



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 2012 issue)

We have entered the New Year. We have entered 2012. The year 2011 was the year of beginnings. The year 2012 will be the year of happenings.

In 2011, we received new energies. We witnessed awakenings. We witnessed surfacing of realities. We witnessed uprisings. There were shifts in Consciousness. We experienced new beginnings. All these occurred at the individual to the global levels. There were no dramatic changes. They were not expected. Pralaya, the Change is a gradual process, not a one-time event. It is not an explosion, but a gradual change over.

In 2012, we will witness the continuance of the processes initiated. There will be more and higher awakenings. There will be more surfacing of realities. There will be more uprisings. There will be more shifts in Consciousness. There will be more beginnings at all levels. Pralaya, the Change, continues.

With the awakening and an expanded awareness, we comprehend the realities of the New Age that has already dawned and is taking us into its bosom slowly with a caring and loving hand. We see the opportunities offered by the Universe to live in Peace and Perfection by transforming ourselves spiritually. And we will, with the awakened wisdom, choose Transformation and the life in the New Age.

Many events are expected to occur at the end of 2012. A lot of fear is in the air about possible heavy destruction. Some events do occur. But let us not fear the destruction part. If we transform and choose the New Age, we sail through difficulties. Spiritualization is the train to the future. If we meditate, we understand more. Knowledge brings us wisdom and courage.

Meditation is an opportunity to know, empower ourselves and create our destinies. We create destinies for ourselves and for the globe. When we look around, we witness that many are taking up Meditation. Many are already working, though unconsciously, to create destinies.

There are many Light Workers channelling and spreading Light. The Light, not the physical but the subtlest from which this whole Creation came, carries Love, Peace and great Intelligence. It carries great wisdom. This Light when spread reaches everyone and everything on this earth. People, nature and everything receive this, realise that we are in transition to a great New Age and prepare themselves.

In 2012, people become more aware of the Light, experience and transform. We began the Light Channels World Movement in 2008. Many are channelling Light daily. We began working with the schools and more than 18 lakh children have channelled Light and lakhs are channelling daily. We have been witnessing miraculous changes in the lives and surroundings after channelling of the Light.

Light is our Hope. Our strength. Our future. ■



**MANASA FOUNDATION (R)**

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## MEDITATION CLASSES

### Held in Taponagara on Sundays

Basic Class – 10 AM to 11 AM  
Regular Class – 11 AM to 1 PM

### Held in Bangalore City on Tuesdays (7 PM to 8 PM)

at Sri Aurobindo Complex  
1st Phase, J P Nagar  
at Sri Vighneshwara Temple  
1N Block, 5th & 6th Cross  
Rajajinagar  
at Indian Heritage Academy  
6th Block, Koramangala

### Wednesdays (7 PM to 8 PM)

at Arya Samaj  
C M H Road, Indiranagar  
at Hymamshu  
4th Main, Malleshwaram  
at Maruti Mandira  
Vijayanagara

### Thursdays (7 PM to 8 PM)

at Devagiri Venkateshwara Temple,  
BSK 2nd Stage

### Saturdays (7 PM to 8 PM)

at Devagiri Venkateshwara Temple,  
BSK 2nd Stage

### Held in Anekal

**on Mondays** (6 PM – 7 PM)  
**on Tuesdays** (6 AM – 7 AM)  
at Saptarshi Dhyana Kendra

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>

### DOORWAYS(Eng.)/ TAPOVANI(Kan.)/ PRAKASHMARG(Marathi)

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'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.



Guruji's Birth Anniversary was celebrated in the Residents Meet at Taponagara in May 2022.

## NEWS AND NOTES

- Maharshi Amara's Mahasamadhi Day will be observed on 28th August 2022. Please register at Manasa office by 26th August if you wish to participate in the program.
- Tamil translation of "Master Pupil Talks – Vol 1" will be released in the ebook format during the program.
- Meditators gathered in the Meditation hall on 13th July to celebrate Guru Poornima and channelled energies of Parabrahma to the entire world.
- Shambala Group members gathered on 10th July in the Meditation hall at Taponagara to receive special energies from Shambala.
- RA group members gathered in the Meditation hall on 17th July to receive special energies from RA.

