



MAHARSHI AMARA (1919-1982)

### WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

#### LIGHT

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

#### LIGHT WORK

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

#### LIGHT BEINGS

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

#### SAPTA RISHIS

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

#### MAHARSHI AMARA

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

#### GURUJI KRISHNANANDA

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

#### SAPTARSHI DHYANA YOGA

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

#### THE AFFIRMATIONS

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

# DOORWAYS

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Rs. 25

## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – March 2005 issue)

The climate is changing, so say the scientists. The climate at another level is also changing. But not many have noticed it. The Rishis monitor this work to improve it.

When a large number of people gather and focus their attention on a single thought, the thought gathers enormous energy. When this field of energy becomes active, it brings unbelievable effects. This is science.

The energy can be used for a good purpose or a negative effect. Here comes the ethical factor.

Great Spiritual leaders used it always to elevate the Spirit; to integrate the human and the Divine. Their work activates processes that remain alive for centuries and lead man to a Higher Life. They walk on this earth rarely, once in centuries.

“When thinking stops, Love begins.” This is true of the ordinary love. But Divine Love begins with thinking and emoting. It expands and fills up every thought and emotion. Divine Love is the noblest emotion and the finest thought. It is difficult to separate it from the thoughts and emotions. It can be experienced in thoughts and emotions.

Divine Love is not an abstract experience. It is a cognisable thought and an emotion at this level.

When we understand death, we understand life. When we understand pain, we understand joy. When we understand the alienation, we understand the Union, Yoga. ■



**MANASA FOUNDATION (R)**

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## MEDITATION CLASSES

The Meditation classes in the city centres in Bangalore were cancelled until March 2021 in view of the Covid situation. Considering that the pandemic is not yet over and the situation is not fully in control the classes will continue to remain cancelled until further notice. We will continue to assess the situation and decide when to resume the classes.

Until such time Online classes will continue through webcast of Sunday classes. The Basic classes are also being conducted online every Sunday from 10AM to 11AM. A new batch starts on the first Sunday of every month.

Also, a guided Live Online Light Channelling session will be conducted every 3rd Sunday from 11 AM to 11.30 AM which will be open to everybody. It can be accessed through the following links:

[https://www.lightagemasters.com/lc\\_live](https://www.lightagemasters.com/lc_live)  
<https://www.facebook.com/lightchannels>  
<https://youtube.com/RevolutionByLight>

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.



Residents celebrated Diwali at Taponagara by lighting diyas in the structures.

### NEWS AND NOTES

- ◆ Guruji's MahaSamadhi day will be observed on 28-11-2021. Due to the current Covid situation, gathering of Meditators will not be possible. The students can participate through Live webcast.
- ◆ Manasa Calendar for the year 2022 will be released during the program.
- ◆ A new batch of Shambala Group will begin on 9th January 2022. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this group may register with Manasa office before 31st December 2021. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2021.
- ◆ Meditators of the Shambala group joined through live webcast on 14th November and mind-linked and meditated to receive initiations from the Shambala Masters.
- ◆ Meditators of the RA group mind-linked and meditated on 21st November to receive special energies of RA.

On 4th December there is Solar Eclipse from 10.59AM – 3.07PM. Please channel Light to the whole world during the entire eclipse period.

Please visit [www.speakingtree.in](http://www.speakingtree.in) to read Guruji's blog and watch his videos.

### MEDITATION ON SPECIAL DAYS

03	Fri	Masa Shivaratri
04	Sat	New Moon Day Solar Eclipse: 10.59AM – 3.07PM
11	Sat	Shukla Ashtami
13	Mon	Shukla Dashami
16	Thu	Shoonya Masa begins
19	Sun	Full Moon Day
24	Fri	Christmas Eve
25	Sat	Christmas
26	Sun	Akhanda Dhyana
27	Mon	Krishna Ashtami

### PROGRAM AT TAPONAGARA

Currently all programs are conducted virtually through webcast only and there are no physical gatherings at Taponagara as of now. Students may mind-link with Taponagara and participate from their own places.

