



MAHARSHI AMARA (1919-1982)

**WE TEACH MEDITATION AS TAUGHT
BY THE RISHIS**

LIGHT

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

LIGHT WORK

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

LIGHT BEINGS

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

SAPTA RISHIS

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

MAHARSHI AMARA

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

GURUJI KRISHNANANDA

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

SAPTARSHI DHYANA YOGA

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

THE AFFIRMATIONS

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

DOORWAYS

Volume 15 Issue 3

FEBRUARY 2020

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – February 2011 issue)

On February 1st, 2011, the day of Amara's Birthday, more than a lakh school children are going to channel Light. By that day, more than twelve lakh school children would have channelled Light. This is an amazing phenomenon. Particularly, when this could be achieved without any publicity, without any help from the media. But the School Authorities appreciated this self-less and self-rewarding Service and helped us to the most. They recognized this as truly non-religious and non-political but purely Spiritual activity. The Light chose children and the Authorities chose Light.

Amara is happy. One of his dreams is being realized. Master V is happy. He is in charge of this activity.

I have been saying that there is an awakening. It is true and more with the children, the young. For they are pure. They are the future. What they see, the elders cannot see. The elders are too civilized!

I think of all the volunteers who could carry Light to the young and thank them for their selfless service and endless zeal.

A person called me the best gardener to have such beautiful flowers. Best or worst gardener, my garden is the best. My flowers are the best. In my garden, there are no thorns and no weeds. The garden was created by Amara, my Guru. Master V brought the best seeds.

In the last few weeks, I addressed thousands of people and interacted with several people who are genuinely concerned about the future of this planet. It was very heartening to note that everyone wanted a change, a Great Change. Great Change is Pralaya. Everyone wanted Pralaya to take place. And, believe me, it is happening!

All the chaos and confusion are a part of the Great Change. The Beginning.

Many more of us should raise our voices and hopes for a greater impact. Now, no one can stop the process. No one can reverse the process. The process leads us to the New Age ultimately.

From 1988, I have been speaking of the Spiritual Revolution. It has begun.

This is the time when all prophecies go wrong, all predictions go wrong, because, the future is taking shape now. We, the people of this earth, are creating new destinies for this earth of ours. A new earth is emerging. The New Age is dawning. ■



MANASA FOUNDATION (R)

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

Phone : 99000 75280 (10 AM to 5 PM)

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



MEDITATION CLASSES

Held in Taponagara

On Sundays

Basic Class – 10 AM to 11 AM

Regular Class – 11 AM to 1 PM

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple

Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple

Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex

1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj

C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

at Maruti Mandira

Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara

Temple, BSK 2nd Stage

Saturdays (7 AM - 8 AM)

at Indian Heritage Academy

6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Devagiri Venkateshwara

Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

at Saptarshi Dhyana Kendra

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

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

Newsletter Annual Subscription Rs. 300/- DD should be sent in favour of 'Manasa Light Age Foundation' Money Orders are not accepted

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 at Taponagara.

NEWS AND NOTES

- January 31, 2020 will be observed as 'The World Channels Day'. More than a million children from more than two thousand schools are expected to channel Light on this day. Please join from your own places by channelling Light for 7 minutes at any convenient time on this day.
- Maharshi Amara's Jayanti will be celebrated in Taponagara on 2nd February 2020. You are welcome to join us on this special occasion. You may please register by 31-1-2020 in Manasa office.
- About 100 Meditators participated in the Akhanda Dhyana from 6 AM to 6 PM on 29th December 2019 by channelling Light to the World.
- The first meeting of Shambala Group members in the year 2020 was held in Taponagara on 12th January and of the RA group members on 19th January.

PROGRAM AT ANEKAL

Maharshi Amara's Jayanti will be celebrated at our Saptarshi Dhyana Kendra on 01-02-2020 at 11.30 AM.

