



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 6

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## REFLECTIONS

**Guruji Krishnananda**

(Excerpts from old Newsletter – June 2003 issue)

An occasional spell of rain heralds the approaching rainy season. There is hope for the end of summer soon. In God's world, there is always hope; always change.

Religion upholds and furthers a value system. Religion is different from politics. Religion should be away from politics. Religious leaders should keep away from politics. If they do not, they bring their religion to the level of politics. With such leaders, the value system gets diluted; religion gets divorced from Spirituality.

There is an under-current. There is a growing Awareness. That values are more important than rituals is dawning. Gradually, Spirituality separates itself from religion. Religion gradually fades and only Spirituality shines. It is only a matter of time. The Light of Spirituality drives away the darkness of the receding dark age, the Kali Yuga.

A student had a picture of Jesus in his hostel room. The swamiji in charge of the hostel got it removed saying it was a Christian god. Deeply hurt and protesting, the boy left the hostel and went to Himalayas searching for God.

I knew this boy. He was a Meditator and also my student. I am sure that he will find God.

I had a visitor. He was an important man in society. In the short time he stayed here, he pointed out several mistakes in the buildings and advised on many things including teaching Meditation. It was amusing to note that he did not make a single enquiry about this place or the Path!

People miss so much without listening to others. They are truly rich in their ignorance.

How do we deal with the pain and suffering around us?

Bring relief as much as we can. And then, meditate. Meditation raises the levels of Awareness in people then people do not allow any suffering to persist.

Those who join me fully to work for the Rishis have to make great sacrifices and burn their boats. They must surrender their ego and their 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

**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 AM to 8 AM)**

at Indian Heritage Academy  
6th Block, Koramangala

**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.



Light Channel Volunteers gathered in Taponagara on 13th March 2022 to celebrate the success of the 12th World Channels Day.

**NEWS AND NOTES**

- Guruji's 83rd Birth Anniversary will be celebrated on 22-5-2022. To participate in the program Sadhaks may register their names by 21st May at Manasa office.
- Orientation class will be held on Wednesday, 4th May 2022 from 11AM to 1PM. 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.
- The Light Channel Volunteers and Members of the Healing group are requested to re-register their names if they wish to continue the Light Channelling and Healing work. New students who wish to join the work can also register. Please register with Shri. Manoj Chopra (WhatsApp number 93438 64912).

**GURUJI'S BIRTH ANNIVERSARY  
PROGRAM  
22-5-2022, Sunday**

11AM Welcome  
Speeches  
Special Meditation  
12.30 PM Prasada

**MEDITATION ON SPECIAL DAYS**

01	Sun	Solar Eclipse: 0.15AM - 4.08AM
03	Tue	Akshaya Tritiya
09	Mon	Shukla Ashtami
11	Wed	Shukla Dashami
16	Mon	Buddha Poornima Total Lunar Eclipse: 7.02AM - 12.21PM
18	Wed	Guruji's Birth Anniversary
22	Sun	Guruji's Birth Anniversary Celebration
23	Mon	Krishna Ashtami
28	Sat	Masa Shivaratri
30	Mon	New Moon Day

**PROGRAM AT TAPONAGARA**

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
08-5-2022	Shambala Group meeting at 2PM
15-5-2022	Ra Group meeting at 2PM
22-5-2022	Guruji's Birth Anniversary program
29-5-2022	Akhanda Dhyana (Light Channelling): 11AM – 1PM

There is Solar Eclipse on 1st May from 0.15 AM – 4.08 AM and Lunar Eclipse on 16th May from 7.02 AM – 12.21 PM. Please channel Light to the whole world during the entire eclipse period.

## THE MASTER'S DREAM

**Sujatha Ram Rao**

Guruji was a Rishi, a Light Master. The Rishis in Puranas became a reality in our lives. Guruji's Love to fulfill the dreams of Amara and his unflinching dedication to the Rishis' work was exemplary; Gods, Light beings, and the Rishis became regular visitors to Taponagara and it also became a dwelling place of Divine personalities. The works done by him in the Astral plane, the energies he brought down from Divine planes for the future Shambala in Taponagara, and many more are beyond our intellectual grasp and cannot be gauged by any ordinary human being. He could connect to everything in the Universe.

Guruji is a redeemer and an alchemist. His unconditional love for the seeker was immeasurable. People gained strength and hope to get over their challenges which they attributed to the omnipresence of Guruji and his Grace. He was a personification of Love. Guruji connected to all the people - young and old. He guided people in their inner journey, to move towards God, their origin. His presence made the place vibrant and his talks were full of life and humour which made the class very interesting.

