



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 – June 1991 issue)

Ten years ago, on 18th May 1981, my Guru initiated me into the Order and said – “Don't wear the Saffron and don't lose the Faith.” I do not wear saffron and have Faith. And having spent the decade I wonder – Is this all that I can claim! During this period the Rishis tested me hard. I was stripped of everything – name, money, relations and all the vain glories. They also taught me things that are not available in the books and blessed me. This decade in my life is very important as it prepared me to take up real Sadhana and the Work.

On 18th May 1991 the Sadhaks around me presented me with a Typewriter after learning by chance the significance of this day, my Spiritual Birthday. I would have discouraged such lavishness if I had even an inkling about this. I am not blind to such deep affection and I am moved beyond words. This solid piece of affection sits staring at me reminding of the Love behind it. It also sets my thinking, of the Love behind all this solid material world created by God. How much Love He has for us!

Several youngsters have volunteered to join the Ashrama. It is good. And I wonder how many of them will be allowed by their people to take up this life? I have to wait and see! Usually failures and disappointments prompt individual to escape to Ashramas to find peace and comfort. But these youngsters are genuine Seekers and they are in their right age to join this Spiritual University.

I have been explaining to everyone at every available opportunity that this Ashrama will be unique. In this University we shall develop all our faculties and grow from imperfection to Perfection; to Rishi-hood. A simple life based on the Rishis' principles, with Freedom to choose and experiment, a life of selflessness and Sadhana, a life of undenied comforts but without any attachment to these, a life with opportunities to unlimited Spiritual growth – All these are not mere intentions and attractive slogans but are practical aspects to be earnestly pursued and lived. These are the opportunities that do not knock our doors often.

I wish the Volunteers good luck and wish they come nearer to me, observe everything meticulously and prepare themselves from now. ■



**MANASA FOUNDATION (R)**

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## MEDITATION CLASSES

### Held in Taponagara

#### On Sundays

Basic Class – 10 AM to 11AM

Regular Class – 11 AM to 1PM

### Held in Anekal

on Mondays (6 PM – 7 PM)

on Tuesdays (6 AM – 7 AM)

at Saptarshi Dhyana Kendra

The Meditation classes in the city centres in Bangalore were cancelled until March 2022 in view of the Covid situation. Considering that the situation is normalising now it is decided to resume the classes in some of the Centres in Bangalore city from April 2022. Students may get in touch with the teachers of their Centre or enquire about these classes in Manasa Office.

Regular Meditation classes have now started in Taponagara. Classes are also being continued Online through webcast of Sunday classes. From April 2022 Basic classes will be conducted at Taponagara and also online every Sunday from 10 AM to 11 AM. 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 11AM to 11.30AM which will be open to everybody. It can be accessed through the following links:

<https://www.facebook.com/lightchannels>

[https://www.lightagemasters.com/lc\\_live](https://www.lightagemasters.com/lc_live)

<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)**

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### NEWSLETTER

Gift a Subscription to a friend. Send us the name and address, along with the Subscription amount.



Meditators gathered at Taponagara on 1st March, on the occasion of Maha Shivaratri to meditate and worship Lord Shiva.

## NEWS AND NOTES

- ◆ Offline Meditation classes have now started in Taponagara. The students of Taponagara Centre may gather in the Meditation hall to attend the classes.
- ◆ Regular classes are also expected to begin in some of the Centres in Bangalore City from April 2022. Students may get in touch with the teachers of their Centre or enquire about these classes in Manasa Office.
- ◆ Orientation class will be held on Wednesday, 4th May 2022 from 11 AM to 1 PM. Students who wish to participate in this class may please register with Manasa office. The last date for registration is 2nd May 2022. Students have the option of attending the Orientation class either offline in Taponagara or online from their own places. Students may please let us know their choice.
- ◆ Many Shambala Group members gathered in Taponagara and many others joined from their own places on 13th March 2022 for special

initiations from the Shambala Masters.

- ◆ The RA group members received special energies of RA on 20th March 2022.

## MEDITATION ON SPECIAL DAYS

01	Fri	New Moon Day
02	Sat	Chandramana Ugadi
09	Sat	Shukla Ashtami
10	Sun	Sri Rama Navami
11	Mon	Shukla Dashami
14	Thu	Souramana Ugadi
15	Fri	Good Friday
16	Sat	Full Moon Day
24	Sun	Krishna Ashtami
29	Fri	Masa Shivaratri
30	Sat	New Moon Day

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon
	Light Channelling:
	12 Noon - 1PM

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 just practised Light Channelling. It felt really nice. Imagining Light entering and filling up each part of the body and spreading out to the whole world was a beautiful state to enjoy and experience. It feels wonderful.

