



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 positivizing 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 13 Issue 1

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – August 1997 issue)

Amara had named his group Vishwamaitri, meaning literally universal friendship. We understood later that Vishwa meant Creation – Creation that is manifest already and also that is yet to manifest. The very idea sends us to rapture. Such is the vision of Masters that it is too great to capture at the moment of revelation and as we advance in the silent journey of inner growth it dawns in the horizons of new awareness. That is how the teachings of the Masters continue to be alive. A Master never leaves; only his body dies. Vishwamaitri is the ultimate in Sadhana. When we can expand our awareness and love to the entire Creation, manifest and not yet, we would have crossed all limitations of ego, negativity and ignorance and would have experienced Samadhi itself, positivizing all our emotions, thoughts and our living.

A person persistently questions often – “Why should I put up with this world?” My answers and long explanations have not been obviously accepted. It is difficult to convince others about our personal realisations and personal truths. I do not attempt. It is not necessary.

I have realised from my experiences of hurts, betrayals, problems of differing personal views and interests etc., that these are the matters that we have to transcend, to experience Peace and Love; to expand in consciousness; to experience Samadhi. These in fact teach us the values of life. If we cannot rise above the petty details of the human plane, we cannot naturally reach the Higher planes. Problems and pains are indeed teachers. They are meant to be! Once we learn the lessons and move on, they disappear.

As long as we remain in this physical plane, problems of one type or the other confront us. All problems have solutions. The solutions can be found in the ordinary way, shall we say in a material way, and in a Spiritual way. Spiritual solutions are permanent. The material solutions may wake up other problems!

The world around me is not perfect but so am I. Let me try to improve myself before I try to perfect the world! This is my approach. It makes sense to me.

A person close to me met me after ten years. There was the same warmth and genuine smile. A breeze of freshness and inspiration brought much life to me and my work. The person was a close associate of Amara and the visit was like a blessing. ■



MANASA FOUNDATION (R)

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

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 Devagiri Venkateshwara
Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

at Saptarshi Dhyana Kendra

on Tuesdays (11.30 AM - 12.30 PM)

at Shri. Manjunath

Shastri's house, Gandhi Circle

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

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PRAKASHMARG(Marathi)**
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NEWSLETTER

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Send us the name and address,
along with the Subscription
amount.



Deepavali and Navaratri were celebrated in Taponagara.

NEWS AND NOTES

- ♦ Gururji's Mahasamadhi Day was observed in our Saptarshi Dhyana Kendra at Anekal on 23-11-2017 and in Taponagara on 26-11-2017.
- ♦ Manasa Desk Calendar for the year 2018 was released during Gururji's Mahasamadhi program on 26-11-2017 at Taponagara and will be available for purchase at Manasa office.
- ♦ A new batch of Shambala Group will begin on 14th January 2018. Students who have completed their Sadhana in the Chakra Activation Stage may join the Shambala Group. Those who wish to join this group may register with Manasa office before 31st December 2017. External Guidance students can also join. Existing members of Shambala Group also have to renew their membership by registering their names with Manasa office before 31st December 2017.

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

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

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM - 12 Noon	
	Light Channelling: 12 Noon - 1PM
25-12-2017	Christmas Special Meditation: 12 Noon - 1PM
31-12-2017	Akhanda Dhyana (Group Meditation): 6AM - 6PM

MEDITATION ON SPECIAL DAYS

02	Sat	Shiva Deepa
03	Sun	Full Moon Day Vishnu Deepa
10	Sun	Krishna Ashtami
16	Sat	Masa Shivaratri Shoonya Masa begins
18	Mon	New Moon Day
24	Sun	Christmas Eve
25	Mon	Christmas
26	Tue	Shukla Ashtami
28	Thu	Shukla Dashami
31	Sun	Akhanda Dhyana

AKHANDA DHYANA

On 31-12-2017 at Taponagara from 6AM to 6PM. To participate please register your names with Manasa office on or before 29-12-2017 along with the timings.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

The Light Channelling sessions conducted by the volunteers of Manasa Foundation were wonderful learning sessions for the students as well as the teachers. Around 350 students have benefitted from the same. It is our personal experience that practising the Light Channelling technique gives immense pleasure and helps us in concentration. After practising it we are fresh and more energetic. We wish to conduct more such sessions in future.

– Principal, Adarsh Group of Institutions, S C P K Adarsh English Primary School & K H S Adarsh High School, Bangalore

The Light Channelling session conducted in our college was very good and the students felt very peaceful after the session. The students are practising the technique and it is really helping them to concentrate on their studies during the exams.

