



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

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## REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – June 2008 issue)

We talk about the Divine often but not about the human as if the human is not worth talking. If we really understand what is Spiritual and contemplate seriously on it, we realize that being human is being Spiritual. What is “being human?” It is simply being good, honest, compassionate, helpful, sharing, accommodating and peaceful. It is also being emotional, sentimental and thoughtful without being worried. It is also getting angry when we are confronted with injustice, feeling sad with partings and getting excited on life’s natural joyful occasions. It is wondering at every sunset and moonrise. All these, believe me, makes a person Spiritual.

We are living in the human plane. Being human is natural and Spiritual. This part is not clearly understood. We have been conditioned to believe that Spirituality is devoid of emotion, sentiment and laughter. This is entirely wrong. Only when we take Spirituality seriously and connect to the Core, the God, do we realise that being human is the first step; the first lesson; the first Transformation. It is Divinity, afterwards. Without becoming human, we cannot become Divine.

The time has arrived for a big global endeavour to establish Peace and Love on this earth. The leaders do not do it. They do not have the urge and vision. But, we, the ordinary people can do it. This endeavour is the greatest Movement ever built up. It is just bringing down the Light from the subtler realms and spreading around. The Light has everything. Peace, Love and Future. Anyone and everyone can participate in this great Movement. This is not a religious activity but a Spiritual Movement without boundaries. No sermons, no preachings, no banners, no fund-raising and no institutions. It is just a Great Wave of Light.

Please begin the Movement from you. Just become aware of an ocean of Light above you in the subtler realm. You may not see it. But it is there. Imagine or intend it to enter you and spread around. Just channel the Light. Do it when you wake up, when you go to bed and whenever you find time for seven minutes. And pass on the message in any and every way possible. Speech, Blogs... You know.

There are many beautiful people around us, in the world. They will realise the importance of this Movement of Light without any persuasion and elaboration. Because, the Intelligence that is prompting me to initiate this, is also present in others, in everyone. Let us bring and spread more and more Light. Let us live in Light and Love.

Cyclones and Earthquakes bring tragedies of death and suffering. But the bigger tragedy is the non-love and neglect of the authorities. ■



### 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  
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.

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

**Newsletter Annual Subscription Rs. 300/-  
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'Manasa Light Age Foundation'  
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## NEWSLETTER

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



Rangoli program was organized at Taponagara in November.

## NEWS AND NOTES

- New batch of Shambala Group begins from January 2017. Those who wish to join may register their names with Manasa office before 31-12-2016. External Guidance students can also join. The existing batches of students are also requested to register their names before 31-12-2016 for renewal of their membership.
- Wednesday, February 1 will be observed as The World Channels Day. Volunteers are required to approach schools and conduct Light Channelling sessions. Meditators who can volunteer to work on this day may please give their names to Shri. Manoj Chopra.
- Amara Jayanti will be celebrated in Taponagara on 5th February 2017. You are welcome to join us on this special occasion. You may please register by 03-02-2017 in Manasa office.
- On 25-12-2016, Meditators gathered in the Meditation Hall at Taponagara and channelled Light from 6AM to 6PM. In this silent and majestic way they expressed their gratitude to the year 2016. At 12 Noon they offered their Love and respect to Christ.

## PROGRAM AT ANEKAL

Amara Jayanti will be celebrated at our Saptarshi Dhyana Kendra on 01-02-2017 at 11.30 AM.

