



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 6

MAY 2020

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**REFLECTIONS**
**Guruji Krishnananda**

(Excerpts from old Newsletter – August 2004 issue)

We have good rains. The rivers are full. The waters can be shared with other states now. And smiles can be spread across the country. In the Spiritual world and in Meditations, Love can be spread across the worlds. Amara taught us to live, smile and vibrate the Divine filling up the Creation with Love, Peace and Light.

Not many understood Amara in his life time. People flocked around him to listen to his Astral ventures, as if listening to an interesting story. Whenever Amara explained Meditation, Samadhi, Consciousness etc., not many were around and one or two took notes. What is etched in mind is a Master who did not bother about who received him or who mentally dozed off. He waited doing his work sincerely, like a devout priest reciting Mantras in front of the idol impervious of the uninterested devotees behind.

Amara knew that it was premature for the yield. But he had to sow the seeds. He did but left his physical frame before he could see any seed sprouting. When he comes down again, he will see a garden with many smiling flowers. I am sure and he will be happy about that. There will be many Meditators and Taponagara will be a city of Light. The foundations are firmly laid already.

Amara was not a man in hurry. He knew that Taponagara was a project of 400 years. It is not like a fast rising cloud that vanishes soon in the horizon. It is like a growing tree, slow but rooted firmly. That is why he did not go to people and people came to him. Mountains wait for the people to come. They do not move.

Amara was a dreamer. But was a realist. He advised Sadhaks not to fight the corrupt systems directly but to gain Spiritual strength first and join the unseen fighting forces in the Astral realms to annihilate the evil. He guided the Sadhaks spiritually whenever there were doubts and confusion, without quoting the scriptures, by the light of wisdom gained directly from the Rishis.

His Light shines in Taponagara. His Love cares, guides and protects all genuine seekers even now and even in the future years. ■



★★★★★★

**MANASA FOUNDATION (R)**

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## 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.



Residents' Book Club meet at Taponagara

## NEWS AND NOTES

- ♦ Guruji's 81st Birth Anniversary will be celebrated at Taponagara on 24-5-2020. For participation, Sadhaks may register their names by 23rd May at Manasa office.
- ♦ The Orientation class on 29th April will be conducted through webcast only from 11AM to 1PM. The Regular and the External Students who wish to participate may please register before 27th April with Manasa office for this class.
- ♦ Some students have requested that we send only the softcopy of the Newsletter to them. It will help us if we know the preference of all the students. Students may please let us know if they prefer to receive a soft copy or a printed version of the Newsletter.

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
10-5-2020	Shambala Group meeting at 2PM
17-5-2020	Ra Group meeting at 2PM
24-5-2020	Guruji's Birth Anniversary program
31-5-2020	Akhanda Dhyana (Light Channelling): 11AM – 1PM

## MEDITATION ON SPECIAL DAYS

01	Fri	Shukla Ashtami
03	Sun	Shukla Dashami
07	Thu	Buddha Poornima
15	Fri	Krishna Ashtami
18	Mon	Guruji's Birthday
21	Thu	Masa Shivaratri
22	Fri	New Moon Day
24	Sun	Guruji's Birthday Celebration
25	Mon	Lord Kalki's Birthday
30	Sat	Shukla Ashtami

## GURUJI'S BIRTH ANNIVERSARY PROGRAM

24-5-2020, Sunday

11AM	Welcome Speeches Special Meditation
12.30PM	Prasada

## PROGRAM AT ANEKAL

Guruji's 81st Birth Anniversary will be celebrated at our Saptarshi Dhyana Kendra on Monday, 18-5-2020 at 11.30AM.

Please visit [www.speakingtree.in](http://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)

I feel very nice after practising Light Channelling. I remember what the teachers teach, the questions they ask and I feel fresh. I feel that there is an improvement in me because of Light Channelling.

- Hima Tupe, Std. IX, Ahilyadevi High School, Pune

After channelling Light, I feel interested in studies and I feel like studying more. Anger and irritation have reduced. I feel fresh. There is a change in me.

- Utkarsha Gaikwad, Std. IX, Ahilyadevi High School, Pune

Since the time I started channelling Light, I don't feel sleepy in the class. I feel fresh. I have also taught this technique to my mother.

- Komal Jeevan Pawar, Std. IX, Ahilyadevi High School, Pune

After practising Light Channelling, I find a change in me; my mind has become still. Earlier I was not able to focus on studies, but now I am able to do it.

