



MAHARSHI AMARA (1919-1982)

WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

LIGHT

is the Intelligent Power behind all Creation. Light is God.

LIGHT WORK

is assisting all life to raise its levels of Awareness and Experience for a better living.

LIGHT BEINGS

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

SAPTA RISHIS

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

MAHARSHI AMARA

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

GURUJI KRISHNANANDA

is the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

SAPTARSHI DHYANA YOGA

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

THE AFFIRMATIONS

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

DOORWAYS

Volume 5 Issue 10

SEPTEMBER 2010

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REFLECTIONS

Guruji Krishnananda

The world is in a fix. Poverty, violence, fanaticism, injustice, ignorance etc., have gripped the world. The political and religious leaders have failed in leading the world out of the mess they have created. Then, who will lead us? It is the Spiritual leaders. It is the Light Masters.

Let every one of us realise this: Spirituality is different from Religion. Spirituality is manifesting Love, manifesting Peace, manifesting Oneness.....manifesting every positive principle that unites all humanity. Religion cannot do this. Unification cannot happen with Religion. We know this. But we cannot just wish away Religion. So, what do we do?

We wait for the Spiritual Leaders. We wait for those who have global concerns and future visions, who do not talk of revolutions but reformations, who advise us to keep Religion indoors and bring out Love which sweeps away violence, removes greed and cleanses the systems of injustice. Are there such leaders on this earth? I think there are. They are just waiting for an opportune time to speak, to counsel and to lead.

These leaders are not ordinary leaders. They carry the Universal Love and Universal Wisdom. All of them have contacts with the Light Masters in the higher worlds, whether they are consciously aware of it or not. They are not after power, money or fame. They are definitely not in the roaring yoga-wellness business.

What are they waiting for? Time. And an awakening in people that the present leaders and the systems have failed and that new leaders and systems have to emerge. When the people open their eyes and sharpen their ears, then they will be able to identify the sane voices and visions of the New Age. That Time, I feel, has arrived. The true Spiritual leaders have to emerge, unite and lead the world.

When the platform to gather the new leaders is created, every leader rushes to it to take advantage of the opportunity, to gain name and fame and to further their commerce. If this is allowed, there will be a failure again. The true Light Masters have to be carefully identified, tested for their commitment to the Light Work and then provided opportunities to work and to lead.

This is not an easy task. But leading the world is not an easy task! ■



MANASA FOUNDATION (R)

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MEDITATION CLASSES

Held in Taponagara

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar

at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram

Held in Anekal

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

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

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along with the Subscription
amount.



This sketch was drawn in just a few minutes by Guruji, during a visit to Ravi Shah's Art Exhibition when he picked up the brush after 36 years when requested.

NEWS AND NOTES

- ♦ A delegation of Seniors from Patriji, headed by Sri Rajan and Sri I.V.Reddy held discussions with Guruji on Spiritual matters on 4-8-2010 at Taponagara.
- ♦ Guru Poornima was also celebrated at our Saptarshi Dhyana Kendra at Anekal on 26-7-2010.
- ♦ There was a special Volunteers' meeting with Guruji on 1-8-2010 for receiving Spiritual Guidance.
- ♦ Subscriptions of Newsletters should be made at the specified time.
- ♦ External students can now pay their fees online through our website www.lightagemasters.com

SUNDAY PRASADA was sponsored on

- 04-7-10 by Goda Srinath
11-7-10 by P.T. Narayan & Balasunder
18-7-10 by Ajay Kumar M., &
Maitreyi K.
25-7-10 by Subbalakshmi Nagaraj &
Nalini Karanth

DVDs of Guruji's Lectures during classes are available to members. Contact office for details.

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

MEDITATION ON SPECIAL DAYS

01	Wed	Sri Krishna Janmashtami
07	Tue	Masa Shivaratri
08	Wed	New Moon day
11	Sat	Worship of Gowri Devi & Lord Ganesha
15	Wed	Shukla Ashtami
17	Fri	Shukla Dashami
21	Tue	Worship of Ananta Padmanabha
23	Thu	Full Moon day

PROGRAM AT TAPONAGARA

Sundays	Lectures 11AM - 12 Noon Special Meditation and Light Channeling 12 Noon - 1PM
1 st Wed	Sri Krishna Janmashtami Special Meditation 12 Noon to 1 PM
12 th Sun	Shambala Group meeting at 2PM
19 th Sun	Ra Group meeting at 2PM

This month's Newsletters are sponsored by Smt. Nirmala Balakrishnan.

Informal Group Meeting with Guruji on Second Saturday, 11-9-2010 from 11AM to 1PM. Those interested may register their names with the office.

