



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 11 Issue 1

DECEMBER 2015

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – June 2011 issue)

We have been witnessing the surfacing of truths, though unpleasant, like the scams, Terrorist hideouts etc. I have been saying this for a long time. That this is the time for surfacing of truths. This is a part of a bigger process of cleansing as a part of the transitory processes leading to the New Age. The New Age is an age of Purity, of Truth. Things impure and untrue cannot survive. They have to be cleared during the Transition itself. And so, first, the surfacing.

This surfacing is occurring at all the levels: global, national and individual. One has to become aware of them. The world should become aware of many Spiritual processes that are occurring.

Many energies are working on this earth now. Energies from Shambala, Energies from the Aura of the Photon Belt and Energies of the Great Ra that the Rishis have brought down from the Source of Ra in 2009 are the three important energies. Surfacing of the truths is a result of the working of these energies.

When surfacing occurs, when we become aware of the impurity and untruth, we have to mentally reject it first and then work in our own ways to cleanse. We, who are just voters and are utterly helpless, should realise that we are not really helpless. We can work at the level of the Energy. We can meditate and channel Light. The energies from these work and bring about all changes. The revolutionary changes that we are witnessing are a result of Meditations and channelling of Light by millions of people around the world.

It does not matter if one believes in these or not. These are truths. The time has come to speak about such truths and spread these truths. The media does not do it. It has its own agenda.

We are at exciting times. Many are engaged in channelling the energies, channelling new Knowledge and are working for preparing the world to enter the New Age. These truths must be known by everyone.

The people in Shambala, who have witnessed many dawns of New Age and many entries into the Photon in earlier times, are ready to help us with their experience and wisdom. We must connect to them and learn to receive the help. We must learn to connect to all those in the Astral and other higher planes. There are many groups waiting to contact and help us.

The time has come to for all of us to become aware of the present realities, awaken and pursue Light. ■



MANASA FOUNDATION (R)

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Phone : (080) 2846 5280, 99000 75280 (10 AM to 5 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
at Devagiri Venkateshwara
Temple, BSK 2nd Stage

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.



The young residents of Taponagara celebrated Navaratri by performing Garba and Dandia dances during the October Residents Meet.

NEWS AND NOTES

- Guruji's Maha Samadhi Day was observed in our Saptarshi Dhyana Kendra at Anekal on 23-11-2015 and will be observed at Taponagara on 29-11- 2015. To participate please register with Manasa office before 27-11-2015.
- Manasa Desk Calendar for the year 2016 will be released during Guruji's Maha Samadhi program on 29-11-2015 at Taponagara and will be available for purchase at Manasa office.
- A new batch of Shambala Group begins from January 2016. Those who wish to join may register their names with Manasa office before 31-12-2015. External Guidance students can also join. The students of existing batches are also requested to register their names before 31-12-2015 for renewal of their membership.

MEDITATION ON SPECIAL DAYS

03	Thu	Krishna Ashtami
09	Wed	Masa Shivaratri
11	Fri	New Moon Day
17	Thu	Shoonya Masa begins
18	Fri	Shukla Ashtami
20	Sun	Shukla Dashami
24	Thu	Christmas Eve
25	Fri	Christmas
		Full Moon Day
27	Sun	Akhanda Dhyana

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
25-12-2015	Christmas Special Meditation: 12 Noon - 1PM
27-12-2015	Akhanda Dhyana (Group Meditation): 6AM - 6PM

AKHANDA DHYANA

On 27-12-2015 at Taponagara from
6AM to 6PM. To participate please
register your names with Manasa
office on or before 25-12-2015
along with the timings.

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

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

LIGHT CHANNELLING EXPERIENCES

(Compiled By Vaishali Joshi)

I channel Light every day. On some days when I fail to channel Light, I feel my day is incomplete and there is a void. When I practise this technique, I feel I go beyond everything and connect to the Universe.

– Ms. Noor Rahim, Headmistress, Diamond English School, Bangalore

While channelling I felt white Light filling me up completely and I felt very pure.

– Ms. Lajwanthi, Teacher, Suman's Convent, Bangalore

I felt free when I was channelling Light. The Light surrounded me on all sides and I felt as if I was floating in an ocean. Channelling made me calm.

