



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

is 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

When I told that I was a Meditator, the person in the counter said "Then, you must have great patience!". I smiled. She asked me "Don't you get angry?" I smiled again. After handing over the packet, she gave a beautiful smile of admiration. I reminded myself that I had to live upto her expectations. I must deserve her smile.

It is natural that people expect a lot from us, the Meditators. And rightly so. It is our duty to see that no one is disappointed. The patience and peace should be visible and should manifest naturally. We should not pretend. We must have the patience and peace within us to manifest. If we meditate regularly and if we allow the influence of Meditations to work through us, all these would live in us naturally. Manifesting should be natural and easy. It should never be an effort or a burden to manifest.

We must have reservoirs of peace and patience and many other positive treasures in us, not because others expect them in us but because we carry them naturally like smiles on flowers.

The Egyptian crowds were successful in forcing the President to step down. The authorities had to listen to the voice of the people. It is a very important and great development in the history of mankind. The crowds have to be congratulated. It is not only the crowds in the streets but those silent voices in the homes that have to be remembered. It is not only them, millions and millions all over the world voiced their opinion silently. The collective thought-force had its imminent impact and change had to set in. No one could prevent it.

This is the trend and way of the New Age which has already begun. The energies of the New Age, the energies of the Photon Belt and the energies of the Great Ra that we anchored recently are collectively working and the corrupt systems will begin to collapse. The process has already set in. The Change has begun. It is there for all to see.

We, the Meditators have greater responsibilities. It is our job to meditate and channel Light all over the world so that the Transitory processes get strengthened. So that, great changes that are expected to occur pave way for the establishment of the New Age of Love and Light.

On 26th Feb 2009, we held an Event when thousands from all over the world channeled Light. A great energy was brought down to the earth at that time. This energy is also working, along with the others in implementing the agenda of the Future. ■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

Phone : (080) 2846 5280, 2271 5501, 93420 30250 (10 AM to 1 PM)

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

MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

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

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

on Mondays (6 PM - 7 PM)
on Tuesdays (6 AM - 7 AM)

External Guidance is available
by post and e-mail. Please refer
column 1 on page 6 for details.

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amount.



"29th January, Pune - Gururji initiated the lecture program
with practice of experiencing the ocean of Light".

NEWS AND NOTES

- Gururji visited Mumbai, Pune and Nagpur on 29th and 30th of January 2011 and addressed huge gatherings. The Marathi version of "Higher Communication & Other Realities" was released on all the three occasions.
- Amara Jayanti was celebrated at our Saptarshi Dhyana Kendra, Anekal on 1-2-2011.
- More than 350 people participated in the Amara Jayanti celebrations held on 6-2-2011 at Taponagara.
- The Books "Preparing for 2012" by Study Centre Members, and "iGururji Vol 4" by Seema Almel were released on the occasion of Amara Jayanti celebration at Taponagara on 6-2-2011.
- A Free Meditation camp for public was organized at Anekal on 16-2-2011.

SUNDAY PRASADA

- was sponsored on
- 02-1-11 by Umesh Upadhyaya, M. K. Chibbaar & Chandra K.
 - 09-1-11 by Prema Mallya & Hamsavathi
 - 16-1-11 by Vilas Khedekar & Lalitha Thirtha
 - 23-1-11 by Venkatesh B., Seema Ajay Kumar, Vijaykumari & Ranganatha S.
 - 30-1-11 by Chandrakala D. & Gangadai Ramnauth

Orientation class for students will be arranged at Taponagara on 6-4-2011, Wednesday at 11 AM. External guidance students can also participate through webcast. Interested students may register before 31-3-2011. Please contact office for details.

MEDITATION ON SPECIAL DAYS

- 02 Wed Maha Shivaratri
- 04 Fri New Moon Day
- 13 Sun Shukla Ashtami
- 15 Tue Shukla Dashami
- 19 Sat Full Moon Day
Kama Dahana
- 27 Sun Krishna Ashtami

PROGRAM AT TAPONAGARA

- Sundays Lectures: 11AM to 12 Noon
Special Meditation and
Light Channelling:
12 Noon to 1PM
- 2nd Wed Maha Shivaratri Special
Meditation: 12 Noon to 1PM
- 13th Sun Shambala group meeting:
2PM
- 20th Sun Ra group meeting: 2PM

It is reported that a small group of people claims that Gururji and Rishis visit them astrally on certain days and pass on instructions and messages. Gururji clarifies that this is not true.

