



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 11

OCTOBER 2019

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – December 1991 issue)

Two years ago, a Sadhak wrote me a letter. It was immediately after a Conference we had arranged and he was speaking of the futility of such Conferences that do not make people, Meditators. I went through the letter recently and find it so true. Conferences, Seminars, writing articles etc. do publicise but do not bring people to the path of Meditation easily. Then what brings?

People are not readily attracted to Meditations as they are attracted to Yogasanas and Health Camps. This is not demonstrable. How can one demonstrate his Samadhi?! And there are no quick results here like Asthma-cure in 21 days! There are no miracles. After an year of Meditation one cannot materialize even a tiny object! Then how to bring people to Meditation?

Meditations bring peace, perfection and vast Knowledge that we cannot get in Books and through Intellect. Meditations take us nearer the Truth. The purpose of this life and its culmination are clearly understood. What is greater than achieving the inner Peace and knowing the Truth? If these points are elucidated and the primacy of Meditation is publicised people take up this path. But how to publicise? I wish someone educated me.

The letter carries another point. We have several projects, all great and wonderful. One day or the other we have to take up these. But if we talk about these with the Sadhaks who have taken up Sadhana now they may find all this dreamy and impracticable! How true this is! And I had to go through the exercise to realise it! Amara must be laughing from Heavens! He never hastened, never faltered and patiently waited.

1991 has taught me many things. No other year revealed so much and gave so much. I received a lot of Knowledge from the Rishis that helped me to understand several unknown points. I was able to understand Sadhana better and was able to help several Senior Sadhaks. I was able to get over bitterness and several other negative things in me. I was able to see more of God around me. I am happy in my journey and am grateful to 1991. I am grateful to Him who is 1991. ■



MANASA FOUNDATION (R)

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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

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.

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NEWSLETTER

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amount.



Sri Krishna Janmashtami was celebrated in the Residents' Meet.

NEWS AND NOTES

- ◆ About 75 students along with some of their teachers from a nearby Engineering college visited Taponagara to learn about Meditations. They gathered in the Meditation hall and participated in a special Light Channelling session conducted by our Volunteers.
- ◆ Meditators of the Shambala group gathered in the Meditation hall on 8th September to receive initiations from the Shambala Masters. Many others joined through live webcast and many mindlinked and meditated to receive initiations from the Shambala Masters.
- ◆ Meditators of the RA group gathered on 15th September in the Meditation hall at Taponagara to receive special energies of RA.

MEDITATION ON SPECIAL DAYS

05	Sat	Worship of Sarasvati Devi
06	Sun	Durgashtami
07	Mon	Mahanavami Ayudha pooja
08	Tue	Vijaya Dashami
13	Sun	Full Moon Day
21	Mon	Krishna Ashtami
26	Sat	Masa Shivaratri
27	Sun	Naraka Chaturdashi Worship of Mahalakshmi
28	Mon	New Moon Day
29	Tue	Deepavali

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
13-10-2019	Light Channel Volunteers meeting at 2PM

**Special Meditation technique
for Navaratri**

During Navaratri, which begins on 29th September, we will be blessed with the presence of Adi Shakti. We can meditate more and receive more of Her energies. We can also be aware of Her presence. For 10 days starting from Navaratri, we can meditate with this special technique - Think of a huge globe of blue Light. Enter the globe. Experience this globe of Light, experience the energies of Adi Shakti. There is no mantra to be repeated. This technique can be practised in place of daily Stage Meditations.

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.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

Light is life and Light is all in my life. As the Light enters me, I get boosted and feel fully spirited. It keeps me alive and alert throughout the day, helps me to inspire and encourage others too. Thanks to this Light of Life.

- Smt. Meena Mohan, Headmistress, The New Cambridge English School–ICSE, Vijayanagar, Bangalore

Children are practising Light Channelling every day in the morning without fail, and because of this they have become calm and more positive. They are able to concentrate on their lessons and show more interest towards studies. Their knowledge is also improving. We are observing that students are developing a Spiritual attitude, discipline, patience and a sense of time. We are able to imbibe discipline and punctuality in our students. We wholeheartedly thank Manasa Foundation for introducing Light Channelling to us.

- Shri. Anjappa, Headmaster, Prema Kannada Higher Primary School, Yelahanka, Bangalore

Practice of Light Channelling has changed both our students and teachers. Wandering of mind has decreased in the students and their concentration has improved. They are filled with positive energy.