Sundays	Lectures: 11AM-12Noon Light Channelling: 12Noon-1PM
25-12-2021	Christmas Special Meditation: 12Noon-1PM
26-12-2021	AkhandaDhyana (GroupMeditation): 6AM-6PM

### AKHANDA DHYANA

On 26-12-2021 from 6AM to 6PM. To participate students may mind-link with Taponagara and channel Light from their own places at any convenient time and as long as possible.

## LIGHT CHANNELLING FEEDBACK FROM SCHOOLS

(Compiled by Vaishali Joshi)

I had accompanied the students on an excursion to Kanyakumari. The students walked to the shore temple, while we went to get tickets to the ferry to visit the Vivekananda rock shrine. To our disappointment it was closed due to rough sea. We gathered in the park and had lunch. In the afternoon some primary class children eagerly channelled Light and prayed to It to help them visit the shrine. At around 4 PM, though we were ready to leave the place the students requested the guide and master to try again. Though it was a long walk they agreed and soon they sent word that the ferry was open. We rushed there to find a big crowd waiting and the gates closed, but the guide came out with the tickets with special permission from the Presiding Officer of that office. We were on the last ferry. We meditated in the hall and watched the sunset in a clear sky. We left as the rock was lit up with brilliant lighting leaving a lasting impression of the wonderful energy we experienced. Thanks to the Grace of Light. I wish to share this little incident with others through your Newsletter.

- Ms. Uma Krishnamurthy, Headmistress, Jnana Bodhini School, Sheshadripuram, Bangalore

When I practise Light Channelling, it not only gives me peace of mind but it also influences others around me. It is the best way to make our Life, others' Life, the city and the world peaceful.

- Ms. Munaza Yameen C., Karnataka Public School, Bangalore

My daughter studying in Std. VII of Holy Angels School, RPC Layout Branch, Bangalore, practices Light Channelling daily for 20 minutes. It has brought many changes in my daughter. I am heartily thankful to Manasa and wish that Manasa Foundation spreads this Light to every child.

- Ms. Hajira Rafee, Chandra Layout, Bangalore

Light Channelling was introduced to our Staff and students during the last academic year. It is very encouraging, inspiring, motivates towards success, Peace and Love. Thank you.

- Shri. Chary C. N., Principal, Raghavendra English School, Cholurupalya, Bangalore

The Light Channelling program has made a big difference in our lives. We practise it every day for 5-7 minutes after the Assembly. Teachers have reported that the students have gained more of positive energy as this technique helps them to get along with the day well. I myself feel good and energy flowing in me when I practise channelling. We are and we will continue practising this Light Channelling technique to spread Love and goodwill among us.

- Ms. Sridevi R., Asst. Headmistress, Raghavendra English School, Vidyaranyanagar, Bangalore

We are doing Light channelling regularly. Due to this technique we are able to keep the mind free of tension.

- Mrs. Shabina and Mrs. Omana, Teachers, Balaji International High School, Hegdenagar, Bangalore

When I channel Light, I feel that I am in the Light world. I forget all my tensions and feel very calm and peaceful. I channel Light in the morning and at night for 24 minutes and I am very happy doing it. I thank Light for such an experience.

- Anusha R, Std. X, St. Rohith High School, Bangalore

## 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)

October 2006

There was a very genuine question - "I have surrendered to Lord Krishna. Then how can I surrender to the Rishis now?" That's a very good point to begin with. As we understand Sadhana, we realize that Lord Krishna and the Rishis are the same. I will elaborate on this point later.

When I was writing the book 'Doorways to Light', I knew that it is going to be a very important book. If there is time, I would like to write one more book.

I have said many times, particularly when I was talking about the work of the Rishis, that we have to gear up a lot. I think, first we have to understand three major factors when we take up the work or Sadhana. Many youngsters have joined or some are joining now. All of them and also the sadhaks, have to understand these major factors.

1. Freedom: We have freedom here. We talk of it so often. We have to use it properly with maturity and with a great responsibility. I have chosen these words very carefully. You have to contemplate on this. We have to remember that the freedom that I have, everybody else also has.