**Informal Group Meeting with Gururji on
Second Saturday, 12-3-2011 from 11AM
to 1PM. Those interested may register
their names with the office.**

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

Sunday Prasada may be sponsored
with Rs. 2000/- and the Newsletter
with Rs. 5000/-

UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ♦ On 1st February, the World Channels Day, enthusiasm of our Volunteers was encouragingly reciprocated by School Principals, Teachers and Students. More than four lakh Students, Teachers and Staff members channelled Light in hundreds of schools across India to make this World Channels Day a grand success.
- ♦ We introduced Light Channelling to schools for the first time on the same day last year. School Authorities and students welcomed Light with open hearts and in just one year more than 16 lakh students have channelled Light. ■

LIGHT CHANNELLING EXPERIENCES

Our boys and girls could never be seen in silence for even a few seconds, but Light Channelling made them silent for 10 minutes. It is a mystery.

– Headmistress,

Bharathidasan Corporation Higher Secondary School, Madurai

I felt as though I was bathed in Light and had the vision of Light through my inner eye. Then I understood the Light that Arjuna spoke about when he saw the Vishwaroop of Lord Vishnu.

– Indushekhar N, Teacher, Jain Heritage School, Bangalore

We were earlier practising some Meditation technique which was not very effective. Now we are practising Light Channelling technique daily for 5 minutes. Some students who were very rash in behaviour have calmed down. Some students told that they were not listening to their parents. But, now they feel like listening and obeying their parents. The students are more disciplined now. This technique is so simple and effective.

– Pradeep, Teacher, Panchavati Vidya Mandira, Bangalore

TAPONAGARA DIARY

Seema Almel Somayaji

January 2011, the first month of the year which is full of much anticipated energy shifts, started with an eclipse. Along with the eclipse energies, the Ra and Shambala Class energies also blessed the year ahead. The presence of the Shoonya Masa Rishis in the first two weeks of the New Year and the return of the Rishis from their Meditations in the third week brought a lot of Grace.

A lot happened this month. A bonfire gathering with Guruji was arranged in Taponagara. Immediately after the Residents' Meet, everybody assembled on the terrace above the Utility Block. Under a cold starry night, wrapped in winter wear we huddled around a bonfire talking to Guruji about everything under the sun, or moon to be correct. Hot beverages and light snack fuelled the discussions. Guruji's warmth and Light outshone that of the fire.

In preparation for Amaraji's birth anniversary on February 1st, which was celebrated as World Channels Day, a special meeting was called forth after a Sunday Class. All local volunteers attended and tasks were allocated. Throughout the month Light Channels cards were being shipped and data was being collated. The Light Channels core team was working in full force.

Silently in the background a book was being written by a Study Centre member. It was launched on Amara Jayanti. The month ended with three hours of Group Meditation as it was a fifth Sunday. ■

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. 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. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core 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.

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. 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 it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising 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.

GURUJI SPEAKS

(Excerpts from Guruji's Sunday Lectures)
(Compiled by Shobha K Rao)

02-01-2011

Meditation is a way of life. Through Meditation we attain Mukti. We have to take it seriously. During an Initiation the Rishis pass on their Tapas Shakti, which they would have gathered after sitting in Tapas for thousands of years. There is a lot of sacredness attached to Initiation. You should take Initiation very seriously. Today I did not initiate some people because they meditated only for two or three days, did not channel Light for all the days prescribed. I feel sad. But there cannot be compromises here.

A person said that he feels like running away because of pressures in office and problems everywhere. Every individual, every life is important. The most important thing is to draw the lines. For all the problems we know that the cause is our own Spiritual failures. Why do we not be a little alert? Ask yourself the questions. All the answers point the fingers towards you only. I can give you the principles and the working details. You have to work out and find solutions for your problems.

It is natural to feel dazed after meditating for a long period of time. At such times, you will be experiencing the beauty of the higher levels. After that experience, it is not easy to tune back to this world of scams etc. Shavasana is therefore suggested after Meditation, for at least five minutes. If you have time, remain in that dazed state for a long time without forcing yourself to come back to this world, or sleep. You will have wonderful experiences and great visions. Enjoy this part.

A person wrote a strange mail

saying: 'If I pray to God I fall sick.' If he goes to the temple he gets headache; he falls sick when he repeats any Shloka. He is possessed by a dark entity. I can write back to him to practise the simple technique: 'Think of Light. Keep the Light in you.' The dark entity will not be able to enter him. I wish he meets me and I can help him.

The wonderful batch of new Rishis who are here in place of the Sapta Rishis during the Shoonya Masa, have created a space. In that space, they have kept a lot of new knowledge – about the Photon Belt, the year 2012, the Light bodies and about the New Age. They are the new Vedas. They will give us techniques to access this space.

