



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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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – January 2009 issue)

First, let me wish everyone a very Happy New Year. This is not just being conventional, or being occasional nor just being routinely proper. I mean it. I mean and wish from my heart that the life on this earth be full of peace, joy and love. It will be. It will be, if we choose! We have to choose Peace. We have to choose Love. We have to choose Light. We have to choose these in our hearts.

If we choose these wholeheartedly, if most of us, if not all, choose these genuinely, then, the Universe helps and works out to provide us these. There is no doubt about this. These words are not mine. These are from the Rishis in the higher planes.

When we choose some, we also un-choose some. We have to un-choose violence, hatred and non-love. We have to choose Light and un-choose the Darkness. We can choose Light and also spread Light. Light is Peace. Light is Love. When we spread Light around us and all over the world, all violence vanishes, all acts of non-Love will disappear and we enter the New Age of Light and Peace, even before we enter the special energy field called the Photon Belt in 2012. Again, these are not just my words. These are from the Rishis, from all Channels and from all those wonderful persons who are channelling Light on to this earth.

Every one of us can choose and channel Light, and establish the New Age.

Many have written and asked questions about the Bombay terrorist attacks. I too am anguished and have some questions. The vibrations from the pain that Bombay suffered impacted me very heavily and I took quite some time to pick up and continue my work again.

I am a Spiritual Guide. I speak only from the Spiritual angle. I do not want to speak about the failed leaders, both the political and religious. I do not want to say anything that we all know at this human level. But I want to say clearly to all my fellow beings that this was another wake-up call. Another wake-up call to unify, rise above all divisions and fight against the dark forces at all levels: individual, national and global levels. But, although there are weak noises, such a thing has not happened. It is sad.

I do not expect much from the leaders. For me, the hope lies in those silent tears shed by the thousands who gathered on the Bombay beach and wanted Change. The cries for cessation of all acts of violence will not go waste. The energies from these are gathering like a wave, here and all over the world. This wave of energy is gaining momentum silently and will surely bring all the Changes.

May the New Year bring all the Changes. ■



**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.



Renovation work of the Meditation hall at Taponagara in progress.

### NEWS AND NOTES

- ♦ Maharshi Amara's Maha Samadhi Day will be observed on 29th August 2021. Since gathering in Taponagara is not possible due to the current Covid situation, the program will be organised virtually through webcast.
- ♦ The renovation work of the Meditation hall is almost completed. The newly renovated hall will be opened on 29th August.

### Special Meditation Technique for Sri Krishna Janmashtami

Imagine a huge globe of blue Light or the form of Lord Krishna made of blue Light. Enter this globe or the form as a speck of Light. You are inside Lord Krishna. Experience Him. This technique can be practised for any length of time, any number of times in a day. This technique can be practised for ten days in place of the regular Meditations.

Live webcast of Sunday lectures is available for students. Please contact Manasa office through email for details.

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

### MEDITATION ON SPECIAL DAYS

05	Sun	Masa Shivaratri
07	Tue	New Moon Day
09	Thu	Worship of Gowri Devi
10	Fri	Worship of Lord Ganesha
14	Tue	Shukla Ashtami
16	Thu	Shukla Dashami
19	Sun	Worship of Ananta Padmanabha
20	Mon	Full Moon Day
29	Wed	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.

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
12-9-2021	Shambala Group meeting at 2PM through webcast
19-9-2021	Ra Group meeting at 2PM through webcast

### AMARA'S MAHASAMADHI PROGRAM 29-8-2021, Sunday

11AM	Welcome Talks Special Meditation
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### POINTS TO PONDER

