



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 11

October 2026 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – June 2000 issue)

There are rains, though occasional and often heavy. But the summer heat of May persists. The drought in the north stirs the conscience and the heart. Questions like “Why is God unkind and the Rishis who work under Him blind to the sufferings of millions?” Arise. And, I know, it is not easy to get quick and brief answers.

Why do people suffer even without drought? Why do people get old? Why do people die? What do the Spiritual Masters do about such things? Are there any answers? Yes, there are. There are truths known and unknown; understood and un-understood; simple and complex. With patience and perseverance, we can understand them. And as we understand and evolve, we may perhaps find the ways and means to avert the droughts and wipe the tears.

And, now, let us pray and meditate. And if, in any way, we can help the affected directly let us not hesitate and wait for the call. We shall first act and then meditate.

A student reflected - “You have given us too much freedom. That is why we are indisciplined.” It was not for the first time that I had encountered this allusion and the indiscipline. It was not for the first time I arrived at the same conclusion that genuine discipline gets established only in freedom, where it is not fear that drives but willingness and love that inspire.

Many may misuse the freedom and fall down. But those who make the right choices and grow become pillars. They may be few but all the buildings rest on them.

The Meditation-Intensive sessions helped all those who participated. This issue is full of their appreciation. Those who missed, missed a lot. Opportunities are to be utilised; not to be lost! ■



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 AM - 8 AM)

at Rural Service Trust
Udupi Shree Admaru Matha
Bidarahalli

Saturdays (8 AM - 9 AM)

at Ramana Maharshi Centre
for Learning, Sanjaynagar

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 is conducted
on every third Sunday from 11AM
to 11.30AM which is 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.**



Maharshi Amara's Maha Samadhi Day was observed at Taponagara
on 30th August 2026.

NEWS AND NOTES

- ◆ Maharshi Amara's Maha Samadhi Day was observed in Taponagara on 30th August and at Anekal on 31st August.
- ◆ Meditators gathered in the Meditation Hall at Taponagara on 4th September 2026 to celebrate Sri Krishna Janmashtami with three-hour long Meditation.
- ◆ Shambala Group members received special initiations from Shambala Masters on 13th September 2026.
- ◆ The RA group members received special energies of RA on 20th September 2026.
- ◆ Meditation classes will be held in another new centre in Sanjay Nagar, Bengaluru, every Saturday, from 8AM to 9AM.
- ◆ Apart from Sunday classes, which are webcast Live, online Meditation classes will be held every Saturday from 8AM to 9AM for those who cannot attend classes in person at our centres.

- ◆ Similarly, online Meditation classes in Kannada will be held every Thursday evening from 7PM to 8PM.

MEDITATION ON SPECIAL DAYS

03	Sat	Krishna Ashtami
09	Fri	Masa Shivaratri
10	Sat	Mahalaya Amavasya New Moon Day
11	Sun	Navaratri Begins
17	Sat	Worship of Sarasvati Devi
18	Sun	Durgashtami
20	Tue	Mahanavami Ayudha Pooja
21	Wed	Vijaya Dashami Sri Venkateshwara Jayanti
26	Mon	Full Moon Day

PROGRAM AT TAPONAGARA

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

SPECIAL MEDITATION TECHNIQUE FOR NAVARATRI

During Navaratri, which begins on 11th October, we are blessed with the presence of Adi Shakti. We can meditate more and receive more of Her energies. We can also be aware of Her presence. For 10 days starting from Navaratri, we can meditate with this special technique - Think of a huge globe of blue Light. Enter the globe. Experience this globe of Light, experience the energies of Adi Shakti. There is no Mantra to be repeated. This technique can be practised for 10 days in place of daily Stage Meditations.

ECHOES OF TAPONAGARA

The cerulean sky was dotted with long contrails as the residents of Taponagara gathered to meditate on Poornima day. After Meditation, Antar-Manasa echoed with laughter as residents bonded over a hearty meal.

