



MAHARSHI AMARA (1919-1982)

WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

LIGHT

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

LIGHT WORK

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

LIGHT BEINGS

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

SAPTA RISHIS

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

MAHARSHI AMARA

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

GURUJI KRISHNANANDA

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

SAPTARSHI DHYANA YOGA

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

THE AFFIRMATIONS

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

DOORWAYS

Volume 21, Issue 09

August 2026 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – August 2002 issue)

The war clouds have receded. And the Monsoon clouds are missing. After the threat of war, there is the threat of drought. The Pralaya processes are on. This is the time for Meditations and Spiritualisation.

The time has come to clearly separate the Spiritual from the religious. The Spiritual is a Universal Value System. The religious is the varied application of it at the individual level. When we try to universalise an application, conflicts arise. Religion should be practised at home and the Spiritual should be followed outside and all over.

These are simple truths that are understood and accepted by anyone when they are properly explained. It is the duty of the Spiritual and the Religious leaders to propagate the wisdom and guide the individuals. But, we do not see this happening.

When Spiritual leaders fail Adharma rules the world and it is time for a Spiritual Revolution. It is time for great Spiritual Masters to come and hold the torch of Wisdom. Amara was one such great Master.

Tapas carries Amara more than once in a year, rediscovering more of him every time we speak of him. He cautiously and consciously stayed away from the glare of publicity, silently lighting the lamps in individuals he chose to draw near him. The knowledge and energies he passed on are enough for generations to assimilate.

I came down to be his shadow. I do not exist without him. I build and hold things for him to come and take over again. With him, this earth moves further into the higher Consciousness; into Satya Yuga.

Amara lives in me and in the hearts of my students. Amara means the eternal.

When people come to me with the ordinary material problems that they can solve themselves easily, I do not feel like meeting them. I do not receive Telephone calls these days. I withdraw to my work and Sadhana.

But I wait for those struggling with genuine doubts and difficulties in Sadhana and those with genuine problems of living. Attending to them is a part of my work! ■



MANASA FOUNDATION (R)

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

Phone : 99000 75280 (10 AM to 5 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES

Held in Taponagara on Sundays

Basic Class:
9.30 AM to 10.30 AM
Regular Class:
11 AM to 1 PM

Held in Bangalore city on Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar
at Prasanna Gangadhareshwara
Temple, 2nd Cross,
1st 'R' Block, Rajajinagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar
at Hymamshu
4th Main, Malleshwaram

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Maruti Mandira
Vijayanagara

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

A Guided Live Online Light Channelling session will be conducted every 3rd Sunday from 11AM to 11.30AM which will be open to everybody. It can be accessed through the following link:

www.lightagemasters.com

NEWSLETTER

To gift our Monthly Newsletter - **DOORWAYS (English) / TAPOVANI (Kannada) / PRAKASHMARG (Marathi)** - to a friend, please write to Manasa Office along with the name, mobile number, email and postal address of your friend.



Advocates, H R Managers and school children channelling Light in the sessions conducted by our Volunteers.

NEWS AND NOTES

- ◆ Maharshi Amara's Mahasamadhi Day will be observed at Taponagara on 30th August 2026. All are welcome. To attend please register at Manasa office by 28th August.

AMARA'S MAHASAMADHI PROGRAM

30-8-2026, Sunday

11 AM Welcome
Talks
Special Meditation
12.30 PM Prasada

PROGRAM AT ANEKAL

Maharshi Amara's Mahasamadhi Day will be observed in our Saptarshi Dhyana Kendra on Monday, 31st August 2026 at 6 PM.

MEDITATION ON SPECIAL DAYS

06	Thu	Krishna Ashtami
11	Tue	Masa Shivaratri
12	Wed	New Moon Day Solar Eclipse: 9.04 PM to 1.28 AM
20	Thu	Shukla Ashtami
21	Fri	Worship of Mahalakshmi
22	Sat	Shukla Dashami
25	Tue	Maharshi Amara Mahasamadhi Day
28	Fri	Full Moon Day Lunar Eclipse: 6.54 AM to 12.32 PM
30	Sun	Maharshi Amara Mahasamadhi Program

PROGRAM AT TAPONAGARA

Sundays Lectures: 11AM - 12 Noon
Light Channelling:
12 Noon - 1PM

During Ashadha Masa, which is from 15th July to 12th August 2026 we get wonderful and great energies directly from Parabrahma Loka. We can meditate more during this entire month and absorb these energies. They peak on Guru Poornima, the Full Moon Day, which falls on 29th July 2026. On that day meditate as much as possible, and in the night before going to bed, imagine Light entering from above and filling up your system completely. Practise this for 7 minutes. The whole night, we will be receiving the energies.