The Light Channelling volunteers are the most selfless people on this earth. Last time I said, "I feel ashamed as I am unable to give them monetary help." In response, I received a lot of touching letters saying, not to feel bad about it. I am happy to have such people around me. It makes my life worth living.

09-01-2011

People in Ra group have to meditate for three hours in order to remain in the Ra group. The others don't have to do three hours of Meditation. You don't have to do three hours of Meditation if you can positivise. Positivising emotions and thoughts is so important. Meditate as much as is required but surely positivise at all levels.

We will be truly making progress when experiences, visions reduce and there is more blankness observed during Meditations. Our awareness would have then gone beyond the system.

Sometimes people complain of noise around them when they meditate, or practise some technique while travelling in a bus. We should stop grumbling and focus on the technique. Then we will observe that the noise just fades away. It will not disturb us.

Some say 'I went to a place. I tried to meditate. I could not. The vibrations there were not good.' It could be true. But sit and meditate in that place. When you meditate, or channel and spread Light, the negative vibrations of that place will be removed. Remember that Light is always powerful, more powerful than the dark.

If you want to help someone who has problems, please tell him the advantages and the benefits of Meditation and ask him to take up Meditation. I think that is the best help that we can offer.

Build up a rhythm in the daily life. Let there be a rhythm at all levels, in our habits – eating, sleeping, reading or any habit. This rhythm helps our system. You are free to build up your rhythm in any way you like. Otherwise, this system gets confused. Let us help this system.

A person wrote a very sweet letter, suggesting that we should print a desk-calendar. So, we have made attempts and we are printing the calendar which contains the photographs of Tapovana, Kundalini Hall etc.

A person wrote a very lovely and beautiful letter, comparing the Manasa family to a garden. She said that the volunteers, particularly those who are working for Light Channelling are wonderful flowers.

GURUJI SPEAKS

(Excerpts from Guruji's Sunday Lectures)
(Compiled by Shobha K Rao)

She called me the best gardener! I accept that. I want every one of you to know that I have a beautiful garden. And my flowers are the best in the world. There are no thorns or weeds. There are only flowers.

A person made a remark: "Learning at the physical level happens last." It is so true. We learn things at the Astral level sometimes, and most of the times it will not come down at all. Even if you have some new knowledge or ideas at the intellectual level, by the time it comes down to this physical awareness many things are lost, or they are distorted. You have to sit alone and observe it.

It is not easy to gather knowledge from the highest level. The mind-space created by the new Rishis is unique, wherein knowledge from that level is brought down to this level of the mind-space, so that it is easily accessible to us. We have to access this space, slowly understand the knowledge and bring it down. It takes years. It is a kind of gift from the Rishis who are here during the Shoonya Masa.

Factories, business establishments are meant for earning money. But, there are certain areas where we are not expected to make money or even earn money, example: temple. Wherever there is a possibility for making money, unscrupulous elements come and take over. It becomes an industry like wellness industry, regression industry and Meditation industry. Be careful about these things. Do not lose money unnecessarily.

My Guru had said that we can add a chapter to Patanjali Maharshi's 'Ashtanga Yoga'. My Guru did not patent anything. We cannot patent all

that we receive from the Rishis.

On the day of Sankranthi our Rishis come back from their one month Tapas. They take over charge from the batch of Rishis who were present during their absence. On the morning of Sankranthi, all the Rishi-workers, gather before sunrise on the banks of Manasa Sarovar. Usually Lord Brahma who is invoked, appears and within a second, some of the workers will have garlands around their necks. It indicates these workers are retired. The Rishis are strict and we are working and learning under them. We have to rise to their level, not out of fear, not because we will be removed, but with our own volition.

The Light Channelling people are 'dare angels!' They completed the target of making ten lakh students channel Light. It is a record. I do not have any words to say anything about it. We give them rewards in our own way.

23-01-2011

The Photon Belt is the most important energy field. It will bring a lot of changes. Let us be more alert and concerned about the changes that take place within us, and even in our families. Where people can be happy somehow there is discord. But in some cases where discord is a certainty, because people have chosen the right things they live happily.

A kind of cleansing is taking place. Environmental changes are hastening. Though there are terrorist killings everyday in some part of the world, there is more peace. I can assure you that there will be no war.

Most people do not know that they are souls, particles of Light. This is Ignorance. Ignorance is also

about death. We may think that death is finality, the end. Death is a doorway. We survive and we have a magnificent life afterwards. Ignorance is about Creation, about God, about Spirituality. Spirituality is not going to temples, not doing Pujas alone. It is just being good. Ignorance is about Meditation, about Spiritual laws, laws of Karma etc.