Is it possible to love a person one has never met? Ask the 200-plus people gathered in Taponagara who came to pay their respects to a person they have only seen in a picture. Maharshi Amara's smile, ever so familiar does not allow anybody to feel like they have never met him.

A college professor, along with 30 students, made a two-hour journey from Bannerghatta to Taponagara to learn Light Channelling. What touched the volunteers is that the professor knows the Light Channelling technique, having come to Taponagara before. He could have taught the students how to channel Light in the college itself, but he wanted to bring them to Taponagara. He wanted them to spend time in all the structures. After channelling Light, a student said she felt refreshed, while another said she could see the Light coming out of her body and spreading around her.

The students who came were a very interesting and curious bunch. They did not blindly listen to what was told to them; they questioned it. They questioned with not a sense of malice or intent to put the volunteers in a tough spot, but rather because they truly wanted to know. From Chakras, enlightenment, religion to more practical and structural questions like how the Cosmic Tower stands, they asked it all and more.

The volunteers had a wonderful time and hope to welcome the students again.■

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

After the Light Channelling session in Kendriya Vidyalaya IISC High School, Bengaluru two students shared their experiences. One student, Brijesh Kumar said that it was energizing and he felt peaceful, and the Light had made him calm. Another student, Srikar from 7th Standard said that it was calming and he felt physically stronger after channelling Light.

- Rakshit, Light Channel volunteer

After the Light Channelling session in National Public School, Shivapura, a teacher, Ms. Teertha said that she felt as if her body was completely filled with Light which had immense Peace, energy.

- Chandrakala D., Light Channel Volunteer

Following is the feedback from Smt. Jayamala, a member of the regular Light Channelling sessions conducted by me every Saturday:

"My mother-in-law was not well for the past one week and I have been sending her Light every day. Now she is recovering and is feeling better. Yesterday night she talked to us. If I miss any weekly session, I feel bad about it. Thank you for giving this practical technique which we can apply in life."

- Padmashree, Light Channel Volunteer

I experienced Peace and relaxation. I practise Light Channelling regularly and today I felt something amazing which I have never felt before.

- Nikitha, Std. IX, Mandhara Public School, Nagasandra, Bengaluru

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

I spent some time with a person, a Japanese counsel. He was very inquisitive. We spent about five to ten minutes; he asked me so many questions. I was wondering whether he was testing me. But he wanted to know things genuinely. Anyway, after all these things, at the end, he asked me, "Do you get angry?" And before I could answer, we had to get up and move. Somehow, I wanted to answer him. So, when we were walking, I told him, "Yes I do get angry." People think that Spiritual people do not get angry. And Gurus will always be sitting in a particular posture, all the time and meditating! I told him, "I do get angry but I manage my anger." Even Amara used to get angry but nobody would know that he would be angry. He would, I don't say control it, but always he could ignore it. As long as we are in these human bodies, we are subject to all these things. This cannot be denied. If I say I don't get angry I will be telling a lie, whatever you call it, white lie, black lie, whatever the colour of the lie, it's a lie. We do get angry. We go through all these emotions. But they should never affect us. It should not affect our relations with others. These things should never touch us.

Freewill and destiny are inseparable. This is the reality. Because we had Freewill, we broke the laws and because we broke the laws and accumulated Karmas or its effects, we created our destinies. Because we had Freewill, we created our destinies and because we have the Freewill, we can again undo this. We will create another destiny and we will undo this too. So that way, Freewill and destiny are always inseparable.

I was asked to inaugurate a Japanese music concert. I wondered why was I asked, what is the connection? Then I came up with this idea which I would like to share with you. Music comes from the Spirit. So, it is Spiritual, and we are in this journey - Spiritual journey, so we have this connection. We are always connected. We don't think about these things. Particularly, when we try to look at things from the level of the Spirit, level of the Soul, there are always connections. We are all connected. We are Souls. We are connected to all the living beings. We are connected to the whole Creation. There are always connections and this is a very beautiful reality.