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

UPDATE ON LIGHT CHANNELS WORLD MOVEMENT

- ◆ More than 130 volunteers, whose names will probably never be mentioned here, are working with great love to bring more and more Light to our planet. With their selfless efforts and very genuine support from School authorities, more than 90,000 students and teachers from 185 institutes channelled Light in the month of July, 2010.
- ◆ While the silent volunteers work at this level, the unknown Light Masters work at the higher level. Their presence makes every session charged with wonderful energies.
- ◆ Since the time Light Channelling was introduced to schools on February 1, 2010, more than 2.1 lakh children have channelled Light until July, 2010. More children are joining everyday and close to 20000 children from 53 schools, channel Light every day as part of their daily prayers.
- ◆ When the auditorium of M.E.S Girls High School, Jayanagar, Bangalore was inaugurated silently with Light Channelling for 7 minutes, it was a historic and a very touching moment for us. ■

LIGHT CHANNELLING SESSIONS IN SCHOOLS



Panditrao Agashe High School,
Pune



Kendriya Vidyalaya, Gachibowli,
Hyderabad

EXPERIENCES OF STUDENTS AND TEACHERS

For the first time, I have experienced so much peace and silence. I experienced the Light and it was an amazing experience. For the first time in the history of Baldwins, children sat this quite for so long.

—Principal, Baldwin Boys School, Bangalore

I could see the Light even before I could close my eyes. After I closed my eyes the Light filled every part of my body. And from the place where I was sitting I felt the earth was receiving the Light and everyone was happy.

—Karthik, Student, Apollo Convent School, Bangalore

The moment I closed my eyes I was oblivious to the surroundings. Every part of my body received Light and I felt as if everybody in the surrounding area was receiving it and was conscious of it. I feel really very nice.

—Prema, Teacher, Apollo Convent School, Bangalore

I have experienced Light earlier and it was always in the form of rays. But today it was different. Light descended in the form of small white globes and entered through my head. It was a very good experience, totally different.

—Dr. Nagina Sultan, Principal, Apollo Convent School, Bangalore

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.

GURUJI SPEAKS

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

04-07-2010

When you think of the Ocean of Light you get connected to it. The experience of the Ocean of Light is the beginning of Samadhi and we can say that we have advanced greatly in the Spiritual path.

A Meditator wanted to be stern and scold some people with whom she had problems. But when she met them she was all kindness, all love. In the core we always have the person with love, compassion and forgiveness. But we push this person into the background, and assume a role which is not ours.

Enlightenment begins at the intellectual level, when we know that we are Light. Then we experience that we are Light and become enlightened, getting totally transformed, and become Light bodies. But we can choose to remain in the physical body. The enlightened person always carries Light and vibrations of Peace, and has natural Vairagya or detachment.

When you repeatedly fail in certain areas, remember these beautiful and important words from the Rishis- "In your journey when you come to a wall, you have to fly, not cry. You have to fly, and remember the sky is limitless." Instead of shifting to another area we have to go beyond it, to reach the higher truths and later the highest truth- God Himself. It is then that we realize that we have a mission in life.

The beginners of this Path may not be used to meditating and may have their own fears. Meditation is blamed for occurrence of headaches, losing temper or loss of appetite. Meditations always help. Understand, read books. Pay heed to our words. Begin with some love

and trust. Sadhana is continuous efforts, at different levels in different ways. Don't give up.

There will always be periods of dullness in Meditations which we have to accept, make efforts and move on. A Meditator is a person who is always calm and has a lot of patience.

The progress of external guidance students is evaluated astrally by a Rishi. Be aware of this fact.

A young lady whose kidneys had failed entered into coma. Her brother wrote to me asking for help. Somehow, at the Astral level she met someone, and realized that it was no use living in a damaged body. She had a choice. But, when I met her at a different level, she said, 'Please tell my brother that I don't want to come back.' It was a very touching interaction.

11-07-2010

The experience of the Ocean of Light helps us to understand things better, understand things which are beyond words.

Our Light channels group sent Light and lot of Love to a person who was advised Angioplasty. Light acted and helped. The Angioplasty was cancelled!

Our system has five bodies - the physical, mental, intellectual, vital and Spiritual. Each body is an independent entity, with individual intelligence and each can be communicated with.

Conscience is the voice of the soul. The soul lives in Anandamaya Kosha. Sometimes when we are in a dilemma or confusion Anandamaya Kosha guides us, expresses its opinion. The difference between the voice of the Conscience and that of the Anandamaya Kosha is

very subtle.