- Headmaster, Govt. Model Primary School, Bagalagunte, Bangalore North

Light Channelling gave me a wonderful experience. I understood myself better. It has improved my concentration power and my thoughts are more positive now.

- Shri. Mallikarjuna M., Principal, Lal Bahadur Shastri School, Rampura, Bangalore

My handwriting was very bad. While practising Light Channelling, I used to send Light to my handwriting. Now it has improved, and I also always feel fresh.

- Shruti, Student, Chikkabadi Higher Primary School, Bangalore

Light Channelling is a very easy and effective method. I practise it every day. It helps me to stay healthy and fresh every day, reduces stress, tension and anger. It has improved my memory and I am able to remember things or lessons for a long time. I can concentrate in the class and don't get diverted during class hours. I recommend it to all my friends and family members.

- Gagana Sindhu G. M., Std. X, Lal Bahadur Shastri English School, Rampura, Bangalore

I feel very fresh when I practise Light Channelling in the morning and evening. My mind becomes peaceful. I can concentrate when the teachers are teaching the lessons.

- Sadiya, Std. X, Lal Bahadur Shastri English School, Rampura, Bangalore

Today when I closed my eyes for channelling Light, I felt very calm and light. My mind was full of Love, Peace and happiness. It became free from all the negative thoughts. I am feeling very enthusiastic now.

- Ms. Chaaya Sahu, Pratham Foundation, Pune

I channel Light every day in the morning and evening. I have asked my husband also to channel Light. My mind and body have become very calm. I am feeling very light and healthy. There is a lot of peace in our house.

- Mrs. Wagh, Pratham Foundation, 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 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)

January 2006 (contd.)

We learn many things and everything from the Rishis. Sometimes, they teach us things in a very unusual way. This morning, I was trying to explain certain things to the great Rishi, who was here during the Shoonya Masa. I also wanted some clarifications. I do this occasionally. While reporting certain things to him, I asked him, "Please tell me, if I have made any mistakes." Then I had a vision of the 'Trimoortis'. I saw a face with three faces of Brahma, Vishnu and Maheshwara. The Rishi said, "We are like this. We claim that the Rishis are the perfect Masters. We have all these forces and we operate all of them – the creative forces, the forces of sustenance and the forces of destruction. A Guru has to use all these three forces!!" I asked him again, "The creative forces and forces of sustenance or Life are wonderful, but what about the forces of destruction?" He said, "You have to destroy the ignorance in a person. The Guru will have to take risks and the blame. People may get corrected or they may become angry and go away. That is the risk a Guru has to take. You have to take that risk. If you do not do it, you are not a perfect Guru." My Guru was very tough; he never encouraged any exhibition of ego. He was a king and he would do it with grace, dignity and ruthlessness. I am telling you this because people do not understand me. I do not expect you to understand me; it is enough if you follow even without understanding!! Someday you will be a Guru. You may not be sitting on the dais like this; it is not necessary. But you will be trying to guide someone, younger, or pass on some wisdom, then you will find the difficulties that a Guru faces and

then you will have all sympathy for me!! That is the role of a Guru.

February 2006

Masters like Amara come down to elevate us. Every time a Master like him comes down, the whole humanity is elevated. With all these things, we have to note the hard fact or the truth that unless we change, the world will not change; simply because we are the world. It is enough if we reject the darkness mentally; we will see that wonderful things happen. Reject the darkness mentally and the vibrations of this rejection will build up and you will see a great revolution taking place, with you as the initiator. We have to reject the darkness in us, around us and we have to welcome the Light. This is also a fact that this is the time to reject the darkness. This is the time when we have to make choices. We have to choose now and if we do not reject the darkness, it may not destroy us, but it will make us useless or weak. If we follow the simple ways of the Rishis, we will always be in Light; we will always have the Light. Let us remember, we have gathered under the Rishis to 'shine like suns'. Each one of us is a great sun and we have been living merely like shadows for all these thousands of years. Let us stop living like shadows hereafter, and shine like suns.