## MEDITATION ON SPECIAL DAYS

06	Fri	Shukla Ashtami
07	Sat	Shukla Dashami
12	Thu	Full Moon Day
14	Sat	Uttarayana begins
		Makara Sankranti
20	Fri	Krishna Ashtami
26	Thu	Masa Shivaratri
27	Fri	New Moon Day

## PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
08-1-2017	Shambala Group meeting at 2PM Light Channel Volunteers meeting at 2.30PM
15-1-2017	Ra Group meeting at 2PM
29-1-2017	Akhanda Dhyana (Light Channelling): 11AM - 1PM

## AMARA JAYANTI PROGRAM

**05-02-2017, Sunday**

11AM	Welcome Talks Special Meditation
12.30PM	Prasada

**Guruji is listed as a Master on  
Speaking Tree now. Please visit  
[www.speakingtree.in](http://www.speakingtree.in) to read his blog  
and watch his videos.**

## LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

When I channelled Light I felt an energy entering into my body and felt very happy. Now, I don't feel tensed or angry. I feel I have to be friendly with friends and parents, and be kind. I feel confident in any work that I do.

- Lakshmi K. S., Std. VI, Sri Sharadha Primary School, Jayanagar, Bangalore

It feels good to practise Light Channelling everyday. It is a new experience and gives a new meaning to life. The energy that we receive develops our thinking and improves our health.

- Gagana R., Std. X, Basaveshwara High School, Byatarayanapura, Bangalore

I feel very nice and peaceful when I channel Light. My mind becomes very fresh. I feel that Light is giving me all the strength that I need. My concentration is increasing day by day. If I have any problem, it keeps my mind calm and me cool. We can use this energy any time by channelling.

- Rishi, Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

After practising this technique I felt relaxed and fresh. Positive energies came to me. I had not experienced this before.

- Vimalkanth L., Std. VII, The Silicon Valley High School, Bangalore

Before channelling Light, my mind was wandering. After channelling, I felt I should tell the truth, and behave with everyone with love and compassion, and be friendly and peaceful.

- Megha B. S., Std. VII, Govt. Higher Primary School, Parangipalya, Bangalore

I had pain in my right hand today. After Light Channelling, the pain has vanished. I channel Light every day. Whenever I am in stress, I channel Light and the stress goes away.

- Harshith, Std. VI, Vagdevi Vilas School, Bangalore

## TAPONAGARA DIARY

Seema Almel

Guruji's 4th Mahasamadhi was observed in the November Residents' Meet, with the brightness of Diwali diyas. The compere for the evening, Ms. Rashmi Girish, a professional radio jockey, brightened the occasion with her golden voice and her lovely presentation.

Like every year, in the afternoon preceding the Meet, a rangoli session was organized. Ms. Supraja Chandran made the arrangements and many participated with zeal. Their warm emotions were expressed as bright colours of their rangolis.

Flower and deepa arrangements were beautifully managed by Ms. Madhavi Chalapathi. After the Residents lighted deepas, teens and pre-teens of Taponagara, spoke on each of the Meditation Halls – Kundalini Hall, Cosmic Tower, Sapta Rishis Cave, etc. They shared their personal experience in the Spiritual structures, not just the factual details. The kids showed that they understand the value of the sacred place they have the good fortune of growing up in; their Spiritual potential was evident. The much younger kids, age group 4 - 8 years, came out and announced Guruji's quotations. Amidst the chaos of Pralaya, it is assuring to see that the Light of wisdom shines through innocent hearts.

Taponagara, the project of the Great Rishis, designed to help bring the Light Age, has always been ready to brave the times to come. 2017 is welcome. ■

## LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

**Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.**

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit [www.lightchannels.com](http://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)

May 2005

Nearly 500 years ago, Eknath spoke of 7 principles that have to be practised for Spiritual progress. We know that Amara was Eknath. These principles are relevant even now. They will be relevant even tomorrow; that is how the great Masters speak. The characteristic of a true Master is that they speak the universal truths which are valid for eternity. I will just list them out.