Everything is alive. Even a dry leaf, a withered flower or an abandoned vehicle is alive. They may not move but they are alive in a different way. Only the life force is taken away, but there is Consciousness in them. So we can communicate with everything. You have to contemplate on these things when you are alone.

After meditating for some time we experience blankness during Meditation. Later, a kind of Vastness is experienced and the blankness disappears. This is the beginning of Samadhi. Awareness becomes clearer, blossoms gradually and ultimately we will be aware of things totally, aware of everything simultaneously. These experiences cannot be described. Then we become aware of the Presence—God, in the form of Light, Love. This Presence has peace and all positivity. We become aware that this Presence is vast, unlimited, the whole, the Undivided One. We experience the ultimate Oneness. These happen in stages. Even after the experience, there is much more which we do not know at this stage. This knowledge is from the Rishis. Think about these things. It will give us some Spiritual benefits. Even after experiencing this, the Rishis and some Masters choose to come back to serve because they love God so much. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The annual fee for English is Rs 1,000, for Kannada, Marathi and Hindi, it is Rs. 700.

Textbooks and one year's Newsletter subscription, in any language, are included in the annual Fee.

- ◆ 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 Guruji himself.
- ◆ Sri Jayant Deshpande answers letters written in Marathi.
- ◆ 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.

LECTURE TOUR – A REPORT

Seema Almel Somayaji

A lecture tour by Guruji was arranged in Mumbai, Pune and Nagpur on 29th and 30th of January. The local volunteers had been preparing the venue, guest list, etc for over a month. We were told that the programs were overbooked, and we witnessed this later in Mumbai and Pune.

The journey began in the early hours before pre-dawn. As we drove to the Bangalore Airport Guruji mentioned that he had been gathering a special Divine Energy for three days so that he could transmit it to all those who would meet him. He also emphasised that the energies behind his words were very important.

Mumbai welcomed us with a Bangalore-like weather. After a warm reception, we headed straight to the well organised venue. After a refreshing cup of coffee, Guruji ascended to a beautiful platform with floral decorations. A large gathering of Spiritual seekers sat in a devout state of open-hearted reception. The convention started with the practice of experiencing the ocean of Light. Throughout Guruji's speech there was a palpable silence. Written questions from students were submitted beforehand; Guruji read each of the queries aloud and answered. What followed was much more than just a personal blessing from the Master, as he announced that he wanted a quick one-to-one interaction during the blessings.

Pune beckoned us, so after lunch we quickly took the expressway to this culture capital. Passing through rolling hillsides, picturesque vistas and tunnels we reached the residence of a student. An unexpected iGuruji session took place over refreshments, with just about enough time left to head for the Meeting Hall. As Guruji got off his car, a crowd almost thronged him and we could not even see him

amidst the ardent students. After the lecture and many Q&As, audience members rushed to the dais for the personal blessings which went a bit past the hired time of the Hall.

At the hotel where we stayed overnight, Guruji met a few students for serious personal guidance. Even on the way from the Hall he had company from students. After a late dinner at 11pm, we realised that it had been nineteen hours of constant talking, commuting, flying, etc with very short naps, and yet, Guruji did not look exhausted.

Nagpur received us at dawn. After an affectionate reception, we found two splendid hours of rest before breakfast. The venue was a temple complex; Guruji visited the sanctum-sanctorum before starting the session.

Personal blessing in every place was filled with seekers pouring their heart out to Guruji. In return, they were filled with the Special Energy which was carried with the singular objective of helping each in every aspect of their life. Spoken and unspoken worries, questions found answers and solace. Gratitude poured forth from each. One senior citizen profusely thanked Guruji because with the Light Channelling technique he could rid himself of cancer! He even brought his x-ray and medical documents to prove this.

Guruji's speech heralded the Light Age. He explained the 2012 scenario, its likely unfoldment, the opportunities it presents, etc in the simplest possible manner.

On the way back, after we bid *au revoir*, we realised that Guruji had blessed about a thousand seekers, and he said that he still had a lot of the Special Energy left with him. He also hinted that an iGuruji session in Pune or Mumbai can be on the cards. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Can I send Healing energies to my friends?

A: You have to be very discreet. You must use your intuition and send Healing energies to the right person. For the rest you can pray.

Q: When people recover partly from a sickness, can I continue sending Healing energies?

A: Generally, you can send Healing energies for seven days and see whether healing has occurred or not. You must try to understand the case. If there is part relief, at such times, you have to refer the case to me.

Q: Will the Karmas that I attract after healing hamper my Spiritual progress?