Astral body comprises of mental and intellectual bodies and Anandamaya Kosha. The physical body and the Astral body are linked by a silver cord which can stretch up to almost infinity.

The mind has three layers - conscious, subconscious and the unconscious. Unconscious mind has our karmic records, all the memories of all the past lives and also some energies. Hypnosis does not help to access the memories in our deep mind. We have to meditate and consciously enter that area through the subconscious mind. We also have Chakras and energy centres in our mind.

The mental, intellectual and vital bodies can receive energies directly from their respective sources.

The vital body has 72000 Nadis that carry the Prana. Prana flows from the vital body, through the mind to the physical body. The three special Nadis - Ida, Pingala and Sushumna, rise from Mooladhara. The Ida and Pingala pass through Chakras.

Kundalini, a very special energy is in the Mooladhara. Meditations help a finer Kundalini to rise through Sushumna. It reaches the Sahasrara, and helps in the opening of new brain cells.

Ego is the collective intelligence of the body, mind and intellect. It is independent. Ego by itself is not arrogant or negative. But it can become very aggressive and negative.

Chaya Purusha is our Divine essence in Anandamaya Kosha, which can also work independently, even assume a form. It has lot of powers. It can guide spiritually, understands us most, like nobody else. But if we commit mistakes it will not hesitate to correct us. When we reach higher levels of purity it helps us to retain those levels. At such times when we

GURUJI SPEAKS

(Excerpts from Guruji's Sunday Lectures)
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consciously commit mistakes it punishes us.

Aura is an extended layer of the mind, which can be seen. The auras have colours which indicate the moods of the mind.

Awareness is the faculty of the soul. Third eye is a special faculty of the soul, which can see beyond the Awareness. The difference between Awareness and the Third eye is very subtle. Intuition is a faculty of the soul to grasp things. Perception is also the faculty of the soul. What we cannot grasp through intuition we do it with the help of perception.

Astral travel - Astral body can travel in the physical space and in Astral worlds. It is always linked to the physical body, with the silver cord. Soul-travel occurs in spaces, physical and Astral and also in other dimensions. The soul is linked always to the body by Consciousness.

With extension of the Awareness we know and become aware of things and realities. But when the soul travels, it knows and it also experiences.

The three Granthis are a kind of gateways to higher stages of experiences. A lot of time is required in understanding this beautiful system.

We may have struggles when we meditate, but every struggle can be overcome. When we have to enter Light Age, Meditations are very important.

People think that they are negative. All these are misunderstandings. Every one of us is a part of God. We are pure.

18-07-2010

I had a vision that one of the members of a group that is experiencing Oneness was going to meet with a severe accident. On the

day of the accident, the person seen in the vision hit a small vehicle; my car touched another vehicle mildly; two others also met with similar, mild accidents. Nobody was hurt or injured. The accident was divided and shared. When we experience Oneness, we not only share the negative things, but also share the good things.

We will have a kind of revision to understand the Basics. Our Path has two most important factors or truths. They are Light and Rishis.

Light is God. Light has three important characteristics. Light is Omnipresent or Sarvavyapi; Omniscient or Sarvagnya; Omnipotent or Sarvashakta. We can easily communicate with Light with a simple, honest intent; also take help from Light. When we experience the Light in our Meditations, Karmas get cleared, our faculties open and get sharpened.

We have devised a small, effective technique for communicating with Light. Think of a globe of bright, white Light, the size of a football, in front of you. Pray to it. Seek whatever you want. Then energize the globe of Light for 7 minutes, by imagining Light coming from all directions and entering it. You have to wait and have patience. You should make efforts at the human level, and also allow the Light to help you.

The second most important factor or the truth in this Path is the Rishis. The Rishis work on behalf of the Light. They help, guide and protect us. There is a Council of Light. They are the Sapta Rishis. Let us be happy and proud that we are directly learning under the Sapta Rishis.

Our Philosophy: We as souls came down to this earth to experience the life here and go back. We are stuck here because we

broke some laws and gathered Karmas. We can go back to our Source when we clear the Karmas. Meditations clear Karmas. While we experience the life here we have to consciously allow the life force to be active and to manifest through us, by always being cheerful, hopeful, manifesting our true nature of Love, peace and by being truthful. We have to attend to all our duties and also fulfill the purpose of life.

Our philosophy is to align with the Divine, to reject non-love, superficial rituals and superstitions; to live in freedom, in Oneness, and allow others to live in freedom.

We have to separate Spirituality from religion. We have to perfect ourselves before we try to correct others. Spiritual growth is adding more Light to the Light that we already carry.