There is Solar Eclipse on 12th August from 9.04 PM to 1.28 AM, and Lunar Eclipse on 28th August from 6.54 AM to 12.32 PM. Please channel Light to the whole world during the entire eclipse period.

ECHOES OF TAPONAGARA

A scooter stood unused for a long time and was caked with layers of dust. A few days ago, it rained heavily and the rain washed away all the dust. One could feel the scooter gleaming with joy, as if it were born again. Perhaps Meditation is a little bit like the rain.

The Love of the Rishis makes the smallest wishes come true. Manasa Volunteers work days in advance to prepare for special days. After a long day, on the eve of Guruji's Birth-Anniversary program, a Volunteer silently and innocently wished that there would be *upma* (semolina porridge) for breakfast in the Manasa Kitchen the next morning, as it happened to be their favourite dish. The next day, their face lit up with joy as the aroma of *upma* welcomed them on their way to the kitchen.

One may call it a coincidence, but Guruji would say there are no coincidences in Life.

Residents of Taponagara gathered on 29th June for *Kama Dahana*. Some time ago, a person remarked that while practising *Kama Dahana* in the midst of the special energies anchored by the Rishis, all their defenses seemed to fall away, and the arguments they might be having with themselves dissipated. This allowed them to take note of their missteps, which in turn acted as a springboard to help them rededicate themselves to becoming the best versions of themselves.

After Meditation, the lovely Volunteers fed everybody the food they lovingly prepared. In that moment, they oozed maternal warmth and fed everyone like a mother would. ■

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

Prithvi, a student of Manasa International School, Chikkabanawara has been practising Light Channelling regularly since last year. Now she does not panic when she has to write a test or an exam and attends to them with great confidence. Earlier when she met people who were not like-minded, she used to react immediately but now she remains quiet, thinking that their nature is different and that she should not interfere.

- Chandrakala D., Light Channel Volunteer

I am a farmer living in Orathanadu Taluk, Thanjavur. I have been channelling Light for the past few months. While channelling, I also spread the Light for a few minutes to my 10-acre paddy field. Last week around hundred acres of paddy fields around my field were attacked by insects. But my paddy field with healthy crop remained untouched. Many villagers are visiting my field to know the reason and I am explaining to them the power of Light.

- Raja Arivalagan, A Light Channel

To board a 12.45 PM flight from Visakhapatnam to Hyderabad I left my house, which is about 25 kms from the airport, at 11 AM. But after ten minutes I realized that I had forgotten to carry my Aadhar card. I lost 20 minutes while turning back to get it. Feeling stressed, I started channelling Light. While channelling, I visualized myself sitting in the flight with a sense of calm and certainty. This visualization gave me hope, and I made it just in time! The staff helped me to board the flight. I attribute my reaching the airport in time and being able to catch the flight to the power of Light, and thank the Light Masters for their help.

- Rekha Mittapalli, A Light Channel

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience, to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners, where just channelling and spreading the Light are enough. The Light will do 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.

This is not the physical Light but the subtlest Light 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.

To channel and spread the Light, imagine an Ocean of Light above you. Then imagine a beam of Light descending from this Ocean. Imagine this Light entering you, filling up your body completely. Experience this Light for a minute. Then imagine the Light coming out of your body and spreading around gradually, filling up your home, locality, country and the whole world.

This Movement was launched on 18-05-2008 by the Sapta Rishis through Guruji Krishnananda.

