



MAHARSHI AMARA (1919-1982)

WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

LIGHT

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

LIGHT WORK

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

LIGHT BEINGS

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

SAPTA RISHIS

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

MAHARSHI AMARA

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

GURUJI KRISHNANANDA

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

SAPTARSHI DHYANA YOGA

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

THE AFFIRMATIONS

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

DOORWAYS

Volume 17 Issue 4

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – October 1992 issue)

When I received 'Planetary Connections,' the first Newspaper of Light Work; I was thrilled! It was as though my own dream got fulfilled. That is the uniqueness in the Spiritual Life. There are no compartments. Any achievement is ours; that is, of all the people on this planet. The triumphs, struggles, pains and pleasures, in any part of the Globe are ours. How wonderful it is to feel happy and proud of 'Planetary Connections.'

'Planetary Connections' intends to link all the individuals and Groups working for the New Age. It has already brought to light that a number of Groups are working for the betterment of Life on this Earth. This assures all the sensible and the concerned that the Future is not bleak. It will be bright. The Violence, Greed, Corruption and all other destructive indulgences will come to an end simply because the Spiritual Forces overpower these shortly. People may laugh at these words. But those who are involved in the Work are aware of the Potential.

When the wave of Yoga gradually enveloped the world a ray of hope appeared. We thought that the positive Spiritual Forces get invoked and strengthened to put down the Negative Forces that are destroying us. But we were disappointed. The Movement was weakened when Commerce took Yoga to Diabetic Camps and Health Centres. Yoga should not be confined to Asanas and Health. And a lot of time is lost. But how long can a cloud blind the Sun? the Sun has begun to smile again through the Light Work Groups who are gathering the pure Energies and are working hard to cleanse this Earth of all the Negative Forces.

This work is not publicized much but it is not necessary. Everyone gets the Light when the Sun rises.

The Positive part in Man, the Divinity, never allows Life to vanish. Life is Beautiful. It must be lived.

But Life must be saved first. ■



MANASA FOUNDATION (R)

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Phone : 99000 75280 (10 AM to 5 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES

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 2021 in view of the Covid situation. Considering that the pandemic 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 11AM to 11.30AM which will be open to everybody. It can be accessed through the following links:

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)**
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NEWSLETTER

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



Maharshi Amara's 103rd Birth Anniversary was celebrated at Taponagara on 6th February 2022.

NEWS AND NOTES

- Maharshi Amara's 103rd Birth Anniversary was celebrated at Taponagara on 6th February 2022. Due to the current Covid situation, students joined the program from their own places through live webcast.
- The 12th World Channels Day was celebrated on 1st February 2022. Lakhs of children from more than 1300 schools channelled Light on this Day. Thousands of people joined from different parts of the world through Guided Live Online Light Channelling sessions conducted from the Meditation hall at Taponagara.

KAMADAHANA TECHNIQUE

On Thursday, 17th March 2022, at the time of moonrise, imagine a Homa Kunda in front of you. Invoke Agni Deva by saying once the Mantra 'Om Agni Devaya Namaha' and imagine fire in the Homa Kunda. Imagine the Arishadvargas – Kama (excessive desire), Krodha (anger), Lobha (greed), Moha (attachment), Mada (arrogance), Matsarya (jealousy). Imagine Kama coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. Imagine that it is burnt completely. Repeat the same for other five. Then thank Agni Deva. Afterwards, you can experience the Light in you for some time.

Please visit www.speakingtree.in to read Guruji's blog and watch his videos.

MEDITATION ON SPECIAL DAYS

01	Tue	Maha Shivaratri
02	Wed	New Moon Day
10	Thu	Shukla Ashtami
13	Sun	Shukla Dashami
17	Thu	Kamadahana
18	Fri	Full Moon Day
25	Fri	Krishna Ashtami
30	Wed	Masa Shivaratri

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
01-3-2022	Maha Shivaratri Special Meditation: 12 Noon - 1PM
13-3-2022	Shambala Group meeting at 2PM
20-3-2022	Ra Group meeting at 2PM

MAHA SHIVARATRI TECHNIQUE

Rishis bring down an Amsha of Lord Shiva in the night on Maha Shivaratri, which enters every home on this earth as a ray of Light, the next morning. His energies remain here for 10 days. We can be aware of His special presence during these 10 days. To experience Lord Shiva and to absorb His energies, we can practise this technique for 10 days from Maha Shivaratri in place of our Stage Meditation. Imagine a huge Shiva Linga made of Blue Light in front of you. Imagine yourself entering this Shiva Linga as a speck of Light. Experience the Blue Light.