He introduced 'Light Channelling' technique to the world, to bring about a silent revolution on this earth. A seed when sown and watered grows into a new plant. Similarly, Light when channeled and nurtured on our earth gives birth to the New Age (Satya Yuga) full of peace, happiness and contentment. Light Channeling is an aid to create such new systems based on Honesty and Love. Establishing such systems on this Earth is the Dream of Guruji and Masters.

We, as the citizens of this Earth must choose the Light and channel more Light. The Light Masters have given us this wonderful opportunity to be channels for work of the Rishis. It is the responsibility of each one of us to Channel Light and become Dare Angels. ■

## GURUJI

**Vaishali Joshi**

Guruji was a great Rishi whose higher self is living in Satya Loka. Such was his Divine unconditional Love that when Vishwamitra Maharshi called for volunteers to work on this earth during the transitory period from Kali Yuga to Satya Yuga he volunteered. He was taken to a special earth and trained for 5000 years for the Rishis' work. To fulfil his assignment, he took birth as an ordinary human being and went through the travails of human life. Probably Masters choose to go through the struggles of every day human life to set an example for us through their living.

Every experience that he went through in his life holds lessons for us. When he met Maharshi Amara he had his own problems, of money and family. The burden of his problems was such that one day he told Maharshi Amara that he wants to commit suicide. He had to go through harsh situations even after he joined the Rishis' work.

With the strength of his unshakeable faith in his Guru and the Rishis he overcame all adversity and rose to the highest level of Rishihood. His was a life of simplicity and humility. He established Taponagara, and developed the Saptarshi Dhyana Marga to teach Meditation. The new and undistorted knowledge brought down by him from the higher Lokas is stored even in the walls of the structures in Taponagara and can be accessed by any sincere seeker. The energies anchored in Taponagara can be accessed by a Sadhak just by linking up to them from anywhere. Whenever new energies were brought down by the Rishis, Guruji took the responsibility of receiving them on behalf of the people on this earth, and in the process willingly absorbed the negative impact that came along as part of a Spiritual law.

When he was physically here, he gave both Spiritual and material guidance to anyone who came to him. He continues to be our Guiding Light even now. ■

## 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.)

The whole world is our Ashram. That is what Amara said. He would casually tell us things like this.



For smooth Sadhana, for moving on in Life without great struggles, the Universe helps. That is the affirmation. We have to decide to begin the journey. You don't have to travel a lot. The mere intent is enough, God provides everything. God is Universe.

Let us prepare ourselves to understand more of ourselves more than anything else. You have to contemplate on these points. I won't elaborate.



After the first goal, we have to expand the goal. For example, we take up Meditation maybe to relax, get over a problem etc. Most people take up Meditation for peace of mind. Good, to begin with. That will be our first goal. When we come here, we realize, "O God! There are so many things! There are so many things that we have to achieve." So, this goal gets expanded. You have to consciously expand the goal. When you expand the goal and make movement, you will realize, "O God! It is like a horizon." As you go on, the horizon also moves. As we achieve the goals, we realise that there are higher and higher goals. We must be consciously aware of this fact and go on accomplishing these goals.



How do we clear the Karmas? One is, of course by going through the effects of them. We suffer or enjoy. We go through the effect of Karma. Second is, we can meditate and clear the Karmas. The Karmas can be burnt with our Meditations. There is another way. The

Rishis are always kind and bless us with their Grace. Sometimes they do not allow us to go through the effect of a big Karma at the physical level. They see to it that it just gets cleared at a different level - let us say at the mental level. A person wrote to me that she had a nightmare and that she was shivering with fear for days. I told her that one of her very big Karmas is cleared. God cleared it through a very bad experience. Sometimes we go through very painful situations, we suffer agony in the mind. It is a touch and go. A Karma is cleared. You don't have to go through it physically. I wish I could give more examples so that we understand the ways of the Rishis better. I will spare more time on these things some other time.

I always remind you of Amara's sayings. Once Goddess Mahalakshmi was here on this earth and of course Amara worshipped Her. She was a little sad. These are not the words that we have to use for Divine personalities, but it helps to understand the point. Amara asked Her, "Why are you sad?" She said, "I want to give so many things to the people, but I can't give, because they don't know how to ask. There is a rule. I can't give only material benefit. People have to ask for Spiritual counterpart also." Whenever we speak of Goddess Mahalakshmi, we think of only money, riches etc. So, whenever you pray, pray for both Material and Spiritual things.

