



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 2000 issue)

Tapas means 'to shine.' To shine with the inner light; to shine with God.

When our system of body, mind and intellect gets purified, the light from the inner chamber of the soul comes out. Meditations purify the system and long Meditations with advanced techniques intensify the light, drawing light from the ocean of pure Consciousness. This light is not the one we see. It is the Astral; the Divine. This light carries Knowledge and Energies. When a person shines with this light, he shines with Knowledge and Powers. Such a person is a Rishi.

Our main endeavour is to make everyone who comes to us to shine; to become a Rishi.



More than ten years ago, I used to live in a hut. I was down financially and had no friends or relatives to disturb my Sadhana! I had all the time for Meditations, reading and writing. I remember that, in the dim light of the kerosene lamp, I drew several times a sun on top of the letter in Tapas, as in the caption above. I did it with no particular purpose, as if compelled by an unclear premonition to use it later. When I think of this, so many experiences and visions crowd the mental screen. It appears appropriate to mention one.

I had the vision of the Kundalini hall that was built perhaps in the last cycle, thousands of years ago. It was octagonal but had beautiful carved pillars and had an underground chamber like the present one. Such visions and experiences humble us. This Kundalini hall was destined to be built. All this work was destined to be done. Then what is our role? Allow ourselves to be used as tools. And what a glorious opportunity to become the tools of the Rishis!



Like true Meditators, we are entering the New Millennium with Meditations, in silence and with Divine majesty. Let us leave behind all the negativities and carry on all that is positive. Let us spread Love and Light.

I wish everyone a very Happy New Year full of peace and happiness throughout the year and after. God bless all. God bless this earth and all the life on it. ■



**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

### Thursdays (7 PM to 8 PM)

at Devagiri Venkateshwara Temple,  
BSK 2nd Stage

### Fridays (7 PM to 8 PM)

at Maruti Mandira  
Vijayanagara

### 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)

Newletter Annual Subscription Rs. 300/-  
DD should be sent in favour of  
'Manasa Light Age Foundation'  
Money Orders are not accepted

### NEWSLETTER

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



Residents of Taponagara gathered in the Parking area of Tapovana on Ayudh puja day and energized the vehicles.

## NEWS AND NOTES

- Guruji's Maha Samadhi day will be observed at Anekal on 23-11-2022 and at Taponagara on 27-11-2022. To participate in the program at Taponagara, please register with Manasa office before 25-11-2022.
- "Shambala Tattwancha Abhyas", the Marathi translation of "Practising Shambala Principles" will be released during the program at Taponagara in e-book format.
- Manasa Calendar for the year 2023 will also be released during the program. Only a limited number of copies, only for those who request for it, will be printed. Please register by 15-11-2022 to book your copy.
- A new batch of Shambala Group will begin on 8th January 2023. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this group may register with Manasa office before 31st December 2022. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2022. ■

## MEDITATION ON SPECIAL DAYS

01	Tue	Shukla Ashtami
03	Thu	Shukla Dashami
08	Tue	Full Moon Day Total Lunar Eclipse: 1:32PM – 7:26PM
16	Wed	Krishna Ashtami
22	Tue	Masa Shivaratri
23	Wed	Guruji's Maha Samadhi Day New Moon Day
27	Sun	Guruji's Maha Samadhi Program

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12 Noon -1PM
08-11-2022	Lunar Eclipse Special Meditation: 1:32PM – 7:26PM
13-11-2022	Shambala Group meeting at 2PM
20-11-2022	Ra Group meeting at 2PM
27-11-2022	Guruji's Maha Samadhi Program

## GURUJI'S MAHASAMADHI PROGRAM

	27-11-2022, Sunday
11AM	Welcome Talks Special Meditation
12.30PM	Prasada

On 8th November there is Lunar Eclipse from 1.32PM – 7.26PM. Please channel Light to the whole world during the entire eclipse period.

## LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

My Life had become dull and I was very upset with day-to-day Life experiences. Then my mother told me to practise Light Channelling twice daily, in the morning and night. It has given me relief. Now I feel more energetic. I am able to work with speed in my office. I am in a good mood the whole day. My concentration has increased a lot.

- Krishna Abhishek, A Light Channel

On 18th August we conducted a Light Channelling session in LCR School, Yeshwantpur, Bangalore. One of the teachers was in severe pain due to hairline fracture in her leg. But somehow, she managed to sit in the assembly room, where the session was arranged. At the end of the session, she said that the intensity of the pain had reduced. And she expressed gratitude for the wonderful session. The Principal was very happy and requested us to visit the school every Saturday.