When the physical body dies, the Light gathered goes to the mind and intellect. Some day we give back the mind and intellect. The Light then enters the Spiritual body. We give back even the Spiritual body when we attain Mukti and go back to God. All the Light that has been gathered will be with the soul.

Whenever there are revisions or corrections in the gathered knowledge, we should not hesitate to discard the old understanding. If we hold on to that we will never learn.

We have to wait and shouldn't feel disappointed or discouraged if we don't get the answers to our questions immediately.

Each one of us has chosen the course in life. Sometimes we change the course. But some people cannot change the course. We carry our missions. ■

EXTERNAL GUIDANCE

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

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

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

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

SPECIAL GUIDELINES BY GURUJI

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

TAPONAGARA DIARY

Seema Almel Somayaji

July was the auspicious month of Ashadha, when we receive pure energies directly from the Source. Guru Poornima marked the day when this occurs to the maximum. Meditators gathered on this day which fortunately was a Sunday, and meditated at Taponagara. We got personal blessings from the One whom we know as the manifestation of The Guru. The next day we celebrated Guru Poornima at Anekal with Meditations.

The second of the paired eclipses happened in July. The five hour long Meditation session was attended by many.

One of the residents Shri. Kalyan Kumar and Smt. Kiranmayi invited Taponagarites to inaugurate their newly renovated house. Guruji blessed the house and the rest of us channelled Light to it. An unplanned question and answer session with Guruji marked the occasion.

Across the world, rain has caused havoc. It has been raining here as well, but it is insufficient to recharge the water reserves. Another bore-well was dug near Tapovana in hope of tapping underground water. It bore no results!

Bangalore's tallest skyscraper is coming up on Hennur Main Road. This is the most important road to Taponagara. Its malls, cafes, etc., will not be able to disturb this area which is nestled off the main road. The amenities this structure will bring will benefit us because it is close enough; but it won't disturb us because it is far enough as well.

Hennur Junction is getting a new flyover, because it is also an alternate route to the new Bangalore International Airport. The entire six kilometre stretch leading to the road, from where Taponagara branches off is being widened.

The city is heading towards Taponagara. And yet it cannot touch it. ■

EXCERPTS FROM CORRESPONDENCE WITH GURUJI

(Compiled by Vaishali Joshi)

Recently the doctor was shocked to read my BP as it was high. She asked me to sit for a while. During that time I closed my eyes, prayed to you and Rishis, and thought of the protective shield around me. When she checked the BP again she was surprised to see a normal reading. I wish to convey to all the Manasa Meditators that everything that Guruji says works perfectly, as I have myself experienced it.

—Vishwas Dixit

When I meditate I feel a surge of joy. These days I feel more connected to the food I eat, inanimate objects, the medicines I take and all life. When I am overwhelmed with work or worries, I suddenly drop it all and turn to the Light which gives me solace. I am able to centre myself even when I am in the midst of intense activity.

— K. Geetha Balakrishnan

I have noticed that on the days when I am agitated I am able to do Dhyana better after doing Pranayama. I feel I have something to learn from every person in my life. I only wish I could destroy my ego and accept everything that comes my way with happiness and equanimity.

A voice inside me directs me every moment but many times the 'I' comes in the way and colors the situations. The longing to see and experience the absolute has increased a lot.

—Deepthy Raghavendra

I have stopped getting angry after practising Meditation, and hence my superiors felt that I am too soft to head a department and asked me to leave the job. I informed you about my plight and you sent me the energies. I got another job. But suddenly the events took a different turn. My current boss offered me a role of my liking, matching the new company's salary too! I thank you for your love and concern.

—Swarnapriya

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: When I visit some place I find it very familiar. Why?

A: One reason could be that you would have visited that place astrally; or, perhaps, in some life you would have lived in that place.

Q: Now-a-days I have become very silent. Does it affect my life?

A: No. Silence provides opportunities to meditate, contemplate and grow.

Q: Will we be having Free-will after we attain Light bodies?

A: Of course, we will be having the Free-will after we attain Light bodies.

Q: Is Free-will available only on this earth plane or is it available in other planes also?

A: We always have the Free-will in any plane, anywhere, in any part of Creation.

Q: What is the difference between a Plane and a Loka?

A: There is no difference.

Q: Are the losses in business due to Karmas?

A: Most of the times it is due to bad management. Karmas only influence; they do not obstruct or force. We can always overcome this influence.

Q: Thoughts attract Karmas at the intellectual level. How do they affect the intellect?

A: The Karmas do not affect the intellect.

Q: When we meditate, the bad Karmas are cleared. What about the good Karmas?

A: When we meditate even the good Karmas get cleared.