MEDITATION ON SPECIAL DAYS

01	Sat	Amara Jayanti
		Ratha Saptami
02	Sun	Amara Jayanti
		Celebration
		Shukla Ashtami
04	Tue	Shukla Dashami
09	Sun	Full Moon Day
16	Sun	Krishna Ashtami
21	Fri	Maha Shivaratri
23	Sun	New Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures:11AM - 12 Noon
	Light Channelling: 12 Noon - 1PM
02-2-2020	Amara Jayanti Program

MAHARSHI AMARA'S JAYANTI PROGRAM

02-2-2020, Sunday

11AM	Welcome
	Talks
	Special Meditation
12.30PM	Prasada

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.

JYOTI PROJECT - ANNUAL DAY CELEBRATIONS

Uma Maheshwari

Taponagara, the city of Light celebrates various occasions in glorious ways. One such occasion is the Annual Day celebrations of the Jyoti Project. Guruji started this project 25 years ago with the primary aim of uplifting the quality of the village life around Taponagara, by educating the children, providing them outlets for creative expression, making them spiritually aware and providing them with a strong value system. Regular classes were held for school going children to help them with their studies. Literacy classes were also held for both young and the adults. Special classes were held for the young to teach them *Bhajans* and *Shlokas*. They were also made aware of the latest happenings in the world. They were encouraged to come every Sunday with songs, drawings and stories. They were also taught Meditations. Guruji also provided the children with a wide range of reading material. Singing and drawing competitions were arranged periodically for the children.

As part of the Jyoti Project, our efforts still hold on to the core objective of Guruji's benign dream. Children are taught and helped with their school assignments every day. They are taught moral values, General Knowledge and are helped in developing their personalities.

From the past few years we have been celebrating the annual day of the Jyoti Project in the month of December. The children eagerly wait for this day. During the annual day festivities, these young ones, with very little exposure, get an opportunity to participate in various competitions and cultural activities. Various indoor and outdoor competitions are conducted. Not only the winners but all the kids take home a gift of encouragement.

This year, practice sessions for this function started a month early. The sessions were full of fun, joy and mischief. The super-excited kids learnt new things and brought out all their talent. The whole unit was waiting to perform on the Annual Day. On 22nd December, the day of the function, when dusk had fallen, the velvety night crept into Taponagara with a stiff cold breeze. Some of our resident volunteers came early to decorate the hall. The children, the stars of the evening, came early to get ready. The little ones with their sparkling, curious eyes were all decked up for their performances.

The function started with the practice of the Oneness technique followed by a skit enacting a one day trip of a family to the important places in Bangalore. A variety of dance performances were incorporated into the skit. The journey of the family ended beautifully with a trip to Taponagara. A humorous rib-tickling video compilation was created by a very proficient volunteer. The Taponagarites enjoyed the stellar performances by the innocent adorable kids. The program concluded with a short speech by Jayant Sir who honoured the teachers and appreciated the students for their efforts.

The skit was re-enacted on the second day and the children were excited to perform in front of their parents. The last part of the program was an interactive session with the parents, where our Managing Trustee, Mrs. Usha Vasan, interacted with them. They expressed their respect, gratitude and satisfaction towards this noble project. The program ended with a note of thanks followed by dinner. ■

Doorways, February 2020

LIGHT CHANNELS WORLD MOVEMENT

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

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

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

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

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

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

Spread this message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven Principles practised by the people living in Shambala. They live in Peace and Perfection without ageing.

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

THUS SPOKE GURUJI

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

April 2006 (Contd)

I will be reading as much as I can. I don't have time. I wish I could read a lot. And I always suggest you read. Do not stop reading. There are so many wonderful people, so much of new Knowledge is being added. There are so many new expressions of the old Truths. There are new interpretations. We must know what is going on in this world. You must read books like, *The Monk Who Sold His Ferrari* and *Alchemist*. You must read *The Power of Now* written by Eckhart Tolle and now there is a new book written by him. You must follow. I read somewhere about a well known Yogi. He talked about Samadhi. He talked of Samadhi experienced by the mind! I realised then that the Knowledge we received from Amara was so great. Amara did not have classes like we have now. He would casually sit and speak. I met him only for a short while in my lifetime. I met him in 1977 and in 1982 he left us physically. We did not meet him every day and in that short time we spent with him, he gave us so much of Knowledge. It is clear to me, it is clear to you also that Samadhi does not occur in the mind. I am not belittling the Yogi. Thanks to Amara, we have greater Knowledge. You must be very careful in understanding things; we are not condemning anyone. I am trying to tell you that we know quite a lot with the help of Amara and the Rishis.