- Chandrakala D., Light Channel Volunteer

Until last year my son was not paying much attention to his studies, so he was not getting good marks in school. He used to tell lies, cry about small things; he was very short-tempered. We used to always get complaints from the school. But because of the practice of Light Channelling technique taught by the madam from Manasa Foundation, there is a lot of change in my son. He practices it wholeheartedly. Now he has become brilliant in studies; his progress in studies is visible clearly. His school teacher has also said this. Now he has become very quiet, his irritability has reduced. Now he is the class monitor. I can see all these positive changes in my son. I am very very grateful to Manasa Foundation for this activity.

- Ashwini Nakte, A parent

## OUR GURUJI

Shubha S.

A Great Rishi was living among us, full of Light, Love, Peace and Purity. He came to work for Pralaya and guide us all to Satya Yuga. He worked tirelessly and also celebrated life. Never did anything without the stamp of approval from the Rishis and passed on all the credit from his works to his Guru Maharshi Amara and God. He brought Amara Maharshi to our lives and into our hearts.

Writing many books, in simple words, he passed on rare Knowledge from the Rishis to everyone. Whenever Guruji wrote about his experiences, we got a peep into his vast world. It helped us to read, know and understand a little bit of his many Astral works. His words express how deeply he Loved the Rishis and the work. Guruji takes upon certain Karmas of his students and the entire responsibility of the person's Spiritual growth. That is his Divine Love for us. Guruji is the most important person in our lives, having introduced us to so many realities and truths. Kind, caring, he gave me lots of time to understand the work and pardoned my many mistakes. Guruji, helped me make better choices, and when things went wrong, I was able to face the consequences by praying to him. Only with his Grace and blessings, I am able to continue Meditations and work. Also, able let go of the many hurts and smile again.

He taught about choosing Light and how unlearning is so important. Said there is a purpose behind everything. He wanted us to experience only the best, like the moonrise, the Sky, music, butterflies, new leaves on the trees and many more.

The simplest ways of connecting to Light and God was given by Guruji, helping in trying to lead a peaceful life. He had a great a sense of humour and the most beautiful smile. ■

## 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)

December 2006 (Contd.)

I quote from “Doorways to Light”. Amara explained this incident personally to me and a small group. He had terrible pain and was lying down in the bed and suddenly Lord Venkateshwara physicalized. He sat on the bed and asked, “Do you have pain?” Amara said, 'yes.' He passed His hand over Amara's body and removed the pain. Similarly, Lord Krishna appeared physically. He physicalized. We are in the 21st century and I am talking of this. But this is the Truth. In any century God comes to us, not only in the 21st or 17th century. People may talk of scientific temper and go on talking, but God comes to the person who is like Amara. Again, Krishna gave him relief not only at the physical level; he gave many things. I remember Amara was slightly emotional. He was not normally emotional like us. He said, “My Life is fulfilled. Lord Krishna gave me Darshan. What more do I want?” He was a humble person.

Remember humility is never a weakness. Humility is strength. Only a very strong person can be humble. A weak person has all external indications showing he is this or that. It is the strong who can be humble. When I say, “Cultivate humility”, I also mean gain strength spiritually. Humility is required to go near God and come near the Guru. First you have to come to the Guru and then you go to God. I mention this because the postal guidance students don't know us. They write without much respect sometimes. We slowly correct them, no doubt. But again, humility is required. Humility is required anywhere. Even if you want to purchase something, if you are arrogant, he may ignore you. Humility is required. And patience. As soon as we

take up Sadhana we expect a miracle the next moment, not the next day. I have a problem, it should vanish. I have a disease, it should vanish. Problems do vanish, take it from me. All types of problems find solutions, find relief. We experience this. I witness this almost every day. But you can't expect it to vanish the next moment. You can't expect to establish contact with the Rishis after meditating for 23½ minutes. People will be waiting to complete 24 minutes. They will be relieved once it is over. You have to have patience. When you have patience, everything happens. After all we are at the beginning only.

And this is very important. When we sit for Meditations, all thoughts come to us at the beginning, and even after reaching the stage of Samadhi Yoga, thoughts come to us. The only thing I have been telling you from so many years is, never to bother about this. Do not try to give more attention. Ignore the thoughts. And never try to control these thoughts. It is a habit in human beings to control things – control people, emotions, thoughts. You can't control anyone or anything. So, never try to control thoughts because if we do, we will be wasting our time fighting with the thoughts and we will not be meditating. Ignore the thoughts.

After taking up Meditations, people start writing mails – “After I took up Meditation, I have this problem.” “After I took up Meditation, I have family problems; my wife fights usually.” But somehow strangely, people connect Meditations with problems. After they take up Meditations, they somehow observe problems. People do not know Meditations. That is why they speak like that.