Let us not forget that we have come to this earth to celebrate Life. This Life here on this earth is the most beautiful Life. We have to go to other earths to know this. Amara had told us many times that this is the most beautiful place and that is why we have come down here. We come down not only to experience the beauty here, but also to add to the beauty here. That is one gift we

have. We, the human beings, can always add, can always improve. Many of us may not be aware of this, but we can always improve anything anywhere. Let us improve the Life here; let us improve our own Life. We can do much more than living ordinarily. If we continue to live in a very ordinary way, nobody complains, nobody judges, but we will be failing the creative forces. We are expected to live better, not like anybody else, not like ordinary people. If we do not do this, we fail God and most importantly we fail ourselves. There is more to Life. Let us find out what is there; and how do we find out? The one way that I have seen and experienced is this – Meditate; when you start meditating, you will know more. If you read one sentence, somehow you will have the knowledge of ten more sentences. If you come across an idea, somehow you know a hundred ideas behind this idea! This faculty of perception increases when you start meditating. That is why Meditations are so important.

People speak so much about my efforts in establishing this centre and they appreciate my work. May be I am an inspiration at the human level. But you see, without money, without funds and without people, I could not have done anything. I remember the times when one hundred rupees were very precious. People gave me thousands. People who are helping me now, do not like their names to be mentioned. This is the specialty of Manasa. So I respect their sentiments. Without them and without the wonderful force of these volunteers that I have, we will not be able to do anything actually. I am very grateful to them. Every time I mention this, I mean it. ■

EXCERPTS FROM TALK BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K. Rao)
(Maharshi Amara's Mahasamadhi Day)

25-08-2019

Today we are blessed with the presence of Lord Krishna and Maharshi Amara. Like Sudhakar sir mentioned, there is something special about their relationship. He gave an example of how in one of his earlier births Lord Krishna in the form of Shrikhandya, physically worked and served him in his house. I was wondering, what makes Lord Krishna take a physical body and serve Maharshi Amara at the physical level? There is something in Maharshi Amara that attracts even Gods to him. Guruji had told us once that Gods wish to be with some very great souls, like Vishwamitra Maharshi and Maharshi Amara. There is something so beautiful in them, something so great that attracts even Gods. It is probably Love. It could be purity and there could be many things, which I do not know.

Similarly, Maharshi Amara had a very special relationship with Devi Mahalakshmi. She takes birth as his daughter every time She comes down to earth. We know that Maharshi Amara was Janak Maharaj. He was also Romapada Maharshi, who built Rome thousands of years ago. Devi Mahalakshmi took birth as Apoorva Kanya, daughter of Romapada Maharshi. Even now she is on this earth physically. We do not know much about her though. I remember Guruji used to tell us about an incident when Devi Mahalakshmi spoke with Maharshi Amara. Once, when people had gathered to worship Devi Mahalakshmi, She spoke with Maharshi Amara. She said, "People ask for material wealth. I cannot pass on material wealth only. People have to ask for both material and Spiritual wealth; only then I will be able to pass on wealth to them." I was wondering why it is like that! Maybe there has to

be a kind of balance everywhere. Only when we get Spiritual wealth, we will make proper use of the material wealth. Anyway, there are such principles, such profound truths, which Maharshi Amara received from Gods and passed on to us.

We know only some of his amazing works. And Guruji used to tell us that more than 90% of his works are not revealed to us. Maybe future times will reveal more about him to us. We can only feel amazed and wonder at his greatness. And despite having such amazing capacities and contacts he was humble to the core. Guruji used to describe him as "humility personified". Humility, Vairagya, Surrender, Love, Faith, Commitment to the work of the Rishis, many such things he taught us through his living.

How should we benefit from our association from such a great Master? The best way to make use of the association with a Master is to begin living what he taught; and that will be the best tribute to the great Master. Guruji used to say that there are no shortcuts in Sadhana. We have to move one step at a time. Not that moving fast is not possible. Maharshi Amara himself had said, "To surrender completely to God requires only a moment, but to be ready for that moment, it requires lifetimes of preparation." And as we move on, there will be tests and we have to pass the tests. Only when we pass, we can be moved to the next level. Whenever I speak like this, I am only sharing my understanding, so that we all understand it together and then we journey together.

Another interesting point: A group of people had visited Taponagara recently. They observed that the quality of their Meditation here was very good. They had been

to different places for Meditation and even here they meditated in different structures. They observed that the quality of their Meditations during the Sunday class was exceptionally high. They wondered why! All of us know that we are blessed with the special presence of Rishis and the Divine personalities during the Sunday classes. They come here astrally, only to help us with special energies. The mere presence of the Rishis, the Divine personalities makes these classes special. Their presence clears many of our Karmas.