1. Purity at all levels
2. Find time for Meditations even amidst the busy Life.
3. Do penance without torturing the body by fasting. He would say, 'you don't have to punish the body.' He said it 500 years ago and even now people are doing 'Urulu Seve'! Urulu Seve is a Kannada word for the practice of rolling on the ground around temples. And sometimes people hang themselves on a hook!
4. He said, 'We should endure others' weak points calmly.' We say accommodate others' weaknesses.
5. He said, 'Follow Brahmacharya and transcend the body Consciousness.' I remember, when I heard Amara for the first time, I wondered because he was the only person who said that Brahmacharya has nothing to do with sex. Eknath said, 'It is going beyond the body, raising our awareness beyond the body.'
6. He said, 'Discharge all duties; do not try to escape.' Even now that is what we too say.
7. Begin Sadhana with 'Saguna Brahma' and reach 'Nirguna Brahma'. We should never stop with Bhakti Yoga, devotion; we should never stop with going to temples; it is the beginning.

He not only elaborated about such things, he also lived all that he spoke. In these 500 years, not much has changed. People have not changed; but this generation has better advantages than the people of his generation. We are in a new Yuga, there are new energies, we have better education. We are in a world where we can look at things; we can look at Life from a higher perspective. You have to observe, you will realize that we are free from the shackles of orthodoxy. There was a time when we had to follow certain things; we had no choice. Now there is a choice. Now we live in our world, which is freer. Anyway, what he spoke at that time is valid even now.

Periodically someone asks, 'Is a Guru necessary?' We have always said, 'Yes it is necessary to have a Guru.' A true Guru - I am talking of Masters like Amara - has seen, has experienced and also knows the Truth directly. That is why his help is always necessary. By doing Sadhana by ourselves we waste a lot of time. Sometimes, we harm ourselves by trying to raise Kundalini. I met a person recently who had practised such things. Whenever she sits and tries to meditate, she always feels a snake raising its hood over her head. She cannot meditate. When we do Sadhana on our own, it always confuses us. A Guru always helps.

The second important part is, getting the right Guru, getting the right person. How do we get this person? It is simple. I have two examples: A person left this Path and went to some other Path. She says that there she sees everyone as a statue. Somehow she feels that she is detached from the family. This is

how people get brainwashed. I have spoken about Paths where people can join, but they cannot leave. They get brainwashed and they are not allowed to come out of the Path. A person attended a Spiritual camp. After coming back, she could not meditate. I can quote you many examples. There are Paths, guided by the dark people. We must know who is what. So the question is, "how do we find the right person and the right Guru?" There is a simple way - pray. There is an intelligence above us; this Universal Intelligence - God, who always takes us to the right person. But we have to define our goal, define what exactly we want. Do we want to experience or do we want powers? Or do we want only the Kundalini to be raised. When we define, then God takes us to the right guide. And we also have a wonderful gift, a wonderful faculty - the intuition. Our intuition will tell us, 'This is the right thing and this is the wrong thing.' We have to exercise it.

As we advance into the New Age, we have to raise the levels of our emotions. This is a must. If we don't do these things, nobody questions us, nobody punishes us. But again, we face problems. We will be left behind because the world moves on. We have to raise the levels of our emotions, thinking, levels of interacting with people, levels of interacting with the Rishis and God. We have to raise the level of our praying. We have to raise the level of our experiencing. We should not be content with the experiences of the psyche. We have to go after the experiences of the Soul, such as Samadhi. We have to grow, and to grow all these are necessary. ■

## EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

27-11-2016

Many years ago, we went with Guruji to a five star hotel in Delhi. We were a bit overwhelmed by the grandeur of that place. My daughter told Guruji, 'I feel a bit awkward and uncomfortable here. It's very grand here.' What Guruji said after that took us by surprise. He said, 'somehow I feel completely at ease. It is as if I am used to these luxuries.' He added, 'I was a king in my earlier lives. Maybe that makes me so comfortable here.' We know that he lived in a hut. He was enjoying the company of God and it didn't matter to him whether he lived in a hut or in a palace. Guruji explained that detachment is not throwing away comforts but it is to detach internally and then if we lose something it doesn't affect us. And he said that we need not give up things to demonstrate to others.