We are practising the highest Yoga. Take Saptarshi Pranayama for example. Try practising three rounds a day. You will see wonderful results. Our meditational techniques are wonderful, the highest, perhaps. In two years time, you can experience Samadhi. Long ago we printed a small pamphlet and that reached a great Swamiji, very good

man, a great man. He went through it and it appears he commented, "Samadhi in two years? It's a joke." He is right. It is impossible to experience Samadhi in two years but you have to follow our techniques, practise fairly well; then you will experience Samadhi. We are having a treasure. We don't publicise it. I realize and then I tell you this that Samadhi is not experienced in the mind. It is beyond the mind. And let me repeat what I have told you many, many times, because there could be new people here. When we meditate, we achieve silence. During this silence, our awareness gets released and it rises. Remember that the word 'awareness' is not Consciousness; people usually get confused with this. And again, to avoid such confusions, we are going to define these words. In fact that is the first thing we are going to do in this research centre. Understanding the words, what exactly we mean by that, what exactly does this word mean? '*Prajna*' is awareness not Consciousness. So in silence, our awareness gets released and it rises, goes beyond the levels of body, mind and intellect. Remember, 'beyond the mind'. Only when it goes beyond these levels, it is able to expand; it enters the areas of Pure Consciousness or let us say Consciousness. Someone asked me, "Is there an impure Consciousness?" In the areas of Consciousness, we experience vastness. It is from this moment onwards, we begin experiencing Samadhi. We begin experiencing Samadhi when our awareness goes beyond the mind, not when it is in the mind.

This is the time of Pralaya and the Pralaya time is the time when we have to choose. All the processes inspire us and they encourage us. If you ignore it, they will corner us.

They create such conditions outside and inside us that we are cornered to choose. Pralaya processes or the Rishis will never say, "Do this or don't do that", but it is implied that we have to do only the right thing. That's the irony and that's the Truth that we have freedom 'only to surrender', only to realise that we have no freedom at all! So we have to choose only *Satya Yuga*. We have to choose the right things. The whole period of Pralaya, is a period of choices and choosing. You don't have to become Masters, perfect saints in this lifetime. But choosing is enough, and that moment onwards, Rishis hold our hands and lead us into *Satya Yuga*. But we have to make a choice. We can't say, "Let me do it tomorrow." Sometimes we are very diplomatic, we keep silent! We have to make a choice. If we don't choose, then it is different. I don't threaten you. I know what happens to people who don't choose. And when is the time? This is the time to choose; today is the time to choose; this is the moment to choose. We have to be aware of it.

A young boy studying in P.U.C. wrote to me. He said, "I have chosen you as my Guru and nothing has happened." He is doing me a favour by choosing me! I wrote back to him in the way that he understands - "If you choose the college it's not enough. You have to go there and study. Only then you get the degree." We decide to take up Sadhana, join a Path ... it's not enough. We have to pursue it. The challenge is really in pursuing. This part of the venturing is very interesting for me. The end product is good but the process is really interesting. Whenever I try to read a book, I try to understand the struggles. In struggles there are lessons for us. But there is also a kind of beauty in the struggle. We have to enjoy that. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

22-12-2019

I had mentioned earlier that this year was a year of protests. There were protests all over the world. There is widespread anger against injustice, corruption and anything negative. And somehow this is the observation that very young people are somehow leading the protests. Guruji used to say that the younger generation is the New Age generation. We can say that they are more evolved, in general. It is the young people who are saying that we cannot continue this way. They are saying that we deserve a better life which is secure, peaceful. This mindless greed cannot continue any more. Selfish use of power cannot continue any more. I am speaking generally. I am not speaking about any specific protest. I am not discussing the merits of any protest also. I am saying that generally there is anger against injustice and corruption. The young people think differently. That is what I observe. Sometimes I feel that they think as if they are the citizens of this globe, not of a particular country. Their thinking is not influenced by the religion or race they belong to. I read in a magazine that a young person in Lebanon says that somehow this revolution that is going on there has brought people from all the religions together. I believe that the thinking of these young people generates a kind of positive thought power. This power, as it gathers more strength, will wipe out the darkness. Of course this doesn't happen overnight. It takes time. It depends on people of course.