- ♦ The knowledge acquired by the intellect in one's lifetime will be lost with the death of the person. It will not be carried over into the next life. But the knowledge acquired by the Soul will remain with us for a long time. It will be carried over to the next Life also.
- ♦ We get pleasure or happiness with the experiences that we receive through the five sensory organs and from the experiences of the Mind and the Intellect, but these are temporary. The Bliss experienced by the Soul is the one that lasts long.
- ♦ A Guru is a channel of God's Grace, knowledge and energies.
- ♦ Love connects us to God. It is to manifest Love that we meditate.
- ♦ Spirituality is being tuned to God always. Spirituality is manifesting God. It is filling our entire system, our entire Life, with God.
- ♦ A Spiritual person's thoughts and emotions will always be proper, will always be mature. This indicates our Spiritual condition.
- ♦ We must have desires to share, to share our Love with others, to share our material and Spiritual riches with others. We must have desires to manifest the Divinity we carry within ourselves. Such desires are wonderful. We must have desires.
- ♦ Wisdom comes to us when we meditate. We can make use of this wisdom, and live this life beautifully and sensibly. Spirituality is living this life sensibly, not going to extremes.
- ♦ A Meditator is a vibrating field of Love and energy. It is enough if we meditate; it is enough if we vibrate, the New Age then comes automatically because this field conveys things that words cannot convey. Lectures cannot bring changes quickly, but we can bring many changes by directly influencing through our vibrations.
- ♦ Spirituality is living, following the principles of love, dharma and truth.
- ♦ Spirituality is moving towards God, trying to tune up to God.
- ♦ Spirituality is living this life perfectly, very sensibly, fully.
- ♦ When we recognise God in other people, in everything around us, that is living spiritually.
- ♦ We must do whatever work we are doing, wherever we are, very properly. That is Spirituality. We have to live this life very sensibly, balancing both the material and the Spiritual life.
- ♦ A Spiritual person is a very wise person. He will never throw away the material life and create confusion.
- ♦ A Spiritual person will not run away from anything, he will not run away from responsibilities.
- ♦ When we meditate we automatically become a channel. Through us so many energies pass through, so much of Love from above descends down through us.
- ♦ The Light is not merely light, It is energies, It is Love, It is God Himself. With channelling and covering this Earth with these vibrations one day we wipe out all non-love. It is then the New Age begins.
- ♦ Unless we meditate, we will not experience, we will not experience the highest truths and we will not be able to grow. Only experience brings wisdom.
- ♦ When the individual chooses an option by himself, it will remain with him permanently. But even if a good thing is imposed, it will remain with the individual only for a very temporary period.

- Guruji Krishnananda

### 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)

September 2006

Being here in this Spiritual field, as I speak of from quite a long time, I realize today that it is not the techniques that make us 'Spiritual', I think it is the expansion. We have to expand. To expand, techniques no doubt help, but merely practising them mechanically and thinking we are doing something, is trying to fool ourselves. We have to expand. We have to add this element of Love. We must love Life. Life means, all inclusive Life. That is why we were explaining from the last 2-3 classes that we are not *sanyasis*; not the way world understands *sanyasis*. We are Light workers. Life comes from Light. We work for Life. We manifest Light as much as we can. We have to manifest all the beauty of Life and glory of Life. Towards that purpose, any amount of expansion is not enough. We must expand in our emotion, thinking, and living in every way. Only when we expand, we experience the Divine and only the experience gives us the right wisdom. It is only then, we can live this Life sensibly; sensibly with all the problems that we have. Everyone has problems. We live with them, cope up with them, we solve them, we fight with them, but we live a sensible and satisfied Life.

We say we activate the Chakras. When we activate the Manipoora Chakra, we say the Karmas of the previous Life begin to get cleared. It is true. After 2 or 3 months, we initiate you into the other Chakra, we activate the next Chakra. Then it does not mean, all the Karmas of the previous lives have been cleared. They will be intact with us. We initiate the process. This process will continue. When you continue Meditations, the Karmas continue to get cleared. It will take a long time.

There is Stillness everywhere in the

Universe – Universal Stillness or Cosmic Stillness. When we establish the Stillness in this system, we get connected to this Universal Stillness. Then that is the beginning of Samadhi. Samadhi has many stages. A person says, "I find this Stillness like a solid substance." On this I want to understand quite a lot. Is it a substance? Is it a matter? I do not know. But this lady, she finds this Stillness so solid. She says she is very happy to enter into this stage of Stillness. Let me repeat, when we establish this Stillness within, we naturally get connected to the Universal Stillness. Then the expansion occurs. So without Stillness there is no expansion. With Stillness there is expansion. This experience of expansion brings us everything. If we experience it totally once, it is enough for one Lifetime. But it is not easy to experience this. If you experience this once, then that is Enlightenment. You have to experience Enlightenment totally once, it is enough. We become Buddha and that is the Enlightenment to the whole Life. It is towards that, we have to perform. It is not easy to still the mind, but we have to still it. The mind is the most difficult thing to still. But that is the effort; that is what the whole Sadhana is about.

One very important point to be noted is when we experience this Universal Stillness, all Karmas get cleared. There is absolutely no doubt about this. All accounts are settled once you experience this. Then you will be entirely a different person.

There are two eclipses. The most important benefits of these eclipses are very big changes for the good. Any change, any drastic change that occurs will be very good for us, individually and collectively. We get all benefits, material and Spiritual.

