyway, he advised me and I followed his advice blindly – as I would always do – and that helped me a lot.

Guruji never made anybody feel that he was superior, that he was a Guru. He had so much of knowledge, so many powers which he never exhibited. Once he was involved in a very important work of bringing down special energies and spreading them to the whole world. When he was doing this work, two very powerful dark entities tried to attack him and disturb this work. This happened at the Astral level. Somehow they drew his attention. The forces of Light will always be involved in doing welfare activities for the globe and the opposing forces will try to disturb or stop such good activities. As soon as Guruji's attention went towards the attacking dark entities, Light rays came out of his system automatically and they destroyed them. It was as if he had the power but he never used the power himself. Even his powers were operated with God's will. Our Masters live in surrender always.

Once he mentioned that a Guru's protection would be working always. The Sadhaks will have a kind of a shield. Sometimes the Sadhaks come close to the Guru at the human level. And sometimes, after the human interactions many times, the Sadhaks somehow begin to consider Guru as just another human being. A Guru is also a human being. He also eats the same food we eat. He also enjoys the same coffee we enjoy. In fact our Guruji emphasized on this human life so

much. He enjoyed movies, music, poetry and literature. When we observe many such human aspects of the Guru, we may take him as just another human being. It doesn't affect the Guru. And it may not affect the shield that he has given to us, if we are respectful and good. But sometimes, we get angry, sometimes we judge, our behaviour may become annoying to the Guru. He told me once, "If I allow myself to be annoyed even a little, it affects the shield of the Sadhak. So I have to be very careful. I have to be very responsible." A Guru's job is so difficult. He may be tough sometimes, but it is only external. Deep within he continues to carry his love.

Once he said that he could see dark energies. He realised that these were coming from a particular person. It was the anger that was directed towards him. The energies had a kind of a form. In the Study Centre we studied about the elementals. It was an elemental probably – directed towards him. Guruji just absorbed this elemental or energy, knowing very well that he would have to suffer at the physical level. If he had not absorbed the energies, the person who had directed the anger or elemental of anger, would have suffered a lot because the energies would have gone back to him with much more intensity. Anger does so much of damage to us. Only a Guru absorbs our anger. Others will not absorb our anger and we may end up harming ourselves. He told us that a burst of anger damages brain cells. After absorbing the elemental of anger directed towards him, he suffered a bad stomach, nausea, etc. for a few days. That is the responsibility of a Guru. The Love he carries for us, makes him suffer for us. He takes away many of our Karmas to help us in our Sadhana. That is why I say many times that we cannot understand the Masters completely. We cannot gauge the Love they carry for us. ■

## 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

Five

(From January & February 1990 issues of Manasa Patra)

Amara knew so much and yet kept quiet and cool. So much knowledge was stored behind those benevolent and childlike eyes! I wanted to draw most and when I met him again, I was equipped with a note book and pen. Amara smiled and said -

"There is another book above – The Akashic Records. All the knowledge of past and future is there... Learn to read that."

Amara reserved the Friday evenings to me. He welcomed me every time with folded hands and his warm embracing smile, that did not fade even after years. The warmth grew.

He took me to the room above always, enquired about my Sadhana, checked the progress, modified the lessons and reassured the help from the Rishis.

"The Spiritual path is never easy. It cannot be. But do not give up. The Rishis will help you."

"How do they help?"

"This method is most effective. A lot of Spiritual energy is released. If it is not properly regulated, it may damage the brain cells. The Rishis protect against such mishaps. Every time you sit for Meditation, they observe you."

"Do they come astrally?"

"They can observe from their place. Sometimes they come also."

"Can I see them!?"

Amara looked amused.

"Try."

"Is there any special method to practise?"

"No."

I knew it was too early to ask for bigger things. I should wait. As days rolled on, I forgot about this.

One day I was meditating. Then suddenly I felt that there was another person sitting before me. I had bolted in the door and still... Then I remembered about the Rishis. A pleasant thrill passed through my entire body. I could not resist opening my eyes. But when I opened my eyes, I saw no one. I was naturally disappointed and closed my eyes.

After sometime I again felt the presence of another person strongly. But I did not open my eyes and continued Meditation. When I narrated the incident, Amara beamed his enigmatic smile silently.

A few weeks passed. And I had a similar experience again. A thrill passed through again. I did not open my eyes. I had realised by this time that I cannot see any Astral body through my naked eyes. I knew that a Rishi was sitting there in his astral body in front of me. Unseen, but present. I tried to convey silently my Love and respect to him. I tried to talk silently. It was then that I felt a soothing sensation as if the Rishi was sending his Love.

Then I saw him!

In the region between the brows a familiar face appeared on the mental screen. It was Amara!! I could not hold up the tears.

When I narrated this, his reaction was same. The same silent enigmatic smile.

(to be concluded)



**QUESTIONS AND ANSWERS**

(Compiled by Shobha K Rao)

**Q:** There is a talk of our earth moving into the fourth dimension. What is required of us the human beings in such case?

**A:** Moving into the fourth or higher dimension means the frequencies there will be subtle. We also have to change our frequencies. It is required of us to have finer emotions, broader emotions and finer thinking. We have to increase the frequency of our own thoughts and living.

