



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 4

MARCH 2020

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – August 2003 issue)

There are clouds. But there is no rain. There are hopes of rain and relief. Because there is God and He is kind. It is our Karmas that are holding the rain. It is our non-love that gathers misery and sufferings. But Meditations help us to manifest Love and wipe out tears. That is why Meditations are so important and necessary. Amara, who was working with the Sapta Rishis, the Spiritual Masters of this Universe, had explained to us many such truths which he had gathered from the great Masters.

Amara left his physical frame in 1982 suddenly. We were shocked and lost in an ocean of darkness for some time. But it was only for a short time. Amara guided us from the Astral plane. Many could not read him, lost their moorings and left the Path. Some stuck to the Path blindly and devotedly. I had my intuition tuned to Amara though I could not receive communications clearly from him at the time. I could somehow know from him. I did not feel orphaned. He was with me and I knew it.

Amara has been with me throughout. And I could slowly develop communication links with him. He is my Life-line.

Through me, Amara manifested his Love and concern for all the Meditators. There is always help and protection. There is always guidance and direction.

Recently I gave some work to a person though there were others and other options. Amara explained to me later that the same person had done the same work in the last cycle and that the souls who were around me in the last cycle are with me again! We cannot explain such things with the human logic and reason. And we realise it at a different level. ■



★★★★★★

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)**

**Newletter 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 World Channels Day 2020 was celebrated in Taponagara.

NEWS AND NOTES

- ♦ Maharshi Amara's 101st Birth Anniversary was celebrated at our Saptarshi Dhyana Kendra in Anekal on February 1st and at Taponagara on February 2, 2020.
- ♦ More than a million children and teachers from more than 2000 schools joined us in strengthening the Light Channels World Movement by channelling Light on January 31, 2020, the 10th World Channels Day.
- ♦ Orientation class will be held at Taponagara on Wednesday 29th April, 2020 from 11AM to 1PM. The Regular and the External Students who wish to participate may please register with Manasa office for this class. The last date for registration is 27th April 2020. External Students can join from their own places through Live Webcast, which will be available only for them. All the Regular Students, who register for this class, may please attend the Orientation class at Taponagara.
- ♦ A limited number of Maharshi Amara's busts are still available. If you wish to purchase, you may please contact Manasa office.

MEDITATION ON SPECIAL DAYS

03	Tue	Shukla Ashtami
05	Thu	Shukla Dashami
09	Mon	Full Moon Day Kamadahana
16	Mon	Krishna Ashtami
23	Mon	Masa Shivaratri
24	Tue	New Moon Day
25	Wed	Chandramana Ugadi

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12 Noon - 1PM
08-3-2020	Shambala Group meeting at 2PM
15-3-2020	Ra Group meeting at 2PM
29-3-2020	Akhanda Dhyana (Light Channelling): 11AM – 1PM

KAMADAHANA TECHNIQUE

On Monday, 9th March 2020, at the time of moonrise, imagine a Homa Kunda in front of you. Invoke Agni Deva by saying once the Mantra 'Om Agni Devaya Namaha' and imagine fire in the Homa Kunda. Imagine the Arishadvargas – Kama (excessive desire), Krodha (anger), Lobha (greed), Moha (attachment), Mada (arrogance), Matsarya (jealousy). Imagine Kama coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. Imagine that it is burnt completely. Repeat the same for other five. Then thank Agni Deva. Afterwards, you can experience the Light in you for some time.

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.

TENTH WORLD CHANNELS DAY

Manoj Chopra

All revolutions start with one person. Revolution by Light was started by Guruji Krishnananda on May 18, 2008. It is a Spiritual Revolution. Spiritual Revolutions are always silent and kept away from publicity deliberately. A few individuals took the initiative of spreading the awareness of Light Channelling by directly contacting people and groups. They gathered and after channelling Light for some time, began this work. This work got momentum when we began teaching Light Channelling to schoolchildren in 2009. From 2011 onwards, we started celebrating World Channels Day every year. It is the Day of spreading Love, Peace, and Harmony.

Tenth World Channels Day was yet another effort to generate a wave of Peace in the world marred by turmoil. It was a disciplined effort of more than 150 Volunteers. Planning for tenth World Channels Day started on 25th December 2019. Area Coordinators started working on finalizing the plan in their respective areas. Work was delegated to Volunteers according to their availability and time. Some of the senior Volunteers were given more responsibility.