2. Ego: It is always the ego - ego has brought down empires. We know from Puranas, from history - I don't go into details - that ego is there only to damage and destroy. We have to keep this ego under check. Many times, this ego makes us behave in a very unreasonable way. It makes us aggressive. These are two very important points to notice. That is, being unreasonable and aggressive. These create conflicts. With conflicts disharmony is natural. Then dislike develops. We start disliking a person. Then it goes on like that. It is not good. When these things happen, we stop looking at the work as a whole and

we start behaving only as individuals, and somehow, we bring down the quality of work.

3. Love: I have spoken of this number of times and I think I have to speak of it many more times. Where there is Love, there is no problem. Where there is Love, there is accommodation. We have to base this as part of our work. Without Love we can't do anything; we can't accomplish anything.

We are advancing into the New Age and new knowledge and new techniques are being given to us. Then it becomes important and imperative that we gear-up our Sadhana to that level. We have to improve our Sadhana. The same old methods are not enough. We can understand with simple examples. *Bhajans* would have been enough for Sadhana, but we know that they are not enough now. We have to take up Meditations. Someday, even Meditations will not be enough. We have to practise Shambala Principles. So, as we advance into the New Age, even Sadhana has to be improved. We have to understand Sadhana.

What is it that we are after? We are after experiencing the formless God. Only this experience gives the required wisdom to live this Life properly. With this experience, we can deal with any situation. This is the essence of Sadhana. It is only when we experience, we have the real Knowledge. Knowledge brings us wisdom. That is why, anything lesser than this, we have to keep aside. Experiences are good when you begin your Sadhana. Then you have to go beyond these experiences. We should never get stuck. Whatever experience we have, we have to say, "It is good", and we have to surrender it. Surrender the benefit of the gift to the Rishis. Then you must go on moving, on and on. This is very

important to be understood in Sadhana. The tendency or the trap is to get stuck, once you start enjoying certain things.

For example, Astral travel is required to add more Knowledge and experience, that is all. We don't practise Astral travel just to visit a place, visit a friend or for such small thrills. If we go on practising only Astral Travel and neglect the other part, then practising Astral Travel becomes a hindrance. There are many traps like this, which I come across when I meet individuals. I try to point out to them and tell them, "Don't do this." It is there the importance of a Guide is felt. For a very serious doubt, I always went to my Guru. I would spend hours and compose lines and go and place before him, and in one sentence he would demolish it, because he had that wisdom. And I used to read books. If you read some books, you enjoy reading the language. All this is fine, but ultimately, the answer to a simple question will not be there in the book. My Guru was a specialist that way, he knew not from reading books, but by direct experience.

I went to him on the day after *Maha Shivaratri*. I saw that the whole room was filled with *Vibhuti*. I asked him, "What is this?" I can't forget his words. He said, "Lord Shiva had come and Saptarishis worshipped Him and they left this as a sign." Anyone wouldn't straightaway accept it, particularly in the beginning. But, the truth behind the words was so great that without blinking an eyelid, I accepted it. I always say, "The truth has its own impact. Purity has its own impact." I could feel this in my Guru. So, an individual guide is so important to clarify all these things. Understanding Sadhana is very important so that we do not waste time in olden ways or irrelevant ways. ■

## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

10-10-2021

A friend of mine told me that when he is involved in doing something positive, very noble, when he is able to help others unconditionally, he feels very happy. He feels very good about it. It gives him a great satisfaction. He feels elevated. I thought, how true it is! When we manifest our nature, we feel very good about it. It gives us a great satisfaction. And when the opposite happens, we don't feel very good about it. We feel miserable. This would have been everybody's experience. If we keenly observe, we will notice these things. Then it helps us to choose, to decide, what state of mind we want to live in.

A person bought a new car, and he came with his family to show it to me. When I saw the family and the new car, I felt very happy for this person. I felt as if I had bought the car. Later on, when I was thinking about this feeling I had, I felt very good about it. Then I thought, "This should happen to me every time, not just on this occasion with this particular person, but every time somebody buys a new car or when somebody is blessed with a gift, I should have the same feeling of joy. If it can happen to me every time, then I can say that I am truly One with the world." This, as I understand, is the beginning of Oneness. When we feel the joy when others experience joy and when we feel the pain when others experience pain, then this is the beginning of the experience of Oneness. This may not be the complete experience of Oneness, but maybe this is the beginning. When we experience Oneness with people around us, we experience this Oneness with the Universe. This is what I understand. I could be wrong technically. Oneness

is a big thing and an experience like this may not be the whole, may not be the complete experience of Oneness. But it is the beginning. People around us are the Universe. They represent the Universe.

