



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 10

September 2026 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – October 1995 issue)

My Guru had a lot of powers. But he did not exhibit. He did not use them when he was in difficulties. He used to say that powers were meant for the welfare of the group and not of an individual. They had to be used for a Universal cause. He worked with them in the higher planes. The effects would reach mankind gradually bringing lasting results.

He did nothing to attract people. Once when I suggested about at least a low-key publicity, he explained that publicity would attract crowds; people not yet ready to receive the higher knowledge that the Rishis were eager to pass on. They would come out of curiosity. He was happy with the handful around him.

There is a Higher Intelligence. There is a plan. There is a pace. I realise that there should be no hurry in progress and growth. We have to allow the influence to work on and subordinate our ego to the Higher Self. A sudden change disturbs the balance of life around us.

Many asked me about the idols of gods drinking milk. We have no comments. We do not encourage miracles nor do we perform here. Our emphasis is on the individual transformation that would be a real miracle. During this period of idols drinking the milk, we could see two clashing groups - the faithful and the faithless. The explanation offered by the scientists were not adequate. They explained only a part. An open-minded inquiry without prejudices would take us nearer the truth. A closed mind cannot be scientific.

No one, even 'Scientists', can deny the existence of a Cosmic Intelligence and a Cosmic plan. There are other planes. There are other worlds where life exists and we do not cease to exist after death. There are reasons and purpose for our taking birth here. All these can be understood clearly with scientific inquiries. We have to shed off the idea that this is possible only within the confines of the four walls of laboratories. We have to develop new and subtle instruments to see and know.

There is a science - the Spiritual science which has been hijacked by the unscientific religious fanatics building up superstition for their selfish ends. The time has come to clear the superstition and practise and develop the science of the Spirit.

There was a time when I wanted to build up an Ashrama and have disciples, followers etc. When I look back, it looks foolish! I realise now that it is in absolute freedom that we evolve. Discipline from within works than the one imposed. The present system of teaching and training like in any other education centre is the best. There is no guru; no disciples. There are only guides and students. Working like this I would like to improve this system. ■



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 (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.**



Guru Poornima was celebrated at Manasa and Antar-Manasa on 29th July 2026.

NEWS AND NOTES

- ◆ Maharshi Amara's Mahasamadhi Day will be observed at Taponagara on 30th August and in our Saptarshi Dhyana Kendra at Anekal on 31st August 2026. All are welcome. To participate in the program at Taponagara please register at Manasa office by 28th August.
- ◆ Guru Poornima was celebrated at Taponagara on 29th July in silence and majesty with three-hour long Meditation to absorb, experience and channel the energies of Parabrahma to the entire world.
- ◆ The celebration continued in the evening when the residents of Taponagara gathered again to meditate in Antar Manasa, joined by some Volunteers and Meditator guests from Maharashtra.
- ◆ A new Meditation centre is opened from August 2026 at Rural Service Trust, Udupi Shree Admaru Matha, Bidarahalli, Bengaluru. Classes will be conducted every Saturday morning from 7AM to 8AM.

- ◆ Sri Krishna Janmashtami will be celebrated at Taponagara on 4th September. All are welcome. To participate please register at Manasa office by 2nd September.

MEDITATION ON SPECIAL DAYS

04	Fri	Sri Krishna Janmashtami
09	Wed	Masa Shivaratri
11	Fri	New Moon Day
13	Sun	Worship of Gowri Devi
14	Mon	Worship of Lord Ganesha
19	Sat	Shukla Ashtami
21	Mon	Shukla Dashami
25	Fri	Worship of Ananta Padmanabha
26	Sat	Full Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
04-9-2026	Sri Krishna Janmashtami Special Meditation: 10AM - 1 PM
13-9-2026	Shambala Group meeting at 2PM
20-9-2026	Ra Group meeting at 2PM

Special Meditation Technique for Sri Krishna Janmashtami

Imagine a huge globe of blue Light or the form of Lord Krishna made of blue Light. Enter this globe or the form as a speck of Light. You are inside Lord Krishna. Experience Him. This technique can be practised for any length of time, any number of times in a day. This technique can be practised for ten days in place of the regular Stage Meditations.

There is a 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

Over 150 people gathered in the Meditation Hall in Taponagara to meditate on Guru Poornima and many joined from their homes. Some travelled from different cities, while many others journeyed from far off parts of the city. Some meditated and rushed back to their hectic jobs. What made people take out a big chunk of their day and dedicate it to Sadhana? Had Guruji not instilled the importance of this day in his students, it would be just another day when people sent WhatsApp forwards to their teachers as they do on Teacher's Day.