- Gauri Kolambade, Std. IX, Ahilyadevi High School, Pune

I don't get any negative thought after I started practising Light Channelling. I feel very calm.

- Kashish Uttam Navale, Std. IX, Ahilyadevi High School, Pune

I felt very nice after practising Light Channelling. I felt satiated and I have taught this technique to my parents also.

- Siddhi Tushar Chavan, Std. IX, Ahilyadevi High School, Pune

My mind is always confused with thoughts. I have fear. I cannot take decisions. But after I channelled Light, for the first time I experienced that my mind had become very peaceful. Thoughts had stopped completely. I did not feel like opening my eyes. Now I will channel Light every day.

- Prachi Kapse, First Year B.A., Garware Night College, Pune

I felt good while practising Light Channelling. Before channelling, I had unwanted thoughts in my mind, but after channelling I am relaxed and cool.

- Anand Raj, Student, AMC National Public School, Bannerghatta Road, Bangalore

I was having headache. After practising Light Channelling I don't know how, but the headache vanished.

- Akash, Student, AMC National Public School, Bannerghatta Road, Bangalore

Light Channelling was a very pleasant experience. I feel very nice and rested. My mind is free. I will practise it regularly.

- Purvi N., Student, J.S.S. Public School, Banashankari II Stage, Bangalore

When I channel Light, my mind does not get disturbed. I feel a kind of positivity. And I get inspired to do new things.

- Bhoomi Vijay Laygude, Std. IX, Pokle School, Pune

In our school we practise Light Channelling as part of our daily routine. It is noticed that the children have become more disciplined. Light Channelling helps to calm their minds and increases their attentiveness. Their memory also improves.

- Smt. Anjana Roy, Headmistress, IES Padmakar Dhamdhare English Medium Primary School, Mumbai

## 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](http://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)

May 2006 (contd.)

Inertia operates at three levels. At the level of the body, it is laziness. There is no other word for it; we understand what it is! It works at the level of the mind also. If you observe, you will notice. Sometimes, we don't respond emotionally as if we are solid rocks! We don't emote. We have to emote. We have to respond to a situation or any situation with an emotion. Queen Elizabeth had her 80th birthday; she was emotional. One must become emotional on 80th birthday! You have to feel very happy, feel very touched. One should be emotional and not emoting is being lethargic. Inertia works like that at the emotional level.

At the level of the intellect, we don't bother to think! We don't respond; we don't think; we don't analyze. Inertia works at that level also like this. We have to be dynamic!

We should get over inertia. We should put aside lethargy. We must respond emotionally. We must think about things. Don't say, "It doesn't concern me ... Nepal is somewhere there, it has nothing to do with us." It has everything to do with us because what is going on there, those vibrations affect us. They affect us at the individual level also. We are not aware of it. Someone dies somewhere, there's some blast somewhere, we may think we are not touched. The fact is that we are touched, we are not aware of it. What can we do? That's a different question. As a human being we have to think in sympathetic terms, emote sympathetically, and understand.

But there is another aspect. Some people sometimes are overactive. It's opposite to the inertia at all levels; physically and emotionally we begin crying; intellectually we start cursing! The point I am trying to say

is that both inertia and being overactive harm. Both are not Spiritual. It's a very difficult thing, you have to respond emotionally and you shouldn't be too emotional, what a difficult situation it is! When you take up Sadhana, you have to understand these subtle points because these make our Sadhana successful or they destroy us. That's why they are important. We have to avoid both these. You have to rise above these things. That's why a state of *Sthitapradnya* has to be practised. *Sthitapradnya* is a person, who is above these. He is not blind. A person who doesn't react at all is not a *Sthitapradnya*. He is a man with lethargy only! A *Sthitapradnya* knows these things and has the control over his own emotions and thoughts. So we have to be *Sthitapradnyas*.

—♦—

It is true that as an individual has a goal, even the Path also has a goal; sometimes, more than one goal. When I say this, I keep in mind that the first goal is to elevate the individual who comes to the Path by giving him the knowledge, by giving him energies and by giving Love, and also by giving everything that he requires for growth, for elevating himself. This is one goal.

There is another goal of this Path, perhaps should be of every Path. We have to elevate not only the individual, but the whole humanity; all life. So, a Path has two goals.