In the first week of January 2020, most of the teams finalized their plans and started working on it. Our Volunteers visited more than a thousand schools and informed the school authorities about the World Channels Day. They were requested to join us on this Day by organizing Light Channelling in their schools. Most of the schools happily accepted our request and promised to join us on the World Channels Day. Request letters were posted to several far-off schools. Hundreds of schools were called upon telephonically and were informed about the World Channels Day. Response from school authorities was incredible as they were waiting for this opportunity. Whenever our Volunteers visited the schools, they were given a warm welcome. They were offered beverages and even breakfast or lunch sometimes.

Tenth World Channels Day was a grand success. A very peaceful Day started at 6 AM with prayers to our Masters followed by 7 minutes of Light Channelling. Between 7 AM and 11 AM thousands of Light Channelling sessions were conducted all over India. Several afternoon sessions and evening sessions were also conducted by our Volunteers. The Day concluded around 6.30 PM after an evening session was conducted by the Pune team in a college. It is astonishing to know that our dedicated Volunteers conducted sessions in more than 300 schools and close to 2 lakh children channelled Light in those sessions. It is also heartening to note that apart from these 2 lakh children, more than 8 lakh children from over 2000 schools also channelled Light in sessions conducted by schools themselves. More than 1 million children and adults from over 2300 schools and institutes channelled Light. Light Channelling sessions were conducted in Bangalore, Tumkur, Chennai, Madurai, Hyderabad, Visakhapatnam, Udaipur, Mumbai, Pune, Sangli, Amaravati and different parts of India.

Swamy Vivekananda's words are perfect for our Light Channelling work. He had said, "We need infinite energy, infinite zeal, infinite courage, and infinite patience, and then only great things will be achieved." Our Volunteers have all these. They have amazing Love for work, which is helping us to spread this Movement year after year in spite of challenges.

We thank all children, adults, school authorities and all Light channels that supported us in our effort to make this world a peaceful place. ■

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 want to share with you two experiences. Like some of you, who are very fortunate, I don't have many experiences! I have once in a way... some, and I don't talk like this about every experience. But I thought I must tell you about these experiences.

For two days, for some reason I was very much disturbed. I could not work. I could not even watch TV. Normally I watch and follow the news channel discussions. One day, the burden of the problem was so much that I couldn't read the newspapers. I thought, "O God! what's happening to me?" This had not happened to me even when I left Manovati. Even when I was living in Antar - Manasa in those conditions, very bad conditions, when I had to suffer a lot, even then I lived like a King and I was smiling and joking! This did not happen even when I left my family. I miss my family. My family is a wonderful family and there is Love. But you see even at that time I did not feel like this. Somehow these two days were very crucial. Maybe I realised later, this is the time that I have to choose. This is the time to choose. Pralaya, with these effects of two eclipses, had its own impact on me. What do I choose? I have already chosen; I have chosen my Guru. What else do I have to choose? I think there will be occasions when we have to make choices; maybe small; maybe big. I tell you all this so clearly, because I try to observe myself, like I observe you and everybody else. It helps me. I realised that I had to make a choice. For me which is important? Is it the world, people,

relations or the work? Is it my Sadhana or the work? I made a choice. I think it's the work. For me the work is very important. Even my Sadhana is not important. For my Sadhana, I totally rely on the Rishis. I know they will give me everything. I always remember and quote my guru Amara's words, "Don't worry about Mukti, it is in your pocket!" I will tell him when I don't get it. I am confident about this. I think I have made my choice... I had to make this choice. When you choose work, you have to lose a lot. You may have to lose the world; you may have to lose relations, people and many things. But again you see you can't have everything. At this stage, there are certain important works that I have to do myself. And if I choose, I lose the world. I made a choice. But during this process I was having very difficult time. Then once when I was just sitting on the night before Sri Ramanavami, at about 12.30, suddenly I felt very, very happy, very relieved. I had my Meditations, wonderful Meditations. Suddenly there was so much joy in me! And all this happened very quickly. I was wondering, "What is happening? Why, am I a mad man? Two days I struggled, suddenly I feel like a young boy." It is then I realised that I was being given the energies of Lord Rama by the Rishis. We worshipped Lord Rama at 12 o'clock, but the Rishis were so kind, they did not wait till the next day. They gave me these energies and I was a different man. It was a wonderful experience.