As the clock struck 10, silence engulfed everyone. The silence felt familiar, full of warmth, Love and Peace.

On another day in this beautiful month, 40 students from Ebenezer College allowed Light to enter their lives as they learnt how to channel Light. Before the session, they shared the many challenges they are facing and the different ways they try to overcome them, some successfully, some not so successfully.

The month of Ashadha also witnessed the birth of a new Meditation centre in Bidarahalli. Meditators gathered with great enthusiasm to offer their Love and gratitude to the building where the classes would be conducted.

It is quite impossible for anyone to not feel immediately happy upon entering the gates of Antar-Manasa. If one were to walk through Antar-Manasa on the evening of Guru Poornima, one could hear birds calling more than usual. One could see fruits from the trees lying on the ground, a sight that was not frequently witnessed. It felt as if nature was trying to offer its best to the ultimate Guru, God Himself. ■

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

Smt. Asha, Principal, Netaji Popular English Medium School, Ramnagar gave the following feedback:

"I was introduced to Light Channelling ten years ago and have been practising it since then. I know the benefits of Light Channelling as I have personal experience. Many of my personal problems have been solved because of Light Channelling. I make the students in my school channel Light every now and then, and also when I feel they are reckless, restless, noisy and uncontrollable. They immediately respond and calm down. I find Light Channelling a very effective technique.

When I made my children in the school channel Light regularly, I found that we got 100% results in the school, and now that we have eased a little the results are not so consistent and have dipped comparatively. Henceforth, I will continue the Light Channelling sessions regularly in school.

In fact, today also I was finding something amiss in the school and was not happy with the results and wanted to conduct a Light Channelling session. But I could not do it due to certain pre-occupations and time constraints. I am extremely happy that you have come and conducted the session. I felt as if my prayers were answered."

- Anjali Patil, Light Channel Volunteer

When I was channelling Light, for the first few minutes I had many thoughts coming in my mind. But after some time, I could feel complete silence and Peace.

- Smt. Meenakshi, Principal,
St. Lourdes High School, Mathikere, Bengaluru

Sajjan, a class X student of LCR English School, Mathikere, Bengaluru has been practising Light Channelling for the last three months. He said that he is experiencing Peace. He is able to grasp quickly whatever he studies. He feels that Light has improved his physical health as well.

- Rakshit, Light Channel Volunteer

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

Association with the Masters always elevates us. Then why not shift it to a still higher level. Let us interact with God Himself. Let us try. Whenever people have tried this sincerely, they have always got the results. They always spoke to God and God spoke to them. This does not take great efforts nor does it involve complicated techniques. What it involves is a simple, sincere approach. You will be reading in our Newsletters, when one or two people interacted with God they got their replies; got their answers. Even yesterday I was replying to a letter. A lady interacts with such sincerity. It brought me tears. This interaction is possible.

While doing the check-ups, normally there will be an interaction with the Rishi in charge. I usually ask, "Are you happy with this progress?" This morning he said, "I am happy and this is the best that can happen at this point of time." Meaning, for our kind of efforts, we have a great result. That is it. And with our efforts, we can't expect *moksha*. We know that. So, with our efforts, we are getting lot of benefits in every area, spiritually and materially. We are protected and guided in all that is happening. So, the Rishi explained, "For the effort that these people are making, the results are very much fine." If I elaborate, it may not be nice. So, I leave it to you.

I want a batch of people, a group, could be any number, small, one person, or more than that, who can really take up the practice of Shambala Principles. We have one Shambala group. We meet once in 2 months and meditate, and people are practicing. I don't blame, or even talk lightly about their effort. Like the

Rishi said, gave us a very good Mantra – Accept and Love. He says, for our effort, the results are very good. For me, the point is, is there anyone who can say I am doing it. But, if I can train some people now, it actually helps. It gives me at least the satisfaction. If there is anyone, one may volunteer to give your name at the office, one who will really practise, not take the techniques and go away. We don't give new techniques. But specialize in the same practice. Like, Shambala Principle number one, spreading the bliss. This can be spread, and so many results can be achieved. We know one way of spreading bliss, but there are many other ways of doing it. If someone is willing to spend more time on this, I am here to guide, help, train, do everything. That's one part of it.