When we join a Path, we fix a goal, could be any goal - mere relaxation perhaps or Mukti. People mention that they have joined our Path for Peace of mind. It could be any goal. As we move on, as we advance, as we understand, our goals get refined. So, this we must allow. We should never say, "I started this and this is my goal. First I will achieve this, then I will

achieve that." We must be very careful, cautious; I say we should be alert and very honest to ourselves to understand that the goals don't go on changing but they go on improving and we must work towards the improved goals. It is also true that the goals of the Path could be higher. As individuals we may not be able to keep pace with these goals. Remember, Sadhana is spread over lifetimes. As my Guru said, "Keep the ship in the direction; that's enough. We will definitely reach the goal and there are Masters behind us who definitely take us towards our goals."

Someday, in this lifetime or some other lifetime, our individual goal and the goal of the Path, become one. Then we should say, we have made good progress.

We are talking of Sadhana. Our approach is very genuine. Understanding the Path, understanding ourselves is more important. We want to progress genuinely, that's why, so much emphasis is given here on positivising. It is so important to get rid of the ego, which is the one factor that drives us away from God, away from Guru, away from all that is fine in this life. We are talking about this from the times of my Guru. When a person asked, "What is the one important thing that I have to do in Sadhana?" he said, "Remove your ego. If you do it, you have reached the highest stage." Let us pull ourselves up. Let us stand before a mirror and try to look at ourselves. We will see so many holes, so many gaps. Let us accept we are hollow somewhere. Let us accept we do not and perhaps, we cannot understand certain things. Let us accept it. We don't have to declare it. Once you accept it, it becomes easy for you to fill up these gaps. ■

## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

08-03-2020

I have picked up some hints for Sadhana from Guruji's talk. We will be able to make progress in Sadhana if we follow them.

Guruji mentioned that we always talk about positivisation. We have to meditate regularly. But even long hours of Meditations are not enough. We have to also positivise. We have to positivise our emotions, our thinking, our acts; we have to positivise our entire life. Apart from this he spoke about a few more things to practise.

The first point is about forgiving. Forgiving is an act of great Love. If there is no Love then it will be difficult to forgive. We will not be able to make progress in Sadhana without forgiving. Forgiving is for our own good.

The next point is about steadfastness. We have to be steadfast in our Sadhana. We have to pursue our Sadhana without allowing any dilution to enter. This is also necessary in relation to our Guru. We know that Guruji had such a strong relationship with his Guru. Guruji said, "A Guru will always guide, always protect. We have to somehow stick to the Guru." Guruji gave the example of a person whom he had met. This person told Guruji that his Guru was not very educated. He was a very simple and honest person. This person once asked his Guru, "What is Kundalini?" His Guru said, "I do not know." That was his simplicity and honesty. But through his Guru, through his Master a great power worked. This power was experienced by many people who used to gather around his Guru. I thought this is such a beautiful point. A human Guru is the representative of the real Guru, God Himself. This person had great faith in his Guru. He stuck to his Guru. In the same way, we have to stick to the

Guru we have chosen. This steadfastness we should have.

The next factor or the hint for Sadhana is about kindness. We have to be kind not only to ourselves but also to others. Again, kindness comes from Love.

The next point is about sincerity. There should be no duplicity if we have to progress in Sadhana. We have to be very sincere in our Sadhana, in whatever we speak or emote or act.

Then the next point is about contentment. We have to be contented with whatever we have. This of course is not easy to come. Sometimes the more we get the more we want. But we have to be contented. Contentment comes after a kind of realisation, realisation of the fact that whatever we have, whatever is here is only temporary. And there is something higher, something beyond this. There is a higher life. There is a higher wealth, Spiritual wealth. Maybe once we realise these things then it will be easier to draw these lines of contentment. Interestingly Guruji said that these lines of contentment are not the same for everybody. They are different for different people. One person can draw a line at a particular point, another person may not be able to draw the line at the same point. His requirements may be more. He will have to draw the line somewhere higher. It doesn't matter where we draw the line but some day, at some point of time in our life we have to draw the line. The line of contentment varies from individual to individual. Rishis are not saying that we shouldn't have things, that we shouldn't enjoy luxuries. They are saying that somewhere at some point of time we have to draw the line of contentment, so that we will be able to devote more time and energy for our Spiritual growth.

The next point is like this: We are Divine, all of us, no exceptions. Everybody is Divine. All of us are Divine in the core and we are human at the surface. Sometimes there will be negativities that will surface. Sometimes we get angry or we become jealous. Guruji mentioned that this is natural for human beings. These things, such negativities occur at the surface. The surface as we know is always full of waves and the waves take birth and they die. So, these negativities they come and go away. Getting angry, being jealous, is human. If such things happen to us, we shouldn't immediately judge ourselves and say, "Oh, I am so bad." We shouldn't jump to such conclusions. We shouldn't think, "Oh God, I am not making any progress." The most important thing is that we must allow these things to die and not hold on to these things. We shouldn't allow these negativities to persist for a longer time. They come and go, it is fine. We shouldn't hold on to them.