– Mrs. Padma Kandarkar, Training and Placement Officer, RSSP's Maharashtra College of Science and Commerce, Pune

I am happy to share my experience with you. The Light Channelling technique helps in bringing calmness to the mind. It spreads Love, Peace and harmony among people. It is a positive energy, which helps us to be in good health. I practise it whenever I am stressed. It brings a lot of joy and I feel stress free.

We have been practising it during the school assembly for 7 to 10 minutes. Many children have expressed that they are able to concentrate on their studies after channelling Light. It has brought discipline, Love and Peace. The children have learnt to help each other, learnt to share their experiences and are happy the whole day. I thank the Guru who has given this priceless gift to humanity.

– Ms. Padmini Jayaram, Headmistress, RBBPAM High School, Frazer Town, Bangalore

TAPONAGARA DIARY

Seema Almel

The eye of the storm is always calm. Taponagara, the abode of the Rishis, stays strong, patient and calm amidst the roaring winds of Pralaya. And yet it is not passive; the Rishis, Meditators, Cosmic Tower and all that is Taponagara, silently radiate vibrations of Peace to the world. Holding the Spiritual Energies high with great hope for the times to come, without losing patience or getting depressed by the injustices and violence in the world, is a challenging task for which the followers of Light Masters are trained.

Rains and near constant cloud cover in October could not dampen the Deepavali celebrations in Taponagara. Fire crackers were burst and festive light were lit. Residents were dressed in the festive spirit. Navaratri was celebrated with garba dance performance by Ishita Chalapathi, Shruti Mishra, Ishika Shetye, Swastika, Prati Nedu, Shravan, Rakshit Mishra, Yuthika and Sayujya Ayachit. The choreography and preparations were made by Ms. Madhavi Chalapathi and Ms. Priyanka Mishra, while many others assisted. Birthday cake was cut before dinner.

While Time rushes to close yet another year, deep introspection reveals where we stand on our Spiritual journey. As Light Age approaches, Taponagara is ready for the next set of challenges. The toughest times precede the best of what is to come. Taponagara welcomes the next phase of Time with open arms. ■

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 Gurujī 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)

August 2005

I had difficulty in yesterday's Astral travel. Although I try to arrange things properly, somehow it so happens that I have to be awake and I have to get ready for the classes. It happened even yesterday. Sometimes I praise the Rishis. I told them yesterday, 'You are very kind and great, you take me even when I am awake.' I was awake and at some point I saw the Rishis spreading Golden Light. I first saw our country no doubt. But the Rishis have the responsibility of this entire world and they should be spreading more Light in America! I saw them spreading this Light and I knew this Light is to hasten up the Pralaya processes and to bring in lot of sense, etc. But I saw a lot of people – Astral people, our own people. I did not recognize them and tried to observe. The Rishis were talking with them and I was made to understand that the Rishis were trying to train these people. They would first observe how these people do. We know how to channel, but the Rishis said that there are other ways. They said that to some places, we have to channel more Light. Seven people are caught in the submarine inside the ocean – maybe we have to spread more Light there. That is the human tendency. One may laugh at me, but I am very anxious, what happens when 'Discovery' enters earth's atmosphere tomorrow morning. Last time, we lost Chawla in Columbia. Should I be bothered about it? Yes, I should be. There is a famine in Nigeria. We should be bothered about it. We are living in this world and we are affected by this and whether we try to know it or not, it affects us. At the conscious level it hits us. Mumbai deluge hits us whether someone belonging to us is there or not. We cannot say that I am not concerned about it. A Spiritual person cannot say, 'I am fine, my family is fine and I have no problem.'

There is always a problem. That is why you cannot rest till the last tear on this earth is wiped, and the Rishis' work will not end till then.

I saw wonderful things that were being explained to these individuals. It was about drawing energies – a particular energy – and passing it on to a particular area with a particular intensity. We cannot spread more energies. And how do we decide on that? I could not understand. I don't remember and that was how they were training. Many of us were there. These days, Astral travels are becoming like training and it is a wonderful thing. At the physical level, we are growing and at that level, we are being trained.