Spread this message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven Principles practised by the people living in Shambala. 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 them in soft whispers and then actualize them in deeds.
5. Observe the law of secrecy before achieving any goal by minimizing 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)

March 2008

These days we come across a phenomenon frequently, which is, whenever a Homa is performed, and a photograph is taken, there are forms visible in the flames, from that Homa or Havan. Sometimes there will be lights. Even in the photographs that we take here, we see so many orbs of Light, small and very bright Lights. All these indicate certain things, indicate that there are energies; indicate that there is a Presence; the Presence of the Divine. They indicate so many things. But let us not get carried away by these things. That is not the end. Instead let them help us to focus more on Sadhana, and Meditations. I have seen such photographs from 1980. A student of mine brought a photograph of the head of the Sahaj Marg; from her hands and feet there was a flow of Light. I could see it. They are energies and I have seen many such photographs and as I often repeat they indicate good things. But that is not the end.

We have understood that Spirituality is different from religion. It takes some time to accept this but we can. Similarly, Sadhana and Work are different. We should never confuse this. People take up Sadhana for themselves. It is an individual occupation. This process involves the growth of the individual. But when we take up the work it involves not just many individuals but everyone. If we take up the work seriously, it involves not only everyone but everything in this Creation. When we take up the work, Sadhana takes the back seat. People involved in the work are aware of this. They will not find time to meditate. But the work has its own rewards. I remember my

Guru's words, which I have repeated many times. When we were given work, a friend of mine asked Amara, "What about our Mukti?" He said, "Mukti is in your pocket." People who take up the work seriously should not neglect Meditations. But they should feel confident that they are doing the work of God and they have to do it sincerely.

Clarification about the beliefs and the Path: If you believe in a Path, not necessarily this Path, I say, 'go ahead'. If you have belief in something or anything, I say, 'go ahead'. It could be anything. One need not believe in God. If a person came, and said he does not believe in God, my Guru would say, "You are right, go ahead." If a person believes in *Dwaita* and only in *Dwaita*, we say, 'good, go ahead'. If a person does not believe in the Rishis, we say, 'go ahead with this non-belief.' Why do you have to believe in the Rishis? Don't believe. If a person believes in Tantrik ways we say, 'go ahead'. The list is endless. The emphasis is if you really believe in something, don't stop; go ahead. Whatever be the belief, when you reach the end of the road, you will reach the same goal. The fact is we don't have enough courage to pursue even that Path. If we are sincere, we can go ahead. We usually mix up things. We believe half in 'this', half in 'that'. When we mix things up it causes confusion. There is no harm, but it wastes time, and we waste several years. When we take up a thing, this or that, and if we believe in that something, we can go ahead, and we need not stop.

All of us give much importance to the human relations. They are good no doubt. As human beings

we have to interact with other human beings. At some point, they bring us pain. It's not always pleasant. These experiences are a part of the package, which is everyone's experience, perhaps. A person, who takes up Sadhana, has to try to minimize this but not avoid completely. We not only have to minimize, but expand or shift these interactions to some other area. We can try to relate to nature, trees, plants and even the inanimate objects. Maybe even to walls. I am not exaggerating. We can talk to walls, talk to furniture, talk to books; and yes, read them too. It is only when we interact with nature, animals and plants, we understand there is absolutely no unpleasantness, no negative developments and no pain. With such an experience this interaction will shift to another level. Let us then interact with the Light beings. Let us interact with the Rishis. The Rishis are forever waiting for us to contact and interact.

Once I wanted to practise more of contact. I wondered, whom should I practise this contact with! With which Rishi? The Rishis are always busy; they are such great Masters. How could I disturb them? It was then Vishwamitra Maharshi came in contact. He said, "You practise it with me. I am always available." And he is such a great Master; he can talk to millions of people simultaneously. We are aware of it.

So let us shift this interaction to the level of the Light beings, and the level of the Rishis. If we do that, we can definitely make faster progress. We will get more energies; pure energies. We will get knowledge, a lot of knowledge. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Usha Satishchandra)

01-03-2026

An individual recently relocated to a new area. He observed that after he had moved, he faced many challenges and problems. He asked me if I thought that he made a mistake by moving. It is natural to have these thoughts whenever things like this happen. But as I understand, this is just a coincidence. Sometimes people say, "I have taken up Meditation and suddenly I am having lot of problems." These are coincidences.

