



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 9 Issue 5

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

My friend had a vision long back. He had prayed for the rains that had eluded this region for months. Then, he saw on his mental screen, many light beings wearing crowns moving in the sky, distributing what he learnt later on to be the energies. When this was explained to Amara, he explained that they were the weather gods distributing rain according to the merits of the place! There is a higher Intelligence and a higher organisation that is closely linked to the human life and activity. There are so many things that we have to understand yet!

Almost all the people who come to my classes establish an almost instantaneous rapport with this system and me. Well, almost! Sometimes, some people have difficulties. In most of these cases the problem, as I have seen, is the riding egos. I can only sit back and smile in amusement. I cannot help. As long as we are conscious and proud of our positions, riches or power we cannot Learn. We have to become children to learn; to know. I have so much to give and share but the egos are the impenetrable forts.

Whenever people, particularly the Sadhaks around me, address me as swamiji and refer this as Ashrama I recoil wondering if I have not explained things clearly. I do not wish to identify myself and this place with any traditional descriptions that mislead our activity and misrepresent our accent. This is a place of learning and awakening. I am just a guide. We are trying to embark on new mystical voyages and are learning in absolute freedom to expand our horizons of knowledge and experience; to tune up to the vibrations of the New Age that has awakened many from the slumber of centuries. New Age, New knowledge, New experiences etc., have to be understood with new words and expressions.

I realise now, more than ever, that my work is very different from what people have generally presumed. It is not merely teaching Meditation here in the physical plane. It is helping Transformation at the individual level to begin with and then educating the individuals about rising above the Meditations to channel the new energies. When people can push aside their selfish goals, I have to assist them in establishing direct links with the Rishis.

This work is not religious nor is it Spiritual as is understood. It is above all these compartmentalisations. It is the Light work, carried out in the physical as well as in the higher planes, directly under the Rishis.

I want to be understood in this background. I am not a swami or a guru. I am a Light worker, a guide. And this is not an Ashrama or just a centre of Yoga. This is a gate-way to Light: a training centre in expanding Consciousness and dealing with the new energies. I will do everything possible to convey this and remove the straight-jacket of brands. ■



MANASA FOUNDATION (R)

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

Phone : (080) 2846 5280, 99000 75280 (10 AM to 4 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.



On the day of Maha Shivaratri,
many meditators gathered in Taponagara and meditated.

NEWS AND NOTES

- Orientation class will be held in Taponagara on 7th May 2014, from 11AM to 1PM. External Guidance students who have access to the webcast can also join through live webcast. Those who wish to participate may please contact Manasa office and register before 30th April, 2014.
- More than a hundred people had gathered for Special Meditation in Taponagara on 27th February on the occasion of Maha Shivaratri.
- Around 170 Shambala Group members gathered in Taponagara and around fifty more joined through webcast from their own places on 9th March 2014 for special initiations from the Shambala Masters.
- The RA group members met on 16th March, 2014 to receive special energies of RA.

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12Noon Light Channelling: 12Noon - 1PM
15-4-2014	Lunar Eclipse Special Meditation: 10.23AM - 4.07PM
29-4-2014	Solar Eclipse Special Meditation: 9.22AM - 1.44PM

MEDITATION ON SPECIAL DAYS

07	Mon	Shukla Ashtami
08	Tue	Sri Rama Navami
09	Wed	Shukla Dashami
14	Mon	Souramana Ugadi
15	Tue	Full Moon Day Lunar Eclipse: 10.23AM - 4.07PM
18	Fri	Good Friday
22	Tue	Krishna Ashtami
27	Sun	Masa Shivaratri
29	Tue	New Moon Day Solar Eclipse: 9.22AM - 1.44PM

PROGRAM AT ANEKAL

On 14th April 2014, evening 6 PM
to 7PM, we celebrate the 6th
Anniversary of Saptarshi Dhyana
Kendra at Anekal.

On 15th April there is Lunar
Eclipse from 10.23AM - 4.07PM,
and on 29th April there is Solar
eclipse from 9.22AM - 1.44PM.
Please channel Light to the whole
world during the entire eclipse
period.

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

LIGHT CHANNELLING EXPERIENCES

I practise Light Channelling regularly. Every time I take a class, I begin with Light Channelling. It's really wonderful! Whenever I get an opportunity I share this technique with friends and family members. Recently I shared it with a friend who had some black patches on her arm. She had tried every possible treatment but the patches persisted. I suggested to her to use Light, which would cost her nothing and of course there would be no side effects too. She took my advice seriously and started practising Light Channelling regularly. Her skin is gradually regaining its original healthy look and the dark patches are slowly fading away. It's miraculous!