We always get help from the Rishis, from God, from the Universe, use any word, they are all the same. We get help when we ask, and we get help even when we don't ask. But we always get. Sometimes the help will be in the form of solutions to our problems. But this may not happen all the time. Sometimes we will have relief. That is the help. So, the help will be in the form of complete solution or sometimes relief. But sometimes there will be no solutions and also no relief. This is the most difficult part. We have to accept that part - accept and love. This is the most difficult and the most testing part. If we know the Rishis, and if we really understand them, if we know God, and if we understand Him, we know they can never work against our interest. They always help. When we cannot get a solution from them or not even relief, we have to understand that they know the best. That must be the right thing at that time. So, we have to accept that. That is the test. If we understand this clearly, then we

don't get confused.

I spoke about intense practice of Shambala Principles. I did not mean this new Shambala venture as forming one more group. Any number of groups, people join. I have received nearly fifty names. This enthusiasm I really appreciate, I respect. But we already have a Shambala group where there are clear instructions. Do we require one more group to practise the same thing? I don't think so. My purpose was to intensify the practices and because I mentioned, people naturally gave names. I was wondering what to do. Then I sought instructions from the Rishis; from Vishwamitra Maharshi himself, when he was here on Good Friday. He gave a wonderful suggestion. Such things can come only from the Rishis. We human beings can't think of these things. He said, "Let there be no group as we have now, and let people practise the Shambala Principle number one and also the special instruction related to it." We know what the Principle number one is. It is spreading the bliss, spreading Ananda from our Anandamaya Kosha. It is in the booklet "Practising Shambala Principles". In this booklet most of the instructions are available. It's very simple. He said, "Let the people who want to practise this, who want to intensify their Sadhana, let them practise this during the other times, not during the time of Meditation. Let them live this Principle." Principle number one, spreading Ananda, the special instruction related to it is - Be calm always. It is very easy. Be calm always. One Principle is enough. Let us begin with this Principle. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

30-08-2026

Working with the Rishis is a beautiful experience, but we have to be always on our toes. We have to be very careful, because we never know when our ego might take over. Anyway, I am happy we are all here and we are continuing Maharshi Amara's work.

I say this on every such occasion: everything about Maharshi Amara is extraordinary. His capacities, his powers, his humanness, his humility, his knowledge, his energies, his Astral works, his achievements, his creative abilities, his commitment to the Rishis.... the list is big. Even the seemingly small ordinary details of his Life taught us profound lessons. Who do we know who gets up to greet a child? We know that when Guruji's son went to meet him as a small boy, he got up to greet him. He could speak to Gods, but when a *pujari* narrated something about Lord Ganesha, he listened to him intently with folded hands, and for a long time. After the *pujari* finished his narration, Maharshi Amara offered *pranams* to him. That was his humility.

Even the small details of his Life teach us how to practise Spirituality in our daily living. From him we have learnt that Spirituality is in the details of living. Guruji used to say that he never saw Maharshi Amara complaining, grumbling or getting angry. He is a perfect role model for us to follow. Then there are the truly extraordinary details of his Life. We do not know all the details. We do not know, for example, most of his Astral works. But whatever little we know, these details are extraordinary.

Even this fact that he guided 5000 people to *mukti*, is astonishing. I was wondering, how did these great souls meet him? How did they come to know about him? There was no

internet, no social media, and even though print media existed, there was no publicity from Maharshi Amara's side. Then how did they come to know about him? It must be his Love, and the energies he carried, that drew people to him. Love is like a magnet for the soul. It is Guruji's Love that brought all of us here and we are working together because we love Guruji and Maharshi Amara. Love can do so many things. Love has the power to bring us together. At the physical level we may have many differences. But somehow, we come together because of this Love and because of this higher purpose that has been given to us by our Masters.

Although we haven't met him, we feel so close to him. When we are in distress, we go to him, seek his help, and we are always helped. Guruji would say that Maharshi Amara shared the finest of relationships with everyone—both Gods and humans alike. Despite never having met us, he shares such a beautiful bond with us. He is an inseparable part of our lives, and our existence even beyond this Life. We will cherish this relationship with him eternally, whether we meet him physically or not.