### 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.

## MEDITATION ON SPECIAL DAYS

05	Fri	Shukla Ashtami
07	Sun	Shukla Dashami
12	Fri	Worship of Mahalakshmi Full Moon Day
19	Fri	Sri Krishna Janmashtami
25	Thu	Maharshi Amara Mahasamadhi Day Masa Shivaratri
27	Sat	New Moon Day
28	Sun	Maharshi Amara Mahasamadhi Day Program
30	Tue	Worship of Gowri Devi
31	Wed	Worship of Lord Ganesha

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12 Noon - 1PM
19-8-2022	Sri Krishna Janmashtami Special Meditation: 12Noon – 1PM
28-8-2022	Amara's Mahasamadhi Program: 11AM – 12.30 PM

## AMARA'S MAHASAMADHI PROGRAM 28-8-2022, Sunday

11AM	Welcome Talks Special Meditation
12.30 PM	Prasada

## LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

I am a businessman. During the Corona period I had many problems and I had no idea how to overcome them. I learnt Light Channelling in October 2021, and with great faith I began practising it daily in the morning and night. I had wonderful experiences. The best thing that happened due to Light Channelling was that frivolous thoughts in my mind subsided. My mind became very calm, so I was able to take the right decisions. I have been trying for many years to pass the share market exam but have not been successful. I passed the exam in December 2021. I give full credit for this to Light Channelling because now my mind has become very focussed and my confidence has increased. My communication with people at home is better now, so there is a happy atmosphere in the house. The benefit of this is that I am getting a lot of time for business. I am able to sleep well as tension and worries have reduced. My mind has become serene and I am able to enjoy Life.

- Ashish, Bhujbal, A Light Channel

The experience of channelling Light is beautiful, simply beyond words. I feel relaxed and joyful. I could channel Light and allow it to do magic on me. Now I am more empathetic of others and am able to accept others and myself despite the imperfections. The experience is inexplicable. Thank you for making this unique technique available to masses.

- Archana Kannan, A Light Channel

The Light Channelling sessions give me peace of mind. They give me a good feeling that I am able to do something for the community without exerting much, actually from the sofa itself!

- Ravichandran M., A Light Channel

I am happy that I am free from any thought for at least those ten minutes when I channel Light. I get rest for both my mind and body during that time.

- Charumathi R., A Light Channel

Light Channelling is excellent. It is an easy method that relaxes me. Thanks.

- Bhuvana, A Light Channel

The experience of channelling the Light is a good one. Whenever I channel, I feel calmness in the mind and sometimes I feel sleepy also. Wandering of mind during Light Channelling is reducing slowly.

- Vijaya Sriram, A Light Channel

I absolutely love the experience of Light while channelling. I have been on the Spiritual Path for as long as I can remember, and have been a seeker all along. I am not very new to 'channelling' but I have never channelled Light previously. I am used to channelling "maitri" which means we send good wishes, blessings, peace and harmony to one and all after Meditation, which culminates into very powerful positive energy. I participated in Light Channelling on World Channels Day, and loved every moment of it. Since then, I have been channelling Light. What drew me most was that the source is directly from the Light Masters. I am falling short of words to explain the feeling but when I channel Light, it is an amalgamation of inclusiveness, good wishes and Light. It is a free flow which is unstoppable. Thank you for introducing me to this beautiful process!

- Lakshmi Vishwanath, 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)

November 2006 (Contd.)