A: If we follow all the laws of Healing our Spiritual progress will not be hampered.

Q: Can God be defined?

A: We can never define God. Definition implies limiting. God is limitless. He is beyond definitions and descriptions. He can only be experienced, but never fully because we experience with our capacities.

Q: What is Higher Consciousness?

A: It is the awareness of realities in the higher levels.

Q: Should we balance the Material and Spiritual lives during the Pralaya times?

A: We have to balance always, every time, every day.

Q: Will you please elaborate your statement, "We have come here for work and not for Sadhana"?

A: Some of us have already completed our Sadhana. We have qualified for Mukti. But we chose to come back to this

earth and serve under the Rishis. It is in this context I said that we have come down to work and not for Sadhana.

Q: Is there a technique to reject negative thoughts?

A: There is no technique to reject negative thoughts. We should intend not to have negative thoughts. Such simple intents are enough.

Q: What is the difference between Meditation and Contemplation?

A: When we contemplate we employ the intellect. When we meditate we silence the intellect. In Contemplation we employ logic, reasoning etc. In Meditation we go beyond these things to experience the Divine. In Contemplation we grasp the truth partly. But in Meditations we grasp the truth wholly. In Contemplation it is possible that our ego is active and we could be slightly arrogant also. But in Meditation there is humility and there is no ego.

Q: Is uncertainty in life a boon or a curse?

A: It depends on how you take it. Uncertainty is a boon. When there is no certainty we gear up our entire personality and all our faculties. It is only when we are uncertain we become active, dynamic and adventurous. Only when there is uncertainty we tend to turn to Spirituality, to God.

Q: How do we surrender?

A: We surrender by being humble first. Humility comes out of respect. We surrender before a person whom we trust wholly. This trust comes out of Love. We surrender before God. ■

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ಗುರೂಜಿ ನಾ ಕಂಡಂತೆ	10/-
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ಬೆಳಕು	250/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	100/-
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प्रकाश (Marathi)	150/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	50/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	10/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	50/-
தியானம் செய்வது எப்படி	200/-
ஒளியின் வாயில்கள்	100/-
2012 முடிவா அல்லது தொடக்கமா	10/-
ஒளியில் வாழ்க்கை	10/-
ஒளி	50/-
தியான யோகம்	50/-
ஆத்மாவின் அவரோகணம்	50/-
நவீன ரிஷி ஒருவரின் சூಕ್ಷ்ம சாகசங்கள்	50/-
சம்பலா நியமங்களின் அப்பியாசங்கள்	50/-
ಧ್ಯಾನಂ ಷೈವ್ಯದಂ ಎಲ	10/-
ಪೆಲಗುಲಿ ಜೀವಿವದಂ	10/-
ಕಾಂತಿ	150/-
ಕಾಂತಿಕೆ ದ್ವಾರಮುಲ	



GURUJI KRISHNANANDA (1939)

MANASA FOUNDATION (R)

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

MANASA

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 Guruji 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

(Compiled by Shobha K. Rao)

On 28-12-10, Master V took me through a tunnel to an open space that appeared to be a new galaxy waiting to come into existence. He told me to absorb the energies from a huge pink lotus below the Ra Meditation Hall, also the special energies from Kundalini Tower, and the Sapta Rishis' cave. Amaraji told me, "All these energies stay with you for some time. They will speak to you later, when they begin to work."

– Vidya Arora

On 23rd January 2011, within a few minutes of experiencing the ocean of Light, I was held up by a strong force. I was actually seeing all around me, in a 360° view, although there was nothing there, but vastness. I was in tremendous joy. Then, I emerged out of that. It was absolutely calm, still, just perfect. I could see the thoughts pass by, but they were so weak compared to this force and vastness. I was amazingly alert and awake throughout.

– Vidya Viswamitra

Before starting Meditation, I tried to link to the Initiation room as per your guidance. I started feeling claustrophobic. I surrendered my fear to God as advised by our teacher. Instantly, the room suddenly seemed to have glass walls in front and to the right of me. I could see the entire view outside! Immediately, my feeling of claustrophobia vanished and I could meditate easily in that room.

– Vijayakumari

I became aware of a beautiful fragrance when I entered the Meditation Hall in Taponagara on Christmas day. I experienced Christ as a big, blue ocean of Light and the whole earth along with me merged with Him, appearing like a tiny dot in his heart. While experiencing Love and Light, a white Light came near me. This experience helped me to understand that Christ is Light, and Light is God.

– Manikandan

FORM IV

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

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I, S.B. Shyamala Devi, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-

Bangalore

S.B. Shyamala Devi

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