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

12th WORLD CHANNELS DAY - A REPORT

Manoj Chopra

For the 12th World Channels Day, a group of Volunteers decided to go on a mission that was selfless and universal. To their surprise, unimaginable help came from every corner of the Universe to accomplish their goal. Once again it is proved that if our intentions are pure and our actions are selfless, then God has a million ways to help. This is exactly what happened on February 1, 2022, Maharshi Amara's Birthday, which we celebrate as World Channels Day. On this day every year we try to create a wave of Peace and Love by bringing down maximum Light. This year we faced innumerable challenges due to the Pandemic. But at the same time, we received greater help from our Masters.

On 25th December, when we started planning for the World Channels Day, we realized that we had very few options to work. To be honest, we were a bit disappointed because schools were closed and the Pandemic was at a peak. We thought of speaking to the school authorities and sharing our difficulties to conduct the sessions physically. We decided to share Light Channelling videos with the authorities for conducting sessions in the schools.

On 16th January, we had a wonderful Tri-monthly meeting. By this time, we had a clear strategy. As a team, we decided not to worry about what is not in our control. And we decided to put in our best efforts. We had very positive online team meetings. I feel every meeting was blessed by our Rishis. Every Volunteer was charged up. Like every year Volunteers took the responsibility of contacting the schools. A meticulous plan was made by each team. At the same time, we started praying intensely to our Masters for their help and guidance.

New videos were ready after a few challenges. Then our Volunteers started sharing videos with the schools. To our surprise, we started getting amazing responses. Most of the schools were accepting our request. We could feel an unseen hand working behind our work.

We started doing what was in our control and LIGHT did everything which was in Its control. When LIGHT takes over, we can definitely expect miraculous results. To our surprise, just a few days before the World Channels Day, schools opened in Maharashtra, Karnataka, and Tamil Nadu. Several schools practised Light Channelling on the first day of their reopening. More than 1300 schools from all over India channelled Light. More than 165 schools shared photographs and videos of their participation. We are deeply touched by their sincerity, love and affection.

Three Live online sessions were conducted at Manasa Foundation. All sessions were intense and peaceful. It is a platform that was created last year for the whole world to join. We were glad to note that more than a thousand people from different groups joined our efforts to spread this Movement. We wish more people had joined. Many more events like the World Channels Day are a need of the hour.

We thank every Light Channel for joining our effort to spread this Movement. ■

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

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 must learn to listen first. In communications there are extremes. I have experienced this. Extremes, meaning, when a person communicates or speaks to me, firstly, he speaks a lot and secondly, goes away from the point. When communicating a point, all irrelevant details are added. Somehow, finally the focus is lost. This is one extreme. The other extreme is, sometimes people talk in bits. They jump from one sentence to another sentence. They jump from one idea to another idea. It becomes incomprehensible. I have experienced both these extremes, because I meet many people.

The point is, we have to perfect our communication. We have to immediately start improving it. Be conscious of what we speak, how we speak. Having spoken, we should cross-check – did we do it properly? Even when we listen, we must listen attentively. Listening is a part of communication. In communication you give and also receive. Why is it necessary? With bad or improper communication, we either receive or transmit half knowledge. It is not complete. So, there is no full communication, there is no full understanding. We understand things either in patches or don't understand; there is confusion. Communication between the two individuals is like this.

When we are used to this improper communication, we do it with ourselves also. We also don't understand our own personality. We don't understand our own emotions and thoughts. Either we linger on one emotion or skip an emotion. We go on thinking about one thought, which is worrying, or we don't think properly at all. Understanding our own selves is so important. It is a part of

Sadhana. Don't think communication is only between somebody else and us. It is between our own selves – the inner and the outer. And why does this happen? We do it with a kind of non-concern. I can't say disrespect, but we don't bother.

When a person is talking, we just allow him to talk, we don't listen. Or we go on talking without bothering whether he is listening or sleeping. It is a kind of non-concern. If you analyze it further, we can trace it to a kind of insincerity. We are not sincere. If I am very honest and sincere in really communicating something to you, I will do it in a very systematic way. That is why I make notes every time I come here. For me these are not necessary. I can speak extempore for hours. I make notes not to speak, but to make sure what I do not speak. I organize even the things I repeat, I make notes. I have spent a lot of time. People who know me, know that I spend a lot of time in preparing for classes. The thing is, I am very sincere. I make sincere efforts simply because I respect you. People note the things I speak of. Many times, they also follow what I speak of. Whenever I say something personally, they adopt these things in their Lives. Major decisions are taken on my advice. I am conscious of it. So, I will be careful, extra careful when I speak.