There is a law – a Spiritual law. It says, "Whatever we send out, comes back to us in multiples." There is one more thing – every thought, every emotion vibrates. It is not that we have to express an emotion, speak out a thought – it is not necessary. I have a thought in my mind, it will start vibrating and these vibrations go out. So according to the Spiritual law, whatever goes out comes back in multiples. If I have a good thought, multiples of good things or effects come back; and naturally, when we do not have a good thought, multiples of that will come back to us. Thousands of thoughts and emotions generate in our system every day. We have to just begin to analyse these – not to worry – just analyse. To do that, awareness is enough. The next day, we will become aware that this is not a good thought and we will understand that we must put it down. Believe me, a day will come, when not a single negative thought will enter us or will take birth in us. We will be vibrating only the good. It is then the Sadhana reaches a stage. With our thoughts, we create our destiny. I send a good thought, I

receive back everything good. What I send out and what I receive may not be uniform. It could come back in any way – may be as a help, a kind thought, a financial help, better health, etc. Negative thoughts attract lot of problems; could be anything from financial to health. This is the most important part of Sadhana because this helps or forces us to transform. Without this, practising any number of hours of Meditation will not be of any help.

We say that there are 1,44,000 Rishis or Rishi workers spread all over the world. They will be teaching the people around them and they will be guiding them spiritually. A person asked us, 'Why should the yogis from here go to America and start establishing centres; is it required?' It is a very good question. Personally I think that it is not required. It is enough if a person here, a Rishi here, works in his area. He need not go to some other area. There will be different cultures, different traditions, beliefs, etc. The person who has taken birth there will be able to convey them in their own way. The idea is to elevate a person spiritually. It is not to remove or stop practising rituals, etc. People who do pujas can be good, and may be Masters. So why do people from here go to America? Why did Swami Vivekananda go to America? My Guru answered this question. He said, 'Swami Vivekananda went to teach there! People here always recognize the imported things!!' So Swami Vivekananda had to go there and then people began noticing him! Similar things happened with Paramahansa Yogananda and with Maharshi Yogi. Once there was an offer for me to go out; I asked Rishis; they said, "You don't have to go, stay here, there are many people there." Our work is in a different dimension. Let us stick to this work. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

08-10-2017

I recall what Guruji had mentioned in one of the classes. He had said, “Every moment we will be doing something. We will be involved in some kind of action. We will be thinking, emoting and there will always be a reaction. This is the law of Karma. But a Yogi, a Spiritual Master is above the law of Karma. A Yogi will also be doing things. As long as we have this body and we are living in this world we will be doing things. But the Yogi does it in a kind of a detached way. He will be like a witness. He will say that this act is being done by my system, not by me. He always keeps his awareness above the body, mind and intellect. A kind of detachment is natural for him. And whenever we keep our awareness at a higher level we will not be doing anything that is not proper. And the reactions to such actions that we attract naturally will not come in the way of our Spiritual progress or Sadhana. This living in a kind of ‘Sakshibhava’ is possible.”

I repeated what Guruji had said, because there was a question about this point. How to live like a Yogi? We have to keep our awareness above the body, mind and intellect. But how do we do it? I have no authority to speak on behalf of a Yogi. For that I have to become a Yogi first. We are trying, I am trying, all of us are trying to become a Yogi. But before we become that, before we become the truth, we have to also understand the truth. And this is what I believe, that when we understand something, we take the help of the intellect and we are also helped by something deeper in us. Guruji used to talk about the Spiritual Intelligence. I think that helps us to understand, to grasp a

point properly, thoroughly.

I feel that when Guruji said that we can keep our awareness above the body mind and intellect he meant that we can be aware of the Presence, the Presence of God. When we are involved in an act we have to also keep our awareness in the act and simultaneously we will be aware of the Presence also. I remember Guruji once gave an example. He said that when we are at home and there may be other people in the house – elders, our parents or grandparents. They may be in a different room. We will not be seeing them all the time. We will be doing something in some other area of the house. We will be involved in our work but at the back of our mind we will be knowing that our grandfather is there in the room. I think that is how probably we have to remember God’s Presence even when we are involved in doing something. God is there, He is watching over us – not to judge or punish us – only to help us. When we are aware of God’s Presence like that, we will always do the right things. Our emotions, our thinking will be positive. And our intention will be so pure, noble and selfless that although we are involved in an act there will be no Karma.

And when we are aware of God’s Presence we will also try to do things perfectly as per our capacities. We will try to do things properly, perfectly. Not because we want our work to be noticed or appreciated by others but we will be aware that we are involved in God’s work. And when that happens, when we are working in that awareness, God will begin to work through us. We become a perfect channel of God. And that is how probably we

become a Yogi. This is possible I think. All of us are trying to do that here. That is why we are here.