I feel, someday we will meet him in some Life. I am sure, we will meet him physically and that will be a beautiful experience, because the human Life is a beautiful experience. We began respecting and valuing the humanness of life thanks to Maharshi Amara and Guruji. This human Life is a Divine gift. We were ignorant about such profound truths. He brought light to so many details about Spiritual Life and realities.

We became aware, for example, that we have to have desires. We used to think that Spiritual Sadhana required having no desires. We have learnt through Maharshi Amara and Guruji that we have to have desires,

higher desires. It was a revelation when we discovered that we, as souls, came down here because of our desire to be here and experience this Creation. Of course, when we came here, we got entangled here in so many details of this Life, maybe, unnecessary details of this Life. Someday, we have to disentangle ourselves and go back. Even to go back, we have to have a desire, a desire to go back to our Source. When we have that strong desire, the intensity of the desire will help us disentangle from unnecessary details of Life here. And again, Guruji and Maharshi Amara said that to disentangle you do not have to negate Life. You have to live this Life fully. Having a desire to go back is what will help us develop *vairagya*. *Vairagya* they explained is not throwing away things. It is not distancing from Life. Spiritual Sadhana becomes so difficult if we are cut off from Life. *Vairagya* is getting attached to higher things, like, the desire to experience God.

Another very important lesson we learnt from them is that we have to give ourselves a chance to improve ourselves, to correct ourselves. We have to give a chance, not only to ourselves but also to others. I feel, God and the Rishis see whether we have changed, whether we are making efforts to change, to positivize ourselves. They do not look at our mistakes. They do not judge us. They just look at the effort. That is what they admire, whatever be our Spiritual condition.

Guruji used to say, pickup one Principle and begin practising it. When we perfect our practice, at some point we will realize that we are following all the principles. If we can do it, that will be the best *Gurudakshina* to Maharshi Amara and Guruji. ■

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.

INITIATION

Guruji Krishnananda

When a person gets initiated, he is given energies. When he meditates, these energies help him. These energies multiply within the system. What happens to these energies if the person discontinues Meditation, discontinues Sadhana? These energies continue to remain with him. Whenever there is an opportunity, these energies prompt the individual to take up Sadhana, Meditation. The person need not necessarily come back to our Path; he can go anywhere, any Path. When the individual does not take up Sadhana, sometimes these energies continue to be with the individual even till the next Life. But these energies vanish or get lost only when we allow very strong negative emotions to operate in us, or have very negative thoughts.

(Source: Thus Spoke Guruji, Vol. 5 - December 2004)

VIOLENCE

Guruji Krishnananda

What is violence? The simple meaning and simple understanding is that it is inflicting pain on others. Sometimes it is physical and sometimes mental. Any act that inflicts pain on others is a violent act. There is another word - aggression. Aggression is worse than violence! Aggression is violence plus domination over others. We dominate others just to satisfy our ego. In nature we will see these wild animals killing other animals. They kill other animals only for food. There is violence but there is no aggression. It doesn't kill two; it kills only one and eats only a part of it. Whenever we think of these things we feel like saying, yes, man is worse than animal. Only man can be aggressive, not the animals.

(Source: Thus Spoke Guruji, Vol. 5 - June 2004)

SAPTARSHI PRANAYAMA

Guruji Krishnananda

Saptarshi Pranayama cleanses the system thoroughly at deeper levels. It energises and heals. It burns some of the Karmas. It helps Astral travel. Saptarshi Pranayama, sharpens our intuition, and helps opening the third eye. This practice itself may not be enough, but it helps. It is practised as part of Meditations. But it can be practised separately, whenever we have time. It is always advised to practise any Pranayama during the *Sandhikalas*. There are three *Sandhyas* - in the morning, at 12 Noon and in the evening. That is why our elders used to do, *Sandhyavandanam*. During these times we will have wonderful energies and when we practise Saptarshi Pranayama, or any Pranayama, we will be taking in finer energies.