Q: I have pain in my wrist. What is the lesson behind it?

A: It could be just a physical reason or due to a Karma, or because of negativity in you. Perhaps you had hurt someone. And the hurt

is felt in you. Use your intuition. Talk to the body, you will know the cause and the lesson.

Q: Is there any stage from which there is no Spiritual fall?

A: I don't think there is any such stage. Perhaps, only after we attain Mukti, go back to Parabrahma Loka, we are safe there.

Q: What should be the focus in our Sadhana now?

A: Now, the focus in our Sadhana should be, to prepare for the New Age by attaining the highest level of purity and manifesting purest love. Understand the Light, experience the Light.

Q: Is the child in us, a part of our soul or the human being?

A: The child is the innocence which comes from purity. It's a part of the soul. But this child also manifests in the human part in us. There is a child in every human being.

Q: Is the soul just Light and consciousness or is there anything more?

A: The soul is a particle of Light. The Light has everything Consciousness, Love, Peace, compassion. The soul also has a lot of powers, many faculties and a lot of Knowledge.

Q: Can the soul store new energies?

A: Yes.

Q: Will we take our gathered knowledge into our Light bodies?

A: The gathered knowledge will be in our own system, with our soul.

Q: When we re-incarnate do we carry all this knowledge?

A: Of course, we carry.

Q: In which year the compression of time began?

A: The compression of time began in 2000. But, it was felt and noticed perhaps in 2005. ■

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**GURUJI KRISHNANANDA (1939)****MANASA FOUNDATION (R)**

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

MANASA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Guruji lived from 1987 to 1992.

STUDY CENTRE

is a unique Centre for Studies on Spiritual Realities at Antar Manasa, guided by the Rishis.

JYOTHI PROJECT

is mainly for the village children. They are helped in their school studies and are taught Shlokas, Bhajans, hygiene, General Knowledge and Computers. They are also encouraged to express themselves creatively through story-telling, drawing and painting.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APPEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

SPIRITUAL EXPERIENCES

(Compiled by Shobha K. Rao)

On my birthday, I sent an e-mail seeking Guruji's blessings. During Meditation, I felt as if Guruji was sitting in front of me on a silver throne surrounded by many Rishis. I bowed to him and accepted his blessings. The next day I realized that I had the experience at the same time when Guruji had sent his blessings through e-mail! I was very thrilled and happy.

—Niharika Rajnala

During the Eclipse Meditation on 11-7-2010, I felt the strong energies. They were actually healing my whole body and my thoughts were getting dissolved. Initially it was painful. I remembered and followed Guruji's words: "Mere intent is not enough, be a companion to the Light". It was painful because of a number of blocks in the body. But I caught hold of the Light and ignored the pain.

—Deepak Diwakar

I see Light around me, anywhere, any place. When I close my eyes I see a huge space in which lot of galaxies are forming and dissolving. I see souls entering and departing from that vast space. I see lots of stars with Rishis meditating in them.

—Swapna Tembe

I observed a stampede at Puri, when I linked up and worshipped Lord Jagannath, Lord Balabhadra and Goddess Subhadra on 13th July, the day of the Rath Yatra at Puri. Only when I saw the same scene of stampede at Puri on the Television, I believed that what I had seen was true!

—Priyanka Mishra

During the Soul-travel to RA Meditation hall, I felt as if I was travelling under the RA Meditation

hall. I saw a bright aqua light which suddenly materialised into a person. I offered respects to him. He then initiated me and said, "This initiation will help you in entering into RA world. The time has come for you and lots of important works are there to do." He passed on energies to me. I also saw Guruji and Amaraji, sitting beside him.

—Pratap Kishan

Connecting to the Ocean of Light is helping me tremendously. One of my senior project managers in the office who never speaks to people, or even smiles at any one other than people of his rank, has started talking to me since last week. Light is also guiding me to deal amicably with my team members in the office.

—Durganand G.K.

In my dream I saw myself entering a temple. As soon as I entered it, a number of bells and also a huge bell above my head started ringing. On my left side, there was a stone wall with the figure of a Rishi carved on it. Suddenly the figure started coming towards me. Recognizing him to be a great Rishi, I bowed to receive his blessings.

—Rajesh H. Rohida

During the Shambala class on 11-7-2010, we reached Shambala astrally, bowed and offered our love and respect to Lord Maitreya and to the place Shambala. There was a golden hue all around. In the centre, on a huge square base was the beautiful gadget, the golden lotus with the red ruby in the centre. It was at a height, but all of us could glide towards it. The energy was very subtle and peaceful. Everyone absorbed it in varying frequencies.

—Vidya Arora

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