The next point is about the Light Channelling work. The Light Channel volunteers have to choose this work every year. The idea is that there should be freedom to choose and also freedom to leave. So this is a kind of opportunity where we can make a choice. And how do we know that a Light Channel volunteer has chosen the work? They have to re-register, they have to re-apply to continue as Light Channel volunteers. When do they do it? They do it every year before Guruji's birthday program in the month of May. During Guruji's birthday program this entire team of Light Channelling volunteers gets re-initiated for work. If you are unable to work, it is fine. We understand. We respect your life situation. There is no judgment from our side. Our only request is you may please tell us that you are unable to work. It helps us plan better. When you are in a position to work again, you can always re-join the work.

And we know that this is not the only way to work. There is another way to work – manifest Love. When we manifest Love, we will be working for the Rishis; we become their channel. We become a volunteer, let us say, at a different level. We work for the Rishis whenever we spread Peace; whenever we just live positively. ■

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
Eight

(From May, June & July 1990 issues of Manasa Patra)

I met Amara the next day and narrated all. He smiled and said – "Do not get excited. There are more thrills ahead. Wait." I waited.

One day a disciple of Mahesh Yogi came. He wanted to learn Meditation. He was a prominent person and was about to go to Switzerland. Amara knew about all this. He also knew that he had come only to gather information and new techniques. But still he taught him many things explaining to us that the Knowledge from Rishis is meant for all and that there is no copyright! The Yogi-disciple later on started his own school. When I met him recently by accident, he pretended as if he had never heard of Amara! And that is life; life of commerce; profit making. He had earned enough dollars and foreign disciples.

I also knew a lady who taught the same Meditation in a 5 star hotel for an enormous remuneration. Amara declared that knowledge cannot be denied to any seeker and that its application is left to the individual. If it is misused, they will have to answer for it later or in the next life. And, he would always affirm, "The Rishis would take care of such things. I am only a worker."

His humility was never theatrical. His sincerity was never hollow. I always noted such details and always admired his greatness, his depth and strength. He always remained the tallest man I ever saw.

After I started my Spiritual work, I came across many Sanyasis, Spiritual leaders and

Eminent men. But none touched his heights. With their bloated egos they looked so hollow, loud and small that I could only abhor them. Amara used to quote Bible and say, "There will be many false prophets." I am always reminded of that.

Once I remarked that he must be a perfect worker. He said, "If one is not perfect he cannot be a worker." Was he a Rishi? He did not reply. He just smiled.

Amara taught Meditation, the higher techniques and passed on the relevant knowledge that he gathered from the Rishis. We would surround him in the quiet privacy of evenings, with questions and anxiety. He would pour out the valuable knowledge in his soft majestic tone. A few made notes. And he never bothered. He shone like the sun on the studious and the just curious alike.

One of the seniors fell ill. It was shocking to hear that he was in the grip of cancer. He was taken to America for an operation. I was with Amara at the time of the operation. Amara was pacing the room up and down with a frozen look on him. It was unlike of him. We were puzzled. He knew about our puzzle and answered.

"The operation is over. He is yet to regain consciousness."

We waited with the picture of the hospital before us. After some time he sat down beaming.

"Now he is alright. He is awake."

(to be concluded)

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: As we move on, the couples will no longer be able to roll along with relationships that are not harmonious with their higher selves, and there will be increase in divorce cases. Please comment.

A: As we move on, we also change, transform. If we don't transform, we cannot survive in the New Age. As we transform, I believe the number of divorce cases will decrease.

Q: Is activation of the two Chakras above Sahasrara not required for Astral travel?

A: It is required. One of the two Chakras above the Sahasrara is called Parihari. The activation of this Chakra helps us to travel astrally in this entire Material Cosmos. Ananta is the other Chakra above this. This helps Astral travel in the Divine Cosmos. So activation of these Chakras is required, but we are not consciously practicing activation of these, because we are practising the most advanced techniques of Meditation available now on this earth –Experiencing the Light. It is enough. It will activate many processes and many gadgets, like the Chakras.

Q: Can we not grow spiritually without meditating?

A: Of course we can. If your goal is very simple, you can be happy being good and honest. It's a very clear statement. You have to understand this. But when we have wonderful techniques of Meditation we should practise them also. Meditation helps.

Q: What is the technique of self-healing?

A: I suggest you read the book "Living in Light". The technique

is given in the book.

Q: How can you say that the time stands still in Parabrahma Loka, when there is no time there?