Yesterday night, I sat. There was a very big question about myself. It was a certain situation, a very delicate and very difficult situation

and it was very testing and challenging. I have faced such situations many times in my life. This time, I wanted to know and I posed this question to the Rishis—"Please tell me, am I right or wrong?" They gave me a vision. The vision was very beautiful, that's what I wanted to tell you. I saw myself as Light. Strangely, it was not this body, it was that of a Rishi and it was full of Light, white Light. And it was not transparent. It was solid but full of Light. Then I saw lot of arrows coming from so many directions. There were seven/eight arrows. I knew what this was. Then I said, "Thank you." I mention this particular experience not to say that I am right. It is to tell you that the Rishis have such wonderful and beautiful ways of communicating. They won't tell you so many things in words. They won't tell you, 'stand', and just go on giving us lectures. But in one vision, they tell you so many things. Spending time with the Rishis is the most beautiful time. I wish every one of you go on spending more time with them.

—♦—

You would have read in papers that they have discovered a new Gospel of Judas. Very strangely, maybe three or four weeks ago, a person asked me a question. "Was Judas a very bad man?" At that time, I was in touch with Vishwamitra Maharshi, who was Christ as you know. He told that Judas was a wonderful person. Christ says that of all the disciples, he is the closest to me; because even before they took birth, they chose the roles. Judas' role was the most difficult role. He did not betray for 30 coins. He had to fulfil his role and his role was the most difficult. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

05-01-2020

This is the first class of the year and I wish all of you a very Happy New Year. It's really difficult to believe that we are already in 2020 and almost a week is already over. Time is running very, very, fast. All of us can feel it. Anyway, with the newer energies of the New Year we have once again wonderful opportunities to move ahead, to let go of the past and move ahead, opportunities to unshackle ourselves from many limitations we may be having and become free, opportunities to choose Light again. Like I have mentioned many times earlier, in God's world opportunities to make Spiritual progress never, never, end. Anyway, in this New Year let us visit some of the basics. Whenever I speak about the basics I wish to state once again with utmost sincerity that I am not a Guru. I don't want even a newcomer to misunderstand me. I am a Sadhak, I can say a senior Sadhak because I have spent 26 years in this Path. I have understood many things, experienced a lot but I have not reached my goal as yet; some of you probably would have reached, but I haven't reached. All of us are journeying together. And this journey is of course, very beautiful. So, many things I speak are from my understanding of the truths passed on by Guruji to us. I am only doing my duty, trying to fulfill my responsibility which is passed on to me by Guruji.

This is a Path of Meditations. Meditations are the foundation of our Sadhana. To have a stronger foundation, we have to meditate every day. Considering the difficulties, the complexities of life, Guruji suggested that we meditate at least 5 days in a week. While I was noting down about these things

about regularity, Sadhana etc., I thought of many great personalities, the Masters, and apart from the Masters the great personalities we see in our life, the Sports personalities for example, people who have done a lot in the area of music for example or any other area, any field. When I read about very inspiring sports personalities, I relate their efforts to our Meditations. How sincerely they practise. For example they get up early and go to the gym and work out hard for hours. For them it is like Meditation. Then they practise hard and during the matches they bring out what they have mastered with their practice. Similarly, Meditations prepare the foundation of our Sadhana. For a sports person working out is not enough, even practising is not enough, although it is very, very, important. They also have to perform well during their matches. Similarly, for us Meditations alone are not enough. We have to build our Sadhana on top of this strong foundation of Meditations. How do we build? We build by positivizing our emotions and thoughts. Our positivizing our emotions and thoughts is like practising and when we go out in the world, we have to perform. Perform may not be the right word, but we have to bring out what we have practised, what we have experienced in Meditations. So Sadhana is not only Meditations, it is also positivizing. And it is also bringing out or manifesting. Sadhana is also living, living positively.