Eclipses always help us, remember this. People are scared of eclipses. But they always help us to expand, to grow spiritually. These are the opportunities. Every eclipse takes us towards the Light or the New Age. These eclipses cause drastic changes and sudden activities here. We have activities here. There are sudden developments in Manasa. But these are the gifts of the eclipses. A sudden change is always beneficial. To make it beneficial, I say, meditate.

If we do not meditate, we have to follow a value system. That is the essence of all the religions. Follow a value system; you do not have to meditate. Manifest Love, you do not have to meditate. But again, if you meditate, you are safe. When you meditate and follow the value system, all eclipses, sudden drastic changes, bring benefits and they are for our own benefit. If we do not, if we work in the opposite way, they cause havoc in our lives. That is what I have been saying from the beginning. Nobody punishes us, God does not punish us. It is we who attract the effects by our own quality of vibrations. I vibrate Peace, I get good effects. Everyone I meet will treat me with respect, peace, etc. If we are violent in our thinking or have negative vibrations, they attract negative effects. This is the essence of law of Karmas. Anyway, let us make use of every eclipse.

People come with problems, every problem is a problem, very genuine, which if it comes in the way of Sadhana, we attend to that problem. We devise ways, astrally clear some Karmas, and give a small technique at the human level, may be ask them to repeat a Mantra, and we do a lot at the Astral level which we cannot reveal. It is difficult to explain everything to everyone. ■



## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

04-07-2021

I was talking to a friend and the discussion moved towards old age and how do we take care of ourselves in our old age. He said, "I wish to plan my future in such a way that the Life of people related to me doesn't get affected because of me, because of my health. I would like to remain independent."

I told him that is how all of us wish to be. I hope we do not have to depend on others or hope the Life of others doesn't get affected because of our health etc. But we have to be ready for anything. In Life things generally do not go exactly the way we plan or we wish our Life to be. Planning is in our hands, making efforts is in our hands, but the outcome is not in our hands. Whatever be the result, we have to accept it. And one point is of course, what choice do we have? And the other point is, if we accept, then Life becomes peaceful. We cannot live in perpetual disappointment. We cannot live in perpetual sadness all the time. What God has offered to us for the efforts we have made is the best option for us. We want some other option but, He knows what is the best option for us. So we have to accept it. Of course, we have to go on making efforts to improve, to improve our situation, our Life. We have to go on making efforts at different levels - at the human level, at the material level and also at the Spiritual level. We have to make efforts at the Spiritual level, by meditating, by positivising and by accepting God's wish. If we can live like this, then we can really be happy and peaceful.

Life is so complex. There are so many factors that affect the track of our Life. One factor is Karmas. Karmas define the track of our Life.

Another very important factor is our attitude. If our attitude is positive, we can then make efforts to clear our Karmas. We can make efforts to change and improve our attitude further and improve our situation. We can make efforts to change our destiny. But if our attitude is not positive, we may go on complicating our Life further. And in the process we may attract more Karmas and make our Life even more difficult.

The other factor is people; people who are around us in our lives. People may not live in the way we want them to live or behave. That can affect our Life and the plan of our Life. We have to accept people in our lives as they are. If we go on complaining and grumbling, we continue to remain disappointed and unhappy. Guruji used to tell us that this is a plane of imperfections. We can experience this more during these times. We have to accept imperfections in us and in others, in the Life around us. We can again say, "What choice do we have?" It is not easy to change ourselves, then how do we change others. We cannot. But if we change and are able to become positive, then we do influence others. We influence others with our living. It is possible that we can become an inspiration or a role model for others in our own small way. This factor depends on us, not on our Karmas.

We can see that Karmas do play a role, but more than Karmas I believe our attitudes play a much bigger role. And Meditations are such a wonderful gift. Meditations not only help us clear the Karmas, they also help us to improve our attitude. Meditations improve our lives, the quality of our living. We can reach a state, when, whether we get something we

intensely wish for or not, we can be happy. Reaching a state like that is a state of true surrender. It may be difficult to reach a state like that, but it is possible. That's why all of us are here. That is what we are striving for.

When we are unhappy, bitter about Life, about people around us, I feel we will be carrying these energies of disappointment, bitterness and frustration. These energies then attract a kind of response from the Life around us. When we carry Peace and happiness, Life will only become more beautiful.