So, because I respect you, I am very much conscious of what I speak. There is a genuine concern. The lack of it results in improper, incomplete or bad communication. And I find sometimes, haste. We want to say something and clear it off in haste. We are not bothered whether we are making credible statements. The purpose is only to somehow say and finish it off.

So, it is non-concern, haste and of course impatience. Within one minute I

want to complete saying everything. So, the haste is because of this impatience. There could be other factors also, you can analyze by yourselves.



People take decisions or don't take decisions, or they are in a dilemma. But when we understand the Spiritual Truths, there will be no dilemmas in Life. We can always take the most proper decisions. A recent dilemma: A person wanted to help another person. A question was asked to me, "Can I help him? If I help him, will I not be interfering with his Karmas?" My answer was, "You take your own decision." If I give an answer, usually I will be quoted. They will say, "Guruji said no, so I am not giving you the money." These things are very common. People quote me mostly in the wrong context, not in the right context. They take my name, use my name. The point here is, if you want to help someone, do it. Don't think. If you think, you can't help. It is true. If I help a person, I will definitely be interfering in his Karmas. Then maybe I too have to take a little of his Karmas. We have to take responsibility for this. Knowing that if you want to help, do it. Meditate. There are still higher laws, which God applies to provide us help in a different way. Although we take upon a little of the Karmas, God sees that we do not suffer, because after all you have helped a person.

I enjoy humour. Certain incidents remain in my mind. You would have seen a film 'Good, Bad and the Ugly'. I have quoted this before. A person will be lying in a tub taking bath, another person comes. He picks up a gun and says, 'I will shoot you. I will kill you.' etc. When he is talking, the person lying in the bathtub picks up a gun and shoots him and tells him, "If you want to shoot, shoot. Don't talk." I feel like saying, "If you want to help, help. Don't think!" ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

09-01-2022

There was a question related to sub-conscious mind and I thought of sharing the knowledge about the mind. Let me share with you what we have learnt here from Gurujī. Whatever I am going to speak is already there in our books.

How and where did we receive the mind? When we were travelling from our Source (Parabrahma Loka) to this place, to this earth, to experience the Creation, we received the mind in Brahma Loka. Before we entered the Material Cosmos, we were given this mind. This mind is like a spacesuit. Lord Brahma told us that we needed this spacesuit, this *Manomaya Kosha* or the mind, because the atmosphere in the Material Cosmos requires for us to have this mind. This mind contains the blueprint of the physical body that we acquire on this earth. The mind also determines our gender.

The mind has capacity to allow optimum quantity of experiences to be experienced by the soul. It cannot allow extra experiences. The mind also functions as a vehicle when we travel astrally. These are some of the functions of the mind. The mind that was given to us in Brahma Loka, was obviously very clean, very pure. We were told that when we journey back to our Source, to Parabrahma Loka, we have to return this mind in Brahma Loka, in the same condition it was given to us. So it should be pure, clean and blemishless. The mind was necessary for us to have, to experience this part of the Creation, but it also imposed many limitations.

On our descent further from Brahma Loka, we entered the Material Cosmos. Before we entered this Bhoo Loka, we had to pass through six higher Lokas. The Lord of each Loka blessed us and imprinted a kind of seal on our

minds. Later on, when we took the physical bodies, these imprints functioned mainly as energy centres called Chakras. These Chakras also work as gateways to knowledge and energies of their respective Lokas. So, we received Sahasrara Chakra from Satya Loka, Agna Chakra from Tapo Loka, Vishuddhi Chakra from Jana Loka, Anahata Chakra from Maha Loka, Manipoora Chakra from Suva Loka, Swadhishtana Chakra from Bhuva Loka and finally Mooladhara Chakra in the Bhoo Loka.

We came down here and began experiencing the Life through this body. The body is a wonderful creation. It requires 12 years to fully develop. Gurujī told us that till the age of 12 years we don't acquire any Karmas, although Karmas of the previous lives begin working immediately as soon as we take birth.

The mind filters and passes on the experiences to the soul. It can pass on only an optimum quantity of experiences. But we generally want to experience more. The extra experiences which the mind cannot process, get deposited over the mind as layers. These layers are Karmas. To journey back to our Source, we have to remove these layers. How do we remove these layers? We can meditate and positivise. Then these layers, these Karmas can be cleared and the mind can become pure again. That is why Meditations and positivising is so important.