Redefining Spirituality and removing several misconceptions about Spirituality has been his very important contribution.

Guruji was a personification of Love. It will not be an exaggeration if I say that we experienced Samadhi in his presence. We experienced Love and immense Peace.

We were expanded in his presence and we forgot everything. The only challenge was remaining in that state at other times, when we were not with him physically. That is the challenge even now. That is what we are trying to achieve. That was the impact of his physical presence. I think this is what happens in Meditations. In Meditations we experience God. Maybe we experience Him in different degrees. And then, when we come out of Meditations to what extent do we carry that influence that is an important aspect of Sadhana. I think as we grow more and more in Sadhana, our Sadhana shifts to these areas of retaining the influence. It

shifts to the area of manifesting the influence.

There are several truths, and most of them are beyond the logic. We cannot understand everything in the Creation. But somehow our deeper intelligence, the intelligence of the soul, we can call it the Spiritual intelligence - helps us to understand. Guruji made us aware of such amazing truths.

Guruji gave us the principles and the hope of not just a better life but the hope of the highest, of being able to experience God - the ultimate.

Guruji said that a revolution begins with an individual. One person's idea, his dream, his passion begins vibrating. It touches others and then they slowly join in his dream. And if this dream is for universal welfare then it gets the blessings from God Himself. It becomes God's dream. And God's dream is always fulfilled. That is how a revolution reaches its goal.

He also launched the Revolution by Light through Light channelling, to bring faster changes at the global level. When we channel Light, It reaches people and helps them to transform. So the change happens through individuals. That is the focus of the Rishis.

After Guruji's passing over some people left this Path. They must have had their reasons. Maybe they expected somebody from amongst us, probably me, to rise to the level of Guruji. I am a student. We are learning and trying to follow our Masters. I am confident that we will be able to follow them more, manifest them more. I will be a student of my Guru forever. But, I do guide others with the Light of my Guru and with his Grace. There are also senior Sadhaks, teachers who are guiding others. Where we are unable to guide, there Guruji guides at a different level. Nobody is deprived of guidance at any time.

Many students tell me that they receive guidance in their own way.

We have so much of knowledge brought down by him, which will help generations to come. And we also have so many different types of energies. Guruji had said that the techniques given to us, of 'Experiencing Light', are the highest techniques and these will not change until we establish ourselves in the New Age. And when we are established in the New Age, there will be no need for Meditations. It is very important for us to understand this. So we have everything. It entirely depends on us.

Physical absence of the Guru should not make us diffident and lose faith in the Path. In fact it must strengthen our resolve to experience him and manifest him more. Guruji used to tell us that in these times of intense Pralaya, our main focus should be choosing the right things, choosing Light, choosing goodness and transformation. If we follow these, we are specially helped and protected by the Pralaya energies.

We make the beginning of the New Age. We can say that we are the silent leaders. We need not talk about it or advertise, we just follow our Masters and the world will follow us.

We are releasing a book today, which contains the unpublished talks of Guruji of the year 2000. This book is a result of wonderful team work. We are also happy to release the beautiful Manasa calendar for the year 2017. On this occasion I think of all the volunteers and also the Light Channel volunteers. I feel very grateful and I know my words will never be enough to express what I feel for them. This is such a huge work, very sacred of course. It can only be done by a team. I am happy that with support and encouragement from all of you we are able to carry forward this great work. ■

## 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)

I begin with a few questions that were asked to me. The first question is – there is a person who is very old and she is afraid of dying, she is afraid of death. Is her fear of death preventing her from dying? If this were true then most people should not die because most people are afraid of death. As I understand, the time of death is fixed even before we are born and it cannot be changed by us. Guruji had explained that to postpone a person's time of death we have to get approval from Lord Shiva Himself.

Guruji had said that if we come to know about an event that has occurred at the Astral level it is possible to prevent it at the physical level. So the question is – if we come to know that we have died at the Astral level can death be prevented at the physical level? We may be able to alter some of the Astral events but we cannot prevent death itself.