– Mrs. Kamala, Headmistress, Sri Kumaraswamy Vidya Mandira High School, Bangalore

I practise this technique every day for half an hour. I experience Light. I have benefited a lot. My health has improved. I am able to cope with stress. My intake of medicines has come down. I feel decision-making is easier with Light Channelling.

– Mrs. Uma, Principal, Pragna Vidyanikethan School, Bangalore

While doing Light Channelling I felt that the Light filled up my soul and my body was not on the earth. Never before had I such a great experience! I taught this technique to our teachers. Light brings love, peace and silence among our teachers, students and my surroundings. It takes away my sorrows and burdens, and makes my work very easy. I am very thankful to the Light Channels Newsletter.

– Mr. R. Arputhakani, Headmaster, Sokkalal Higher Secondary School, Mukkudal

TAPONAGARA DIARY

Seema Almel Somayaji

Spiritual growth is ascertained with tests. Taponagarites are no exception to this reality. The world and its noise pose a challenge to those who live Taponagara, not just in Taponagara. Divine Grace has kept the pace of tests temperate so far but for greater rewards of the Light Age, this could change.

Three big housing complexes being built within the Manasi Field and with an ever increasing population, the sense of spaciousness is slowly reducing. The silence in Tapovana often gets breached with honking vehicles and the cacophony of passersby. Taponagara and the village within which it's nestled – Chikkagubbi – have a combined strength of barely a hundred family units; the college hostel, orphanage, etc. nearby do not add much for now. However, as more souls get the benefit of living in this sacred space, the pressure on tranquillity increases. Four new shops near the village bus stop catering to an increasing base of residents and floating population make their presence felt. Conveniences and commerce can cost calmness.

Fortunately, Taponagarites have learnt from Gururji that the source of Stillness is the Soul within and solitude is not a must for silence; that calmness is best proved in commotion and peace can prevail in any population of any size. It is for Taponagarites to live these teachings and be the model citizens of a Spiritual Community. The world is welcome to Taponagara. ■

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 Gururji 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.

THUS SPOKE GURUJI

Excerpts from Guruji's talks
(Compiled by Shobha K. Rao)

June 2004

Hereafter, we have to meditate more as we are entering difficult times of confusion. Even when we are steadfast in our Sadhana, even when we think everything in our life is settled and there is a clear-cut direction in our lives, something will shock us, shake us. It is God's grace that saves us. The grace is there all the time but we are not aware of it. Only when we open up grace enters us. Meditations help us to open up and keep us open always. That is why Meditations, more Meditations and more Meditations.

We know that the body, mind and intellect are different entities with independent and different intelligences. Similarly, the soul has its own intelligence. The soul has Awareness which we can say roughly as the intuition. The soul is aware of things directly, without the help of the intellect or the mind. It can directly capture the truth and understand. The soul has wisdom. The soul has love, naturally. This is very important - the soul is aware of the one principle-God and about oneness behind everyone and all Creation. These are its natural attributes, which are usually covered by the ignorance of the Ego. We meditate to remove this ignorance, to uncover it. The soul is aware of its relation with God; that it is a part of God, that this is the only permanent relation. But the Ego thinks otherwise; Ego thinks that the other relations are permanent. But with the death of the body, all other relations vanish and our only relation, the true relation with God remains forever.

We are aware that the soul lives in the Anandamaya Kosha which is like a chamber. It contains the atmosphere of Parabrahma Loka. There is a space around the Anandamaya Kosha. This is called the Chidakasha. When we meditate,

in our deep Meditations, our Awareness enters this space, this sky, we get linked to God and it can expand there to infinity. This space is also a kind of entry point to other dimensions.

One very important point about Sadhana is that, it does not end till we reach the highest state, normally known as Moksha or liberation; or till we go back to God. Sadhana may end on this earth, but we take birth again on some other earth and continue Sadhana. Sadhana is never constant, Meditations will never be the same; good on some days and very bad on some days. We live on an earth where such variations are natural. We have to somehow keep this Sadhana unbroken by meditating daily. Meditation is only one part of Sadhana. All movement towards God is Sadhana. Even without meditating we can expand our love. If there is a break, we go down very easily and very fast. When we take up Sadhana again, we have to be aware of this gap and the fall. I want this to be understood clearly. Recently we had a case where a person was asked to continue in the same stage for some more time. He got angry. It is a Rishi who operates through the teachers; we have to respect their words. If we are humble, we will always progress.