Guruji used to say that any revolution begins from one person. We are trying to spread this Light Channels World Movement. It

began with Guruji. And while I was reading in a magazine about a very young girl, I thought of Guruji's words. She is just in her teens. On one particular day in the last year she began her protest. It's about the climate change. She sat alone in front of the Swedish parliament. And she says that she was alone on that day when she began her protest. Of course she was active on social media. But the next day a stranger joined her. And then the next day some more people came, then the media came and she got so much of support from social media. Now millions across the world have joined her just in one year. I feel things are bound to happen very rapidly like this. Not that protests were not taking place earlier. Climate change protests have been going on for last several years, maybe decades; not that people were not talking about this. But somehow things are happening very fast now. This 16 year old girl, Greta Thunberg, is suddenly the face of the climate change revolution. It was interesting to read certain things about her. She has personally made changes in her life. She has turned Vegan. I believe even the scientists are saying now that consumption of certain type of food adds to the global warming. Not the consumption per se, but the process of production of certain type of food adds to global warming. Anyway, she has made changes like that to her lifestyle. Being a European it's difficult. She does not travel by plane because she knows that millions of flights every day add so much of pollution. They add to this global warming as they say. If we think about it, it is so difficult for us to practice such things. She took it to a different level when she travelled by ship, when she had to travel from Europe to US, because

she has promised to herself not to travel by plane. She is practicing what she is telling others. She is Gandhian in a way. It was amazing to know that many people in Europe are trying to practice this. Many are avoiding travel by planes wherever it's possible and they are taking train instead of taking a flight.

Anyway, the problems of the world cannot be solved overnight. But we are at times when the leaders cannot just ignore the problems. They will have to do something about it. The greed of the powerful cannot just continue unabated. That's what we are observing. Everything is becoming transparent, thanks to the Internet. The world is watching everything. And the voices against injustice, violence, corruption cannot be ignored and cannot even be muzzled with any amount of force. Until the forces of Light reach their destination, which is the New Age of Peace, we will have to go through this period of struggle. It is a painful period because the darkness does not just give up. It continues to fight for its survival and uses its dark ways of dominance, of violence. So naturally we see a lot of violence and it is so painful to witness these events. But somehow we are born in these times, for whatever reason, we are born in these times. We cannot avoid but be a witness. From our side what can we do? We can help strengthen the forces of Light. That's what we are trying to do here. How do we do it? By meditating more, by channeling more Light, by transforming, by manifesting Love, by practicing all that we are learning here. If we do it in our individual lives, we will be strengthening the forces of Light. That is our work. That is our responsibility.■

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.

AMARAJI – OUR HOPE

Hemalatha Pramod

When we are faced with difficult situations and don't know whom to turn to, it is the Shambala Principles that come to our mind. We just think of Love, send Love or Ananda and the situation calms down. We emerge stronger in every such situation.

Though Shambala is closed to the world during *Kali Yuga*, we have access to the knowledge, energies and techniques of Shambala which are simple yet profound. This is possible because of Amaraji, who passed it to Guruji and Guruji preserved it and shared it with us at the right time. Many meditators have been able to establish Shambala within and are living a life of purity and Love, amidst negativities and impurities of this world. Only a Master like Amaraji could dream of establishing Shambala in Taponagara and these Meditators are our motivation and hope that Shambala can be achieved within by each one of us. Amaraji could dream because of his conviction in the knowledge, energies and techniques of Shambala and with Guruji's complete faith in his Guru, the dream could be carried on further.

Every Spiritual leader talks about Love, but I think only in this Path we have a technique to consciously bring out Love and manifest It. While we wade through the Spiritual Path with our little efforts and sometimes even think of almost giving up, we are guided and helped by Guruji and Amaraji at every small step. When Guruji was all by himself, it was this hope of establishing contact with Amaraji that kept him going and he knew everything would be taken care of after that. Amaraji is our Hope too and Guruji is our candle leading the way towards our ultimate goal.