There is a lady who believes that she will die on a particular day. She repeats this as an affirmation every day saying, 'I will die on this particular day.' Can such repeated affirmations cause death? I believe that it is not possible because an affirmation is an assertion of a truth, and it is not the truth at this point of time. If we want to change our future using affirmations it is possible only by working on the present moment.

One of our Meditators approached me and told me about the difficulties she is facing in her Sadhana. I am speaking about this because this may help others also. She said when she practices Light Channelling or the Shambala Meditation she is able to go very deep and experience Stillness. Recently she was shifted to the higher stage of 'Experiencing Light' in which there is no repetition of Mantra or practice of Dharana. Since then she is unable to experience the same depth and Stillness that she could experience when she was meditating with Mantra and Dharana.

The very touching aspect of this is that she wept for some time before I could provide any suggestions. I thought to myself – oh my God! Here is a person who is crying for Stillness, not for any material possessions or solving any problems!

Guruji had explained that Meditation is silencing the body, mind and intellect. And for this we make use of Asana, Mantra and Dharana, which silence the Koshas respectively.

The Mantra acts as an anchor to which the mind can hold on to. In the same way Dharana works as an anchor for the intellect reducing all thought activity to a single thought. Eventually even the repetition of Mantra and the Dharana stop by themselves and we experience Stillness. So, even in the early stages of Sadhana Stillness happens only when we go beyond Mantra and Dharana. So Mantra and Dharana together act as anchor and the springboard that helps us leap into Stillness. Guruji would always say we should make use of the step to move towards the goal and not remain on the step. And Mantra and Dharana together are only a step.

So, coming back to the Meditator I mentioned earlier, this person is able to experience depth and Stillness while practising Shambala Meditation since in it we need to repeat a Mantra. Similarly, while practising Light Channelling the mind and intellect are involved in imagining the flow of Light which itself is enough activity for the mind to hold on to. But in the Stage Meditation after trying to experience the Light for a few minutes the mind has nothing to do, so it wanders. That is why she finds it difficult to enter into Stillness with the new technique. As she continues with her practice, she will achieve Stillness gradually even with the new technique. ■



## QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

### Q: Why did God create evil?

A: Amara said, 'God created evil just to test us, just to tempt us.' We have the Freewill. We have to choose.

### Q: Can a person who does not believe in God channel Light?

A: Yes. Channelling is an act of love, gratitude and duty. When we channel Light, we heal the earth, others and ourselves to begin with. We receive so much from nature, society and from everyone. We receive so much help, energies for sustenance. When we channel Light we express our gratitude and assist transformation. For these and several such acts involving channelling of the Light, you don't have to believe in God.

### Q: Can we channel Light to several people simultaneously?

A: Yes. When you channel Light you are channelling Light to the whole world. You can send Light to several people at the same time.

### Q: Why is it that I am not able to experience Stillness?

A: To begin with, we have to be still in the external world, which is not possible. But we can be calm always at all levels. Calmness is a part of Stillness. If you are able to be calm in the external world then you can expect to achieve Stillness in Meditation.

The second point is again very important. Every one of us, even seasoned, experienced Meditators will always have thoughts, when they begin Meditation. It is natural. We have to spend 3 to 6 hours in Meditation to achieve Stillness. Don't feel discouraged if you

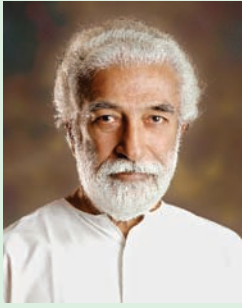
have thoughts. To reach Stillness our Awareness has to go beyond the levels of body, mind and intellect. It takes time to cross these levels. It doesn't mean we are not meditating properly. It means we have to make more efforts. During Meditation do not think or analyse. Do not do anything. When we become completely silent, completely inactive, our Awareness gets released from our own clutches.