Just by speaking with people, I feel that people are good. We are all good. Sometimes, I feel that this goodness is not enough. Goodness is not wisdom. We have to add something more, more elements to it. If I say this, one may wonder. We have to have more of common sense, common sense is most Spiritual. Like, when I have to study, or read books. I can't read Bhagavad-Gita and also meditate. There are times for Meditation; there are times for study.

Sometimes in daily life, we mix things up and always end up in a mess. Whenever I sit before people I see such things. Things could have been very different. Many problems we need not face. As I often say, we create our own problems. All these problems, we need not suffer. It's our birthright to be peaceful and happy and when we are happy, people around us are also happy. If one person is not happy, no one around that person can be happy. People see that. Things can be different. There

can be more smiles on this earth. There can be more happiness in our lives; individual lives. I think we have to have more of common sense, more of wisdom. How do we get this? It is very simple - Experience. It's not just mechanically practising a technique. But we have to experience Light, experience Love, and experience Shiva as Light. That experience brings us everything. It is no exaggeration.

I am the happiest man. It doesn't mean I don't have problems. In fact, I have lot of problems; more problems than perhaps you think you have. I have to deal with so many different types of people with different temperaments. I have more problems but again I say I am the happiest man. One can be happy. This experiencing of Light brings us all the wisdom; wisdom enough to live this Life very sensibly.

I have been repeating this often, check-up your Trataka. Many people ignore this. That is why five minutes after we begin Meditation, we bend our heads. When our Trataka is straight, we won't bend our head. Once we bend our head, droop, then we cannot avoid sleep.

A person asked me, "Is there a difference in Meditation when we meditate at different places? In the Cosmic Tower or Kundalini Tower for example?" I say yes. We have the advantage of the special energies available there. The atmosphere is special in these places. But this happens only in the beginning. As we make progress, it makes no difference. Wherever we sit and meditate, we will be building up our atmosphere. We have to experience this. We will meditate very successfully.■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Usha Satishchandra)

24-06-2026

Anybody who met Guruji, felt so close to him, as if they knew him from lifetimes. Whenever people met him, whatever be their state of mind, they would always go back smiling. I feel Love has everything. Love heals, it gives us that warmth, it comforts. In Love there is no judgement.

By now, we have understood very clearly that the problems we face in Life, are a result of our own actions, our choices, our behaviour and our own attitudes. We understand this very clearly. But, whenever we carried our problems to Guruji, he never gave us the impression that our problems are a result of our own doing. He was aware of everything. He was a Master after all. But he never gave us that impression. He heard us patiently, sympathised with us, consoled us and gave us enormous strength. He would also give us very clear directions on whether we should do something or not and for that we miss him a lot.

I think in Love, everything is possible. Love has solutions to all problems. Love contains compassion, pure intent for others. Love contains selflessness, forgiveness, accommodation and in Love we are always expanded. It contains all that is positive. In fact, we can also sacrifice when we love. We can surrender in Love. Guruji was the manifestation and personification of Love. That is why he had the finest relations. He had the finest relations with not just people but also with nature and even inanimate objects! It is his Love that made not only the tree in Anekal but even the pen and the car speak to him!

This Love comes from the core of our existence. It comes from our very soul and it touches the core of the other person, the soul of the other

person. And there will then be an immediate connection. And it is because of this instant connection, that a rapport is immediately established. That is what made people pour their hearts out to Guruji.

We have these wonderful structures in Taponagara and Antar-Manasa because of his Love. These wonderful energies are there in these structures because of his Love. These energies are a treasure that is meant not just for us but for the whole world. The Rishis are always expanded. Their Love keeps us expanded, always. We think of the whole world. Their projects can never be limited to a few individuals. These projects are always meant for the globe. They are universal in nature. It is Guruji's Love that works like a magnet, it attracts energies, people, the Rishis, and even Divine Personalities. It is because of his Love that we are all here. Love is the foundation of this Path. Guruji is the foundation.

I think of a dog from Manovati. His name was Bobby. We know Guruji had to leave Manovati after which he was in Gollahalli for some time. Gollahalli is the village where we have Antar-Manasa, where he founded Manasa Foundation. When he was in Manovati, Guruji and Bobby were very close. One day Guruji saw him in Gollahalli. But, Guruji had to catch a bus, and he could not give much attention to Bobby. Bobby tried to hold on to his *kurta* as if he was trying to say something, but Guruji was in a hurry. The next day when Guruji returned from the city, a worker told him that Bobby ran after the bus for some distance and he then went back to Manovati. He passed away that evening. He was probably trying to say goodbye to Guruji. He came there

in search of Guruji. I know it is a very touching story, and it is very painful to remember it, but I say this to highlight the kind of relations he had. How did he build such amazing relationships? We have understood, of course, that it was his Love.