**Q:** What is the minimum age for practising the Shambala Principle One?

**A:** We used to specify 7 years as the minimum age, when the child can understand what it is doing. I think now we have to revise this opinion. We can't generalize and say, 'This is the age, like they specify for school admission.'

**Q:** Did Judas attract Karmas for committing suicide?

**A:** He does not attract any Karmas.

**Q:** Did Judas go away from the Spiritual Path in his next life?

**A:** Even now he is working with Christ, for Christ. Why would Judas go away?

**Q:** How do we keep away negativities?

**A:** Kali Yuga has the energies of the Time, which generate negative thoughts and emotions. We can't keep them away as they are in the atmosphere. When we are aware that these are not ours, we have to reject them, ignore them. Experience the Love from the Light and carry Light always. Love, Light spreads by itself like fragrance. This is how we keep away rather deal with negativities.

**Q:** Is the rejection of energies by some people out of ignorance?

**A:** No. We are fully aware that these energies are great energies of the New Age, yet we reject them.

**Q:** Are we not sufficiently trained to accept these energies?

**A:** Training is not required to accept these energies.

**Q:** Is there a difference between sending Light and channelling Light?

**A:** Of course there is. When we send Light, we send to people, an individual or to a place. When we channel Light, we channel to the whole world.

**Q:** Can I channel Light throughout the day?

**A:** If you can do, you are a great person. You may channel Light throughout the day.

**Q:** What should we do when we find our close ones in serious situations? Should we pray and leave it at that?

**A:** Send Light. The Light will help. I suggest if you are really concerned about the welfare of this person, ask him to take up Meditations; not necessarily our Meditations, any Meditations.

**Q:** What is my mission in life?

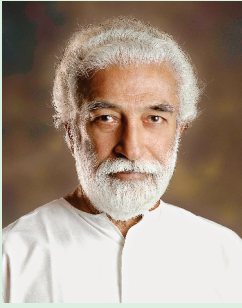
**A:** Your mission is what you choose it to be. We must have chosen some mission before we took birth. Most of us we have. If not, you can choose now. That's your mission.

**Q:** A number of our gurus do not speak of other planetary beings. Why?

**A:** A number of our gurus do not speak of other planetary beings because they are not aware of them. Most of them are not in contact with the Masters in the higher realms, as they are not aware that they do exist there. ■

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**GURUJI KRISHNANANDA (1939 - 2012)**

### **MANASA FOUNDATION (R)**

established in 1988 by Gurujee 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 Gurujee 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)

While practising the technique of experiencing Samadhi in the Orientation class, my awareness was shifted to the golden Light and it was just expanding limitlessly. I saw only the golden Light everywhere and felt as if I was melting in that Light. After this day, there is more happiness in me and I feel that I have gained more strength to move forward. I thank Rishis and Gurujee and Jayantiji for giving us the opportunity of experiencing these mesmerising techniques.

- Sujatha R

During the Orientation class, the first two practices were intense. Though it appeared like deep sleep, I knew I was not sleeping. The experience of Samadhi was again very intense. For the first time I experienced expansion. After the class, the influence of the heavy dose of energies received by me made me sleep for 4 hours!! After that day, it is very easy to experience every technique. My thoughts are different now and approach to life has also changed. Even my troubles are getting resolved by themselves. I offer my gratitude to Gurujee and all the Masters.

- Abhay Joshi

One night when I was sleeping, I was disturbed by the loud sound from an insect. It was too loud! I requested it - "Please stop making the sound and allow me to sleep." Surprisingly, the sound stopped and did not disturb me till I woke up in the morning!

- Shardamma L

Recently, my Creatinine level in blood was detected as very much higher than even the maximum range. However, I was fortunate to bring the level down substantially by sending Light to the kidneys, talking to them with love and affection with a message to get well. Today it is very much in control and the

doctor is happy.

- Rajendra Rangnekar

I sincerely thank all the Masters, Rishis, Amaraji and Gurujee for guiding me and taking care of my life. I sincerely thank you Jayant Sir for continuing Gurujee's work and providing all the facilities and support for our Spiritual Sadhana.

- Hemanath Thokur

Since the past few days, there were rough times with close relations. I prayed to the Rishis, Amaraji and Gurujee. My Meditations are regular and so I am able to accept situations. But, something inside me was not right. I immediately sat down, and practised the third Principle of Shambala for 30 minutes. It is hard to believe, but within a couple of hours, I saw an improvement in the situation! I thank Rishis, Amaraji and Gurujee, and most importantly all of you, who are always there to help and guide us, the External Guidance students.

- Nandita Patel

2019 started with surfacing of lots of feelings and emotions, which were in me but I was not aware of them earlier. It made me uncomfortable in the beginning, but then I realised that in this period of Pralaya they do surface so that they can be cleansed. So I try to be calm and witness them.

- Priyamvada Kulkarni

My 40-year old son is a diabetic. The doctor advised him to take insulin injections in the morning and evening for some days, till the sugar level came down. Later, the doctor told us that stopping insulin injection is ruled out! I felt very bad and I channelled more Light to my son's pancreas and prayed for him. By the grace of Gurujee, he no longer takes insulin injections. His health has improved. I thank Gurujee and the Light.

- Anasuya Bendre

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