People seek blessings and of course they want to meet me. I will meet you when necessary. Do not get confused. Do not misunderstand. Do not feel bad when I don't meet you. And just because I don't meet you, don't think you are neglected. You are not neglected at all. The idea of not meeting frequently, the idea of discouraging people to meet me at the physical level is to encourage you to meet me at a different level. If you do not understand this, you will not be understanding anything at all. When I don't meet you, don't think it is an act of non-love. A few months ago, an elderly lady who was with Amara came here to meet me. On that day I had limitations of time. And they came unannounced. They were in a hurry. She said, "Your Guru is so cruel. Amara would have met me." Of course, I laugh at these comments. And she doesn't know how many times Amara did not meet people. The thing is we cannot remain at the same level all the time. From first standard we have to graduate to the second standard. How long do we hanker on these things, just meeting physically and going on talking about the same things? Let us rise to the other level. Trying to push you against your own willingness is my job actually. I am trying to do this with great Love. I want you to understand that. I want to help all of us to reach a stage when at the Astral level you come and meet me; ask me, talk to me. I explain to you; then you go away. And all this you do consciously. Then you may not come to these classes at all. There is no necessity of meeting physically at all, it is not required. I want to push you to that. That is why I discourage meeting

physically.

People seek blessings. These blessings come from the Rishis. Not from me. I am just a vehicle; I am an excuse. Don't think that when you come and sit before me, you are blessed, and you did not meet me, so you are not blessed today. I want you to understand that part. The moment you seek blessings, you are blessed. We have to understand these things. And it is high time we understand these things. This is not any other group of meditators. We are special people under such great Masters, the Sapta Rishis. This is the only centre on earth where the Sapta Rishis guide directly and we can't just behave like ordinary people and we can't continue with the understanding at the ordinary level. When do we rise to other levels? This is the time. I am here to tell you. I am here to explain things to you. You must understand more. Let me repeat, blessing is an act of Grace. The moment you want it, you have it. You don't ask for a blessing. You are blessed without being asked. And these are not mere words. We don't just talk like that. We don't use words without meaning. This is not a political gathering when people make promises and they don't mean that. Every word I speak, comes from my heart and it is endorsed by the great Rishi here. I don't talk irresponsibly. Please understand this.



Raising Kundalini and experiencing Samadhi is one way. Rishis are telling that even without meditating you can experience Samadhi, let alone raising Kundalini. They say, "You don't meditate but you can experience Samadhi. There are ways." Manifest Love. It is enough. Practise any one principle of Shambala,

you will experience Samadhi. People waste time in these things. They think that the romantic part or the thrilling part of raising Kundalini is the most important thing. The fact is that it is the least important thing. In fact, when we experience Samadhi, the Kundalini rises automatically. We don't have to make an effort. I want all of you to know that when you are meditating, your Kundalini will be at a higher level. We may not tell you and you may not know it. It doesn't matter. And we are not practising anything special to raise Kundalini. It is not required. That is why this is a kind of higher Sadhana. Not many are aware of this type of Sadhana. Only the Rishis know, because they have seen this earth entering into Satya Yuga several times. They say, "After some time, when we enter more into Satya Yuga, no Sadhana will be required." No Sadhana will be required because you become aware that you are Light. Then, why the effort? Sadhana is effort. No effort is required because you become Light. Let us understand this. Today my one single point of focus is this: from the present level of understanding, from the present level of seeking, let us rise. Every act here, even when we are tough, it is an act of Love. We have to be tough so that you will rise above. I want you to understand these things. Here in this centre, there is only Love.

Always remember, we take everything very seriously. A person says, "No I cannot meditate, I tried my best. I don't have the motivation." Even this problem or situation, we respect and try to understand. Nothing is laughed at; nothing is derided here. I want you to understand this. ■

## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

12-06-2022

Today let us once again go through our understanding of this system. This system which is a great gift from God, has 5 bodies. We received the first body, the Spiritual body, the Anandamaya Kosha, in the Parabrahma Loka, before we started our journey to come to this place. The soul lives in the Anandamaya Kosha. Then we have the intellect, which we received in the Devi Loka, before we entered the next Divine Loka, the Shiva Loka. Then in the Brahma Loka, we received the mind, before we entered the Material Cosmos. And when we took birth here, we received this physical body. We received another body from the Sun - the vital body, the Pranamaya Kosha.