A: We do not know anything about Parabrahma Loka.

Q: How do we go beyond fear?

A: We have to get aligned to the Divine; we have to get connected and become rooted in the Divine. Then we will have all protection and security and there will be no fear at all.

Q: How do I control my anger?

A: To control anger, a conscious, continuous and consistent effort is required. We must practise the Shambala Principles and make conscious efforts not to get angry. When you get angry, don't respond immediately, pause for a moment, consciously keeping aside the anger. Then perhaps you may be able to respond in a very proper way.

Q: How to positivise?

A: Positivising begins from rejecting all that you find as negative. Reject anger, hatred, jealousy, lethargy etc. It's like allowing the stale air to go out. Fresh air comes in automatically. Establish Stillness. Experience Stillness. Be good. Any of these is enough to begin positivisation. We should experience Light. Where there is Light, there cannot be darkness.

Q: How can we prevent negative thoughts?

A: The best way is, never attempt to prevent the negative thoughts. Ignore them. When you notice or recognize the thoughts, begin experiencing Light. ■

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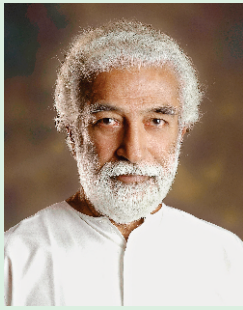
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

established in 1988 by Guruji Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city.

MANASA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Guruji lived from 1987 to 1992.

STUDY CENTRE

is a unique Centre for Studies on Spiritual Realities at Antar Manasa, guided by the Rishis.

JYOTHI PROJECT

is mainly for the village children. They are helped in their school studies and are taught Shlokas, Bhajans, hygiene, General Knowledge and Computers. They are also encouraged to express themselves creatively through story-telling, drawing and painting.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APPEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K. Rao)

I was recently down with severe viral flu; had severe headache, body ache, sore throat and fever. That entire week I could hardly sit up, let alone meditate properly. I did self-healing, slept and took rest, but my condition did not improve much. Then finally, I prayed hard to Guruji and the Rishis. The next day, Guru Poornima Day, I linked up with Taponagara and started meditating. Unbelievably, I went into one of the most all consuming, deep Meditations I have ever experienced, as the body went silent and there were no coughs, no aches, no squirming! It was simply a Divine Meditation. I was consumed by Love and a peacefulness that could only have been Grace!

I was still extremely ill. The next day I could sit up comfortably for almost 5 hours through the night-long Lunar Eclipse channelling Light! Once again I could only have been Grace because, after the Eclipse, I was back in the bed, ill again for several more days!

- Vidya Virkar

A person tried to cross a 5-lane expressway where no one is allowed to walk. He jumped the 10 feet fence on the central verge and landed on my car. The car was badly damaged. I took him to the hospital and he told the police he did not want to file an FIR, as it was his fault. He came out of the accident uninjured. It is a miracle that nothing serious happened to the person. He survived and realized his mistake. It was as if Guruji ensured we did not get hurt, and there was no police harassment.

- Vinamra Longani

I attended the 25th August 2019 Sunday class in Mumbai through webcast. I really felt calm and refreshed like we feel after taking a bath. I am thankful to all Masters and the people at

Manasa.

- Mahesh Dandekar

I experienced a different vision on the first Sunday of Shravana month. After the Meditation in the Sunday class in Taponagara, when I opened my eyes I saw Guruji in an elevated position, above the ground, sitting on a white carpet. For some time I could not believe my eyes that I was seeing my Guruji. I was very happy and thrilled to see him. This experience assured me that Guruji is with us, guiding and helping us.

- Shobhana K

I am connected to Guruji always but not with wanting or asking anything anymore...

- Utkarsha Malkar

Recently, when I was ill and feeling low, and was lying down in bed, Guruji came and consoled me with so much of Love and kindness. I felt fresh immediately. There was a kind of communication and blessing.

A general feeling of well-being and peace is felt most of the time during non-Meditation hours. A kind of deeper understanding and intuition in day-to-day affairs is also experienced.

- Sudeep Jayaram

When I get frustrated or angry, which is not often, I recognise the situation and get over the anger and frustration quickly. I continue to experience a constant inner happiness and feel at peace always. I am less reactive to what happens around me. I feel calm and I always look at the positive side, even in unpleasant circumstances. Guruji and Light continue to be my permanent companions.

- Anne Chapman

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