Gurujī told us that all our emotions originate in the mind. An emotion is like a response of the mind. If the mind is strong our emotions will be strong, positive. If the mind is weak, our emotions will be weak or negative. Strong mind will be full of Love, compassion and will want to share. With a weak mind, we react negatively

and then it is possible that we start disliking or hate a person. Only when we rise above these emotions, we can live a very proper Spiritual Life.

Gurujī told us that this mind can also get damaged. It can also become weak, if we allow very strong negative emotions to harbour in us. If a person becomes terribly angry, then a part of the mind gets damaged. In a similar way the opposite also can happen. It can become stronger and stronger with the help of positive emotions. Gurujī told us that the mind is made up of a subtle matter. This can be called the mind-matter. This mind-matter can be added to the mind. When the mind gets damaged, it is possible that we lose this mind-matter. By gaining mind-matter or by losing mind-matter, the mind can either become stronger or weaker. With the help of Meditations, we can repair this damage or overcome this weakness of the mind. There are some damages, however, which are difficult to repair, and such damages remain not only in this Life, but all the lives. We need help of the Rishis to repair such damages. The Rishis go to the source of the mind, Brahma Loka, and bring mind-matter from there. They add this mind-matter to our mind. That's how they repair. But, we have to qualify for receiving their Grace, their help. How do we qualify? Of course we have to take help of Meditations. We have to meditate, we have to positivise, we have to seek help with humility, with gratitude and of course with a clear choice to change, with a commitment to change, to transform. That is how we become eligible to receive help from the Rishis.

Mind also carries, apart from the Chakras, all the Nadis and the Kundalini energy. Mind also carries impressions from the past lives and recording of all the Karmas.

(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)

The mind can even establish a link with another individual. We think of the person, the mind literally gets extended till the person and then we get connected. That is how a link is established. When the person is near the link will be stronger. When the person is not near, the link may not be stronger. But then Meditations help us establish stronger links even when a person is not very near. That is how we can establish links with the Rishis. So mind has so many purposes and it helps us in so many ways.

When we travel astrally, the mind works like a vehicle. We literally sit in the mind and travel astrally. Mind also carries the impulses or thoughts from the intellect. A thought originates in the intellect, then it travels in the mind and then reaches the brain. The brain converts the thought into words.

Another interesting information which we cover in the Basic classes itself is that the mind has three layers – conscious mind, sub-conscious mind and the unconscious mind. These three layers are in the mind. All the experiences we receive in this world are received through the conscious mind. All the emotions are generated in the conscious mind. Even the mind-linking occurs in the conscious mind. When our awareness reaches the sub-conscious mind, we experience dreams. Many wishes and many desires that cannot get fulfilled, sink down to the sub-conscious mind. So we can say that those desires get fulfilled in a way through imagination.

Not much is known about the unconscious mind. We know only this much that all recordings of the past are available in the unconscious mind. All the karmic impressions are recorded in the unconscious mind. Even energies are stored in the unconscious mind. And we

travel astrally, in the unconscious mind.

When we sleep our awareness is withdrawn from the conscious layer of the mind and it enters the sub-conscious layer first. That's when we dream. Then this awareness shifts to the unconscious layer of the mind. When that happens, we will be in deep sleep and we will not be dreaming. Only when we enter this deep sleep, only when we enter the unconscious mind, we will be able to separate from the physical body to travel astrally. So many things happen in the unconscious mind, but they do not surface easily. We will never know what happens. That's why recalling the Astral travel is so difficult. Our channels of communication are blocked. Channels of communication from unconscious layer of the mind to the conscious layer of the mind are blocked. These are blocked due to non-use over many births and also due to our negative thinking, our negative emotions. That's why, to clear these channels of communication, we have to meditate, positivise and progress spiritually. Then slowly over a period of time, these blocked channels of communication will be cleared. Then probably we will be able to recall our Astral experiences.

Guruji compared the mind to a pond of water. The emotions are like waves. They are only at the surface level. That's why only at the conscious layer of the mind we experience the emotions and not in the unconscious mind. When our awareness goes beyond the mind, we experience the state of super-consciousness. This state of super-consciousness cannot be reached in sleep. In sleep we can reach only up to the unconscious mind. We cannot go beyond the unconscious mind in sleep. For that we have to meditate. Only in Meditation our awareness can go beyond the mind. When our awareness goes beyond the mind we begin experiencing Samadhi. ■

QUESTIONS AND ANSWERS

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

Q: Is depression a manifestation of the mind alone or does the soul also go through the pain?