- Pinky, A Light Channel

The Light Channelling session was very relaxing. I felt very light after the session though my mind was wandering here and there.

- Sujata, A Light Channel

Ms. Rama Mahajan, Principal, Ajit Vidyalaya, Amritsar gave feedback that the Light Channelling sessions were very nice, and they would conduct the sessions on their own from now onwards. She requested me to send them a short video of the technique for daily practice.

- Alka Singh, Light Channel Volunteer

After the Light Channelling session conducted at Kalmadi High School, Pune, the teacher who had asked me to conduct the online session expressed that she felt very nice. She also said that she never misses the Live sessions conducted by Jayant Sir every third Sunday. She also makes use of Light to heal sick people by channelling Light to them along with her class children. She hopes to join more sessions in future too.

- Santosh Kore, Light Channel Volunteer

The Light Channelling session conducted in Vikhe Patil Memorial School, Pune was great! One of the teachers who was not feeling well also joined the session. After the session she expressed that she felt very positive, calm and energetic, which she needed the most at that time. The students also experienced Peace and calmness.

- Pratibha Oak and Padmaja Bajpai, Light Channel Volunteers

Light Channelling was very nice. I am feeling more positive now.

- Mangal Karpe, A Light Channel

The Light Channelling session was very good. I channelled Light for the first time. Thank you.

- Vasumathy Parandhaman, A Light Channel

Thank you for the wonderful Light Channelling technique. I feel more positive energy now.

- Hema, A Light Channel

Thank you Nirmalaji for the wonderful Light Channelling session. I was full of positive feelings in the morning after channelling Light. I feel recharged for the workout and later part of the day.

- Gaurav, A Light Channel

Thank you for the wonderful Light Channelling session. It took me into a state of thoughtless awareness, and I felt fully positive in the morning. Now I feel relaxed and happy.

- Nilakshi Joshi, A Light Channel

Light Channelling was very helpful. Usually because of work pressure I have difficulty in sleeping. Yesterday I slept like a child. Thank you for that.

- Darshan, A Light Channel

It is wonderful to start the day with Light Channelling. I feel peaceful and focused.

- Member, HIFEN Club, Bangalore

I joined the Light Channelling session for the first time. It is a great start to the day as I felt relaxed in the morning. Thank you.

- Gopinathan K. P., A Light Channel

## 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 (Contd.)

We have all our answers and all the solutions to our problems within us. That is why we meditate. That is why we become still. In the Stillness, it is God who guides us, who tells us, this is right, this is wrong. We know this very well, but we have to perhaps put this into practice. So, here I would like to remind you, all that we speak of is meant for practice. It is not for writing articles. It is meant for practice. Any theory that we speak of, we follow it up with a technique for practice. So, as much we practise, we are benefited as much.

It is very difficult to know certain processes. We need not know. I would also dare to say, certain things we should not know. Some other time I will elaborate on these things. The point is, without even knowing these things, we will be progressing. Within this body there are so many processes, like digestion for example. We will not be aware of the process of digestion, but it goes on. We are not aware of many such processes all the time, but these processes go on. Similarly, there are processes unknown to us, yet to be understood by the humanity. These processes take us forward. This we have to realize, this is an affirmation.

We have to accept everything, even a kind of adversity as a gift from God and Love it. We haven't tried. Let us try this. Any adverse experience, any adverse situation, accept it. Love God. God will bring you out of it. First there will be darkness. Then the Light comes. And the Light is always there, remember. It is not that we have to go through adversity, go on suffering through our entire Life, no. God will not allow us to suffer even a single minute more than it is necessary

for us. All that is required is to learn the lesson and move on.

We can communicate with nature and the beings in nature. Normally we try to have the Darshan of the idol. God is a field of energy. It is not only in the idol. In some places it will be in that entire area as I know. Chamundi hills – the whole hill is Devi. Nandi hills, the whole hill is Lord Shiva.

I have told you this many times. Once I talked to a car. This time when we went to Nandi Hills, we were sitting in a cave and meditating. I tried to talk to the cave; I wanted to know more about it. I have some information. A little of it I would like to tell you.

It told me, "I am here from thousands of years and many great Rishis have done Tapas here. Even now some Rishis are doing Tapas deep in the hollowness of the rock. They are covered from all sides by the rock. Someday they will come out. Bring your students, meditate more, I will give more." The cave gave me glimpses of Lord Rama and Sita. I asked the cave, "Did they come here?" It said, "Not now. Later I will tell you."