Why do I mention about Sports personalities? If you read about their lives, their passion, their Love for their sport, their commitment, their hard work, their preparation – it is so inspiring. We can learn many things from them and apply in our Sadhana. It is true about great people in other

areas of life, a musician for example. They practise for hours and when they perform, they bring out their best. Anyway. I was saying that Sadhana has many dimensions. It is not just meditating. It is also balancing the material and Spiritual activities of our life. It is living this life fully. This sentence you would have heard millions of times here. How do we live this life fully? God has provided many higher things, higher experiences on this earth. We consciously try to experience these. That is how we try to live this life fully. This is just one aspect. There are other aspects also. Guruji used to give a simple example of experiencing the sky; it is a very spiritually elevating experience. When I joined this Path, I thought Sadhana was giving up life, meditating in the Ashrams or in the mountains. Thank God, we met Guruji and we understand so many things now. I remember we would meet in the evenings on Fridays, sit on the terrace and enjoy the moon, enjoy the stars. How mysterious and profound the star filled night looks! It connects us to God. We experienced these things with Guruji. We have to meditate of course but we shouldn't miss out on these things.

And there is much more. We take care of our responsibilities, our duties, never ever ignoring them. So, Sadhana has so many dimensions.

Humility is a part of Sadhana. Guruji gave the highest importance to humility. He said it is the measure of our Spiritual progress. Respecting others, having gratitude, so many such things are all part of Sadhana. We have to have gratitude for what God has given and gratitude towards what others have done for us.

(Contd. on page 6)

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes one year's Newsletter subscription.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Sri Jayant Deshpande.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

(Contd. from page 5)

God provides everything through His channels. I feel only when we have gratitude towards the channels, then we will be truly grateful to God. Of course, I don't say you must agree with me. There is freedom, freedom to have your own opinions. Freedom is a part of Sadhana. Guruji gave so much of importance to freedom. And he gave us so much of freedom. We received freedom and we have to pass it on to others also.

Respecting the system is part of Sadhana. Do we attend to checkups on time? Do we submit our Practice Report on time? Do we pay our fees on time? Do we pay our bills on time? See. What is not Sadhana, I wonder sometimes. Do we register for programs here on time? We keep reminding that people have to register before a certain day. Example: Shambala Class – We are told months in advance. The last date was 31st December. We are getting requests even now. We are put in such an awkward situation. We have to tell them, "Sorry, but your name cannot be considered for the group." Should we just remove this system and discipline which Guruji wanted us to follow? Then we do not have to displease anybody. But Guruji made this system for a reason. He wanted us to perfect every area of life. We can just teach Meditations and keep quiet. But the concern of the Rishis is our overall development. See, if we think from this perspective, we can easily understand that this system itself helps us to learn discipline, helps us to learn to respect others. If we meditate regularly and do not register on time, we fail in a way in our

Sadhana. So, why not we respect the system instead of getting angry, we can be grateful to the system that it helped us learn, improve. Then we can always join next year. The doors are not permanently closed, never in God's world. There is a margin for very genuine reasons of course. God knows. But from our side if we practise these things, we will be growing.

Anyway, I do not know whether such clear guidance in such details will be given in other places. Guruji would say, "If we practise one Shambala Principle properly, somehow we will be practising all the principles." The best example is Love. If we Love Guruji - all of us love Guruji, that's a fact - then we will love this system established by him. So, naturally everything which is part of the system, we follow.

Is Love the single solution to all our obstacles in Sadhana? I say yes, it is the single solution. If we have this, then we take care of all the details we discussed earlier, everything will be automatically taken care of. Can I love God more? I feel that is Sadhana. The day we begin to Love Him the most, the maximum, which is infinite, I think we will reach the ultimate in Sadhana. We may fail. I feel God is fine with failures. Failures do not indicate our Spiritual condition. I feel like saying even mistakes do not indicate our Spiritual condition. Whether we make a sincere attempt, I think that indicates our Spiritual condition. How sincerely, how sincerely we attempt, we try, maybe that indicates, that measures our Spiritual condition. And do we give up or do we persist? Maybe that indicates our Spiritual condition. ■

QUESTIONS AND ANSWERS

(Shri. Jayant Deshpande)
(Compiled by Shobha K Rao)

Q: Whenever I meditate in the morning because of daylight I find it very difficult to feel the Light compared to meditating in the night. Is it normal?