Can a change of place really change our destiny? If so, then changing the place is itself part of destiny. But can we really attract problems because we have changed the place? I do not think so. If we try to understand why we face problems, it is mainly due to the effect of our karmas or our attitudes. Just by changing a place, can we change our Karmas? As I clearly understand, to change our destiny, the only way is Meditation and positivism. We need not relate our problems to occurrences which are coincidental. Sometimes, when we are unsure and caught in a dilemma about whether to take this step or that, whether it is changing residence, a job, an alliance for our children, or travelling, we have to make a decision. And we naturally try to seek guidance from people close to us. But ultimately, we have to decide. At such times, we have to follow our intuition.

If a Meditator from this Path says, "I have contacted Gururji and I have received a message from Gururji for you", I feel like saying: do not follow the message blindly. If we receive a message directly from Gururji or the Rishis concerning our individual Life, and if we intuitively feel it is the right message, we can then make the decision for ourselves.

This way we will be taking responsibility for our own choices. We can be practical in our decisions. Rishis are very practical and always give practical advice. If the advice comes directly from a Master like Gururji or Maharshi Amara, then we can blindly follow, but, if others advise us, we have to be cautious. It is best we follow our own intuition.

08-03-2026

The world appears to have transitioned into a very serious phase. What is happening in the Middle East can quickly spread to the whole world. That is a dangerous possibility. From our side, we will pray and hope that it does not happen. What can we do as Meditators to help the people currently in the area who are going through a lot of pain, fear and suffering? We will meditate more, and channel more Light. Here, we can contemplate on Gururji's words about choosing. I feel choosing a Spiritual way of living is an absolute necessity now. It has always been a necessity for the past several years, but it is like a warning now.

Now is the time for us to honestly introspect on our intentions behind every act and then align ourselves with Light. We can always remember that God is our eternal companion. He is always there with us, next to us, and within us. And with Him around whatever happens will undoubtedly be for the best. But if we fail to align, we may have to see a lot of pain. The experts and analysts are debating a lot about the future and what happens next. A person forwarded me a video where an expert was analysing and talking about how he could foresee a huge collapse. Will that happen now? And how does that impact our lives? We do not know. But, for us, choosing to

live a Spiritual way of living is the most important priority.

05-04-2026

We take up Meditations for many reasons. It could be to get rid of our problems, or to get solutions to our problems. It could be to improve our health. It could be to experience Peace or to lead a stress-free Life. It is also possible that we are after the Absolute Truth. The reasons could be anything. When we meditate and make efforts, there will be a result, and we will find a way to achieve what we are after. Many things happen when we begin meditating. And in the Sapta Rishis Path, we have direct access to the knowledge brought down by the Rishis. That makes a huge difference. It is like joining a university. When we join a university, we have access to all the resources available there. Similarly, here we have access to so many things. One, the knowledge we have at the physical level, brought down by Maharshi Amara and Gururji Krishnananda. Then, when we are initiated into this Path, we get connected to the Astral network of the Rishis and get not only protection, but also receive guidance from them at the Astral level. We may not be aware of that guidance at the conscious level, but we will unconsciously be following their advice.

When we are initiated, the Rishis initiate many processes within us. A process of cleansing, for example. They initiate processes of purification, processes of burning of Karmas, processes of activation of Chakras etc. Then, from our side, we have to make efforts to make these processes stronger. We have to meditate regularly and make efforts in positivizing to strengthen these processes. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail to those who cannot attend the Meditation Classes in English, Kannada, Marathi and Hindi languages. The Registration fee is Rs. 5000/- for students living in India. For students living outside India the Registration fee is Rs. 10,500/-. The fee includes a set of Textbooks and our monthly Newsletter.

Thereafter, the yearly Renewal fee is Rs. 4500/- for students living in India. For students living outside India the Renewal fee is Rs. 10,000/-.

- ◆ 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.

