



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 9

AUGUST 2014

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old newsletters)

New Age or Satya Yuga has begun. We are passing through the Transition. And this has been realised by many. The New Age movement is not merely to publicise or propagate this but to prepare individuals first to enter the New Age in Consciousness and then to unite all, so that the collective wave may wipe out all the traces of the Dark Age or Kali Yuga that is ending now. There are many groups in many countries now engaged in healing the Earth, spreading Peace and building up the Movement. Their work is going on in silence. But this is the most important activity on Earth because this is the one that saves Life and brings Light.

Many Spiritual Masters from Higher Planes are also working for the New Age. They are in contact with many humans and are passing a lot of relevant information. It is common now to print and circulate widely the messages received from the Invisible Masters. Our group is being guided by the Sapta Rishis or the Seven Sages now living in the Higher Plane.

The next step now is to recognise each other, strengthen the Link and spread the Movement to more individuals around. Exchanging the Newsletters is a very important part of the work. But somehow this is not happening. Many groups do not respond. We have to cross our own barriers just because this work cannot be attended to in isolation. We have to evolve a common program like praying or meditating at a particular time. We have to evolve common guidelines for living and interacting with others, without touching the boundaries of the Religion. A world body like the United Nations has to be formed to work as the Conscience of the World.

The New Age Movement is a Spiritual Movement. Spirituality alone can unite and lead. ■



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.

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/
PRAKASHMARG(Marathi)**
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NEWSLETTER

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



Meditators at Manasa celebrated Guru Purnima by channelling Light to the world.

NEWS AND NOTES

- ♦ About 200 people gathered in the Meditation Hall at Taponagara on 12th July 2014 to celebrate Guru Purnima. They celebrated silently by absorbing Parabrahma's energies and spreading them to the entire world.
- ♦ Amara Maha Samadhi Day will be observed at Taponagara on 31-8-2014. Those who are interested in participating in the program may register their names before 28-8-2014.

PROGRAM AT ANEKAL

Amara Maha Samadhi Day will be observed at our Saptarshi Dhyana Kendra on 25-8-2014 at 6 PM.

Special Meditation Technique for Srikrishna Janmashtami: Imagine a huge globe of blue Light or the form of Lord Krishna, any of it. Enter this globe or the form as a speck of Light. You are inside Lord Krishna. Experience Him. This technique can be practised for any length of time, any number of times in a day. This technique can be practised for ten days in place of the regular Meditations.

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

MEDITATION ON SPECIAL DAYS

04	Mon	Shukla Ashtami
06	Wed	Shukla Dashami
08	Fri	Worship of Mahalakshmi
10	Sun	Full Moon Day
17	Sun	Sri Krishna Janmashtami
18	Mon	Krishna Ashtami
23	Sat	Masa Shivaratri
25	Mon	New Moon Day /Amara's Maha Samadhi Day
28	Thu	Worship of Gowri Devi
29	Fri	Worship of Lord Ganesha
31	Sun	Amara's Maha Samadhi Program

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM-12 Noon Light Channelling: 12 Noon - 1PM
17-8-2014	Sri Krishna Janmashtami Special Meditation 11 AM - 1PM
31-8-2014	Amara's Maha Samadhi Program

AMARA'S MAHA SAMADHI PROGRAM 31-8-2014, Sunday

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

LIGHT CHANNELLING EXPERIENCES

My cousin was struggling a lot with studies before November 2013. He had scored 48% in 9th Std. He was egocentric and two of his tuition teachers had given up on him. Then in November 2013, I taught him Light Channelling, Saptarshi Pranayama, Shambala Principle One and Memory Improvement technique. He practised it religiously. His erratic behaviour improved. He became calm and his understanding expanded. He used to be aggressive and arrogant, he improved on these fronts. He experienced Light and had wonderful experiences, both Spiritual and material. And in his 10th Std. exams he scored 84% marks!

During the Maths exam he forgot the solution of one of the questions. He prayed to the Light, and then he saw the solution in the form of a shadow on his answer sheet!

Once it rained heavily and the storm wreaked havoc. He had a mango tree at his home and he did not want the mangoes to fall. He prayed to the Light. Hundreds of trees and electricity poles were uprooted, water tanks fell, rooftops flew but not a single mango fell from the tree!