– Adithya, Std. IV, RMS International School, Bangalore

I channel Light every day in the morning and at night. I feel very nice and fresh. Now I am able to concentrate better on my studies. Earlier, I used to study for forty-five minutes. Now I can study for two hours. I have improved a lot.

– Palash S. Lodha, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

There was a sky filled with ocean like blue Light in front of my eyes. My mind became free. I felt that the Light was falling on me and I was above the earth. I felt that my mind expanded. My brain became pure. I felt that Light was falling on the entire earth. I felt confident and fearless.

– Masthanvali A., Std. IX, Govt. PU College (High School Section), Kadugoi, Bangalore

The Light Channelling technique was very simple. I saw a huge ball of Light entering my body.

– Adhidhi Siri B. J., Std. IV, RMS International School, Bangalore

TAPONAGARA DIARY

Seema Almel

The festival of Navaratri was celebrated in the October Residents Meet. Some of the young girls performed traditional Garba dance. For about eight days prior to the Meet, the enthusiastic group met for two to three hours in the evenings and practised very hard. In a short period they managed to learn three dance sequences. The parents encouraged these kids and arranged beautiful costumes with jewellery to match.

The Meet was held in the big dining hall downstairs instead of the old one upstairs because the performances and seating required more space. By 5 PM the artists and their mothers started dressing up for the event. Simultaneously, arrangements were being made for seating, camera, lights, sound, etc. At 7 PM after practising Oneness, the young danseuses entered the stage to the tune of the first song welcoming the Divine Mother. The second performance was the longest one with a variety of steps. Before the last Dandia pair dance, Om presented a quiz with Navaratri as the topic.

A devotional song about Goddess Adishakti, by Pandit Jasraj, was played. Special gifts appreciating the artists were presented. While waiting for the dinner arrangements to fall into place, many enthused Taponagarites started impromptu Garba rounds which grew bigger and filled everyone with enormous joy. ■

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)

February 2005

There is a story of Akbar and Birbal. Akbar shows a stick to Birbal and says, "Without cutting this, make it shorter." Birbal brings a longer stick near it and says, "Now, the stick is shorter." There is a great lesson here. We need not compare ourselves with others. We need not think of the people, but think of the world and grow. We can just go on growing. We can grow individually. You will then have so much of satisfaction, so much of peace.

I have seen people with emotions, people with only emotions. Emotions are a part of life and they are important. We have to emote and we do emote, rightly or wrongly. Most of the times, we do not emote rightly. We also have intelligence. Emotions, intelligence etc., make a person. But if we have only emotions, if we live only by emotions, take decisions with emotions, have relations based only on emotions, it leads to highly confusing situations. We have to remember that the law of emotion is 'fluctuations' always. It is very serious. People have called me God, Maharshi, etc. I must go on catering to their versions! The successful students of Taponagara follow what I speak of, but not the people who are only emotional. Relations should be from soul to soul. What is that link from one soul to the other soul? It is Love. In love there is absolutely no demand. These relations continue for lifetimes. The relations based only on emotions are temporary and funny in fact and amusing. If you take them seriously, you feel bad, but if you have the sense of humour, you will never suffer.

I try to answer all questions when we meet during the birthday parties.

Sometimes, some information will be very unusual. Many questions are asked and a person asked me, "How is that you denounce all other religions except Hinduism and Buddhism?" I do not denounce any religion. That is our way. Every way is a way. Everyone is a part of this wonderful Life. Everything is necessary, even evil is necessary.

Antar Manasa is a place full of memories for me, full of energy, full of adventures, and full of romance, I should say! People do not know the real meaning of romance. I had a friend - an elderly man - a very well read and an interesting person. He would tell me, "I don't like these automatic watches." He would get up in the morning and wind his watch. "There is a romance in this", he would say. So also in Antar Manasa - there are trees, birds and of course a lot of monkeys! There is nature and there is romance.

March 2005

My tour to Pune was wonderful. I wish I could speak of it for quite a long time. But I mention briefly that I went to collect information about Eknath Maharaj. We went to Paithan where he lived. We went to another place where he did Tapas for 12 years. The house in Paithan where he lived was occupied by his descendents. A book written by him in his own handwriting is still there. When I went there and went back in time, I saw a lot of things. I have many experiences and I shall share them with you later. His descendents were so passionate. I met nearly four of them and everyone naturally spoke high of him and they were living in his memory. I asked a person, "Do you think you were helped by him?" He said, "what

a question you are asking, my whole life is because of his grace." It is always nice to meet people like this, it is always interesting. This trip was very rewarding. Eknath was not an ordinary person. He was a great Tapasvi and also a social reformer. Many people have noticed this and he was a man of humility. There are so many things about Eknath that are common with Amara.