So, we have these 5 bodies. Each body is an entity and each body has its own intelligence. The Anandamaya Kosha is the size of the fist. It is in the mid-chest area. It is such a small entity, but we can say that there is a Universe inside it. Guruji used to say that inside the Anandamaya Kosha, there is huge space. The physical body is a unit and the Astral body is another unit. The Astral body can separate from the physical body and it can travel in space, in the Material Cosmos. The silver cord connects the physical body with the Astral body. This silver cord can stretch to any limits when we travel astrally. The mind has three layers of consciousness - the conscious layer, the sub-conscious layer and the unconscious layer. The unconscious mind is like a storehouse. We can store energies and it stores memories of all our past lives. We have seven Chakras in the mind. We received Mooladhara Chakra in the Bhooloka. We received other Chakras from the higher Lokas.

The mental, intellectual and the vital bodies can receive energies directly. The mind for example, can receive energies directly from Brahma Loka. The vital

body receives energies from the Sun and the intellectual body from Devi Loka. The vital body has Nadis. There are 3 important Nadi systems - Ida, Pingala and Sushumna. There are 72,000 Nadis and we know that there are 72 types of Kundalinis. Between these 72,000 Nadis and 72 types of Kundalinis there is a relationship. But we don't know more than this. We know that in the Mooladhara, we have this energy - Kundalini energy - which rises in the Sushumna Nadi and reaches Sahasrara. When we grow spiritually, this happens automatically.

Now, coming back to Anandamaya Kosha, Spiritual body - it can store energies and knowledge. It carries the atmosphere of Parabrahma Loka - the Ananda. Apart from that, it carries the energies of God, of Lord Parabrahma. They are in the dormant form. We have the energies of Adi Shakti, Lord Mahavishnu, Lord Brahma and Lord Shiva in the Anandamaya Kosha, although in dormant form. It is as if God is journeying along with us, along with the soul. He is our eternal companion. These energies in the Anandamaya Kosha have a core. This core can even take up a form. This core is not the soul. Soul is different. We are the soul. We are a part of the Great, Great Light. But there is this another core within our Anandamaya Kosha. This core has a voice. That is our conscience. We can say that this conscience is the voice of God. We have access to this voice of God, this great wisdom, all the time. And yet, we, the souls, have the freewill - to listen to this conscience or not to listen to this conscience.

So, we may not listen to Him and we may follow another voice, which is the voice of the ego. The ego is another intelligence in this system. It is the collective intelligence of body, mind and intellect. The soul has to finally make a

choice. It has so many suggestions from so many intelligences, but finally it has to decide. That is why, we have to take responsibility for our actions. That's why we have to go through Karmas. But the system also imposes limitations - many limitations. Until we align completely with Light, it is possible that we ignore the conscience and we get influenced by these other voices within our system. It is possible.

It is generally believed that the ego is very negative. But it need not be negative. It is an intelligence and it has limited wisdom, that is all. It need not be negative.

Apart from the intelligences that I have mentioned, we have the unmanifested part of God within us. It is around the Anandamaya Kosha. This unmanifested part of God is also known as Chidakasha. Then, there is another intelligence called the Chayapurusha. Guruji explained it as the Divine essence we carry. This Chayapurusha can work independently. It can even assume a form. This Chayapurusha has lot of powers, unimaginable powers. It can guide us. It can guide us spiritually and it can help us in every way. Maharshi Amara had said that this Chayapurusha can even lift a mountain and bring it to us. It has such powers. But, it is very independent. It won't do just because we are saying. It won't just like that follow our instructions. It is independent. It will help us as long as we are progressing spiritually. It will be a friend as long as we carry the intent of growing spiritually. It will help us. And when we reach a certain level of purity, it helps us to retain these levels of purity. When we have grown spiritually, if we consciously make mistake, then, the Chayapurusha can even punish us. It understands us the most, like nobody else. ■

## EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail to those who cannot attend the Meditation Classes in English, Kannada, Marathi and Hindi languages. The Registration fee is Rs. 2500 for students living in India. 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 students living in India. For students living outside India the 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.

## AMARA

### Sunil Bisarahalli

Amara. The name evokes a deep stirring in us. And along with it, something soothing, something magnanimous, something grand arises from the depths of our being. Love, humility and gratitude flow out of our hearts like a river flooding everything around us. The feeling is so great that we ourselves become very small and miniscule compared to the magnanimity called Amara.