Please remember this. Write it down and paste it on the wall or somewhere. We

do not have difficulties because of Meditations, but it is because we don't meditate. Meditate and you are the happiest man.

From 16th December, it is *Shoonya Masa*. And we know, during *Shoonya Masa* our Rishis go for Meditation. The entire *Shoonya Masa* is like *Brahma Muhurta* for them. For one month, they may not be available to us. And you know, every time a new batch of Rishis comes. And I have observed, whenever there is a new batch of Rishis during this one month, they make revolutionary changes. And now I see, even before their coming, wonderful things are happening here. We can see almost revolutionary changes. In the beginning of this year or so, we were talking of new destinies being made. We can see that happening now.

Many things spoken here are understood thoroughly. People are able to improvise on that. Improvisation is possible only when you understand things very clearly, very deeply. I am very happy about this. Of course, Amara is here astrally and he is very happy too.

As I mentioned earlier, we are moving towards *Satya Yuga* and we are moving towards very great times. Things happen to us individually. But at the personal level we will have wonderful experiences, wonderful benefits and I should say, wonderful revelations. Do not think that all the time you have spent here is somehow a waste, because, you may not have experiences. We have kept most of you in Samadhi stage, giving you the same technique. Don't think we are just stagnating at a level. We are making progress. We are moving forward. You will understand this when you have the real experience which is just there on the other side of the door, next year. ■

## EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

11-09-2022

Recently I observed very beautiful behaviour of a person. Some family friends had come home to meet us. When they came inside, they left their footwear outside. Their footwear was exposed to the sun and weather outside. We began talking and after some time it started raining. We had forgotten about the footwear. It stopped raining after some time. Then, when our friends wanted to go, we all came out. We observed that the person who helps us with our house work, had kept an umbrella to cover the footwear! He wanted to protect the footwear from sun and rain. I don't know, from where he got such a nice idea. When I saw it, I felt so impressed, so touched by his behaviour. I thought, it was his Love and respect for us and our friends, that made him do that. Whenever there is Love, somehow, we come out with these very touching higher actions.

I was talking to one of our Meditators about the importance of taking medicines. She thought that she had reached a particular age and at this age she just had to go through whatever problems she had. She wondered whether she should really take medicines? Should she come in the way of God's wish? Should she really worry about her Life? Should she really try to extend her Life by taking medicines or should she just accept the health issues, and pass away peacefully. She felt that she had lived her Life. What more did she want at that stage of her Life?

Of course, I told her what we have understood here. We know that we have to keep ourselves healthy. If there is a problem with our system, with our body, we have to take medicines to heal the body. It is not coming in the way of God's wish. How long we live, is not in our hands. It is pre-determined. God decides our Life period.

But as long as we are alive, we have to take care of this system, this body, the mind and the intellect also. If there is a problem, we have to take medicines to remain healthy. Guruji used to take medicines. For example, if we have diabetes or blood pressure, we have to keep things under control. We are not trying to extend our Life by doing that. For that matter, we also heal ourselves. By the same logic of avoiding medicines, we can say that we need not even heal ourselves. Medicines heal at the physical level and self-healing that we do, heals us at a deeper level.

So, taking care of our physical health by taking medicines is the right thing.

We say that Meditations burn our Karmas. How exactly does it happen? What exactly is the process?

There is so much to understand and at this point of time, based on what we have learnt here from Guruji, I can only share a broad understanding about it. Can we understand the details of this subtle processes of clearing of Karmas? May be some day we will understand all the details, the exact technical details. Broadly speaking, we know that Meditations and our efforts in positivizing, burn the Karmas. Karmas as I understand, are a kind of a recording in our mind. They are recording of our actions, and also the experience of Life that we may have to go through, as a consequence of this action we have committed. That is how the Karmas define the track of our Life. This is one part. What happens when we begin Meditations? We experience the Divinity in deep Meditations. We may not experience the Divinity completely, but we experience at least partially. This experience sets in a process of transformation within us, which takes us towards positivity and Love. If we are placed in the same situation again,

where we committed some action which was not in alignment with the Light, which resulted in we attracting a Karma, then our action this time will not be the same. It will be in alignment with the Light and we will not attract the Karma. This time, after having grown sufficiently, our choice and consequent action, will not attract a Karma. The earlier Karma we had acquired, will be cleared. This is what I believe. Maybe we are tested to check what do we do in a similar situation. It is also possible that the Universal power, Universal intelligence which governs these laws of Karmas, feels satisfied with our Spiritual progress and says, "It is alright. This Karma is cleared." You don't have to go through the effect of that Karma. It is the Grace ultimately which works. It removes the Karma. The recording of the Karma may still remain, but the effect is removed. This is what broadly happens, as I understand. That is why we always say, Meditations are not enough. The transformation is necessary. Meditations do help, because they set in so many Spiritual processes within us.