He would say that we have to emote for people who are in distress who may be caught in difficult situations. I wondered, how does it help them. Maybe, when we emote for them, we pass on our Love. Along with our Love, energies also reach them which give them a lot of inner strength. Maybe, at some level, they know that they are not alone. He taught us such profound things. When we emote for them, we also attract help from the Universe for these souls who are in distress.

Through his living, he taught us that Spirituality is in the details of living. He said, "Every detail is a worship." How profound are these words! We are so fortunate that we are associated with him, and through him to the Rishis, and all the great Masters.

I remember, Guruji used to tell this story about Lord Krishna and Arjun. Lord Krishna and Arjun would be walking together. Lord Krishna looks at a tree and looks at a bird sitting on the tree and says, "Oh! What a beautiful bird." And Arjun says after Him, "Yes, it is a beautiful bird." Immediately, Lord Krishna says, "It is not a bird, it is a fruit." And Arjun fully knowing it is a bird would say, "Yes, it is a fruit. Because you say it is a fruit, it must be so." I feel, this type of faith in the Guru helps. There will be no problems, or doubts, or confusion. There will be no going away from the Guru with this kind of faith. ■

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.

CONTACT

Guruji Krishnananda

The most important event in one's Life is contact. We come in contact with our Guru, a human Guru to begin with, next the Rishis, next God. Coming in contact with these three are the most important events, spiritually. The human Guru will help us define our direction and our Spiritual goals. He will give us the knowledge that he has gathered and the necessary directions and instructions. He will also help us look at our limitations and weaknesses; it becomes easy for us to get over. And when we come in contact with the Rishis, the Divine Gurus, they lead us by holding our hands, literally. When we reach the levels of Samadhi, our efforts will not be enough. We have to be guided properly and protected, only then we can move forward. All of us are in a way, in contact with them, but we are not able to read them completely. We are with the Rishis. We are able to experience God in Samadhi; we come in contact with Him at that level. And then all ignorance, all problems vanish. One has to experience this.

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

ENERGY FIELDS

Guruji Krishnananda

In Taponagara we have energy fields, but we don't have idols, except the idols of Sapta Rishis. We have the idols of Ashtadikpalakas outside the Cosmic Tower. Inside the Meditation Hall, we have not kept any idol. There are personalities here, no idols. One can establish a link with the energy fields here or any temple very easily. You can just think of the place and pray to the deity, you have a contact, and whenever you want, you can draw the energies. We think that the most important part in temples is the idol. It is. But there is an unseen truth. There is always an energy field under the idol. The idol is only symbolic. It also works as a kind of entry point. If we want to establish a contact with this energy field we can establish a contact astrally, mentally with the idol. This is the case with every temple. As we go on praying, worshipping, we go on energizing this field. The field gets strengthened. Whenever we go pray, stand before the idol, we not only energise, but receive the energies automatically. As time passes, this energy sinks, goes deeper and deeper under the ground. In ancient temples the field will be so deep, we cannot imagine.

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

GRACE

Guruji Krishnananda

When will God's Grace come to us? Nobody can answer this question. We have understood that Grace is an expression of His Love. God has great Love towards everyone. He is impartial. But somehow sometimes maybe we qualify, maybe individually we have a lot of Love and He takes great pity, sends His Grace. All our problems just vanish; miracles occur. Perhaps it happens in a milder scale to everyone, but after we cross the bridge we attribute it to a different reason. "I made efforts so I succeeded", we say. Only when we fail we blame God! What do we do to deserve His grace? Whether we meditate or not it is our Love towards God that attracts grace. When we develop that Love we need not meditate. Whenever we go to Astrologers or Palmists, they ask us to do *shanti*. We need not do anything. Our Meditations take care of everything. We get everything. One has to experience it and one has to have patience. Meditations bring us patience. We wait. Then what Meditations don't bring this Love brings, loving God brings.

(Source: Thus Spoke Guruji, Vol-1 - July 2000)

QUESTIONS AND ANSWERS

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

Q: Is it a bad omen if the right eye flutters?

A: No. It indicates that the *Surya Nadi* is active!

Q: Then, why do people believe it is bad?

A: This period, when the *Surya Nadi* is active, is favourable for Spiritual activity. Material work may suffer, then.

Q: Is there a period for the material activity also?

A: Yes. When the *Chandra Nadi* is active!

Q: What is Tapas?