A: I think the soul experiences the pain through the mind. Depression is experienced when we feel insecure, when we feel that there is no hope, when we feel that there is no way to come out of a very hopeless situation. Whatever experiences we have on this earth, of pain and pleasure, of happiness and sadness, of even depression, all these experiences are experienced by the soul through this system. This is what I understand. We meditate to take our awareness beyond this system, beyond pain and pleasure, beyond happiness and sadness, even beyond depression. With our persistent efforts in Meditation and positivising, we become stronger spiritually. When we become stronger, we can say that we will be holding more Light. The soul will be holding more Light. And when that happens, even this system of our body, mind and intellect becomes stronger. When the soul holds more Light, the system becomes purer and stronger, the mind becomes purer and stronger, the intellect becomes purer, stronger and sharp. Then we can get over this depression. So, we as souls ultimately, make this system stronger or weak. When we are stronger spiritually, we can get over depression. Depression is a reality.

Q: Does depression have a link with the past life Karmas? Is that why it is so difficult to fight depression? Any illness is caused by Karmas. Are these two interlinked?

A: I do not know if we can call this a result of Karma alone. Whatever

choices we made in the past Lives or even in this Life, have somehow made us weak. That is why probably we get into this trap of depression sometimes. To deal with this we have to grow stronger. And we have all the help available. Meditations are a great a gift, a great hope. Rishis are a great gift, a great hope. I have mentioned this several times that nobody is condemned forever. These are Guruji's words. These words are so profound and give us so much of relief and hope. Only Masters can talk like this. Everybody has an opportunity to rectify things, to reform, to correct themselves, to come closer to God. Everybody has a chance, an opportunity, and not just one, but millions of opportunities. When we are nearer God, we have everything. Meditations bring hope. Meditations bring God to us.

Q: What is our role as a healer?

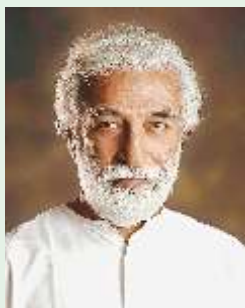
A: I feel it is very limited although it is very important. Important because physical channels are required to send the healing energies to the person. And I say limited because apart from being a channel, everything else is done by the energies, by Devi in charge of healing and the Rishis.

Q: What technique should we practise when we sit in the structures here, or in Antar Manasa?

A: There are techniques given by Guruji for all the structures. The techniques are mentioned at the entrance of the structures. We can practise the technique given to be practised in the structure. We can also channel Light. We can practise the Shambala principles. We can even do our Stage Meditation. All these are fine. ■

LIST OF OUR PUBLICATIONS

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iGurujī - Vol 2	120/-
iGurujī - Vol 5	100/-
iGurujī - Vol 6	75/-
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ಕಾಂತಿಕಿ ದ್ವಾರಮುಲು	100/-



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)

In last few instances I observed a very strange thing within me. There is some force which holds me back from responding in my own way. It literally forces me to deal with situations calmly and peacefully. When I try to be angry, it does not allow me to be angry. When I try to increase my voice level and change the tone of my voice, it does not allow me to do so. When I think of using harsh words, they don't come out.

- Nikhil Samudra

I have noticed a lot of positive changes and miracles in my Life, which is difficult to explain in words. Light has brought me out of each and every difficulty and problem I have faced in Life in some way or the other. Thanks to Gururji, Amara Maharshi and the entire Manasa team for the support.

- Prajyot Gadkari

I feel close to Gururji. My reaction to situations is totally different now. There is a huge change in me - in acceptance of situations and my reaction to others. Sometimes I feel totally different. I experience higher protection and help in

everyday Life.

- Abhay Kumar Joshi

By the grace of Gururji and the Rishis, I am able to practise Meditation more regularly now. Initially, there was a lot of churning of negative emotions and it was difficult to carry on day-to-day activities. All I could do was surrender, pray and practise Shambala principles. Then suddenly one day, all these disappeared. In its place there was lot of Love and Peace. Somehow, I am not touched easily by the negativity around. A sense of detachment to smaller details of Life, and greater feeling of responsibility for human welfare is arising. I sense at every step a feeling of protection, Love and care from Gururji and the Rishis.

- Sudeep Jayaram Shetty

I had very challenging times during the last three months. The Rishis know everything and have helped me at every step. It is a balancing act and truly I feel I am not walking, they are carrying me.

- Gayatri Ambady Bhatia

FORM IV

(See Rule 8 of Press and Regulations of Book Act)

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