One of my friends expressed his wish to Amara that they want a Rishi to materialise. It was the last meeting with Amara before we came to Taponagara. Amara asked him, "What would you do when he materializes?" He said that he would do namaskara to him. So, similarly what do we do when we go to a temple? We do poojas, archana, abhishekam and of course we also pray. There is nothing wrong in doing these. But as we advance into Satya Yuga, these are not enough. In Satya Yuga, there will be no poojas and pujaris because there will be no idols. We will not be worshipping a stone idol. We will be worshipping Nirakara Parabrahma. One may wonder and it is exciting to imagine these things that there will be no temples at all. We will be able to talk to God, contact God from wherever we are - in us, near us, in front of us. We will worship Him by offering our love, energies. So the quality of worship will change. We won't be like this. We are wonderful people no doubt but we will be more wonderful and awakened people in Satya Yuga. We have to appreciate that this type of worship we have already started here. Here, to our Guru, we don't do mangala arati, we don't do any abhisheka, we do not have his idol. When the Rishis come we don't break coconuts. The Rishis will come here and you have to believe it. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

28-09-2014

I received letters recently from two external guidance students. They say that every time they send their practice report they are asked to continue meditating in the same stage. They wanted to know, "In spite of regular Meditations why is this happening? Are they not making any Spiritual progress?" We have to understand that the stages of experiencing the Light are very advanced stages and the techniques are very simple and very advanced. With the help of these techniques and also our efforts to spiritualize our lives we can actually experience Light. And we are expected to experience Light. Only then probably the Rishis shift us to the next level. And how are we expected to experience? Throughout Meditation we have to experience Light. I know it is not easy but it is possible otherwise Rishis wouldn't have given such stages. This requires huge efforts not only in meditating regularly but also in spiritualizing in every detail of our lives.

Let us not worry about the stage, but focus on our Spiritual progress. We may have to spend more time in these stages, but we need not worry. And most important, we also need not conclude that we are not making Spiritual progress because we are asked to continue meditating in the same stage. The fact that we are meditating - even if not daily - indicates that we are making progress. The fact that we are here, continuing in the Path, attending check-ups, sending our practice reports regularly, itself indicates progress. Maybe it's not enough for us to move to the next stage but we are making progress. And all these things also indicate that we are with the Rishis, which is important.

Apart from the technique of the Stage Meditation, we have been given

so many techniques like the Shambala principles which are very powerful techniques; practising one principle itself can help us experience Samadhi. Then, experiencing the Ocean of Light is a highly advanced technique. And these have been given to us irrespective of our stages. So we are not deprived of experiencing the Light at any stage. Then why worry about the stage when we can experience the highest in any stage? Let us leave the stage of our Sadhana to the Rishis and focus on our Spiritual growth.

Sometimes people write or ask, "Please tell me about my shortcomings." Sometimes they ask very sincerely. The truth is that we, meaning the people who are involved in teaching Meditations, will not know about their shortcomings. We are not here to judge. Rishis definitely do not look at our shortcomings. Each one of us will know about our own shortcomings. And when we know we will also know how to overcome them and that may be challenging. That is our struggle. That is Sadhana. We don't need another person to tell us what our shortcomings are.

I have heard people saying, 'I am like this only. What to do?' And sometimes they say this with a bit of pride. It is good to accept what we are. But I feel when we say like this, we are also, sort of affirming that we cannot change, or that we do not want to change or sincerely we are just resigning to our Spiritual condition. But the fact is that if we want, we can change. It may be difficult. We may have to make huge efforts, but it is possible. Whatever be our state, we can rise from there. At no stage we will be deprived of opportunities to grow.

The Rishis will not tell us about our shortcomings. They place the

principles before us. They also tell us how to practise but they do not impose. This is the speciality of the Rishis.