- Nikhil Gandhi, EG student

I am practising Light Channelling everyday. I find myself better with my child. While practising I feel that my body is light. I don't feel like opening my eyes after practising. And in these three days I did not take my migraine tablet.

- Ms. Sugandhiya, Teacher, Vishwa Shisya Vidyodaya School, Pollachi

During the Light Channelling session I could not feel my hands. I felt energies in my legs. Coming out of that state took some time.

- Ms. Latha, Teacher, Vishwa Shisya Vidyodaya School, Pollachi

TAPONAGARA DIARY

Seema Almel

Here's a tale of two Taponagarites – a lady was yearning to eat a local cuisine which her mother used to make. She could have prepared it herself and relished the same, but nothing compared to what her mother, who lives in a far away city, cooked. She did not want to visit even the fanciest restaurants and wanted it home cooked instead. The silent, unexpressed wish lingered for three days.

During an evening stroll outside her house she heard herself being called by Ms. Uma Sudhakar, who was walking her dog. Confirming that the lady would be home for another hour, Ms. Uma returned to her residence. Shortly after, she sent across piping hot, cuisine which the lady had been yearning for!

Surprisingly, Ms. Uma never walks her dog near the lady's house. Never before or after have they crossed each other while strolling in serene Taponagara evenings. The cuisine was made by none other than Ms. Uma, who is exceptionally talented with culinary skills.

What made a small and silent wish come true? It is the Spirit of Oneness in Taponagara, invisible behind the diversity yet active in every heart. And the Spirit has a name – Guruji Krishnananda. This Spiritual Community is a gift from Guruji's Taponagarites to Maharshi Amara on his thirty-second Maha Samadhi in August 2014. ■

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.

THUS SPOKE GURUJI

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

God is a familiar word, a familiar person. It is very difficult to define God and understand Him completely, simply because He is beyond definitions. We understand with our intellect. But the intellect is a very small instrument to gauge and understand and hence we have to go beyond the limits of the intellect to experience God. We cannot understand Him, we can only experience Him. Again when we experience, we experience a little and a little more as we progress. So, that is how we know God, by experiencing more and more in Meditations. God is everywhere in the Creation. He is in all the universes. He is in all dimensions; He is in everyone, in everything, everywhere as energy, as Consciousness. He is described as Omnipresent or 'Sarvavyapi' in Sanskrit. He is also Omniscient; the Sanskrit word for it is 'Sarvagnya'. He knows everything. He is aware of everything in all the universes in all dimensions. He is aware of everything in the past, present and future; He is aware of all these simultaneously. God is also described as Omnipotent – 'Sarvashakta'. He creates universes, destroys them. He creates life and He destroys life. To know a little of God, we have to remember these three words, Omnipresent, Omniscient and Omnipotent.

In the beginning God created three huge fields of energy; they are the energies for creation, for sustenance of life and for destruction. He also created three personalities to operate these energy fields. We know them as Brahma, Vishnu and Maheshwara. The personality Brahma in turn created universes, galaxies, stars, earths, all life, animals, birds, etc. He also created Gods like Indra, Vayu, etc., to take care of the Creation. All

Gods are the manifestation of the supreme God who is the ocean of Consciousness. All these details have been mentioned in "The Descent of Soul". We have to read this book not merely once, but occasionally. Every time we read, there will be a Spiritual effect. It is like doing 'parayana'. Whenever we read, sometimes some new brain cells will be opened; we will be able to get the knowledge directly and some Karmas also get burnt. This small book, which is like a textbook, contains the essence of Vedas and Upanishads.

People live forever in their Light bodies, and people in Shambala live forever because they live in the Light bodies. Lord Anjaneya and all the chiranjeevis are living in their Light bodies like this and whenever they want, they can take a physical body, they can physicalise their Light body.