November 2006

How truly it is said, "Why do we want powers?" Normally when we take up Sadhana, we think of these things - powers, capacities. One can walk on water, do so many things but that doesn't make us Spiritual. If one is pure, that is enough. The purity has its own power.

Being good is enough. Then you have all the powers just because God is with you. I think this is the essence of Sadhana. That is why great Masters like my Guru, never speak of powers. My Guru was perhaps the most powerful and capable person that I have ever known. A simple example I always mention - "He used to be in twenty different places at the same time. He was able to go to other galaxies, bring things from there." If you read the 'Astral Ventures of A Modern Rishi', you will know his capacities. But he never spoke of powers; he never taught us anything that takes us near the powers. But he taught us how to live as decent, good human beings. Love has its own power. Truth has its own power. This should be the focus of Sadhana.

You can intensify Sadhana in any of these ways: You can manifest Love, you can manifest Ananda, you can manifest the Vastness, you can manifest Vairagya.

Any one of these, is enough. This is how we intensify Sadhana; not by reading more books. Reading books helps of course, but that is not enough.



Whenever a newcomer came, my Guru would narrate the entire 'Descent of Soul'. He would take one hour to explain. He told us, "Whenever you read the book 'Descent of Soul' again, new brain cells open; there will be new answers." He said, "If you are disturbed, read the 'Descent of Soul' again." Although it is a very small book, it contains the essence of all *Upanishads*. All the knowledge related to this subject is very systematically put. Also, my Guru added many details which he brought down from the highest plane. So, this is a very important book. I wish you contemplate on each point. ■



## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

27-03-2022

From 2020 onwards we have been living in strange conditions. We hadn't obviously imagined a Life of lockdowns and working from home. Life now seems to be coming back to normalcy here, but in other parts of the world the pandemic is still active. And of course the war is raging in one part of the world and there is still a danger that it will escalate. Hope it doesn't escalate but if it escalates then it will be difficult to contain it. I am not saying that it will lead to a World war. We don't know of course, anything is possible. We have to of course hope that it doesn't happen and pray and channel Light. That we will do. It is heart rending to see people suffering and dying. I remember Guruji used to tell us that we have to prepare ourselves to see very harsh things. Now we can see such things happening. We hope that the very powerful leaders of the world do not take us towards more destruction.

Are these developments part of Pralaya? Yes, all such developments, as we understand, are part of the Pralaya processes. The objective of the Pralaya processes is cleansing. We hope that those who are behind the war, behind this hatred, will collapse. I hope that happens because that's what Pralaya processes are meant to do. The Light will shine ultimately. Light will shine with more brightness in those areas which are affected and of course all over the world.

I got an email from some people from Denmark. They said that many Spiritual groups there, probably in the west, believe that the vaccination is not right. They were asking me about my opinion. They say that the vaccine will harm not just the physical body,

but it harms even the subtle Spiritual bodies. They say that when people die, they will go through many difficulties, will have more problems. I told them of course what is our view, what we have understood here. I told them that we are all vaccinated and of course we have no problem with that.

When we see the world and observe happenings, events, realities, we see that there are always different opinions. For any reality there are opposing views. There are opposing views even about the war. Some say that the war is justified and of course many others say that any war can never be justified. Similarly, there are opposing views about the vaccine.

I began thinking about it and I just wanted to share my thoughts. Whether the vaccine works or does not work, we will keep it aside for now. I have of course clearly expressed my opinion. I have this faith that the vaccine works and that's why we got ourselves vaccinated. I am not talking about my view. I am saying that for the Spiritual groups to tell their followers that vaccine harms them spiritually is really strange. If they say that vaccine harms them physically, I can at least believe that they must be having a credible knowledge about it. But to say that it harms people spiritually, is very strange. And for them to say that it affects people after death, is even stranger.

The spirit, the soul that we are, is a part of Light. No negative force can harm the spirit. I believe that there is no force in this Creation, however strong it maybe, that can harm the spirit. A powerful negative force can harm us physically. That I agree. It can even affect us at the level of the mind,

if we get influenced by the negative force. It can affect the mind, only if we allow it to affect us, but it cannot harm the soul. We cannot go down spiritually just by injecting something in our body. We are not doing it for just for the sake of pleasure - like injecting a drug in the body. Behind the vaccination, our intention is very noble. Our intention is to protect ourselves and to protect others. It is the intention behind an act, which either helps us grow spiritually or lets us fall spiritually. If we carry anger, bitterness, hatred, that causes our downfall. This we have understood very clearly. We have also understood that a strong negative emotion or a strong negative thought, if we allow it to remain in us for a long time, can even damage the mind. That way we become the cause of damage to our mind, not an external agency or external force. That's why it's difficult to agree with the arguments raised by these people. I told them very clearly of course what is our view.