I am not good at having visions. Some people have visions. Somehow, I come to know without the visions. But there I had a kind of vision; I saw a huge light in a particular shape, and I knew it was a doorway. I tried to enter the doorway and I was told, "Not now, wait."

So many things happened to me. What is the affirmation? The affirmation is, you can talk to nature, you can talk to a tree. There is intelligence all around us, there is God all around us. And this realization that there is Intelligence in every object, even an inanimate object, makes us aware of the presence of God in every

object. Respect naturally comes. Love naturally flows. When we realize that there is so much of Life and everything is so alive, there will be such a great harmony. Harmony and respect come when we realize that what we have, the other person also has.

Is there anything higher than Yoga? I say yes. What is it? It is work. I shall elaborate.

Yoga is communion. It is the individual experiencing God. I enter into the communion. What happens in communion? We experience God, we experience Love, we experience the Infinity. In work we manifest all these things. So that is why work is higher than Yoga. There are things beyond the communion. Communion is purely the individual's concern. But when you work, you work for God, you interact with the whole world. You may work in anyway. Teach Meditation or serve in a slum, you will be manifesting the Divine. Work is higher than Yoga.

And to work properly, sincerely, selflessly, you must have this power of Love, strength of Love. This we cannot have unless we experience it. That is why Yoga is important. Communion is important. That is why Meditations are so important.

This is an affirmation. I want every one of you to realize it. You need not join us and sit with us, wear white and work here. You can sit somewhere else. Remain in your own families. Being wherever you are, you can help us. Channelling is enough. Channel Love, channel energy, not only to Taponagara, channel this energy to the whole world. That is our work. Our work is not confined to Taponagara. Taponagara is the point of beginning only. ■

## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

06-02-2022

Although we haven't met Maharshi Amara physically, we all feel so close to him. This is not only my experience, I have observed that everybody experiences this. He feels so close to us, as if we know him from Lifetimes. His presence in our lives is like having God with us. It brings so much of hope to us. Whenever we go through challenging situations, we think of him, seek help from him and then we get so much of strength from him. There could be times when we feel very low, a feeling of hopelessness envelopes us, then we approach him, think of him and he gives such assurance, so much of security. Whenever we think of him, we know that we get connected to him, and he sends his energies and help to us. And probably that is why we find a kind of immediate relief. His presence in our lives is a great blessing to us. If we can be aware of this fact all the time, it makes a big difference. It is like being aware that God is with us all the time.

Guruji used to tell us that at some stage of our Sadhana, we become aware of this fact that God is in and around us all the time. Then Sadhana continues. And a stage comes when we are not only aware, we actually become God, Light. That is enlightenment, he said. When we become aware that God is present all the time with us, it becomes easy to surrender.

When we talk of surrender, the greatest example that comes to our mind is Maharshi Amara. He was the greatest example of surrender to God, to the Rishis - to the extent that he drank poison when he was offered poison. Now when we are told about it, it

sounds like a story, but when it actually happened, what kind of thoughts, what emotions he would have gone through, I wonder! After all he was in the human body. Did he know that nothing would happen to him even if he took the poison? Do the Masters know the details about their personal Lives, or are the details kept from them? We don't know of course. But somehow I believe that he took that poison because he lived in surrender. He accepted God's wish completely, totally. And if he had to die after taking the poison, he was ready for that. Imagine ourselves in that situation - will we be able to do what he did? It is so difficult.

The Spiritual tests that qualify us for higher stages are so difficult. But then without tests, how do we move to the next level? Many times when we face adversities, we grumble, we complain. We say, "Why in spite of my regular Meditations, in spite of my honesty, my goodness, I have to go through this?" This happens to all of us. Such thoughts begin to crowd our minds. But now I understand that in reality this could be a test. We will not be knowing of course. We will not be told that this is a test. The test just comes like that. It could be a test or it could be a result of our own choices, our own doing, our own actions. Whatever it is, we have to take responsibility for it.

It was Maharshi Amara, who said, "Have the courage to accept your mistake. Walk to the gallows."

Anyway, coming back to this point - any adversity is good because it helps us clear the hurdle in the path of our Spiritual growth. If it is a test, we can

pass the test and move to the next stage. If it is not a test and it is the result of our own doing, then it helps us to clear the effect of our actions, our Karmas. And in the process of dealing with the adversity, we grow, we become wiser.