Two days back, I met a very young boy, from Mumbai, 24 or 25 years of age. He wanted to meet me from a long time. He told me with such passion, "I want to experience God. I am not interested in anything like powers, Astral travel and all that." This urge in such a young man did not surprise me simply because I have met people like him. Although, they are young in their bodies, the urge to experience God is very much alive. This is because of their Sadhana in the previous lives. I want more of such souls to come to us. Most of us may not have such urge. Those who have come to Rishis, have a lot of Sadhana behind them. They have to continue it. Nobody comes to this Path by accident; they come by a desire. God and the Masters at the Astral realms bring us

here. We have great freedom here and only in freedom, maximum growth is possible. And because we have freedom and we don't hold back people, people don't make use of this opportunity completely. There are three types of people: those who take up Meditations only for relaxation and nothing more; and they are very clear in their goal. The other type of people, come to get over their problems and also to genuinely make Spiritual progress. The third category comes forward to take up the work of the Rishis. I want particularly in the volunteers category and the people who stay here such souls with an urge like "show me the way, I want to experience God", simply because such souls will not have their own personal agenda when they come to us. They follow the Rishis' Agenda. The Rishis lay down a timetable; they say 'these are the defined ways.' They give us the techniques. These people who take up the Rishis' work, simply follow, they will not make any deviations. And they will never misuse the freedom given here. They won't neglect the Sadhana and they will never neglect the Rishis. I am waiting for such people.

Let us understand that these lights and colours that we request you to imagine in Meditation are of the Astral level and hence it is difficult to see them. When we say, 'think of a Light,' you must have the idea of a Light; think of it, you need not see it.

Thoughts for contemplation:

Vairagya is sublimation of our desires.

Pains suffered at the physical, emotional and thought level are mostly those we inflicted on others, if not now, sometime earlier. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

27-4-2014

I came across a very beautiful quote from Swami Vivekananda. He says, "It is very easy to search for faults but the characteristic of a saint lies in looking for merits." We saw this principle in Guruji. He lived this principle completely. When we shift our interaction with people to a higher level, to the level of the soul, then naturally we will see only merits in others. We will not see any faults. But if we interact with people from a superficial level, from the level of the ego then we naturally see faults, because the ego enjoys feeling superior than the other person.

01-6-2014

A person asked me, 'Should we go to a Pranic healer or a Reiki healer or any other type of healer?'

It is really up to an individual to decide whether to go or not. But my personal opinion is if we are meditating here under the guidance of the Rishis we need not go anywhere. We have everything here. We have the healing energies brought down by the Masters, the Rishis and they are stored here in Taponagara. We can make use of these energies if we need healing. Santoshi Devi is in charge of these healing energies.

Sometimes they say there is a block in the Chakra or in the system or there is imbalance of energies. The healers say that they can see the block and they can pass on energies, they can remove the block. Maybe they have such powers, but as I understand the best thing is to meditate. When we meditate, all blocks will be removed. All energy imbalances will be set right. Meditations give everything to us.

Also, Guruji has told us that when we are unwell we can go to a doctor, take medicines and also practise self-healing simultaneously. That

will be the most sensible thing to do instead of going elsewhere.

Healing is a very noble work. But sometimes some people misguide us. If somebody tells us that there is a block naturally we will be worried. And I feel a genuine healer should not inject such a fear in us. It's not a positive thing. Generally it's the ways of the dark. Anyway it's really up to an individual to decide.

Another question asked was 'Should we use yantras to energise the house or to bring good fortune to us?'

Whatever I have understood here based on that I can say that we need not use any yantras. Yantras may have an impact. They may bring an effect. But Guruji had told us that our body itself is like a yantra, a gadget. It can store enormous amount of energies, which no yantra can store. We do not need any external yantras. If we meditate regularly and if we keep ourselves pure then we will be holding a lot of energies. We have to be careful not to come into the trap of such people who inject fear. We may end up losing peace and also a lot of money. Rishis ways are always very positive, encouraging, generating hope, never injecting fear.

Sadhana as we have understood here has two parts. One is the practice part; practise of Meditation and meditational techniques which help us to experience the Divine. This helps us to live a very positive life. The second part is the application of the knowledge and the principles in real life, which is equally important. Life has so many dimensions or facets. We have to try and experience all these facets of life (music, literature, art). And the most important part where our Spiritual growth is really tested is the interpersonal part or dealing with people.

If our interaction is based on love we can have wonderful relations with people. There will be no problem. There are no problems when there are no expectations. So it is in dealing with people we have to really apply very consciously all these principles, all the knowledge that we get here. Before responding to anybody, a pause helps us to connect to the principle and then we will be able to respond very properly.