How to improve the quality of our Meditation? We have understood that during Meditation we can only practise the technique and wait; wait for higher forces to take over. But we can do one more thing. We can add Love and practise the technique. This is what Guruji always told us. In Meditation we are trying to meet God. We are trying to meet Him, to experience Him. If, we can have that intensity of Love, the urge to meet Him, then maybe that helps to improve the quality of our Meditation. Then, at other times when we are not meditating, when we are involved in living, we have to positivise more, manifest more. We have to manifest more of Love, positivity. That in turn helps our Meditation.

How do we know the quality of our Meditation? We will know when our Meditation is good. It can be decided by how much of God we could experience in our Meditation. When we experience God, we naturally experience immense Peace. We can assess, how much of Love, how much of expandedness, how much of all that is positive could we experience. That defines the quality of Meditation. Could we experience Stillness? In stillness we experience God. The quality of Meditation does not depend only on the practice of the technique but also on how we live at other times. That I think is very, very important. Meditation is the peak period of experiencing. But Sadhana is a 24-hour practice. ■

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 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 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 TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

08-10-2017

You must have seen on television that a person in the USA killed several people in mass shooting. In the last class I had mentioned here about the floods in Texas and how the people in America helped people affected by floods. There was so much of concern and value for Life. Thousands of lives were saved. On one side we saw value for human life, so much of concern for human life and in another incidence we saw such ghastly act of killing of innocent people. There are many incidences like that. You must have read about flooding of Puerto Rico. It was devastated during the hurricanes. Millions of people there were without electricity and drinking water for several days. Strangely people there complained that they did not receive help and proper support from the US authorities. What happened in Texas was entirely different. What happened in Puerto Rico was different. Life is full of such contradictions.

Then in the other part of the world, we saw millions of people being chased out of their country. Their homes were burnt, many were killed and millions of people were forced to leave their homes, their country and migrate to another country for their safety. Now, they have to survive first and only then they can think of a dignified life. It may take a long time. You must have also seen that in certain parts of Spain and Iraq, people are on the verge of revolting for independence. They want to split the countries into separate parts! In our own country thousands of people have died in the floods. Then in our day-to-day lives we come across so much of corruption and injustice.

One may naturally wonder, will all this take us towards the New Age? We understand here that this is a period of Transition. We see a lot of chaos now. Any Transition can be smooth or chaotic. It depends on the people who are involved in the process of Transition. If people do not resist the change, if they accept the new energies that are being flooded, being spread by the Spiritual Masters, then this pain and chaos can be avoided. Even these hurricanes can be avoided. That is what I understand. If the new energies are accepted by people, these energies guide people to sail through this period of Transition peacefully.

Guruji used to tell us that the Rishis have seen this earth transitioning from Dark Ages to the New Age several times. In this Manvantara itself they have seen it happen 28 times. This transition period is a temporary period. The pain and suffering that we see now, the chaos that we see now, is temporary. Here we know and thoroughly understand that from this chaos a new order will emerge, a new system will emerge and we will take a leap towards the New Age. This pain can be avoided. If majority of people accept the new energies, then the dark forces become weak, and weak dark forces cannot create much of pain or suffering. But right now although they are becoming weak, they are still around. The Rishis know the destiny of this earth. Their effort is to make this Transition smooth and that's why so much of knowledge and energies are being spread, so much of help is being given. This is a temporary period, which will pass soon. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: What is non-love?

A: Non-love is everything that takes us away from God and Guru. Non-love is anger, jealousy, non-generosity. Non-love is also being unjust.

Q: How can we increase our love?

A: There is no technique. It's the intent. If you want to love more you do it. But the Rishis say that there is a special way. You have to expand your Awareness. We can do this in Meditations only. If we can do that, we can also love more or manifest more Love.

Q: Can a student remind his Guru about his personal guidance?

A: Of course you can remind. But the Guru knows when to guide and whom to guide.

Q: When I link up with you will I be disturbing you?

A: No. When you link up with me, the linking occurs at a different level. Any number of people can link up at the same time at that level. Many times they also get back the response. If they are asking for healing they will immediately get the healing energies from me. The moment you think of writing, seeking some help, that message reaches me at a different level. At this level I will not be aware of it. But whenever I want I can go down deep and understand. Sometimes the link up will be so strong and the problem will be so severe, that I just suddenly think of the person. Sometimes I sit in Meditation and try to see what is wrong with the person, pray to the Rishis and attend to it.

Q: To change the mind and intellect for the New Age do we have to go to the Divine Lokas?