Saptarshi Pranayama is a gift from the Sapta Rishis. It is a very simple exercise. Along with the breath we take the Light. If we practise this Pranayama daily, our memory power increases, health improves. Practise this once, or three times at the most, we feel so fresh. It brings so much of energy. It helps open up new brain cells. Only when we practise regularly we experience all this.

(Source: Thus Spoke Guruji, Vol. 5 - July 2004, March 2004)

QUESTIONS AND ANSWERS

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

Q: Although the Destiny is already fixed, how do we expect life to be different?

A: Destiny is only a probability. If we make strong efforts, we can change the course.

Q: You said that there are millions of other earths. Then, are these UFOs a myth?

A: Other earths do exist. UFOs come from such earths where the Science is much advanced.

Q: What is the difference between Omkar and Pranava?

A: No difference; two different words to mean the same!

Q: Are attachment and possessiveness same?

A: No. They are different. When we are attached to people, places or ideas, we passionately cling to them. When we are possessive, we try to own exclusively.

Q: Can we also develop psychic powers to get what we want?

A: Even without powers, we get what we want, when we meditate.

Q: Is it true that Manu was the father of all human beings?

A: No. Manu is not the name of a person. It is a designation. Manus are wonderful personalities who come in the beginning of every *Manvantara*. They bring a lot of knowledge with them. The available Manu-Shastra is outdated. It is not for the present times.

Q: How much can we confront the world?

A: Putting it bluntly, we as individuals cannot fight this unjust, violent and corrupt system. We have to equip ourselves, become selfless and spiritualise. We should be ready

to sacrifice our personal lives and devote ourselves to fight. When we cannot fight, we have to go along with the flow.

Q: Do mermaids exist?

A: Yes.

Q: A very prominent person said that Astrology is nonsense. Your comments?

A: It is an extreme view. Such things are said out of ignorance. Astrology is a Science. It is meant to understand the Spiritual condition of a person.

Q: In an article, last week, it was written, "Americans are disillusioned with our Gurus." What next?

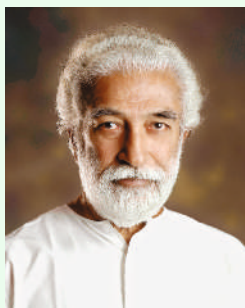
A: It is not only Americans who are disillusioned; so are we, with these people! But there are genuine people who remain unknown, working for the Spiritual goals and uphold the Spiritual values. The journalist has written from one angle and has not seen all.

Q: Rajneesh says, "Traditional concept of Sanyasa is negation of Life. Shankaracharya's description of maya is escapism. The Bliss experience of Shankaracharya was not of the highest order." Your comments.

A: *Sanyasa* is not renouncing the world. A *sanyasi* will not have a family of his own but the entire world is his family. They go to forests, draw energies and help the entire mankind. They are the real people who are helping mankind. Shankaracharya encouraged people to see the Truth that the physical world is a temporary world. He wants us to search for the permanent Truth. Where does escapism come here?! Who can comment on the Bliss-experience of Shankaracharya? ■