Somebody may say that living like this - accepting Life as it comes - is a kind of defeatism. I don't think so. Because we accept Life, but we do not stop making efforts to improve further. It cannot be called defeatism. This is what I understand. Here, I think of Shambala Principle number one given by Vishwamitra Maharshi. We know that it is experiencing and spreading Ananda. There is a special instruction associated with it. It is to be calm always. I was thinking that this practice can help us so much. It improves our response to situations in Life, to the people we interact with. Being calm always helps us remain connected to God all the time and our actions will then be in alignment with God. Today is a wonderful day. It is Swami Vivekananda's Mahasamadhi day. This great Master has touched, I feel, almost every soul on this earth in some way or the other, in some incarnation or the other. He is a great inspiration and hope for us. And from Guruji we knew that he is so involved in the Life here, so concerned about us, about everybody. Let us offer our respects, Love and gratitude to him. ■

## 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)

27-06-2021

A person told me that she struggled for some time with getting over persistent thoughts about hurt caused by some people. She was unable to stop the thoughts and this caused her to go into depression. She then realised she has this issue or a problem and she wanted to get over it. She prayed to the Rishis and sought their help. She did not stop with that, she meditated. She said that she practised a technique she learnt in the Orientation class. In just two days, she could get over this feeling of hurt. She was very happy about it. When we make such conscious efforts, we are helped by the higher forces, by the Rishis, by Light, by God Himself. After all we are His children, we are a part of Him and there is Love, there is so much of Love from Him, that helps us get over such things and survive in these difficult times. I feel that the intent is so important. The positive intent to overcome these negative emotions and thoughts, connects us to God and when we are connected to God all help comes to us.

I remember what Guruji had said in one of the classes. He said that a person sought his help in finding a solution to a personality trait he had. This person wrote to Guruji that he found it difficult to interact with people because of his diffidence. And to get over this issue he decided to apply for leave and spend time in isolation. Guruji explained to him that it might be difficult to get over this by applying for leave and going away from people and society. Guruji told him that we all have this diffidence. We have to get over this by living in society. Guruji also gave him an example of when we are learning to drive, the driving instructor would take us to busy areas and not isolated areas. That is where we learn driving.

Similarly this world is our laboratory where we have to experiment and the people around us are our teachers. He said when you make conscious efforts by living in society and interacting with people, the Rishis help you with energies. This is such an important and beautiful point. The help comes when we help ourself, when we make efforts not when we worry about it.

Another point: I feel that our system is designed for holding positive energies, because the soul has to live in this system and the soul is a part of God. For the soul to be comfortable, the system has to carry positive energies. When we are positive, when we are full of Love, we feel happy, the soul feels happy and comfortable. When we allow negative emotions and thoughts to linger in our system, we feel very uncomfortable. There will be no peace and it puts a strain on this system - this system of body, mind and intellect. And if it persists for a longer time it then manifests as a problem in the body, maybe a health issue or a pain somewhere in the body.

If the system is designed for holding positive energies, why does the soul give permission for negative emotions and thoughts to enter the system? Does this happen because after several cycles of births and after gathering lot of Karmas the soul has lost the connection with God? Or is it that it does not have enough Light and has become weak?

That is why Meditations are so important. They help the soul to re-establish the connection with God. Meditations help the soul to gather more Light and become stronger so that it can take control of the system. When strong, soul becomes the master of the system and then there will be no problem. ■

**QUESTIONS AND ANSWERS**

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

**Q: What is quality of Meditation?**

A: The quality of Meditation can be decided by how much of God we could experience in our Meditation. When we experience God, we naturally experience immense Peace. How much of Peace we could experience? How much of Love, how much of expansion, how much of all that is positive we could experience, maybe that defines the quality of Meditation. How much of Stillness we could experience. The quality of Meditation does not depend only on the practice of technique but also on how we live at other times. That I think is very important. Meditation is the peak period of experiencing. But Sadhana is a 24-hour practice.

**Q: For External guidance students what is the criterion for shifting them to the higher level?**

A: The criteria is the same for an External student or a Regular student. The criterion is how much of Love we are able to manifest in our living. It is the Rishis who decide about shifting a student to the next level. The people who are involved in the process of replying to your Practice Reports or involved in the process of check-ups here, are somehow guided by the Rishis through their intuition. At this human level our regular practice itself is an indication that we are progressing. Our efforts in positivising is another measure. We may not be shifted to another Stage but we will be making progress, if we are meditating regularly. There are several sub-stages within a stage, which we will not be knowing of course, but we will be progressing.