He was born as Ambarisha Varma Desai, a prince. From the age of 9 to 12, he trained under Vishwamitra Maharshi to become a Rishi. His journey from royalty to Rishihood involved rigorous trainings and tests. He was named Amara by Vishwamitra Maharshi and declared a Rishi throughout the Astral world.

Amara means eternal, endless. Endless like the sky, endless like space. It is not the person but the personality from which qualities such as humility, magnanimity, perfection etc., shine. He not only imbibed these qualities and developed them, but lived them.

I once asked Guruji, "Like we joke and laugh with you, did you do the same with Amara?" He said, "We did not joke with him. He was so serious about Meditations and Rishis; we were afraid of him." "More than afraid, we were in awe of him", he said. "It was like standing in front of a huge mountain or looking at the expanse of sky."

Amara had a dream. To make this earth a paradise. It is this dream which brought Guruji and others to him. It is this dream that has brought us all to this Path. Once when Guruji asked Amara how people came to him. He simply said, "I willed."

Amara is the Light behind Manasa. Amara is the force behind everything that we do, be it Light Channelling, teaching children or Meditations. Without him, none of these would have been possible. Amara is not just our Paramguru, he is the goal, he is the ideal which each one of us strive to reach. ■

## AMARA THE LIGHT

### Sudhakar K. L.

"Where is Amaraji now?", a young boy of Taponagara, once asked Guruji curiously. Pointing his fingers towards the chest of the boy, Guruji said, "He is here!"

On several occasions, Guruji had said that Amaraji is in all of us. And the same is being repeated often by Jayant Deshpande Sir, reminding us about his presence in us. And from them, we have understood that manifesting Amara in our lives is our Sadhana. When we manifest him fully, we live in Satya Yuga or the Light Age! Actual Satya Yuga may be much ahead, but by manifesting him fully, right now we can start living in Satya Yuga, individually. That is the wonderful possibility we all have!

Amaraji called Master V as Light. And Guruji referred Maharshi Amara as Light. Amara has always been our Guiding Light. When Masters live in human bodies, generally, one or two aspects of Light is highlighted in their life, like, life of Christ highlighted Love. They carried all aspects of Light but manifested a few aspects more prominently. Maharshi Amara's life highlighted Humility and Surrender. Guruji described him as the personification of Humility. Though he was a Maharshi, he called himself a Rishi worker! His Surrender to the Sapta Rishis was total and he literally followed all instructions of the Sapta Rishis.

He provided us the required knowledge and guidance in a very simple possible way. The small book, Descent of Soul, which can be read in less than an hour, contains the essence of all Upanishads! He gave us simple instruction - 'Meditate and positivise.' He made us realize, the ways to Light and the ways of Light are always amazingly simple! ■



**QUESTIONS AND ANSWERS**

(By Guruji Krishnananda)  
(Compiled by Shobha K Rao)

**Q: Many books say that Meditation is concentration. But you teach us that Meditation is non- concentration. Which is right?**

A: Meditation is not concentration. It is beyond concentration. I have explained this clearly in my book 'How to Meditate'.

**Q: I find it difficult to accept. How to proceed with my Sadhana?**

A: I have learnt under a great Rishi, Maharshi Amara, who gave us the science of Meditation. But you need not accept my explanation. You may experiment and experience for yourself.

**Q: How do you say that Meditation is scientific?**

A: Have you meditated anytime?  
No.

A: Then, it is mere discussion now. It may not help much. People usually hold on to the idea that what they see, they should believe in and only that is scientific. Meditation involves subtler processes, unknown energies and other dimensions. They are to be experienced by the individual directly. They cannot be demonstrated like Yogasanas. Meditation is a part of the Yogic science which is highly developed over thousands of years.

**Q: Like our religion?**

A: No. Religion came later. Meditation has nothing to do with religion. It is purely scientific. It is a Spiritual process.

**Q: What is the purpose of Sadhana and Meditation?**

A: To burn out all false knowledge and prepare ourselves to receive pure and higher knowledge directly.