Anything that happens in our Life is not an accident. The people around us are not there by accident. And we may feel that they are a test. Yes, it is possible. They are also an opportunity. A test is also an opportunity. Only when we go through a test, we grow. We experience Oneness in Meditation. Then how does it manifest at the human level? Probably this is how it manifests. We experience joy and pain with others.

I began thinking about it. I thought that every Spiritual experience in Meditation has to manifest at the human level. It manifests through this system, this beautiful system gifted to us by God - of this Body, Mind and Intellect. So, this experience will manifest as an expanded thought, a beautiful emotion and very positive acts. That is what should happen. But we know that there is a force within us, a resisting force within us which resists this manifestation. Probably it comes from the ego. Wherever it comes from, somehow we have to, not allow this force to take over. And we have to consciously allow the experience in Meditation to manifest. Every genuine experience has to manifest in some way. When a great experience in Meditation takes away the bitterness from within us and brings a smile on our face, then we have to say that the experience is complete. Until then we have to say that the experience is not complete. Or if we have to be a bit harsh, we can say that the experience is not

genuine.

One can argue, "An experience is an experience. How can we say it's not complete?" Maybe I have to say, that the Spiritual processes behind a Spiritual experience, remain incomplete until we begin to manifest this experience in our living. That probably would be a correct expression. We know that this is the requirement of the current time, the New Age, that we manifest the experience, that we manifest Love.

Is it very difficult to manifest the experience, manifest the Divine? We know that we have to be human first. Guruji said, "Human first, then Divine." And now I have understood that being human is being Divine. Anyway, is it very difficult? I don't think so. Because, if it was very difficult, Masters wouldn't have told us. Masters tell us what we can do, what is easily possible. They are not asking us to do great sacrifices and become a saint. No. They are asking us to do simple things which we can do, because that is what we carry inside us. That is our nature.

It is possible that we look at the world and we feel discouraged. The world is not yet in the New Age completely. It is still growing, along with us of course. We are also not there as yet - in the New Age. So maybe, we look at the world, we see so many things, the negative side the world has, and we feel discouraged. It is possible that we feel threatened, and we become protective. And then we may think, "Why should I be good to this world?" I am not saying that this happens to us all the time. It doesn't happen to us all the time. Sometimes this may happen. And at such times we may start thinking, "Why should I?"

(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)

So what should we do at such times? I know there are no easy answers. Of course, I know it is easy to stand here and talk but to face these difficult situations, it is not easy. I understand that. But then we have to focus on our journey. What is our focus? Why are we here? Why are we meditating? We do things not because of the way the world around us behaves. We have to do things because we want to do. We want to do things in a particular way, not because the world influences us or discourages us. It is our choice. The fact that we are here, it means we have chosen to follow our *Dharma*. Because we have chosen, we have to manifest our nature, not because somebody else is telling us or somebody else is discouraging us.

We are the leaders; we are the trendsetters. Guruji used to tell us this. The Meditators, not only in this Path, anywhere in the world, are the leaders. Leader is not a person who gives a speech. A person who gives a speech may not be a leader, if he is unable to practise the values. A leader is a person who silently manifests Love. So a silent Meditator, unknown to the world, is a leader. A Meditator influences the world around him, and that is how he leaves an impact on the world. With his thinking, with his behaviour, with his living he leaves a beautiful impact without giving a lecture of course. He leads by example.

I think the Masters, our Masters have told us very clearly that we are moving towards the New Age and this is the requirement of the New Age - to manifest goodness. There will be a million obstacles, million forces to deter us from doing good, but we will do it

because we believe in it. We are the leaders, not just the people of this Path. Anybody who is committed to this march towards the New Age, is a leader. So it doesn't matter what others are doing. We have to manifest Love because we have chosen.