Recently we published an ad in a local newspaper about our classes. Some people remarked, "We say that we do not publicize". With a bit of pride we say, "We do not publicize. We are not after numbers." This is a fact. Then why are we advertising? That's a very valid question. If you see the ads you will realize that we are not trying to publicize. It's a simple ad with a photo of Gururji and we say we teach Meditations; and if you wish to learn you can contact us. Our contact numbers are there. Then we also have the external guidance. People from anywhere in the world can learn from us. How do they come to know that we teach Meditations? I think this ad will help. That was the objective. It was not to publicize. And this was a very special opportunity from 'Speaking Tree'. They came to us with a very special offer. We thought of making use of it.

I close my talk with a beautiful experience of a person. This person wanted a particular item, a particular gadget but being shy in nature she could not express her wish to anybody. She just kept it to herself. Then, another person purchased the exact brand, exact model that she wanted, and gifted it to her. How this communication happened? We don't know. It's very touching! I remember Gururji would always say that God has millions of channels. If we do not get what we are supposed to get from this channel then God will arrange through some other channel. Human beings are just channels. It is really God who gives. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes 14% service tax, one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes 14% service tax and one year's Newsletter subscription.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Sri Jayant Deshpande.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM TALK BY SHRI RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

The purpose of the Creation is to give us the experiences of the Creation to begin with and later to create a desire in us to go beyond the Creation and find the Creator Himself. The Spiritual journey begins as soon as we begin seeking any goal or desire as long as it arises from the deepest level of the individual. It is for this reason we can say everyone is on a Spiritual quest whether they realise it or not.

I have read about individuals who achieved enormous success in the material world and ultimately lost interest in those achievements and went to the Himalayas in search of a deeper meaning to life. Problems, pain, suffering can drive us towards Spirituality. The way of suffering can be equally good if one has consciously allowed the suffering to teach them humility. Suffering will only help us grow if we are already spiritually inclined otherwise it can only bring more misery.

Another way is, the individual finds a Spiritual path, overcomes his worldly problems and goes back to the world and fulfils his material goals and finally returns to the Spiritual path and takes up intense Sadhana. This is a kind of Spiritual ripeness. If an individual starts seeking Spirituality without reaching the stage of Spiritual ripeness then the individual will not be able to recognise true Spirituality even if he finds it.

There are many other obstacles even for the sincere seeker. For some individuals experiences and visions themselves can be a great obstacle. On the other hand for some Sadhaks not having experiences is a continuous source of disappointment and can be an obstacle.

If a person has lived a life of anger

and frustrations he will have a tendency to get angry very easily. A lifetime of indulgence will manifest in the next lifetime as uncontrollable desires. The same can happen to greed, jealousy, cruelty and so on. So the average person may carry countless such Vasanas or impressions from past lifetimes, which manifest as seemingly natural tendencies in the present life. Such an individual perceives the world through the screen of Vasanas. Almost every response from such a person to external events may be influenced by such tendencies. This knowledge should help us make sincere efforts in dissolving all such negative tendencies, as they come in the way of our Spiritual progress. I believe that it is possible to clear all our Vasanas by experiencing stillness every day during Meditation for as long as possible. Without overcoming them liberation or living a liberated life is not possible.

One of the most common obstacles is the desire for Spiritual power. It only helps to boost the ego. The more we grow spiritually the subtler the ego becomes. It is very important to recognise the subtle ego in ourselves by becoming more alert and sensitive as we grow. This observation is very helpful because when we observe our ego we do it from our soul level. This is because the ego cannot observe itself.

Death is not the end of life. It is the beginning of a new opportunity to throw away all our baggage in an instant, surrender all our attachments and overcome our ego. This does not mean that we must wait for the last day for this opportunity. In fact every time the ego raises its head it is an opportunity to see it and overcome it. Therefore every obstacle is indeed an opportunity if only we can recognise them as opportunities. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Is healing possible by spreading Ananda?

A: Yes. Send Ananda to the part where you have pain. All energies have the healing quality. Bliss being the energy from Parabrahma Loka, can heal.

Q: Do all energies have the healing powers?

A: All the positive energies have the healing powers, because they carry Love. Love is the most powerful healing energy.

Q: When we receive energies how do they help us?

A: The energies that we receive, first cleanse the system and tune it. They strengthen the Spiritual processes like Chakra activation, Kundalini rising, transformation and clearing of Karmas. They heal, guide and build up a beautiful atmosphere around us. We are yet to understand these processes. Energies bring knowledge. We may not become aware of the knowledge we receive, at this level, but we will know at a different level. At the proper time the knowledge comes to our help.