A: Tapas is to shine with the Light in us, burning out all types of impurities and negativities. It is also surrendering and also, gathering a lot of Spiritual energies.

Q: How is Tapas different from Meditation?

A: Where Meditation ends, Tapas begins. We meditate for our individual growth and benefits whereas Tapas is done for universal benefit. We meditate. The evolved beings do Tapas.

Q: What is Initiation?

A: Initiation is preparing the individual at different levels of the body, mind and intellect, to receive knowledge and energies and then charging him with very special Spiritual energies in the required quantum.

Q: What is Sakshatkara?

A: *Sakshatkara* is the realisation of God.

Q: What is realisation?

A: Realisation is that we are not this body, mind or intellect, but we are a part of God. It is to experience God Himself directly; becoming God

Himself.

Q: What is Mukti?

A: Liberation from all bondages.

Q: What is meant by Videhamukti?

A: The one who is liberated from all bondages and is waiting for the completion of his Life period on this earth.

Q: Who is a Jeevanmukta?

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: Will he take birth again?

A: Only if he wants to. Great souls come back to serve.

Q: What is Renunciation?

A: It is sensibly giving up things not required for us.

Q: What should we renounce?

A: Attachment to things, places, people and even ideas.

Q: Why should we renounce these?

A: We renounce these because they come in the way of our Sadhana.

Q: What is the difference between renunciation and detachment?

A: Renunciation is severing all relations and giving up everything totally. Detachment is giving up things mentally.

Q: Is reincarnation the rebirth?

A: Yes.

Q: What is the difference between pleasure and happiness?

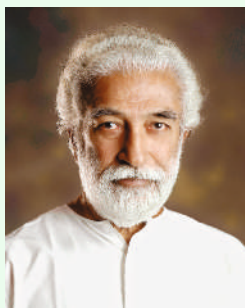
A: Pleasure is what our senses experience; Happiness is what our soul experiences.

Q: Can a person attract others with his aura?

A: No. We can understand the mood of a person but we cannot attract. ■

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/-
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GURUJI KRISHNANANDA (1939-2012)

MANASA FOUNDATION (R)

established in 1988 by Guruji Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city. 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 find myself happier, calmer and motivated these days and there is some kind of determination and passion to intensify Sadhana and follow Guruji and Rishis. Conscious living and acceptance is increasing and complaints, judgements... decreasing.

- Meena Rana

I simply remain in the awareness of Light, and everything is lovingly taken care of. Whenever I behold the greatness of the Light and the revered Light Masters, I feel humbled and small. My heart is filled with awe, constantly reflecting on how magnificent the Light is and graciously taking care of everyone.

- Vikramsihn Desai

I generally read a lot of Spiritual books. However, our Guruji's books are most simple amongst all. It feels as if Guruji himself is sitting close by and explaining.

- Ajith Gopinath

I found myself in numerous experiences, particularly challenging ones, and I was taken care of by Guruji without much harm or stress.

- Vinamra Longani

I have had a few miraculous experiences in the past month which makes me such a contented person that I feel, there is more clarity in Life now. I feel a little stronger emotionally and mentally. I have come out of some serious problems which feels impossible for people to come out of!! I channel Light and also make sure I meditate every day, no matter what I do, and where I am. Thank you for all your guidance and help throughout my journey so far.

- Pooja Mayatra

Quality of my Life has improved

even without mentionable experiences. I sail through Life smoothly without much disturbance, and my thoughts are less disturbing. Most importantly, I feel happy and cool during and after Meditation.

- Gurudas Bhat

Everything looks beautiful, don't know why.

- Hemant Sharma

Light instantly helps, asking you nothing in return. I ask Light about my doubts and a lot of them get clarified through Guruji in that very week's, Sunday session. Something amazing!! As if Guruji is still present physically, and I ask him doubts for which he answers in the session. I love him a lot!

- Pranith Ratheesh

There are more positive changes and maturity in my thoughts and actions.

- Prashanth C

I am feeling good during and after Meditations. I have less stress now.

- Vidya H P

I have become calm and am non-receptive to unwanted things.

- Keta Hymavathi

I am calm in most situations. I have started accepting what happens and there's lot more contemplation now.

- Sukrut Patil

I have stopped arguing completely. Even if others do, I stay unperturbed. I still have criticisms, but I don't respond. I am calm and peaceful. The changes in me are noticeable to others. I am very happy to know that I have changed in a noticeable way. I thank Light and Light Masters and Guruji for that.

- Umadevi M

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