When we meditate it is like taking a step towards positivity, towards God. When we do that God also takes several steps to come to us. In Meditation we not only experience we also receive a lot of energies. These energies purify, cleanse our system; they remove the dark energies if they are present in our system. They also give us a lot of inner strength to live a life of purity. The experience during Meditations also motivates us to move towards positivity, to live a life based on principles. But if we go back to our negative tendencies we attract these negative energies again. The positive energies gathered during Meditations will just go away. We will be stuck in the same place. Our movement towards God will not happen. I remember Guruji used to tell us that a burst of anger is enough to lose the energies that we have gathered in our Meditations.

Apart from the practice of spreading love during the practise of Shambala principle two, Guruji had told us to practice the other aspects of love: 'Love all. Hate none. Forgive. Do not judge others. Respect everyone and everything and relate to others at the level of the soul.' If we can practise these special instructions associated with second Shambala principle, we will be practising all the principles. ■

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 Sri Jayant 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.

AMARA

Shobha K Rao

We have not met Amara. But, ever since he was introduced to us by Guruji, he has impacted our lives and those around us greatly, adding beauty to it, which has made life very peaceful and joyous. So, Amara is always with us, he lives with us.

Amara was a great ocean of knowledge and Divine love, yet he was so simple and humble. If not for Amara we would not have known and understood the simple truths like, God is energy and that He is present in us and everywhere as the invisible energy or Light. This Light cannot be seen but only experienced. Thus he has made us aware that it is easy to contact God, befriend Him, experience Him, be aligned with Him and get over all hurdles in life. His simple teachings can be easily implemented in our living to make life rich in every way.

Amara brought the Rishis and Meditation to us. Meditation is the greatest gift to Mankind. Its regular practice subtly purifies an individual by clearing the Karmas. Amara emphasized on the practice of Meditation and also positivism of thoughts and emotions which bring about an inner transformation in an individual, his thrust being on individual transformation. He said that a transformed individual is important, as he contributes a lot of positivity to the society and the world at large, enriching and empowering it with God's love and energies.

We have always been at the receiving end, receiving enormous love and energies from the great Master which cannot be equated with anything. He continues to guide, help and give us 'everything' that is required for our growth and transformation. Let us open up more and make ourselves available to him to receive him completely in our hearts. ■

MAHARSHI AMARA

Vaishali Joshi

Maharshi Amara was a Master of the highest order. He carried the dreams of the Rishis, the New Age. He did many works at the Astral level for establishing the New Age on this earth.

He gave our Guruji a vision and a mission. And through him he gave us Taponagara and this Path where we have rare knowledge and energies, rare and special techniques and all opportunities to explore the unknown truths. He gave us a system that is not built around individuals but around principles - Amara represents a principle, the Sapta Rishis represent a principle.

He taught us the principles of the New Age and gave us the principles of Universalism, the new religion of the future. He did not lecture but he taught; he did not intellectualise but gave practical lessons to live sensibly and grow spiritually. He emphasized on balancing, and gave clear guidance about how to live and balance both the material and Spiritual life. He taught us to celebrate life, and helped to discover how great and beautiful this life is. Through his living he has taught us how to live in this world but not of it, how one can live in all comforts and still be detached.

Amara was full of love and an ocean of forgiveness. He did not point out mistakes, did not count faults, did not judge, only poured out unconditional love and waited for people to grow spiritually. He gave everyone the same opportunity, the same knowledge, the same love and made them realize their potential. Even today he continues to do so from the higher realms. And for all that he has done and continues to do, the only expectation that he has from us is that we 'shine'. Let us try to express our gratitude by fulfilling his expectation. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Do we get energies when we have experiences?

A: Yes we do get energies. Spiritual experiences bring us a lot of energy. Even the psychic experiences bring us energies.

Q: Do we get energies when we pray to the Rishis?

A: To get connected to the Rishis it's enough if you think of them. You receive energies naturally, like water flowing from a higher level. The Rishis love us. You receive so much of Love, Light, Energies from them.

Q: I want to surrender completely. How can I do it?

A: It's difficult to say specifically 'you do like this.' You have to make up your mind that's all. Meditate more, carry Light more and put down the ego, manifest love. All these help to surrender; but first decide, choose.

Q: Why is it very difficult to experience Light?

A: One simple reason is that we try to experience Light physically. We can't see and experience it at the physical level. The practice is done mechanically, without Love or relation. Try this method: The Light is with you, you will be able to be aware of the Light and experience the Light, also communicate with the Light.