Guruji used to tell us that Maharshi Amara never complained, never grumbled. He would patiently attend to the court cases, although he was unjustly dragged into them. Guruji used to say that he was like a mountain, unaffected, unruffled even amidst the severest of adversities. Imagine, he had to take up Rishis' works which involved very great risks. Anything could have happened to him. He is probably the ultimate benchmark of Spiritual heights, any Spiritual aspirant can grow to, and yet he said, 'Go beyond me.' Even humility - he is the benchmark.

I was thinking, why is it that the Rishis have to work so much, work so hard? And not only do they have to work hard, they also have to make huge sacrifices, and sometimes they have to go through a lot of pain. Why is it that things just do not happen naturally? The main reason I think is the challenges posed by the dark forces. The dark forces come in the way of the work of the Rishis, because Rishis will always be involved in the activities involving welfare of the masses. That is their main objective - welfare of the masses, helping the masses to grow spiritually, to raise the Spiritual awareness level. The dark forces will be involved in work exactly opposite to that. And this work of the Rishis becomes very difficult in the Dark Ages.

(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)

We would have read in scriptures that the dark forces will be trying to attack, trying to disturb their work. And to overcome these forces, the Rishis have to work extra, they have to make great sacrifices. Imagine, John the Baptist was arrested and killed; Socrates was poisoned and killed.

Why do they choose to incarnate and work in the darkest of the times on this Earth? They can just leave us to our fate. After all it is our doing. If we are here, if we are suffering, it is because of our own doing. Why do they have to come to rescue us? The fact is that they never abandon us. We may curse them - many times we curse God for our suffering - but the Rishis and God never abandon us. The Love they have for us, makes them take great risks for us. And when they come even in the darkest of the times, they live the values of the New Age. They come here, they create opportunities for people, they spread energies and they give opportunities to people to work with them.

Sometimes when people, who are involved in the work, are unable to keep their egos down, they become the channel of disturbance. The dark forces would be waiting for such opportunities, because they can disturb more by using these channels. That is why Maharshi Amara and Guruji gave so much of importance to humility. When we are humble, we are connected to God. Then the dark forces will not be able to use us as a channel to disturb the work. That is why whenever we wanted to join the work, Guruji used to say, "Equip yourself, prepare yourself." How do we prepare? Of course, any amount of preparation is not enough. That is a fact.

Ultimately, we are excuses. Ultimately, we are just channels. It is the Rishis who do everything. But even then we have to prepare ourselves. First with humility. I think that is the first requirement, humility. Then of course we have to prepare ourselves by thoroughly understanding the Path. If somebody comes to us, we should be able to explain to them the basics of this Path, the fundamentals of this Path. Anyway, like I said any amount of preparation is not enough.



Every time we celebrate World Channels Day, we say, "This was the best World Channels Day." That is the magic I feel Maharshi Amara somehow weaves in our Lives on World Channels Day. The response from the schools was overwhelming. We never thought that we would get such a response, because we were unable to visit the schools for last two years. It indicates and confirms this point that we are just excuses and the Masters do everything. But then the world of Spirituality is full of paradoxes. Although we are excuses, our role is very important. The Masters need channels.

I once again congratulate Manoj and his team and all the volunteers. All the volunteers, we are one, whatever work we may be involved in. We may be involved in Light Channelling work, office related work, administrative work, it doesn't matter. We are all one. Every work, it may appear like a small work, it is important. It could be as simple as inserting the Newsletter in the covers. Even that is important. Even that supports and helps our main objective, which is to spread the Spiritual awareness in this world. ■

**QUESTIONS AND ANSWERS**

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

**Q: How do we forgive ourselves and know that the Rishis are not disappointed in us?**

A: We are unable to forgive ourselves because we are weak Spiritually. A strong person will forgive. Even to forgive ourselves we need strength. To forgive others too, we need strength. Let us take up Meditations. Let us grow stronger. And about the Rishis being disappointed, we have to understand and trust the Rishis. They are not like us. They do not hold any grudge against us. They are like our parents. They are like God. Christ said, 'They do not know what they are doing.' That is how great the Rishis are - an ocean of Love, kindness and understanding. They understand us. They will be disappointed if we refuse to change, refuse to accept our mistakes after getting many, many opportunities. I think when we repent, when we are ready to begin our journey back towards God, towards positivity, all help is given.

**Q: When we intentionally harm our own physical body does our Astral body also get damaged?**

A: Yes. It may not be the actual act of harming but the persistent negative emotions and thoughts which make us do that, that may cause harm to the Astral body. I remember Guruji used to say that very strong negative emotions and thoughts damage our Astral body. Once we begin our journey with Meditations, with positivisation, all damages will be rectified. That is the power of Meditations. It is such a huge gift to the humanity. Guruji used to say that the Rishis go to any extent to help us.