I also feel that just by committing ourselves to begin Meditations, Karmas are cleared. When we begin Meditations, we also commit ourselves towards Spiritual growth, towards positivity. That commitment itself clears many Karmas. Guruji used to tell us that when we take up Meditations, many Karmas get cleared, although we wouldn't have made any progress. Just that choice clears Karmas, because when we take one step towards God, He comes forward several steps towards us. After taking up Meditations, however, if we hold on to our negative attitude, then of course it is possible that we may get back those Karmas which were cleared earlier. That is why I feel that we have to keep moving forward till we anchor ourselves in the Light. ■

## 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.

## THE POWER OF SURRENDER

### Shruti Sudhakar

What is the role of a Guru? Why is he held in the highest reverence? What is the purpose of his birth? Guru is God Himself. A Guru's unconditional Love for humanity is the main calling for him to take birth on Earth. He is the dispenser of darkness and guides seekers from darkness to Light. He can lead us to Mukti.

My father met his Guru, Gururji Krishnananda in 1995. Before this, he was on his search for a Guru for a few years. One day I asked my father, "What was it like to meet Gururji for the first time?" He told me that Gururji felt like perfection! He instantly sensed a feeling of Surrender arise in him. He felt like he had reached his destination – like the search was over. He could not think of asking for anything beyond Gururji. "It was an instant recognition", he said.

How does one recognise a Guru? As I understand it, it is only the Grace of the Guru which qualifies us to meet Him; it is not our greatness but the greatness of the Guru. He allows certain experiences to help build our Faith in him, which further helps us Surrender. After the initial handholding, our progress thereafter depends on our own efforts. The extent to which we Surrender to our Guru is proportional to our Growth.

I met an elderly wise woman recently who explained the relationship between Sri Ram and Hanuman. This reminded me of Gururji and Amaraji. She told me why Hanuman is invincible. It is because there is no trace of Hanuman in Hanuman, but there is only Ram in Hanuman. With absolute Surrender comes absolute power.

When we negate the I, the *aham*, and fully Surrender to our Guru; to Light, we truly Win! ■

## GURUJI

### Apoorva Deshpande

Every time I have to write about Gururji, I look blankly at my phone for hours together, for I do not know how a mere mortal like me can even begin to write a single word about God Himself.

Writing or speaking about Gururji for any of us cannot be easy, for the wound is still fresh, the pain is still bitter as it always will be. The great Queen Elizabeth said, "Grief is the price we pay for Love", and I thought how apt this quote is. We will always grieve him bitterly but we also find solace in our memories of him and more importantly his teachings. His teachings that I am yet to even scratch the surface of. He is closer than a phone call away, but I probably have to work on our side of the network a little more. But what I have noticed is we all receive his help when we need him the most. Never have we been left alone to face the storm. The whole world may abandon us, but he will always be by our side, shielding us from the worst.

During his last days, I remember Gururji saying to all of us, that he has no problem leaving the physical body, but the thought of leaving all of us makes him emotional. That is the Love he had for all of us and continues to have for us. It does not matter how many decades we have spent here or how many days, his Love for us is the same. He would say, "I am equidistant to all of you."

Gururji has given us a purpose. I look at people I know, they are desperately looking for a purpose to Life. Had it not been for Gururji, I would be wandering around this world looking for a purpose too, ultimately and unhappily settling down in the rigmarole of Life! ■

**GURUJI'S LOVE FOR RISHIS AND GOD**

**Nikhil Gandhi**

Gurujī puts us through a unique process of learning and unlearning through his knowledge, actions, sharing and revelations.

One of the fantastic revelations that fills me with awe and wonder is that a Guru always chooses his students even before their birth; despite knowing, that post their birth, he has to take over some of their Karmas. Furthermore, as per *Guru-Shishya Parampara*, our Guru always receives us after we leave the body! So, his work extends to centuries, millennia and more. Gurujī must Love Rishis and God endlessly to do all this for us. And, I am profoundly sorry, as this added to his struggles and sacrifices, which he underwent lovingly and with a smile.

Our liberal and generous (beyond words) Gurujī says, “Make minimum effort”, which means even an intention is enough for us to receive Grace! This reflects the depth of his Love for us. He is truly our refuge and fortress.