So anyway, I was saying that for anything in the world there are two opposing views, and both sides naturally believe that their thinking is right. How should we handle this? What should we do when we are faced with such conflicting opinions? Which opinion should we agree with, if we have to make a choice? And in these times of intense Pralaya, where chaos is everywhere and there is confusion everywhere, we have more of such conflicting views. I think the only thing we can do is, get guided by our intuition. That's what our Guruji had told us - get guided by the intuition. Our intuition will never fail us, it will guide us always properly. ■

## 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.

## CHURNING AND TRAINING

### Karthik N.

For many of us, Guruji is a companion in good times and a Guide, a Hope in tough times. We keep shuttling between comfortable and unpleasant phases. In the recent past however, Life has vigorously tossed and turned many of us. From one angle, it seemed like chaos and turbulence had engulfed our life. From another angle, we got focussed time for our Inner Journey, for Sadhana. From a certain angle, we got a technological upgrade through which knowledge flowed easily. From the familiar angle, it has been a menacing act of balancing family, work and personal space. Many more angles exist. And the churning continues!

We also experienced a zoomed-in view of our lives, with a pronounced flavour of isolation; physical isolation from family, friends and society. And it persisted longer than usual. While this zoomed-in view has been alarming, it also has been enlightening. The recent times have been intense. For those who held on to the rope of faith, help has been unending too! These incomprehensible aspects of Pralaya are bewildering!

Two decades ago itself, Guruji had said that to deal with the future times, we have to meditate and transform. We must be sincere and committed to our chosen goal. He said, these are the parameters to decide help from the Rishis.

Guruji was trained by the Rishis. And, we are being trained by Guruji. By now, we know the way to receive help from the Rishis. Along or after, we also need to tune up and channel help to the world around us. Our struggle is to manifest this part of training too! We are aware more is expected of us.

This Birth Anniversary, the flood gates of help and opportunity open again. We pray, we train. ■

## ETERNAL LIGHT OF OUR LIFE

### Apoorva Deshpande

"God never lets us suffer unnecessarily. He knows when to give and when not to give. When we surrender to the Divine, we do not suffer." -Guruji Krishnananda.

Things in Life seldom go the way we want them to go. There was something that was troubling me. Something I couldn't fully bring myself to accept. One day, I decided to stop fighting with myself and surrendered. It isn't easy. There are moments when I falter. But I have noticed I have found immense strength whenever I have surrendered and left certain Life decisions in Guruji's hands. I am consciously trying to not be the writer of my own destiny and leave it in His hands. And by doing so, I have only found Peace.

In one of Guruji's classes, Guruji had asked us to carry Light and be aware of Its existence at all times. After carrying Light, as Guruji had taught us, I find myself getting angry less often. I have started to react differently to situations, than what I used to before. Recently when I had to face difficult people and harsh words, I felt very sad, but before reacting, I connected to the Light within, and found myself not reacting back.

It is because of Guruji's teachings, that I am able to let go of memories of the past that have clung onto me for years and impacted the present. I am slowly able to forgive myself and also others by being aware of the Light.

Guruji had asked us to send Love to the people. I have noticed changes in the people I sent Light and Love to. I have also noticed a change in myself.

Guruji's presence in our lives has been Life altering. I shudder to think how dark our Life would have been without the eternal Light of our Life. ■

**QUESTIONS AND ANSWERS**

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

**Q: Guruji said we must have Love towards everybody. How do we Love people who have hurt us?**

A: I agree it is not easy. I met a person a few weeks back, a very good man, a gem of a person. He told me, "I just cannot forgive this person. We may lecture on Spirituality, but it is so difficult. I cannot forgive." I understand him. It is difficult, but it is possible. That is what we are learning here. That is the truth. It is possible. Christ could do it. He could forgive the people who inflicted pain on him. He showed to us that we, as human beings, also hold the same potential. Anyway, let us think of a situation like this - maybe it helps - we have hurts on this side, and we have God standing on the other side, and if He says, "You let go. Once you let go, you will crossover to my side, you will come to me.", then what do we do? It is a choice we have to make.