To be completely healthy, our five bodies should be healthy. Anandmaya Kosha is always healthy because it contains the energies from Parabrahma Loka. For the other four bodies - the physical, intellectual, mental and the vital to be healthy, purity is essential - cleanliness for the body, pure emotions for the mind and clean thoughts for the intellect. For the vital body to be healthy, the prana should flow in the entire system, in all the nadis. A little exercise, more Meditations and positivisation of

emotions and thoughts done at the conscious level, are generally enough to keep a person healthy.

We achieve silence in Meditation - most of us we do, at least for a brief moment. And this silence can be observed. When we reach this very beautiful state, it becomes very clear without anybody explaining to us that, the soul observes the silence of the body, mind and the intellect. We understand that the soul is definitely different from the body and also that it is neither the mind nor the intellect. By such simple, small, direct experiences, we realize very great truths. Therefore, experience is very important.

Samskaras are the programs from previous lives; from our parents, family and society. The 'gunas' - satvic, rajasic and tamasic are the nature. What is very important to understand is that these 'gunas' belong to the body, mind and the intellect; they are of the Ego and not of the soul. The soul is always 'trigunateeta'.

In Patanjali Maharshi's second sutra, 'Chitta' is translated as mind. They explain that when the mind stops wandering, Yoga occurs. This is no doubt true. But, the Rishis say, 'Chitta' is not merely the mind, 'Chitta' is Consciousness. There is Consciousness in the body, mind and also the intellect. When the activities of all these three entities stop, then Yoga occurs. Amara defined Meditation as silencing the body, mind and intellect. In silence Yoga occurs. Silence itself is not enough. Silence is the beginning. Yoga is tuning to God or Parabrahma. It is also tuning to His Creation. Tuning to God in His Nirakara aspect is easy; tuning to God's Creation is most difficult. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

02-02-2014

On this day, Amara Jayanti, we express our gratitude and love to the great Master. We try to express our feelings and we learn so much. People have spoken so beautifully. But what makes it most special is the presence of the Master, Maharshi Amara. When I think of Maharshi Amara, I think of so many 'firsts', so many things that we and the entire humanity have received for the first time from this Master. He was the first to speak very emphatically about the existence of the Rishis. He had met the Sapta Rishis personally and had contacts with them. He was the first one to tell us that there is space inside the sun and there is life there. We are not aware of the details but there is help and guidance from there. The life there monitors the life here. He always spoke from his experience.

He was the first Master that we are aware of who spoke so clearly about the Astral world. He was the first one to give us such clear information about Shambala, the city of Light, and also about Lord Kalki and Mahavatara, the very special Avatara of Maha Vishnu who comes down during the transition period between Kali Yuga and Satya Yuga. Now Mahavatara has already taken birth.

He was the first one to have explained so clearly about the Creation - the fourteen planes, the Material Cosmos, the Divine Cosmos and the shape of these Cosmoses. He was the first one to have explained so clearly how we as the souls descended to this plane.

He was the first one who explained so clearly about the Yugas; about the Astral network of the Rishis, about the 1,44,000 Rishi

workers and how the Rishis monitor and take care of the welfare of this world. The foundation of our Path is based on such knowledge provided by Maharshi Amara. This knowledge about so many Spiritual realities has become a part of us, of all the students here. We believe that the Rishis actually exist. That is the advantage we have. In this Path we have answers to all fundamental questions; we can take up Sadhana and pursue it very confidently.

Humanity has received information from Amaraji for the first time that, on every special occasion like Maha Shivaratri or Krishna Janmashtami, the Amshas of Lord Shiva or Lord Krishna are brought down by the Sapta Rishis and their energies are available to the entire earth. Earlier, we used to follow a ritual but we did not know the essence of these special days. He lived with Gods and Rishis and yet he respected human life. He lived the human part completely. He taught us so much through his living. He gave us the greatest lesson in Spirituality, that of humility. Now we understand that humility connects us to God. When we are humble God operates through us.

He said emotions are natural to human beings and he respected these emotions. Maybe that's why he said 'first human then Divine'.

He had such amazing talents but he never publicised them. He excelled in playing tabla, harmonium and many other instruments and could sing beautifully. We really feel proud to be associated with such a great Master.

Today, we have a wonderful opportunity to re-commit ourselves to the work and to Sadhana. Amaraji

must be very happy about the World Channels Day, as a million children channelled Light on that day, spreading so much Light to the world. The Light channelling volunteers are quiet and shy. They never speak about these things. They remain in the background. Their efforts and struggles may remain unknown to us but the Rishis, Amaraji notice it. All these volunteers will be rewarded by the Rishis in a special way.