On his *Jayanti*, we offer our gratitude to Amaraji for giving us such simple yet powerful techniques and relentlessly extending his helping hand with unconditional Love. ■

ETERNAL IMPERISHABLE GRACE

Apoorva Deshpande

I felt the gentle breeze caressing my hair as I sat by the window one breezy Saturday afternoon. As I lazily doodled and mindlessly googled, I looked up what the word Amara meant. I didn't really expect Google to throw up anything significant, but I was pleasantly surprised to know that Amara meant Grace, eternal and imperishable, in different languages. I smiled as I wondered how beautifully every language had caught the essence of the great Master.

As I looked at the dark burgeoning clouds, I began contemplating on the year that had passed, more specifically the latter part of last year. It was 'colourful' to say the least. I found myself running behind a tow truck with bags of groceries in my hands. I managed to fall sick almost every other day, and the days I wasn't sick, I was meeting with accidents. Somehow this spell of unfortunate events was gnawing away at me, leaving me rather hollowed.

I went to my Pooja room one day and sat in front of Maharshi Amara's bust and cried uninhibitedly. Through our Guruji we have learnt that Maharshi Amara would often talk of surrendering to the Rishis. That day in my weakest moment, I truly surrendered to Maharshi Amara. I didn't say anything but I felt as if I was heard; I felt shielded; I felt warm; I felt alive again!

I realised how Maharshi Amara's Grace was always with me. When I met with an accident, a man was there to help me even before I knew what had happened. My godsend of a doctor had diagnosed a problem that I had not even gone to her for! I realized Maharshi Amara was providing solutions to me even before the problems arose but I was too busy wallowing in self-pity to recognise his Love.

My chain of thoughts was broken as the sky thundered. As I smiled and silently thanked Maharshi Amara, it began to rain. ■

AMARA THE MODERN RISHI

Swastika Kanade

“Modern problems require modern solutions.” This has become the motto of the millennials; the generation lost in the ethical orthodoxy of the boomers and the tech-bewitched gen alpha. In this pandemonium of being stuck between ages, Maharshi Amara has gifted us the certainty of Spiritual knowledge, giving us quick fixes to our immediate problems and everlasting guidance too, for, “Spirituality is more for this life than the next as it is totally misunderstood” as the Master elucidated. And hence, an ode in contemporary lingo – GOAT (Greatest Of All Time).

The spellbinding anecdotes of Amaraji inspire everyone to achieve Spiritual finesse. The Modern Rishi has brought equanimity and balance in this hustle bustle of worldly matters and Divine reality. All one has to do, is reach out to him... and lo behold! The path ahead is cleared of the entire hubbub.

His magnanimity cannot be noted in ink, mere words do not suffice. No poet can compose a ballad in his praise; he would fall short of verses that capture Amaraji's extra ordinary glory. Even the greatest artist would fail to portray his numerous shades of gentle majesty. As Guruji once aptly said, “I can go on like this and yet fail to paint him full.”

Maharshi Amara has endowed us the cornucopia of Spiritual realities; it is our inner aurora that calls out to us to accept this glorious heritage and carry forward his splendid legacy – a legacy, which is awe-inspiring and arouses a deep sense of gratitude. The eternal Master's simplicity, humble grandeur and immense knowledge ability inters an aspiration in each one of us to attain the same. And it is our attempts and success at the latter that will dawn the Light Age upon us, enabling us to reciprocate all that he has done for us with absolute selflessness. ■

QUESTIONS AND ANSWERS

(Jayant Deshpande)

(Compiled by Shobha K Rao)

Q: Is our destiny affected by the choices we make?