**Q: When we practise Shambala Meditation immediately after the Stage Meditation, do we need to practise Pranayama and strengthening of the shield?**

A: When we finish our Stage Meditation, this system will be already in a ready condition to experience higher things. So we need not practise Pranayama again. We can straightaway practise the Shambala Meditation. But we have to strengthen the shield, the second shield, the Shambala shield. We know that people who are in the Shambala group, they have two shields. One shield which is given to them by the Rishis when they get initiated in the Experiencing Light Level I stage. And when we get initiated for Sadhana in the Shambala group, at that time we are given another shield, the special shield from the Shambala Masters. So, we have two shields to protect us from dark energies. We have to strengthen both the shields. So, Pranayama we need not do but shield

strengthening we have to do, if we practise Shambala Meditation after our Stage Meditation.

**Q: When we are in an expanded state, is it the soul that gets expanded?**

A: When we feel expanded, yes, I feel the expansion comes from the soul. The awareness expands. And in this state of expansion, our entire system expands. Our thinking expands. We do not think only for ourself, only for our families, but we think of others also. We think of the whole world. That is the expansion in thinking. Similarly, our emotions expand. We emotive for others. We feel for others, and of course for the whole world. And then at the physical level we act for others, act for the world. So, expansion begins from the soul and it impacts the entire system. There will be expansion at every level.

**Q: When we are angry, is it the soul that gets angry?**

A: We understand anger as an emotion. Emotions are experienced by the mind. So, we can say that anger is generated at the level of the mind. The soul does not get angry. But the soul allows the anger to rise or generate in the mind. So, the soul has to take responsibility even for this anger.

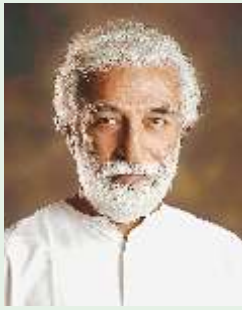
**Q: Does the higher self attract Karmas in whichever plane it is existing?**

A: The higher self does not attract any Karmas. Guruji had said that the higher self would be following the laws there properly. And the living of the higher self in that Loka, will affect our Life here. Guruji had said that in the higher Loka the higher self is always engaged in activities where it will be growing spiritually. So let us say it helps us positively only. It doesn't affect us negatively. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
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**GURUJI KRISHNANANDA (1939 - 2012)**

### MANASA FOUNDATION (R)

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

#### TAPONAGARA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

#### ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Gururji lived from 1987 to 1992.

#### STUDY CENTRE

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

#### JYOTHI PROJECT

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

#### VISITORS

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

#### APPEAL

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

## SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I am becoming very much aware of my thoughts. Though there are many external triggers from people, I am practising not to react to them. I am also practising to take things easy. I am feeling very much energetic and lively most of the time.

- Prem Anand

I continue to experience a constant inner happiness and feel at peace always. I rarely feel agitated when something is beyond my control. Light and Gururji are my constant companions and I carry them always in my heart.

- Anne Chapman

One day I felt as if every cell of mine was separated and was flying independently with the wind.

- Nabha Bele

I feel that with Meditation everything is going better, resolving all duties without problems. Also, I feel more compassion for humanity.

- Roland Pffeffinger

I feel calm and peaceful in spite of disturbances. I have repeated this statement few times in my report and every time I find subtle changes in the way I experience Peace.

- Rajalakshmi R

I am able to stay calm in most of the situations and I am able to keep control over the anger. As suggested during earlier report submission, I am practising the technique and found it helpful.

- Rajesh Shetye

I am able to remain calm and pause before reacting. I consciously try to avoid strong reactions.

- Gouri Patil

Lot of changes have taken place in me in terms of responding to a situation and dealing with people. I am quite happy.

- Aparna Kongot

The Shambala principles of spreading Ananda, spreading Love and experiencing Oneness with everyone and everything, are making Life easy and enjoyable. Practising these principles in my daily Life is helping me to have good relations with all those who come in contact with me. These principles are teaching us 'Divine Living' and also fulfilling our dreams. The credit goes to the Rishis and Manasa Foundation for giving us the Divine gift of this knowledge.

- Nasreen Begum

I now have a tremendous feeling of surrender, and acceptance. My moods and emotions are fluctuating and I feel very alone, sometimes insecure. Life springs sudden surprises, which are nothing but losses. My Peace and calm are so strong that I have not said a word and I am taking the loss in my stride. I realize that everything happens in God's time and that I have to be patient.

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

- Reboni Ray

When I meditate, I experience the Light. I get strong vibrations in my whole body, and this remains for a few minutes and again after some time I feel stronger vibrations.

I am able to inspire and help others. I am always happy and calm and do not get upset easily.

- Kumar Tumkur Nagendra

During Meditation and Light Channelling, I am experiencing moments of quiet and there are surges of Light and energy. This is happening daily.

- Alastair Stubbs