Another hint is about a kind of self-assessment or introspection. Guruji said, "Let us ask ourselves periodically whether there are any changes in us. After we have taken up Meditations, after so many years of Meditations, after becoming a volunteer, after having taken up the work of the Rishis, are there any changes in us?" Let us individually assess ourselves. It helps our Sadhana. And this point Guruji would repeat always that whenever we do such self-assessment or introspection, we have to be very careful about not judging ourselves, not condemning ourselves. If we realise that we have not made progress, let us make a fresh beginning again, instead of crying, judging ourselves or condemning ourselves. We will be able to change ourselves if we persist like this in future. ■

## 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.

## THE GURUJI I PERCEIVE

Usha Satishchandra

How does one perceive Guruji? I wonder at times. His personality at this level was overwhelming and unforgettable. His one endearing smile would wash away a thousand fears and doubts. Peace and bliss flowed naturally through him and enveloped us. This vacuum is irreplaceable! One may wonder can this void be ever filled. What about the ones who never had an opportunity to meet him physically. Rest reassured, Guruji on one occasion mentioned, "You are all here, in my core." Just imagine we are housed in him!

There are many such higher perspectives Guruji shared in his teachings. Birthdays are one! Birthdays are very close to my heart. I knew they were very special and symbolic. Without a warm handshake birthday greetings were incomplete to me. It helped me to connect deeply and dearly to people. It signified a true celebration! But soon I realized my simplistic approach when Guruji shared a supreme dimension to it. He said, "On every birthday we take birth. The body may be the same, but the cells will be different. We are not the same people. This birthday, I am different."

This perspective was totally new, unimaginable. We buy new clothes; we receive gifts, and abundant love and blessings. And as we grow in years, the belief is we grow older, we grow wiser etc. But this is simply amazing, an opportunity to go back to our state of purity and innocence. A licensed birthright, it never occurred!

Guruji words, "There are always opportunities in God's world", beckons us. As we greet him on his birthday lets open ourselves to several dimensions in him. He takes birth yet again in us with newer knowledge, abundant energies and undying hope! We just have to offer ourselves in gratitude and love and follow him in thought, word and deed and grow in him. ■

## THE MULTIFACETED MASTER

Apoorva Deshpande

I have been trying to put pen to paper for a long time now. Somehow words are unable to encapsulate what I feel for the great Master, my agony aunt and my Guru.

I had the good fortune of meeting Guruji very early on in my life. One day I tagged along with my parents to meet Guruji. As I looked around the room, I chanced upon Guruji's toenails. They were clipped and filed to perfection. I looked down upon mine, they looked like ragged claws. I quickly hid my feet and continued staring at Guruji. His eyes oozed a certain kindness that I hadn't seen in anybody else's eyes before. His laughter filled my heart with a joy I couldn't comprehend. By the end of the meeting I had firmly decided in my mind, that Guruji will be my Guru, although at such a young age, I had no idea what that meant.

Adolescence was full of challenges, confusion and complexes. I would often write to Guruji or meet him. He would sometimes spend hours with me, showing no signs of hurry. In him I found God. By then the equation was fairly simply for me; Guruji = God.

I would joke, laugh and cry with Guruji. We would often discuss sports, movies, spirituality and politics. He listened to my views with great attention and interest, never once making me feel that I was too young for these conversations. He had a sense of humour that makes me laugh to this day. In him I found my best friend and confidant. The gaping hole he left behind remains unfilled to this day.

I remember crying silent tears in a corner when I went to meet him in the hospital one day. He saw me, he called me forward and wiped my tears away and said something as he smiled lovingly at me. That is a smile I carry with me to this day. A smile that I will ardently keep looking for in every lifetime. ■



**QUESTIONS AND ANSWERS**

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

**Q: How can we be free of ego?**

A: We cannot completely be free of the ego, because ego, as we understand, is a part of our personality. Ego is the collective intelligence of body, mind and intellect. We have to operate through this ego to live in this world, to exist in this world. This collective intelligence, although limited, is not necessarily negative always. There is another aspect of our personality which is referred to as the ego. It is the attitude of the soul. Guruji explained it as the Soul's choiceful intent. The intent of the Soul makes the ego negative or positive. Anyway, when this person asked this question, he was referring to this negative attitude. This attitude comes in the way of us and God, this attitude comes in the way of us and any other human being. I think it is possible to get rid of this attitude. That is why we have taken up Meditations. That is why we consciously try to positivise. There is no technique for this but if we accept, really accept that everything is Divine then we can easily get rid of this negative attitude.