**Q: I want to meditate but situations come in my Life in such a way that I don't find time to meditate. Does it mean that my Spiritual progress is slow? What should I do?**

A: Generally we say that if we are able to meditate regularly, it indicates that we are progressing. But responsibilities and duties always take the preference. Just as an example we cannot meditate while working in the office. When our schedule is such that we find it difficult to find time for Meditation, the best way is to carry Light, practise Shambala principles. And we can keep this strong desire to meditate again. Then at the right time, God will provide opportunities for us to meditate. We may have to re-organise our activities, prioritise them and give up some unimportant activities. Each individual has to devise his own methods, own ways. Just because we are unable to meditate, it does not necessarily mean that we are not progressing. We will be making progress if we can manifest Goodness, Honesty, Peace, Love.

**Q: Meditations burn Karmas of our past lives. Do they burn the Karmas of this life also?**

A: Yes they burn all Karmas. Meditations burn all Karmas. But we have to meditate and also positivise. Both are important. When we transform, when we change, when we begin to live a positive Life, when we begin to manifest Love, we clear all Karmas and our actions will not attract new Karmas. That is how we live a life without Karmas, if we can sincerely do this.

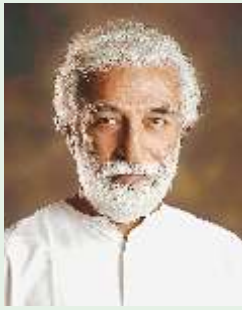
**Q: How does one know that they have met their soul mate?**

A: It is difficult to know but I think intuition is the only way that can help us know whether we have met our soul mate. I do not know how but God somehow makes these things happen and generally the soul mates marry. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
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Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
Living in the Light of My Guru	220/-
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Gurujii Speaks (Vol 3)	150/-
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Gurujii Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
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**GURUJI KRISHNANANDA (1939 - 2012)**

### MANASA FOUNDATION (R)

established in 1988 by Gururji 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 Gururji 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 Light pouring on my body most of the times. I do see subtle Light as I chant 'Om' on the Chakras. It is very grounding and I carry the good vibrations throughout the day.

- Veena Suruvu

I experience Peace and joy not only in Meditation but also in my work during the day. There is more positivity in Life now.

- Abhay Joshi

In Meditation I am able to shift to higher levels. I am observing improvement in myself. I am experiencing more Peace and I am focused in Life. Sometimes I feel disturbed or helpless, but suddenly get a feeling of being helped and protected.

- Rajesh Shetye

I have no complaints about anything and I am able to find Peace within me. I am experiencing Stillness during Meditation and have become calmer in my day-to-day activities. There is a feeling of gratitude in everything I am receiving and doing.

- Mridula Malpani

I was very much upset on 1st May 2021, and I was asking Gururji, "Are you there to help me?" Next day I got the response from our Beloved Gururji. During Meditation I saw a bright shining Light inside Gururji's Samadhi hall. I saw five Rishis standing in white clothes in Taponagara Ashram. When I entered Gururji's Samadhi hall, my right hand automatically extended to touch the upper part of the Samadhi structure. I experienced Gururji's blessing. Then I saw Gururji full of Golden Light, with hand raised in blessing, much more alive.

I continue to experience a constant inner happiness and feel at peace always. When this inner Peace is disturbed, which is not often, I

can recognise it and connect to Light again.

- Anne Chapman

I feel as if the Universe is responding to every aspiration. I am overwhelmingly grateful to Light. Light has become my guardian.

I am yearning to purify and become an instrument of service. I am working on 'listening' deeply, observing many 'vrittis' within, like judging others, irritation, laziness etc. There is more clarity in purpose now.

- Deepthy R

After taking up Meditation, I am able to concentrate better and for a longer duration. I feel 'oneness' with the Divine while meditating. I am able to do my Karma Yoga of helping those around me, as a greater duty towards Life. I am able to stay stable during most parts of the day.

- Sukanya Choudhury

I am grateful to the Rishis for the continued support and guidance I am receiving, and also for the help to handle the challenges in these difficult times.

- Rajalakshmi R

When I was meditating during the Solar eclipse, I saw an Earth-like globe in front of me. It had a purple-blue colour. For a few seconds it looked similar to what a photo of Earth taken from space would appear like. Then it became bright. I experienced a kind of joy.

- Virakti Sakhare

I had a very transformative experience in this period. I used to think earlier of how scared I would feel if I ever got Covid-19, but when I actually tested positive, somehow there was hardly any trace of fear. I would imagine my body filled with golden healing Light. I also took medication. But I knew I was completely cured by the Grace of the Masters.

- Priyamvada Godse