I express my gratitude to the volunteers who have worked hard silently, making preparations for this function.

09-02-2014

A Meditator in Maharashtra wanted to know whether Mahavatara and Mahavatar Babaji are one and the same personality. Mahavatar Babaji mentioned in the book 'Autobiography of a Yogi' is not the same as Mahavatara mentioned by Guruji. Guruji has told us that Mahavatara carries very great energies of Parabrahma and will remain a young boy of twelve for the entire duration of Satya Yuga - 20,000 years; during that period, He will be available always to all.

In Treta Yuga He will be a young man of 24 years and it will be a bit difficult to reach Him. But He will be accessible. In the next Yuga, Dwapara Yuga, He will be like a man of 48 years of age and it will be difficult to reach Him but, He will still be available. And in the beginning of Kali Yuga He will leave the body. Guruji had told us that in the last cycle Lord Shiva had come down as Mahavatara. And in this cycle Lord Maha Vishnu has taken birth as Mahavatara. We have received this knowledge from Maharshi Amara. ■

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 2,000, for Kannada, Marathi and Hindi, it is Rs. 1000.

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 Jayanth Deshpande.
- ◆ 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.

EXCERPTS FROM TALK BY SHRI RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

We have understood that the two main parts of Sadhana are Meditation and positivisation. When we meditate we begin with a technique and we offer ourselves to the Rishis. The rest is done by the Rishis. Guruji had said that Sadhana is not doing something but allowing the higher intelligences to work through us.

The second main part of Sadhana is positivisation which is as important as Meditation if not more. More conscious effort is required for positivisation during the other hours when we don't meditate. In the area of positivisation we have a much bigger role to play.

Maharshi Amara had once said: Replace the negative with the positive then go beyond the positive also. I tried to understand 'going beyond the positive'. We live in a world of opposites - good and bad, right and wrong, and so on. This is a temporary world of cause and effect in which everything is perceived in relative terms. We can appreciate warmth only when we feel cold or we can appreciate goodness only when we see evil. These are temporary states. So when Maharshi Amara said 'go beyond the positive also' I think he meant that we have to go beyond these temporary states to reach the uncaused, unconditional and permanent states of bliss, joy, peace and unconditional love.

Positivisation begins at the thought level. Whenever we have a negative thought we have to become alert and quickly replace it with a positive thought or just ignore it. If we don't do it, soon there will be a train of negative thoughts combined with negative emotions and we will be taken over

by them. We become the negative thoughts or we become negative; we somehow enjoy being in that state and we may not even know it. This usually leads to negative behaviour such as grumbling, complaining or may even lead to anger and hatred.

During Meditation if there are thoughts, negative or positive, we try to ignore them. Even after Meditation we must continue to ignore the negative thoughts. If they persist and we are unable to replace them with positive thoughts then, we must try to understand the root cause of the negative thoughts. Positivisation implies true inner transformation and not just replacing negative thoughts and emotions with positive ones. Every time we forgive someone we transform a little as it is necessary to understand what the other person is going through in order to forgive. This is known as empathy. It is generally expressed as putting yourself in the other man's shoes. I believe that empathy helps us to a great extent and it is a very important tool in the positivisation and transformation process. Regular Meditation combined with efforts to positivise definitely help in our transformation.

Empathy leads to compassion. Compassion is necessary to experience unconditional love and oneness. Only when we experience oneness we will be liberated. At the deepest level we are already one. At the surface level we are separate. Only when we experience separateness we understand the meaning and value of oneness. We have experienced enough of separateness. The time has come to re-discover that we are one and we can only be one. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is Spirituality an experience?

A: Yes. Spirituality begins with experience. It begins with the preliminaries like reading and gathering knowledge etc. The real Spiritual life begins with experience of Stillness and Samadhi. Experiencing is one part and the most important part is manifesting. If we experience stillness we have to manifest this stillness in every way.

Q: Who is a Spiritual Master?

A: A Spiritual Master is one who has experienced the spirit. He knows what the spirit is at the level of the individual and also at the level of the Universe. He is always aligned to the spirit. He is one who has attained the state of Mukti and remains back to serve, to work. He is a natural Viragi or, a person who is totally detached. He always manifests love.

Q: Why do Spiritual aspirants go to Himalayas?

A: People normally go there to do Sadhana peacefully, to meet a Himalayan Master, to gain knowledge and also powers.