MAHARSHI AMARA

Keerthi B

Maharshi Amara's words echo in our minds after all these years. Be it about Spirituality or about everyday living, his profound words give us strength, hope, answers, lessons and help us move on. He expected 144 Meditators to rise and grow. If not, at least seven. And if not seven, at least one, to shine. If none of them do, he still had done his job. This is Perfection at the peak. This spoke volumes about Maharshi Amara... his surrender, his humility, the sanctity of the Work he had taken up, the purity of intention, the confidence in his training, his abilities, the perfection with which he executed it following all laws of the Divine as well as the human plane. There was no personal success or failure. His love for God, Rishis and Work is unconditional, steadfast and absolute. He never interfered with the freewill of people and also being so powerful and having the ability to converse with Gods, he fought the property disputes and attended to court cases respecting the laws on the human plane. He never complained about his problems even while he diligently worked for the Rishis. He was as human in enjoying a game of cricket or conversing with children. He was as Divine in the fact that he could talk to Gods or even when he just carried that majestic smile. To Maharshi Amara, Work and the Rishis are his Universe. He never held a conversation that did not carry the message of the Rishis. He wanted to share this Universe with us out of great Love for us as we are all the creation of God. Material and the Spiritual were not different for him. He experienced divinity in every moment of life.

Maharshi Amara represents eternal knowledge, eternal Love, eternal hope, eternal Life. Maharshi Amara represents everything eternal! ■

MAHARSHI AMARA

Vaishali Joshi

Maharshi Amara was a great Rishi, the best Rishi-worker whom the Rishis called upon for important Astral works, a witness to important Astral events and revered even by Gods. Guruji has made such a great personality an integral part of our lives. So much so that we can relate to him with great ease at the human level as our Guru, a parent, a friend and a moral support. We can confide anything and everything in him, however big or most trivial. And he always showers his Grace upon us, and guides and helps with unconditional Divine Love.

He gave us the Science of Meditation, the most effective way to solve all our problems and overcome the challenges in our lives. He said that most of our problems are the result of our own karmic effects. They can be removed permanently by burning the Karmas. Meditations burn our Karmas and remove the root cause of all our problems. This changes our Karmic track, our destiny.

When we allow the processes of Meditation to work on us, the transformation begins from within. We gain inner strength and wisdom, which helps us to liberate ourselves from ignorance, attachments and lower pleasures; accept change without resistance; give up the old ways of life and accept the new ways of the New Age.

He has taught us that all Life is Spiritual. We have to focus on whatever we are doing at any given point of time and do it properly. At the time of Meditation, we have to meditate. At other times we have to attend to the other work and duties properly. He said that the part of our Life other than Meditation is also Sadhana. During the other times we have to practise Yama-Niyamas.

Maharshi Amara is the radiant Sun illuminating the Path we are journeying on in our quest for Truth and Perfection. We are eternally grateful for his presence in our lives. ■

QUESTIONS AND ANSWERS

(By Guruji Krishnananda)
(Compiled by Shobha K Rao)

Q: How to expand the Light?

A: First, we have to positivise our thoughts and emotions completely and bring out the Divine Love from within and experience it fully. Then, we have to employ these, when we interact with the world. Only on this condition, the Truth comes out and radiates. And when we meditate, knowledge is revealed to us.

Q: What is character?

A: Character is our cultivated response to the situations in life. It is an inner culture.

Q: How to develop it?

A: It can be developed by living a pure Life and developing a strong Will.

Q: What is Will?

A: Will is the strength to hold on to our decisions.

Q: How can we develop it?

A: It can be developed by strictly following a fixed routine to begin with, and then by developing the courage to live our convictions and by avoiding duplicity and hypocrisy.

Q: Do Meditations help here?

A: Not mere Meditations.
Meditations initiate the process.
We have to sustain the influence.

Q: What is Dharma?

A: Dharma is mistaken for religion.
Actually, Dharma is our nature.
Our nature is Love, to Love is our
Dharma.

Q: Does it vary from individual to individual?

A: No. But it varies from species to species.

Q: What is enlightenment?

A: It is experiencing God directly as Light. This experience brings Knowledge, Love and Wisdom.

Q: How can the part experience the whole?

A: By becoming the whole; by expanding the Awareness; by Meditations.

Q: What is Bliss?

A: It is very difficult to describe. It is God's permanent state of Being. It is all fulfilling, the most positive, peaceful state, which is full of Love.