The simplest way to understand Gurujī is to read all his writings. And the focus should be on learning the basics of the Path. Introspection after spending a decade in the Path, made me realize that I still don't know the basics of the Path. I feel that the growth is not only in following the complex things but mastering the simple things.

Guru Gita says that if you commit a grave mistake, your Guru can plead Lord Shiva to forgive you and thus save you from his wrath. But if you disgrace your Guru or hurt your Guru, then, even Lord Shiva cannot save you from the wrath of your Guru!

Sometimes, judging leads to condemning and that's where one attracts

Karma. Never make the blunder of judging a Guru by observing what his disciples are doing; or if he is treating his disciples differently.

Sometimes, one cannot handle the scolding from a Guru, especially public scolding. At such times, one must introspect and look for the lesson rather than feeling hurt. Your Guru cares more for your feelings than you care for yourself. This is a part of learning process.

Whenever you ask something from a Guru, he never says 'No', but he turns the conversation around or guides you to do something else, because if a Guru says 'No', then all the doors will close for you.

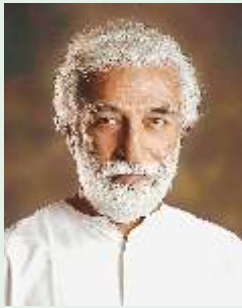
Never say no to the *Sankalpa* of your Guru. Whatever he says, do it, no matter how impossible or undoable it sounds at that time. Doing what he says now in future, might not yield the fruit as expected.

One may write volumes about his or her Guru, but ultimately what remains most relevant and appealing is the way he transforms his disciples. A Guru has a lot of responsibilities and so does the disciple.

On special days I read the last message of Gurujī delivered from the hospital bed. Apart from tears, it fills me up with Divinity and positivity. When he left, I despondently felt that all is lost and I will have to learn to live without him. I conveniently forgot that Gurujī used to say that his Love is same for everyone. If there is distance, it is from my side. I realized this within a few months after he left us physically. There is no leaving when a soul is bonded with Master. He is with me in the quiet and the hustle and the bustle. Every time I need him, he reaches out to me in myriad of ways. He is in the moments. He is Presence. ■

**LIST OF OUR PUBLICATIONS**

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & 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 meditating from three years, but I am not regular. I learnt Vipassana Meditation also. I was restless. I had questions like – which Meditation should I do? I prayed to Gururji Krishnananda to guide me. After a few days, I started feeling strongly that I should join Manasa again. But, because there was a long gap in my Sadhana, I was feeling very ashamed and guilty. But I gathered courage, prayed to Rishis and sent an email expressing my wish to re-start Meditation. The kind Light, Sapta Rishis and Gururji gave me one more opportunity. My heartfelt respects and thanks to them. I felt that I had lost my way, but now I have come back home. I am very happy, very much at peace.

- Prerana Kale

On 29th August 2022 I entered into 19th year in the Path of Rishis. I am eternally grateful to Gururji, Gururji Amara, Rishis, Master V, God and everyone who guided me, corrected me, provided me, protected me, blessed me, energized me, loved me, forgave me, transformed me and for everything else that was done for me. A big Thank You to all the volunteers who made my journey possible. I wouldn't have reached the heart of Gururji and Gururji Amara without the presence of wonderful volunteers.

In my journey to becoming human, I have outgrown few limitations. The best part is, I don't even know how I got rid of these! It is like the withered leaves falling from a tree automatically that Amaraji spoke about. This beautiful journey wouldn't have been possible without all Senior Guides and volunteers.

- Nikhil Gandhi

I was in a job which was quite hectic and filled with negativity. After 1.6 years, I quit from there and asked Gururji to guide me into getting a better job. In June 2022, I got a good job which is peaceful, and it is helping me a lot in my Spiritual practices too. There is a newer / deeper calmness now with very less thoughts. I practise self-enquiry frequently to stay in the Self. I feel Gururji's grace in my journey and his guidance in my job search, and also in raising my awareness through the books.

- Premanand

These days in Meditation, I am experiencing greater Stillness than earlier. The quality of Calmness has deepened further. On few occasions there was a burst in awareness after passing through sleepy states. Many obsessions are getting cleared and Life is peaceful with almost no problems. I am identifying the unknown negativities that are surfacing and trying to work them out. I am contemplating more; while contemplating sometimes I receive beautiful answers.

- Tanmay Kolhe

I started Light Channelling just before Amara Jayanti this year and since then Light has been my 'Life support'. I do it whenever possible. Light is helping me in all ways to correct me, help me and my family. My mother who has a health problem also practices Light Channelling and is finding miraculous benefits. Light has become my 'Breath'. I thank all the Masters and surrender at their Divine feet to help me become Light.

- Uma devi