**Q: How to remain alert all the time, meaning how do we make sure that the ego does not grow at any point of time and we are always humble?**

A: I think initially we have to consciously cultivate humility. Then as we go on practising, it becomes a way of life. I remember Guruji used to say that before responding to any situation or to a person with whom we are interacting, we must take a pause, and in that

pause we should try to connect to the Light. When we do that, we will always be alert and will not allow the ego to grow.

**Q: I do not have experiences that are mentioned in the Newsletter. Why does this happen?**

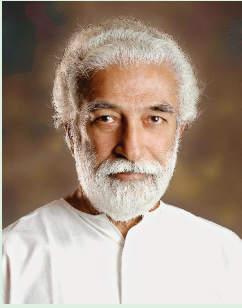
A: Guruji had said that taking up Spiritual Sadhana is like boarding a bus. Our Spiritual journey begins. Some people sit at the window, some sit in the middle, some take the aisle seat. And as the bus moves, what the person at the window sees, the person sitting in the other place does not see. But all the people in the bus will be moving for sure. Some may be sleeping and do not see anything, but even they will be moving along with the bus. Similarly, some people may have certain faculties opened, probably due to their past Sadhana. They may have certain special experiences, visions. They may be able to see things at the subtler level. But, we need not feel disappointed that we do not have these experiences. Even we will be making progress if we pursue our Sadhana in the Path. Maharshi Amara had in fact said, "Experiences are good but not having them is better." Experiences do not measure our Spiritual progress. Experiences printed in the Newsletter motivate us, encourage us to pursue our Sadhana, and they also strengthen our faith.

**Q: How do we overcome non-love?**

A: By filling up ourselves with Love, by manifesting Love. When we carry Love, when we manifest Love then non-love has no place in us.■

**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/-
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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 feel that these three months have been suddenly life-changing. I don't know why but somehow, my Sadhana has been more focused. I consciously make efforts to stay calm, keep Light, meditate or at least channel every day. And when I practise the first Principle of Shambala, the happiness I get is wonderful! Now, I just need to focus more on experiencing and manifesting that through my day!

- Shriya Sasank

I don't get upset in difficult or challenging situations in my life, like I used to. I am calmer now.

- Padmavati B

The night before I left for my holiday to Florida, I was reminded during Light Channelling that my report was due. It was again a reminder for me from 'someone' asking me to send my report on time.

- Vinamra Longani

Last month, in my office, a client unnecessarily dragged me into a controversy and threatened me with legal action when I was not at fault. I prayed and requested Light to help me. Somehow that matter was sorted out with minimum harm to either side. Light works in Its own way!

- A Sadhak

When I heard the news of the possibility of presence of virus in Bangalore, I prayed to Guruji and Rishis for a solution for entire humanity. After some time, I heard that a solution will reach everyone as we channel Light, and everyone will be protected. It was so assuring, I felt good, blessed and felt relieved.

- Sudeep Jayram

Every morning when I get up, I look forward to the freshness of the new day. Instead of looking for big things, I

feel happy with little things. I feel like a child crawling inside a cave, chasing a bright beam of light and living only for that moment.

- Sulochana Ramaswamy

During Meditation, my entire body, especially my entire head and both the hands feel vibrations and at the same time I feel very calm, peaceful and happy.

- Kumar Tumkur Nagendra

The day after Deepavali, my father had to be hospitalized in the middle of the night due to some health complications. I kept calm and sent Light to him. After an hour his parameters stabilized and he was discharged. I knew that this was because of the blessings of the Masters flowing into him.

My daughter was going through tough times professionally. Light Channelling helped her a lot. I am so grateful to the Masters for their guidance and help. I feel protected and full of love and gratitude.

- Madhur Tyagi

In these troubled times, where almost everyone in the world is experiencing a crisis, I channel Light to the whole world, and the Peace and Love I experience after this... I am unable to put into words.

- Priyamvada Godse

Every day brings something different for me, and now I feel as if I can deal with situations relatively with ease than before. I feel there is a kind of a Shield of protection at all times, and even my thought processes which at times would be numb are as alert as ever. This is only due to the Grace of our Guruji and the Rishis.

- Nandita Patel

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