Q: When we experience Light which part of our system experiences the Light?

A: The whole system experiences the Light. Every cell in our system-physical, mental, intellectual experiences Light.

Q: Have we already entered the timelessness?

A: No, we haven't entered. As human beings on this earth we are not

entering this timelessness as a whole. But individually we can do it. When we enter stillness then we enter timelessness at some point.

Q: What is the difference between God's will and ours? How can we find out what is God's will for us?

A: God is the Universe. God's will is huge. It's universal. And ours of course is small. Most of us don't think beyond ourselves. God has given us Freewill. He will not interfere with us.

Q: Is taking life as it comes better than creating destinies for us?

A: Accept the reality as a gift from God, don't complain. God will give you all strength and wisdom to get over these things. That is why we meditate, to create new destinies.

Q: Does Sun gazing help us living on Prana?

A: Sometimes yes. It depends on your Spiritual condition. A very beautiful and very touching point is that, when you practice ordinary Pranayama the Sun God who knows your requirement will give you special Prana without your knowledge.

Q: What is the difference between Prana and the Cosmic energy?

A: Of course the source. Prana is from the Sun. Cosmic energy is from the Universe. It's available everywhere. Prana is meant for our sustenance. Prana also heals. But Cosmic energy may help us to sustain ourselves, it may heal, it also has lot of knowledge. This Cosmic energy is God Himself, and has everything that God has.

Q: Does a person living on Prana age?

A: Yes he does. ■

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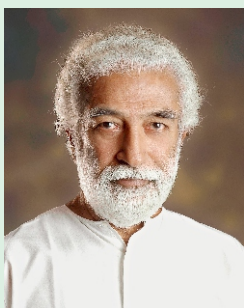
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GURUJI KRISHNANANDA (1939 - 2012)

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)

Most of the time, during Meditation, I get a feel that somebody is walking just in front of me, even when there is nobody physically present. I assume it is one of the Rishis who is monitoring me / blessing me.

- **Meena Ganesan**

The stillness experienced in Meditation is incomparable. I am more connected to the self within me and the higher energies; even when I am doing my work I like to be with them. I feel a union with nature – more to mother earth and the sun and I enjoy being with them. Awareness has substantially increased. There's a lot of mind-linking taking place with higher beings. Thanks to the Rishis and Guruji.

- **Bhavana Vichchivora**

I met Guruji on 18th May in my dream. I was walking with him discussing something which I do not remember. On 5th June I was upset with my mother's ill-health and I went off to sleep in the afternoon. Guruji comforted me with his presence. Surprisingly, later we learnt that all my mother's medical reports were normal!

- **Charusheela Birajdar**

I recently underwent an operation. During the day of my operation while waiting to go into the theatre I prayed to the Rishis to be with me and also prayed to Light to enter each and every cell of my body. My operation was successful and I did not feel the pain which the surgeon said I would experience. What's more, my healing was surprisingly faster than I thought! Rishis always help and Light always heals.

- **Manish Gajjar**

Recently there was a fight regarding a certain issue. I did not know what to do; tears rolled down, I was shattered. I

channelled Light to the people and prayed to Guruji and the Rishis for help. Soon, everything got settled amicably. I am so lucky to have beautiful companions like Light, Guruji and Rishis. Thanks a lot to them and everyone in Manasa. I fared well in my exams too!

- **Kavyashree R**

At times I do get very worried, upset and nervous but that is a very temporary phase. Very soon, I get the strength from the Divine and surrender myself completely to the Light; I realize that whatever has happened has happened for the best. Meditation has made me a strong person. My faith in God has deepened. I am very grateful to the Light, God Almighty, the Rishis and the Sapta Rishis.

- **Anu Sehgal**

I feel my foothold of Sadhana is much more secure than before. I am much less easily upset or agitated. And even if I am, it does not linger on for a long time. I am grateful to the gift of Meditation and to Manasa family who is making it available to all of us.

- **Lynne Karatani**

I am filled with gratitude to Guruji, for having shown me my purpose. The amount of knowledge that we have been gifted with is so much, that it will take me many lifetimes to absorb and manifest the principles completely. Every moment there is work to do - to make the right choices.

- **Deepthy R**

There is a very important shift in my life. I am filled with gratitude and hope. I take with me Guruji and his teachings and try to be conscious every moment.

- **Utkarsha M**

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