LIST OF OUR PUBLICATIONS

Doorways to Light	250/-
Higher Communication and Other Realities	100/-
Light Body & Other Realities	100/-
New Age Realities	200/-
Light	10/-
Living in Light	25/-
iGururji (Vol - 1, 3, 4 & 7)	each 150/-
iGururji (Vol - 2)	120/-
iGururji (Vol - 5)	100/-
iGururji (Vol - 6)	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of a Modern Rishi	50/-
Channelled Knowledge from the Rishis	250/-
Channelled Knowledge from the Rishis (Vol - 2)	150/-
Channelled Knowledge from the Rishis (Vol - 3 & 4)	each 200/-
Gururji Speaks (Part - I & II)	each 200/-
Gururji Speaks (Vol - 3)	150/-
Gururji Speaks (Vol - 4)	250/-
Gururji Speaks (Vol - 5 to 7)	each 200/-
The Book of Reflections (Vol - 1 & 2)	each 200/-
The Book of Reflections (Vol - 3)	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences (Vol 1 & 2)	each 150/-
Awareness	60/-
Quotes from the Rishis (Vol 1 & 2)	each 100/-
Pyramid Revelations	100/-
Thus Spoke Gururji Krishnananda (Vol 1 & 4)	each 200/-
Thus Spoke Gururji Krishnananda (Vol 2, 3 & 5)	each 250/-
Master-Pupil Talks	100/-
Master-Pupil Talks (Vol 2)	75/-
ಚೇಕರ್ ಜಾಗೃತಿಗಳು	200/-
ಐ-ನಂದಾಜಿ (ಭಾಗ 2)	120/-
ಗುರು-ವಿಷ್ಣು ಸಂಭಾಷಣೆ	100/-
ಹೊಸ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನುಕರಣೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಹಿತಿಗಳು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಅತ್ಯಂತ ಅಪರೋಹಿತ	50/-
ಶಂಭು ನಿರ್ಮಲಗಳ ಅಭ್ಯಾಸ	50/-
ಅಧ್ಯಾತ್ಮಿಕ ಮಹಾವಿಜೃಂಭಣೆ ಅರಿವಿನ ಸಾಧನಗಳು	50/-
ಗುರುಜಿ ನಾ ಕಂಡಂತೆ	30/-
ಚೇಕರ್ನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಚೇಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸ್ತಾರ ಗಣಪತಿ ಮೂರ್ತಿಗಳು	100/-
ಅನೇಕಶತಕ ಅಪರೂಪದ ವ್ಯಕ್ತಿಗಳು	120/-
ಚೇಕರ್ ಶರಣ ಮತ್ತೂ ಇತರ ವಾಸ್ತವಗಳು	100/-
ಪ್ರಕಾಶವಾಡ (Marathi)	250/-
ಉಚ್ಚಸ್ತರೀಯ ಸಂವಾದ ಆಗಿ ಇತರ ಸತ್ಯ	100/-
ಆಯುರ್ವಿಜ್ಞಾನ	100/-
ಧ್ಯಾನ ಕಸೇ ಕರಾವೆ	50/-
ಧ್ಯಾನಯೋಗ	50/-
ಆತ್ಮಾಚೇ ಪೃಥಿವಿರ ಅವರಣ	50/-
ಶಿಬಲಾ ತತ್ವಾಂಶ ಅಭ್ಯಾಸ	50/-
ಏಕಾ ಆಧುನಿಕ ಋಷೀಕೇ ಸ್ವಾಮಿಜಗತ್ತಿನ ಪರಾಕ್ರಮ	50/-
ಪ್ರಕಾಶಮಯ ಜೀವನ	25/-
ಪ್ರಕಾಶ	10/-
ಗುರು-ಶಿಷ್ಯ ಸಂವಾದ	60/-
ಧ್ಯಾನ ಕಸೇ ಕರೇ (Hindi)	50/-
ಧ್ಯಾನಯೋಗ	50/-
ಪ್ರಕಾಶ ಕಿ ಆರ	250/-
ಪ್ರಕಾಶಮಯ ಜೀವನ	10/-
ಪ್ರಕಾಶ	10/-
ಆತ್ಮಾ ಕಾ ಅವರಣ	50/-
ಶಿಬಲಾ ನಿಯಮ ಕಾ ಅಭ್ಯಾಸ	50/-
ಏಕ ಆಧುನಿಕ ಋಷೀಕೇ ಸ್ವಾಮಿಜಗತ್ ಸಾಹಸಿ ಕಾರ್ಯ	50/-
ಧ್ಯಾನಂ ವೇದಾಂತಂ ೨೦೦೦ (Telugu)	50/-
ಕಾಂಠಿ ದ್ವಾರಗಳು	100/-
ಮಾತನ ಯುಗ ಸತ್ಯಗಳು	120/-
ಹಿನ್ನೆಲೆ ಸಮಾಧಾರಣೆ ಇತರ ಸತ್ಯಗಳು	100/-
ಗುರುಪಾಂಗತ್ಯಂ	150/-
ಅತ್ಯಂತವೈಭವಮು ebook	25/-
ಶಂಭು ಸುತೃಮುಖ ಅಭ್ಯಾಸಮು ebook	25/-
ಕೃತ್ಯವುಣಿ ಗುಣಾತ್ಮಿಕವುಣಿ ಪ್ರತಿಷ್ಠೆ (Tamil)	50/-
ಕೃತ್ಯವು ಅತ್ಯಂತ	50/-
ತೃಪ್ತಿಯುಳ್ಳವನು ಕೃತೃತ್ವವುಳ್ಳವನು	50/-
ಗುಣಾತ್ಮಿಕವುಣಿ ಕೃತೃತ್ವವುಳ್ಳವನು	50/-
ಮಂತ್ರ ನುಗ್ಗು ಕೃತೃತ್ವವುಳ್ಳವನು	50/-
ಕೃತೃತ್ವವುಳ್ಳವನು	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)