Q: How do we meet a Himalayan Master?

A: A Himalayan Master is a Rishi. If we have the urge, we can meet these Masters, here or in the Himalayas or wherever.

Q: What do the Masters do in the Himalayas?

A: The true Masters engage themselves in deep Meditations or Tapas. They gather energies and knowledge and perhaps they wait for people from here to meet them, so that they can pass on the gathered knowledge and energies. If the right people do not go, they contact our Rishis and the knowledge and energies are distributed astrally. The wars are prevented because they do

Tapas and spread the vibrations of peace.

Q: What is Oneness?

A: It is first the awareness that we the human beings, all beings, all non-beings, nature, the stars, galaxies everything is One. We are all made of the same material, Consciousness. Then, we have to experience Oneness. Unless we experience we will not know what any truth is. We have to expand this Oneness to the whole world gradually. Oneness helps us access knowledge, also energies. When we practice Oneness we will never go against the Divine plan, we will not have problems, particularly health problems and we will be able to manifest love easily.

Q: In what way do the energies help?

A: Energies heal directly. Energies guide in every way, help us to lead this life perfectly. These energies work as shields, protecting us from the dark energies, dark intents and from all types of mishaps. These energies warn us about forthcoming problems. We have to be always alert. The energies bring us knowledge directly and even indirectly. The energies help us to open our hidden faculties and bring us the required knowledge of the past and the future.

Q: Is the soul aware of its Consciousness?

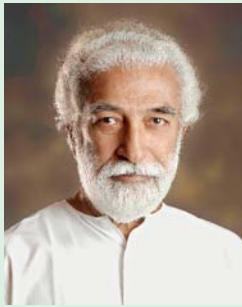
A: Consciousness may not be the word. Perhaps it is Awareness. Yes it is aware of it.

Q: Can the soul make mistakes?

A: The soul has the Free-will. It can make wrong choices. It can commit mistakes. ■

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GURUJI KRISHNANANDA (1939 - 2012)

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 OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

Recently, I felt a sudden a surge of energies in me. I felt as if I was all the things and people around me, perhaps it was a feeling of Oneness. I realized that the experience of Oneness that I had in a dream was happening at this level! In the dream the experience was very intense. This experience made me understand about the limitations of the body.

- Amarnath

After I was initiated into the Shambala Group on 12th January 2014, I have felt a huge shift within me - I am calmer, more peaceful. I pray and connect to the Light as often as I can and can feel the grace entering me. Stillness is felt within always. I pray to Light for help when there are difficult issues and I can see the guidance coming.

- Mini Puri

One day when I was in my car busy attending to Book Sales Work, I suddenly felt as if all barriers around me came down, my outer limits were not defined by my body and there was just blissful, peaceful, untainted pure expandedness, the centre of which was in my soul. After a few months when it happened again, I could observe more facets of this state. I was aware that in those moments of expandedness, I was beyond likes and dislikes; yet I was conscious of some part of me which did not want to let go of the dualities of emotions!

- Seema Almel Somayaji

I am able to maintain now, a state of balance with minimal irritation, even when provoked. Most of my tasks are completed with relative ease; and communicating with even stubborn people has become easy.

- Nandita Patel

Within two months of getting external guidance in Meditation from

Manasa, I have become a completely different person, a much better one. I have become very positive in the way in which I think and react to any situation. Pettiness has just vanished. I feel very light. I laugh more often and I have become a happy person.

- Mukta Taragi

I meditate after watching the live webcast on Sundays. I feel the surge of energy in my body and I get connected to Taponagara immediately. Webcasting is a real blessing for all external guidance students. I thank all the members who are doing this wonderful work.

- Jayashri Vasudev

It is my third year with Manasa and I have never visited Bangalore; but I feel I have been in this Path for a much longer time. With each passing year my association with the Manasa family deepens and I realize that my entire life is changing.

- Nandita Patel

One great thing I have observed is that I suddenly see simple desires (not selfish ones) arise and I also see them happening!

We were able to settle a property dispute between my husband and his siblings. It got sorted out in a miraculous way. Everybody got their share and the matter was settled amicably. We are at peace now. We offer our gratitude to the Rishis for solving the problem.

- Ramani Thyagarajan

After taking up Meditation, I am calmer. I am able to plan my day, prioritize my requirements in life. I am able to stay aloof and help my family, without getting involved emotionally. Spiritual growth has become my only aim! Unwanted relationships have simply faded away.

- Shanta Ambady

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