Q: What is the difference between Bliss and Love?

A: Love is a part of Bliss. Bliss is one of the attributes of God. Bliss has Peace, Love and total Contentment.

Q: Why do people fall from perfection?

A: We have free-will and we allow our ego to dominate and mislead. So, we fall.

Q: If the soul is a part of God, the Perfect, why are we imperfect?

A: We are always perfect at the level of the soul. We live at several levels simultaneously, like at the level of the body, the mind and the intellect. When we identify ourselves with any of these, forgetting our origin, we become short-sighted, and live imperfectly.

Q: What is Satsang?

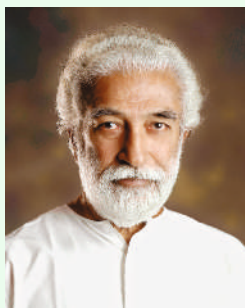
A: It is tuning to God. We can do it in a group or by sharing and building up experiences. We can also do it when we are alone... through Meditations!

Q: Satsang is usually, understood as the company of the Spiritual and religious people. Is it correct?

A: Yes, correct. Mostly, it is at the intellectual or mental level. Real Satsang occurs when we are alone and meditate! In Meditation, we tune to God at all levels. ■

LIST OF OUR PUBLICATIONS

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प्रकाशमय जीवन	10/-
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గ్రాహితీవ అతీత్యం	50/-
గ్రాహితీవ అతీత్యం	250/-



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. It also teaches Light Channelling to school children free of cost. Volunteers of Manasa Foundation visit schools and conduct Light Channelling sessions and train the student leaders and teachers to conduct sessions on their own. School children are immensely benefitted by the practice of this simple technique, which helps them improve their memory, concentration and performance in studies and extracurricular activities.

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.

VISITORS

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

APPEAL

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

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I am able to constantly experience the blissfulness of Light even amidst chaos. Another amazing thing is how I subconsciously know things. Or, I get random insights or answers to things without any conscious effort to obtain them from any physical source. Later, in a Sunday session Jayant Sir spoke on how we receive Astral lessons and learnt that we ourselves unknowingly incorporate them, which cleared my doubt.

- Pranith Ratheesh

When the Middle East conflict started, I was following the news and could see the enormous economic fallout and secondary effects that the conflict could trigger... I really felt concerned and was a little worried. Suddenly, I felt a sense of calm and a silent whisper 'don't worry'. I was amused... one side the world might fall apart... and I was in this dimension of calm and no worry! Hard to explain... but I think with Light all this is possible.

- Hemant Sharma

My Meditation is deeper. There is more silence; I am able to observe situations without feeling the need to get involved.

- Nirmala J

I was able to handle work problems, beyond hope, with the help of Light.

- Chandrakala Lakshmish

I notice small changes in me which are very subtle, and I realize them instantly. My intuition and awareness towards things around me have sharpened a little. Maybe, I am able to handle my emotions slightly better. I am at ease, and feel stronger than before. I feel calm and Peace, even if I

may not be very happy at all times. I have this strange feeling that God is always there with me no matter where I am, and that I am always protected... This feeling is quite intuitive. I am able to make myself understand that everything cannot come the way we want it to be.

- Pooja Mayatra

In the month of January, during Meditation, there was a strong voice inside telling me to resign my job as a school teacher. That voice kept telling me there will be better prospects outside. For the first time in my Life, I took a big decision (with consent from my family members) and put down my papers. I was not able to understand what made me take such a big step. I was always praying to my Sai, my Rishis, and the Light to guide me and not to make me a laughing stock in front of people. Then finally, I stopped praying for guidance. I recently got a call from an academy, to be a trainer for their public speaking classes at various schools, for different grades. I am so grateful to the entire universe for showing me such a beautiful way, where I am not stressed, but at the same time I get to be with students, meet different people in God's beautiful world, and do what I love to do and earn as well.

Now I know what it is to listen to that voice that speaks to us in solitude, when we try to connect with the Light or God. These are the small miracles I keep experiencing day to day. Gradually there is a lot of change in the way I perceive any situation. Now I always feel no one is wrong; it is each one's point of view. So, I am at Peace.

- Shibani Trikannad

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