A: We are not talking of physical light. We are talking of the subtlest Light, which cannot be seen. We can only experience It. So it doesn't matter what time you meditate.

Q: I am going to US. When I meditate there, which direction should I face? In the US, Himalayas will be in some other direction, not in the north direction.

A: Generally we are asked to face North to align with Earth's magnetic field, and also because we have the Himalayas in the North. From a secret source in the Himalayas we receive energies. That is why we sit facing North. When we are in the US or anywhere else, we have to always face North so that we align with the magnetic field of the Earth.

Q: I force myself to meditate daily, unlike before. Earlier I was able to meditate properly but now I am not enjoying it. I just sit, that is all. What should I do?

A: As we understand, ups and downs in Sadhana are natural. We have to accept this and continue our efforts. In Meditation we try to experience God. It is like having an appointment with God. If we long for Him and think of Him with great Love before we begin Meditation and be even a bit emotional, it helps us to enter into deep Meditation. We can try this.

Q: How do I stop channelling? Should I do it abruptly or should I

slowly break the link?

A: The link can continue. We just bring our awareness to this level, when we open our eyes. The channelling continues even when we open the eyes. Guruji had suggested that even when we are not sitting like in Meditation, we can intend and also be aware that Light is flowing through us.

Q: In the Path of the Rishis, is it alright for a person to pursue Sadhana only and give up everything else?

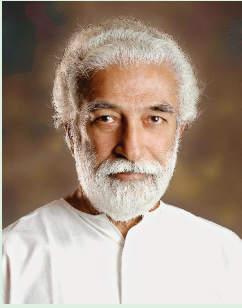
A: Guruji never approved of this. This is like running away from life. Living itself is a part of Sadhana. In fact the very purpose of our coming down here is to live this life fully. Sadhana helps us to live properly, very peacefully. Living is an opportunity to experience and manifest Love; to manifest the beauty that is within us.

Q: I am unable to channel and meditate regularly. I am unable to have high standards of behaviour that we are expected to follow. What should I do?

A: I can only repeat what Guruji used to say about such matters. We think we are incapable of better behaviour. The fact is that we are very much capable. We have somehow forgotten our real potential. We have forgotten that we are a part of God. We are capable of manifesting the finest vibration, which is Love. Sometimes we judge ourselves in a harsh way. And we expect too much from ourselves. Introspection helps. Realization of our flaws also helps. We have to throw away whatever we realize as wrong and continue our Sadhana.■

LIST OF OUR PUBLICATIONS

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Light Body & Other Realities	100/-
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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/-
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The Book of Reflections - Vol 3	150/-
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Light	10/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

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

TAPONAGARA

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

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

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

ANTAR MANASA

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

STUDY CENTRE

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

JYOTHI PROJECT

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

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I have become more sensitive now and can sense the other person's pain, whether physical or emotional. I feel connected to that person and I feel something in my heart.

- **Jaspreet Kaur**

Many times when I practise Yogasanas, I feel weak and at that time I pray to Light to provide me with supplemental energy and Light obliges! What amuses me is that it is just a simple prayer, there's no intensity in it and yet Light obliges!

Whenever I receive help from anyone I feel grateful; now the depth in the feeling of gratitude has become deeper.

- **Nikhil Gandhi**

In the Cellular Healing course, I first practised Light channelling, Saptarshi Pranayama and then the course practice which I have been doing since 20 years. To my surprise, within a week my

pancreas started working and my insulin injection was stopped. Now I am only on tablets. I was on insulin for nearly fifteen years. I am very happy for this change and would like to give credit to Manasa Foundation for teaching me Light Channelling and Saptarshi Pranayama.

- **Nasreen Begum**

I have observed that I am calm under all situations and I am thankful to God for showering His grace on me during such times. I have observed that I am more helpful and "giving"; I have been thinking less about myself and concerned more about people around me.

- **Prashanth C**

Daily Meditations have given me good mental health. I always have the awareness of the Divine. I have become more courageous and also positive by the Grace of Guruji.

- **Kalavathi Ravikumar**

FORM IV

(See Rule 8 of Press and regulations of Book Act)

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	I, S.B. Shyamala Devi, hereby declare that the particulars given above are true to the best of my knowledge and belief.	
		Sd/-
	Bangalore	S.B. Shyamala Devi
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