**Q: A person went to Yoga classes. He was told to practise Yama and Niyama first and then begin Meditations. Is that right?**

A: No. The person who said that does not know. We are explaining from the beginning that we cannot practise Yama-Niyama straightaway. If we can, we need not meditate! This is not possible. So, we meditate, gain strength and then practise Yama-Niyama. With this clear understanding, we are practising Meditation.

**Q: What is the difference between Meditation at a fixed time and other time?**

A: When we meditate at a fixed time, we have the advantage of the availability of the Rishis. Meditation always has its influence for twenty-four hours. The influence gets renewed and a rhythm is built up in our system when we meditate at a fixed time.

**Q: I could not meditate for one year. But I am repeating the special Mantra you had given. Is it alright?**

A: No, it is not alright. The special Mantra was meant to be used in addition to Meditation.

**Q: After burning camphor, if I get up to switch on the fan or for some other reason, will the Spiritual field get dissipated?**

A: No. It will remain for quite a long time.

**Q: What should I anticipate in Meditation?**

A: Nothing. During Meditation, only silence.

**Q: Is it wrong to expect anything in Meditation?**

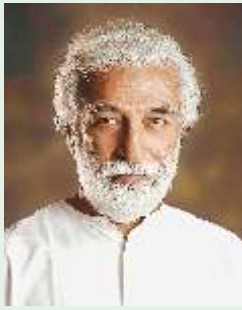
A: Expectations come in the way of Spiritual progress.

**Q: Do our Meditations have any effect on the world?**

A: Yes. Meditations are helping in hastening up of many Spiritual processes in the world that bring Peace. ■

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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)

I am calm and positive in all situations. I am now confident about my work and feel the Divine blessings in many areas.

- Asha G

I feel at peace and calm. I am easily able to forgive. I go into Samadhi and lose track of time and technique. I always say goodnight to Light and we have a chat before I go to bed. I am peaceful and calmer much more as well as have become so easy going with the flow of things.

- Pratibha Patel

I came to Taponagara on 7th May, after almost 11 years! Previously when I had come to Taponagara in 2010, 2011, I had met Gurujee. First, I went to the Cosmic Tower for Meditation. As soon as I sat for Meditation and started practising Saptarshi Pranayama, I started seeing light blue Light. I could see the Light for almost 15 minutes. I meditated there for 30 minutes. I felt that I had a darshan of Gurujee in the form of Light. I am grateful to Gurujee for this Grace.

- Kranti Dhamdhare

With the blessings of Jayant sir and Gurujee, I underwent Hernia operation successfully on 25-05-2022, at Bangalore. On that evening, I sent both my daughters to bring tender coconut, though they did not wish to leave me alone. I closed my eyes and rested for some time. And when I opened my eyes, I felt as if Gurujee Krishnananda was sitting on the chair. The whole room was filled with Light-rays. In about 20 minutes time the children came back and asked me, "How come you are so

happy?" I told them, "Gurujee Krishnananda came and blessed me!" What I wish to convey is that Gurujee is with us always!! This is the truth!!

- Srilathangi

We were observing my mother's ceremony at a temple. The rituals were many and I did not have any time to even remember her. Once the ceremony was over, before they served lunch, I had a little time and I sat and closed my eyes. I drew energies from Lord Parabrahma and once they were collected, I invoked Pitru Devatas to come and pass on the energies to my mother. Suddenly, I saw a pair of most beautiful palms. On his left arm was draped a turquoise coloured 'anga vastra' which was very soft to look at and most beautiful. He collected the energies and the palms vanished.

- Sunil Bisarahalli

I have gone through great losses, felt sad but have not been overwhelmed by them. I am willing to let go of it all, though it is not easy losing gold and silver, especially when very trusted and long-serving servants have removed it in a very subtle manner. But amazingly I am not reacting. I have managed to forgive them and Life is carrying on as usual. It is all a learning process for me. I feel that Life is great and that all that is happening to me is meant to happen. My peace and calm are so strong that I have not said a word and I am taking the loss in my stride. Somewhere deep within me there's a sense of deep calm, silence, peace, focus.

I am aware that the Universe has a way in sorting matters out to my advantage. I also feel that the Universe is guiding me all the time and giving me right ideas for solving my issues.

- Rebony Ray