He said that they go to the source of the place from where we get mind matter. They bring mind matter and add to our mind and they make the mind like before. Let us take up Meditations. Let us begin this journey, that's all. Then leave it to the Rishis. They will rectify everything. So, let us not worry about it.

**Q: Ego is the collective intelligence of body, mind and intellect. Will the same ego be carried over to other Lives? If I am egoistic in this Life, do not change, will I be egoistic in the next Life too?**

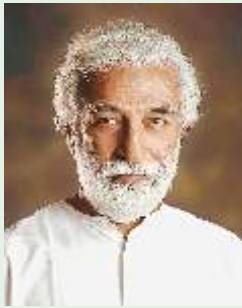
A: Yes. If we do not realise, if we do not change, we continue to be egoistic. But, we can always take up Meditations, positivise and make our Ego silent. The existence of Ego, the collective intelligence of body, mind and intellect will be there always. It cannot be removed. Once we take up Meditations and make the ego silent, it becomes a friend. It cooperates with the soul. Then we can run this system with the wisdom of the soul.

**Q: How do we detach from Life?**

A: We understand very clearly here that detachment is not cutting off from Life. Life is so beautiful, it has a strange magnetism. It takes us into itself. We Love Life in fact. We say repeatedly that we have to live this Life fully. We have to detach from the result, accept any result as God's wish. It is very difficult. But, as we get involved in Life, if we can be aware of the Presence, if we can identify the grace of God, then we can accept any outcome as His wish. This is how we can be involved in Life and yet remain detached. ■

**LIST OF OUR PUBLICATIONS**

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**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)

Thank you Sir for making it possible for me now, to live a simple and quiet Life in contentment. More Energy is flowing to me, I feel Peace within.

- Mridula Malpani

The past few months have been very trying. They have tested me in every level and have exhausted me. Every crisis opened a new Spiritual learning. The crisis has physically helped me experience Love and Oneness.

- Anusha Mallanna

I have realised that Gurujee and Rishis reduce intensity of our Karmas and give us strength and positivity to go through it. My intellectual queries are answered to a great extent, when I have felt the pain of other people around me suffering from similar physical and mental challenges. Thanks to Gurujee, Jayant Sir, Rishis and Light.

- Pallavi Desai

Of late, my inner Light or Gurujee's Presence in and around me, keeps reminding me very lovingly, with lots of assurance that the only thing I need to take care of is my own transformation. So, I am being more composed and focused on this goal. I offer my gratitude to Masters, Amara and Gurujee, special thanks to Shri. Jayant Sir and Manasa Family.

- Ashish Desai

Reading books by Gurujee helps me a lot and I feel like I am getting appropriate instructions from Gurujee through those books.

- Aparna Kongot

I took help of Divine Light and the Sapta Rishis for some day-to-day problems and I was able to solve them smoothly.

- Madhavi Ravulapati

I found Awareness was profound like the depths of an ocean. It has touched me and left me feeling 'Still'. I am also half

way through 'Meditational Experiences'. I realise now that I too had a similar experience once, like the one mentioned in 'Meditational Experiences'. In 2012 when I met Gurujee, I felt so full of bliss as if I was in a bubble of pure joy and I did not feel like talking for two days!

- Gayatri Ambady Bhatia

Light is like a strong protection around me. It is also nurturing and healing me. I am able to deal with circumstances of Life with ease in spite of what they are. I am flowing with Life with more positivity and observe less of negative influences at all levels.

- Veena Suruvu

Sometimes, when I get agitated due to Life-challenges, I simply link up to Rishis, Gurujee or Amara and then I calm down miraculously. I am now able to keep a balance between my positive and negative self. I am able to identify my negativity and throw it out.

- Pundalik Dhakorkar

By the Grace of the Rishis I am finding myself more relaxed and coping with situations with a more positive approach. Situations would cause a lot of stress earlier. There is still a lot to work on. The guidance and help is felt very keenly, pushing me towards the right direction.

- Kavita M

I used to worry day and night and feel out of control. But lately, every time I feel anxious, I meditate and pray to Gurujee, Rishis and Light. I imagine Light within me and breathe deeply. The fear doesn't go away completely but surprisingly, very soon, the problem vanishes! Things get completed and problems get solved! I have a long way to go but the Rishis support is strong and gives me a lot of peace.

- Shriya Sasank