It was early morning. I was sleeping in my bedroom and the window attached to the bedroom was open. I saw Lord Hanuman there. He called me and took me to a far-off place. It felt as though Lord Hanuman was trying to show me Parabrahma Loka which I could not see, but I sensed that he told me that it was my final destination. The experience was bright and full of energies!

- Ashwini Navalgundkar

During the extra Meditations in June, once, I felt still and felt I was approaching a huge mountain. It was blue in colour. Then I realized it was the form of Lord Shiva and as I looked up, I saw His face in Meditation. The moment is indescribable and at that time there was no thought of seeing or reading about Lord Shiva.

- Geeta Joshi

I was practising daily Meditation. My body felt set on waves. Then it stopped suddenly and I was filled with Peace. Then suddenly I saw myself at the feet of a deity. When I looked up, I recognized that I was at the holy feet of Lord Pandurang of Pandharpur. I started crying uncontrollably. Then I saw Goddess Rukmini alongside Lord Pandurang. Then I saw myself seated in Meditation in front of them in Pandharpur temple. Then I saw someone sitting at right angles to me. He was radiating white Light. I recognized him to be Sant Dnyaneshwar. This state continued for a long time. Then someone told me that it was enough. Then I slowly came out of Meditation. On that day after Meditation, I could not control the tears rolling down my eyes for hours.

- Vishvanath Patil

Whenever I go out of my house, I recite a Mantra for 7 or more times.

One day I was driving a two-wheeler and due to the upcoming *Kumbh Mela* in Nashik, everywhere, the road repair work was going on, so there was lot of traffic. Due to the traffic, two four-wheelers, one from the right side and another from the left side dashed my vehicle. But to my surprise nothing happened to me or my vehicle. After a while, I wondered how I did not even get a scratch in such a dangerous accident. Later, I realised that the Mantra had protected me; I offered my gratitude to Light, Guruji and the Rishis.

- Poonam Brahmecha

Everything seems like a miracle. Everything is taken care of; I am feeling grateful for everything. That is all I can do. Now, the only thing remaining is complete Surrender. I feel I am holding back something, the dropping needs to happen; waiting and watching is all I can do right now. And Guruji will take care of that too.

- Shantha Kumari H S

I am grateful to God for the timely help and Grace in overcoming numerous personal and professional challenges. There have been ups and downs, but I feel calmer and less affected by external challenges.

- Asha Hosakoppa

I tried contacting Master V with some questions that I had. I felt I received the answers. I asked him, "How do I deal with conflicting feelings about challenging people?" The answer came immediately – "Love". I asked another, "How to manifest Divine Love?" This took some time but the answer was – "Intent". Along with the answers came a lot of Love and Peace.

- Shriya Sasank

DOORWAYS An English Monthly Newsletter.

Printed, Published and Edited by S.B. Shyamala Devi on behalf of Manasa Foundation (R).

Published from Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077 and

Printed at M/s. Josco Printers, No.14, 12th Cross, Little Flower Hospital Road, Ramamurthy Nagar, Bangalore- 560 016.

Owner: Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077.

Editor : S.B. Shyamala Devi