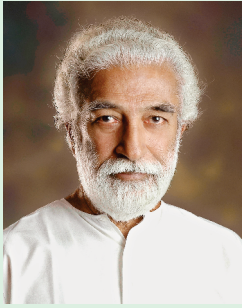
A: Yes. We have a destiny, a karmic track decided at the time of birth or even before we take birth. With the help of Meditations we can change our destiny, because Meditations burn the Karmas. Our destiny is defined by the Karmas. Destiny is an experience of life and is also a gift from God. Taking up Meditations is a choice we make. We also make other conscious choices while living. If we make the right choices based on Spiritual Principles, we grow and we also change our destiny. As we grow and become wiser, our responses improve while dealing with situations in life. When our responses improve, the responses of people around us also improve. So we can say that we constantly keep changing our destiny with our choices.

Q: I feel I lack Divine Love. Is this a concept I will understand through Sadhana or is Sadhana itself Divine Love? And how does one incorporate this in our daily life?

A: As we understand, Divine Love is our nature. And although we think that we lack Divine Love, the fact is that it is within us in abundance. It is not a concept. It is a reality. It's the Truth. The purpose of Sadhana is to experience this Love and to manifest this Love through our living. And how does one incorporate this in our daily life? I feel by just allowing it to operate through us. But generally it is suppressed. So Sadhana is tuning this system to allow this Divine Love to express through our system and to manifest in our life. ■

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/-
iGuruji Vol 1,3,4 & 7	each 150/-
iGuruji - Vol 2	120/-
iGuruji - Vol 5	100/-
iGuruji - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Guruji Speaks Part - I & II	each 200/-
Guruji Speaks (Vol 3)	150/-
Guruji Speaks (Vol 4)	250/-
Guruji Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	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.

TAPONAGARA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

A few weeks ago, one day very early in the morning, I got a call from a person very close to me. She was unwell and had severe stomach ache and diarrhoea. She had no medicine at home and was not in a position to go out to buy medicines. She was crying and felt utterly helpless. She was unable to speak and began conversing with me through text messages. I too felt helpless and began praying to Guruji and Light. I realized later that I unconsciously began sending Love and healing energies to her. And then, all of a sudden, her messages stopped coming. I was worried and anxious. After anxiously waiting for three long hours, finally I received her message. While conversing with me, she had fallen asleep! There was no pain and the diarrhoea had stopped! I thanked Guruji, Light and Santoshi Devi for their help. They always help.

- A Sadhak

I had a terrible conflict with a relative. But surprisingly, I did not react in the way I used to - I could sense and be aware of the negative emotions and could fight them. I prayed hard that I shouldn't hurt the person and realized that the whole situation was about me and my growth. The physical weight that was weighing on me just disappeared when I made the choice to forgive! I was able to practise experiencing Oneness and sending Love to the person too! I am so grateful for the Sunday lecture videos - they give so much of wisdom and help at all times! And truly, each technique really helps!

- Maitreyi Sasank

Lately, things have started working fine in school and in the home front. There has been a lot of appreciation for me in school as a French teacher and healer. Thanks dear Rishis for your continual presence in my life. There has been a lot of struggle to reach this phase, yet it's wonderful to be here! Many times I feel the presence of Rishis at home and there is

a huge shift in life.

- Swapna Tembe

While discarding an old tooth brush, clothes or even the unserviceable electronic gadgets, I have a feeling of gratitude towards them and thank them mentally. I feel the loving contact of Divine communication with them, which we normally experience with our near and dear ones; my heart gets filled with choked emotions and a sense of gratitude while deserting them after their prolonged use.

- Rajendra Rangnekar

I am able to understand and accept the positive aspects of situations even when they seem to be going wrong. My complaining nature has reduced considerably.

- Rajalakshmi R

Through the day, I am experiencing a deep stillness and a sense of a "deep and rich inner life". The sense of this inner reality is so compelling and beautiful, that I don't want it to dissipate. So, I prefer to stay quiet, and I find I simply cannot talk a lot, and prefer to watch and listen when in a lot of company. This is a big change in me.

- Vidya Virkar

I feel so much at peace and I am able to go along easily with the flow of things. I am unable to get into unnecessary arguments and feel sorry for those who do that. I am now more aware of my decisions.

- Pratibha Patel

I experience Peace and harmony in life. I am connected now with people through Love and this makes life more vibrant.

- Sulochana Ramaswamy

I was reminded that as soon as I experience anything negative I have to fill myself with Light. It works every time!

- Alastair Stubbs

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