New Age is not something that is given to us on a platter. Of course the Masters are working for it, but at the human level we have to work for it. Then it will come. It won't just come, descend just like that. Masters are doing everything and they are helping us, they are giving us the inspiration, the motivation, the help, the energies, the knowledge. They are helping us in so many ways. They are giving us the comforts at the material level. Everything is taken care of. All we have to do is to just move ahead. We have to work for the New Age to descend. And how do we work? We work just by being good, by being honest. We will be good even if others are not good.

I am explaining a very general understanding. I am not picking up a specific example. People may say, "What about our exploitation; goodness is exploited." That is an entirely different argument; that is a different context. I am not talking of that. Guruji himself said that we shouldn't allow ourselves to be exploited. That was an argument in a different context which is of course very, very valid. I am explaining a different point. I am saying that we shouldn't give up faith in goodness.

The world may discourage us, but our goal is to work for the New Age. Because that is our goal, we have to hold on to being good, being honest. ■

**QUESTIONS AND ANSWERS**

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

**Q: Is ego a part of the soul or of the mental body?**

A: Ego is the collective intelligence of body, mind and intellect. Generally, it is understood as a negative thing. It is a fact that it has limited wisdom. Guruji also said that ego is an attitude of the soul. The person is asking clarification in this regard. The soul has to take responsibility for the attitude of this system, for its mistakes, for its behaviour. When the soul is with God, with Light, without any bodies, it will naturally have the wisdom of God Himself. But when the soul takes upon the *koshas* or the bodies to experience the Creation, each body imposes limitations. If the soul is not strong enough, it gets influenced by the wisdom of the ego, which being limited, may not always suggest the best response. Soul is a part of God and it will always know the best. But somehow, it may not have the strength to go against the suggestion of the ego. And the soul has to blame itself, for allowing the ego to grow stronger. That is why we take up Meditations to grow stronger spiritually, to add more Light to ourselves, to become stronger than the ego, so that, we can choose the right and the best option. And when the soul asserts and chooses the right option, the ego also follows, it listens to the soul. As we keep growing, as we anchor ourselves in Light, there will be no negative attitude. And although we will still have the ego - meaning the collective intelligence of body mind and intellect - it will be silent, as if it doesn't exist. We will be egoless that way.

**Q: Is it the ego or intellect that stops us from developing faith?**

A: I feel the ego can create doubts. Intellect will keep us engaged in lot of

analysis and logical thinking. Faith we know is beyond logic. It comes from knowing directly, directly through experience or through intuitive knowing. If we know directly, then even the intellect or the ego cannot really come in the way of our developing faith. To know directly, we have to meditate.

**Q: Are emotions a manifestation of the mind?**

A: As I understand, as we have learnt here, emotions rise in the mind. They originate in the mind. Thoughts originate in the intellect, emotions originate in the mind.

**Q: When we have access to more knowledge after death, why do we still hold on to the ego at that level?**

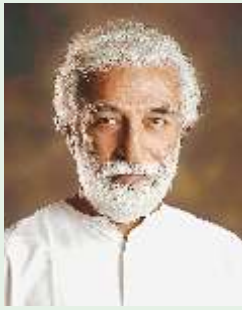
A: I feel, although we have more knowledge after death, we will still be having our limitations, because we will still be having the mental and intellectual bodies and we know that these bodies impose limitations. So, after death, although we will know quite a lot, much more than what we know now, but we will not be knowing everything. So maybe that's why we still hold on to the ego. Of course, it depends on our Spiritual condition.

**Q: How to be in silence for longer periods of time when we are not meditating?**

A: I think it may not be possible to observe silence all the time because we have to live in this world; we have to deal with the world. We can be calm. We can practise the first principle of Shambala. We can talk to people, we can be calm, then we will be carrying this silence at other times also. ■