The third point is: When our Awareness has to reach the ocean of Stillness we have to cross the unconscious mind where most of the time most of us get stuck. We will be able to cross it by practice for longer times. Reaching the Stillness that we are talking about may take years. Let us accept this. Even if we don't reach this Stillness several processes will be going on inside this system. That is good enough. And occasionally we touch this point of Stillness. The most important process that will be occurring in us is cleansing at the cellular level. Each cell of this system will be cleansed.

The fourth point is: increase your purity levels. Purity takes you to Stillness. Purity is an absolute necessity. Without this we can't make any journey in Sadhana. We have to introspect frequently. Don't judge or condemn. Move on from that point. Increase the purity levels. This is a part of Sadhana. We have to do this consciously. Meditation is only a part, a point of triggering that's all. Begin with calmness. ■

## LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGurugi Vol 1,3,4 & 7	each 150/-
iGurugi - Vol 2	120/-
iGurugi - Vol 5	100/-
iGurugi - Vol 6	75/-
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**GURUJI KRISHNANANDA (1939 - 2012)**

### **MANASA FOUNDATION (R)**

established in 1988 by Gurujī 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 Gurujī 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.

#### **APEAL**

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)

While seeing the light blue energy shield during Meditation, the Rishis appeared, seated around me and became my shield. They are my shield every time I meditate now.

I ask for the guidance of Gurujī now and feel his presence. I was brought to tears, feeling immense love, the first time I asked for his help.

I am changed but I find it hard to explain what I feel. The only way I can describe the change is that I feel I have shed layers of a heavy fog to expose a less complicated human with new ideas, new food tastes even. My sincere desire to be in service to God's loving Light has increased.

– Lucinda Bach

This world looks very beautiful to me. I want to thank God a lot for this life that he has given me. I want to thank Him for each and every thing. After taking up Meditation I feel there is happiness and satisfaction in life. Sometimes, I want to understand whether there is anything beyond this life.

– Kavita Kanade

Life seems to be very simple, as I feel everything is being taken care of, and there needs to be no room for any worry or frustration.

– Shantha Kumari H S

I feel the resilience has increased in me and I can adapt to changing scenario well. There is no set routine to even where I am staying but I can manage my way comfortably. My Sadhana and faith in our Path is helping me pass all trials coming my way.

– Nandita Patel

It was the night of 29th October. I was asleep... and I could see myself attending a class full of students in white. Gurujī was conducting the class and giving some instructions. I clearly

recall him saying that, that was an Astral class he was conducting. I woke up later than usual and with a feeling of peace and calm.

– Priyamvada Godse

While doing the Mahalakshmi Meditation on Friday, I was feeling too sad and depressed. I was in a flood of tears. Then I perceived, the kind Goddess as a small field of Golden Light, as though soothing me. In a few seconds, I perceived Lord Mahavishnu as a small field of Blue Light as well. It was so benevolent and kind of Them to console me as concerned loving parents. It helped me a lot.

– Seema Almel

On a particularly challenging day when I was confronted with opposition from all quarters, I was supported by Master V himself. I was in a meeting where I felt rather cornered and nothing seemed to be in my favour. I knew that I was most definitely in the right. Just then, I saw Master V right there, in the meeting room. It was as if he was there to support me and give me hope that yes, all will be okay.

– Vinamra Longani

I feel far greater equanimity than before regarding hurtful or tragic occurrences. I have actually waited for my emotions to well up, to feel upset or sad, but most often I am calm, as they don't come. I find I am in 'Observer' mode with much of my life!

– Vidya Virkar

I feel calm, happy and stress free at all times! Other people's negativities don't affect me – I am able to handle difficult situations with ease. Life has become a beautiful gift from the almighty. My entire house radiates positive vibes - my plants look healthy and happy too!

– Payal Varma

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