A: During Kali Yuga we have one kind of mind. When we enter Satya Yuga, this mind is taken away. It is replaced by a new mind. After leaving the bodies we go to resting places. This is done at such places. Only the mind is changed not the intellect. It's a very important and beautiful revelation.

Q: Are the Sapta Rishis the same as the white brotherhood?

A: The white brotherhood is mentioned by theosophists. There are many groups. Sapta Rishis are not just one more group. They are the administrators of millions of earths belonging to this earth plane or Bhoo Loka. They are Masters. For anything to occur – good or bad – on this earth their approval is required. Avatars consult Sapta Rishis. We have to understand them.

Q: Are Lord Maitreya and Lord Kalki the same?

A: No. Lord Maitreya is the king of Shambala. Lord Kalki is the tenth Avatara of Mahavishnu. He lives in Shambala. They are two different personalities.

Q: While worshipping can we gather the energies in the form of a pyramid instead of a ball of Light?

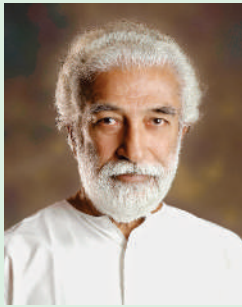
A: You are free. You can do it. It is not the quantity. It is the love you carry that is important. You don't even have to offer energies.

Q: What is the science behind burning camphor before Meditations?

A: We have explained in the book 'How to Meditate'. It creates a beautiful atmosphere for Meditations. That is the science. ■

LIST OF OUR PUBLICATIONS

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iGurujī Vol 1, 3, 4 & 7	each 150/-
iGurujī - Vol 2	120/-
iGurujī - Vol 5	100/-
iGurujī - Vol 6	75/-
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The Book of Reflections - Vol 3	150/-
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Awareness	60/-
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Light	10/-
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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)

Whenever I become non-existent in Meditation, I see the infinite expanse and its connection with all forms. Everything appears as the presence of Consciousness. I feel like a speck or 'whole' sometimes.

– Harish M R

During the past three months, very often when I meditated, I felt the expansion and along with it a throbbing sensation, as if a giant heartbeat prevailed for quite some time before I felt normal again.

The effects of Pralaya have been felt at all times, the only difference being that I can manage myself to the best of my capacity, especially when I have to take crucial decisions at home.

– Nandita Patel

I am so keen on my Meditations that on days that I am extremely busy with other work, I wait for the time I can just sit down and connect to God. Sometimes, even a few minutes are enough; any technique given by Guruji and the Rishis fulfils the purpose of elevating my being to a higher level until I can finally, happily find the full hour to meditate!

– Vidya Virkar

I have visited satsangs of many paths before joining the Sapta Rishis Path. I always experience deep commitment, Love and attachment towards the Rishis and this Path. I have now realized that my destiny lies only with the Rishis.

– Pundalik Dhakorkar

I find myself looking forward to the time I devote to daily Meditation and I now carry Light in thought during my everyday activities. There is not a day when I don't bring Light in thought, into my work environment and home life. Love, Peace and Harmony have become my conscious view of the world environment around me. I believe Love is the 'default' frequency of the world, carried by Light.

With Meditation my headaches have subsided. My thoughts have calmed and I fill my mind with Peace and Harmony as a conscious choice.

– Lucinda Bach

I strongly feel a sense of belongingness with the family of Rishis and the Astral world. I feel totally drawn to them.

The daily Meditation keeps me running for the whole day. I don't get irritated by the negative people around me, and I am able to deal with things in a much better manner.

– Vasantha Ramanujan

I feel so nice, contented and happy with Life. I don't feel like indulging in unnecessary conversation or argument. My health is improving. The words such as 'worry', 'stress' and 'frustration' are alien to me now! There is immense Love and happiness within me and around me! When my son was leaving for the US, I said goodbye to him with a smiling face. I am able to practise detachment with ease. I am able to enjoy every moment of my life!

– Payal Varma

Even though things are not going in my favour, I don't lose faith in the Divine. I strongly keep saying to myself that God knows what is best for me and my family. He is going to take care of me in the best possible way. To me this is a very big achievement.

– Anu Sehgal

I always think of Light and listen to Guruji's lectures. I am at peace mostly. I feel the Grace of the Rishis. I have learnt to accept the situations... in surrender.

– Utkarsha Malkar

I eagerly look forward to Sunday classes. Guruji's presence is always felt. The grace and calmness of Jayantji and others always inspire me.

– Deepthy R

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