**LIST OF OUR PUBLICATIONS**

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ಬೆಳಕಿಗೆ ಬಾಗಿಲುಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರೂಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರೂಜಿ ಭಾಗ 2	120/-
ಹೌಸ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿರೂಪಣೆ ಅಭ್ಯಾಸ	50/-
ಅಧುನಿಕ ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	50/-
ಗುರೂಜಿ ನಾ ಕಂದಂತ್	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸ್ತೃತ ಗಣಪತಿ ಮಂತ್ರಗಳು	100/-
ಅನೇಕಶಿಷ್ಯ ಅಪರೂಪದ ವಕ್ತೃಗಳು	120/-
ಬೆಳಕಿನ ಶಂಕರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयुर्गुरुजी (Marathi)	100/-
ध्यान कैसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
ಶ್ರಿಯಾನಂದಂ ಶಿಷ್ಯವೃತ್ತಂ ಉಪದೇಶ	50/-
ಉನ್ನತಿಯಿಂದ ವಾಯುಶಿಲೆಗಳು	200/-
ಶ್ರಿಯಾನಂದಂ ಯೋಗಕರ್ಮ	50/-
ಆತ್ಮತಮಾವಿನ್ ಅವಿರೋಹಣಂ	50/-
ನವೀನ ಗಿರೀಶಿ ಉಗ್ರವೀನ್ ಕ್ರೂರ್ಮ ಸಾಕಸುಖಗಳು	50/-
ಸಂಪಲನಾ ಶ್ರಿಯಾನಂದಂಗಳಿನ್ ಅಪರಿಶಯಾಸುಖಗಳು	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯುಧಂ ಎಲ್	50/-
ಕಾಂಠಿಕಿ ದ್ವಾರಮುಲು	100/-



**GURUJI KRISHNANANDA (1939 - 2012)**

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

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

### **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 Gurujee lived from 1987 to 1992.

### **STUDY CENTRE**

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

### **JYOTHI PROJECT**

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

### **VISITORS**

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

### **APPEAL**

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

## **SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL**

(Compiled by Shobha K Rao)

The left side of my face and my ear was paining after the tooth extraction. This happened in the month of June this year. I wasn't even able to open my mouth, talk or smile. After some time, I sat for Meditation and prayed to Rishis to heal me. Suddenly, I felt strong energies at the affected part. The deadly pain was healed! That's how Rishis brought back the smile on my face!

- Nabha Bele

I am working in Govt. Hospitals and I have helped to save distressed public as much as possible during the Covid Pandemic. My work and profession carried infection to my home. Everyone got infected many times and still none of us lost hope. External pressures and financial distress couldn't shake our faith and belief in our Path. The only relative or relation that helped us during these tough times was Meditations, Gurujee and Sapta Rishis' Grace. Every problem - physical or mental, was duly taken care of by Gurujee. He was more than a Father to me during these tough times. Every breath I am taking in is like a new lease of Life given to me by Gurujee and Light. I shall remain forever indebted and grateful to this Path and Rishis.

- Chandrakala Lakshmisha

Buying air tickets was so tough; I prayed to the Rishis and miraculously got two tickets for my parents - last two tickets on that flight! All through the journey we received so much help! They came on two wheelchairs and everything went so smooth. The Rishis made this possible.

There are times I have felt Gurujee's presence. Once I smelt strong sandalwood fragrance for a few minutes though we had not lit any incense stick!

- Gayatri Ambady Bhatia

It feels like the incoming energies are ever increasing, leading to more emotional

downloads and compassion, for myself and others.

- Roland Pfeffinger

I am monitoring my behaviour. I did not get agitated any day and I am experiencing lot of happiness and peace within.

- Aparna Kongot

2021 has been turbulent for me due to certain experiences. Yet it has been a period of immense growth. I am able to carry and experience much more Love than ever before. I feel this in my interaction with people. This has also been a time of quietness and letting go, of becoming more capable of understanding Life. I have realized that Life is much easier if we fall in line with God's plans for us.

- Nimmi J

Experience of Light itself is uplifting, thus every day is an uplifting experience that gives clarity to the mind. With expansion of Awareness a lot happens which is difficult to put into words. What's required is to be alert, aware, and to continue to stay with that experience, over and over again, just like Rishis are helping us over and over again!

- Vidya Viswamitra

Now there is discipline and clarity in thoughts and actions. I do get carried away with situations and emotions, but to some extent it is better than before.

- Koustubh Waikar

At the beginning of the Sunday class, we are asked to connect to Rishis and Light. On third Sunday in August, when Jayant Sir said, "connect", it was an entirely different experience for me. I could feel what it really means to connect, as on that day it happened at a deeper level....

- Nirmala Bala