Q: In the new Light Age will all the people have equal competencies?

A: Of course yes. But some people make more efforts and they achieve more, like doing Tapas. But everyone will have the equal opportunities, competence. This happens in every Age.

Q: Even after being in this path and meditating can accidents not be prevented?

A: Some accidents are destined to happen. These can be avoided. For that we have to work, meditate more and change the destiny. It is possible. But in spite of this if accidents happen

don't blame the path. It happens in any path.

Q: As we advance spiritually do our responses to negativity become sharper and intense?

A: As we advance spiritually we don't respond to negativity at all. We become stronger and wiser also.

Q: Whenever there is a negative attack how to keep up our balance and remain detached?

A: Some Astral beings, guided or misguided, try to attack us at the Astral level. At the human level if someone is very angry, even that wave comes and hits us. Remaining completely immersed in Light, carrying Light always, makes us strong and broad-minded, helps us to keep up our balance and remain detached.

Q: Can we send positive messages through Light or is it enough if we just send Light?

A: If we just send Light it works. It's enough, but even then if we can send positive energies I think it's much more effective.

Q: Can we sense the contents of the message sent through the Light?

A: Yes. To read the contents properly, we have to be very calm and alert. We must be in a state of expanded Awareness.

Q: Can we use the Light as the medium of communication?

A: Yes. It is much more effective, faster than sending a telepathic message. Imagine a ball of Light in front of you. Inside that ball keep your thought or the message, which should be simple, pure and unselfish. Then imagine this ball going and reaching the person that you intend to send the message. That person will receive the message. ■

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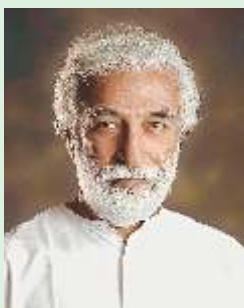
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GURUJI KRISHNANANDA (1939 - 2012)

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)

I have been spending a lot of time with nature every day since a few months, ever since I saw reflections of the sky in my Meditations, sometimes becoming a bird and going beyond everything. The volume of stillness has also increased. So many times I compare the silence within to the silence present around me.

Recently while channelling Light, I felt lighter and felt that I don't have a body. I went deeper and deeper. Slowly waves of peace were flowing within me and I was completely silenced. I felt as if there was a thick layer of silence under my skin wrapping around my whole body which stayed for a long time with me. I realized that what I was experiencing as Light earlier was just on the surface level. Thanks to the Rishis and Guruji.

– Bhavana Vichhivora

My younger brother had Dengue. He was hospitalized. I prayed to Guruji and Santoshi Devi before sending Healing energies. Through the practice I could see my brother at the Astral level. He was standing so still, absolutely motionless, as if meditating. Even after I closed the technique I continued to see him continuously in my mind's eye. He recovered shortly after.

– Seema Almel

There are issues currently, which felt shaken up; I requested Guruji to keep them intact and meditated. New avenues supporting the same are arising on the horizon.

– Geeta Joshi

Along with many priorities now Meditation has taken a lead in my life. I feel so much blessed for getting such wonderful techniques of Meditation. I see an all round improvement in the quality of my life and thoughts. Things are happening by themselves and I feel I am just flowing with life. My day feels incomplete without Meditation. I see a lot of changes in life.

– Kaushik Thai

My Sundays usually used to be overloaded with work and we used to have our lunch late in the afternoons by 3PM or 4PM. But, from the past few months, my Sundays are so peaceful and relaxed. I think this is a beginning of peace in my life.

– Asha R Pirlak

I am experiencing a feeling of love and kindness. I feel like giving more and more of whatever I have to the world in different ways. And I feel I am responsible for each and everything that is happening in the Universe. Giving is my innate nature and I believe this nature will become a bridge for reaching my own true self.

– Rashmi Dharod

Since a few weeks my faith in our Path has reached a zenith. My asking for favours from the Rishis has stopped completely. I just thank them for everything that has been bestowed on me, and whatever may befall me I know that I am looked after. Times are extremely trying for me. It is my test and with the Rishis holding my hand I know I will pass through it.

– Nandita Patel

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