



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 19, Issue 4

March 2024 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – May 2006 issue)

Twenty-five years ago, on 18th May 1981, when the sun was smiling and the Nature was rejoicing with a fresh clothing, I went to Manovati, Maharshi Amara's farmland with his Project for Satya Yuga woven with my dreams and my steely determination, leaving behind my young family and career to build a Reservoir of Light for the foundation of the Kingdom of God. Twenty-five years ago!

My memories are fresh even now. They are too many. Some remain in my heart unspoken and unspent.

Amara left his body in 1982. I left Manovati in 1985, very strangely on the same day. 18th May! But we did not leave the Project. We could not have because that was our Life and Light.

In these years we have built a minimal organization and have done a great job of the foundation with the help of the Rishis at a different level. When the fast growing institutions and their fast spreading works exhaust their breath in the course of time, the Light from the work of the Rishis will manifest in hundreds of new groups and people. This work is slow. This is a project of four hundred years.

On 18th May 2006, after twenty-five years, a small group of us will begin the work of "The Saptarshi Centre for Studies in Spiritual Realities." This work will be mainly establishing closer contact with the Rishis to receive pure and new Knowledge from the Rishis in the Higher Astral planes, understand and systematise it and make it available to others through Manasa.

The construction of the building for the Centre is going on in Antar Manasa in a fast pace. Amara was planning for such a centre in a different place, after I left Manovati, our plans changed.

Now, Manasa and Antar Manasa are the twin hearts of Amara and the Rishis. ■



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.comwebsite : 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 to 8 PM)

at Sri Aurobindo Complex

1st Phase, J P Nagar

at Sri Vighneshwara Temple

1N Block, 5th & 6th Cross

Rajajinagar

at Indian Heritage Academy

6th Block, Koramangala

Wednesdays (7 PM to 8 PM)

at Arya Samaj

C M H Road, Indiranagar

at Hymamshu

4th Main, Malleshwaram

Thursdays (7 PM to 8 PM)

at Devagiri Venkateshwara Temple,

BSK 2nd Stage

Fridays (7 PM to 8 PM)

at Maruti Mandira

Vijayanagara

Saturdays (7 PM to 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

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

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NEWSLETTER

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along with the Subscription
amount.



Maharshi Amara's Jayanti was celebrated at Taponagara on 4th February 2024.

NEWS AND NOTES

- Maharshi Amara's 105th Birth Anniversary was celebrated at Taponagara on February 4, 2024 and at Anekal on February 5, 2024.
- Three eBooks were released during the program at Taponagara. "Living in the Light of my Guru" and "Meditators on Meditations" which are already available in printed format. And Tamil translation of our book "How to Meditate".
- The 14th World Channels Day was celebrated on February 1, 2024. More than seven lakh children from 1600 schools channelled Light on this Day. Many joined from different parts of the world through Guided Live Online Light Channelling sessions conducted from the Meditation Hall at Taponagara.
- Orientation class will be held in Taponagara on Wednesday, 1st May 2024 from 11AM to 1PM. Live webcast of the class will be available for External Guidance students only. Regular students are requested to attend the class in Taponagara. Last date for Registration is April 28, 2024. We are working with many constraints and we request the

students to register well in advance to help us make arrangements properly. ■

MEDITATION ON SPECIAL DAYS

03	Sun	Krishna Ashtami
08	Fri	Maha Shivaratri
10	Sun	New Moon Day
17	Sun	Shukla Ashtami
19	Tue	Shukla Dashami
24	Sun	Kamadahana
25	Mon	Full Moon Day
		Lunar Eclipse: 10.23 AM to 3.02 PM
29	Fri	Good Friday

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
08-3-2024	Maha Shivaratri Special Meditation: 12 Noon - 1PM
10-3-2024	Shambala Group meeting at 2PM
17-3-2024	Ra Group meeting at 2PM
25-3-2024	Lunar Eclipse Special Meditation: 10.23 AM - 3.02 PM
31-3-2024	Light Channelling: 11AM - 1PM

MAHA SHIVARATRI TECHNIQUE

Rishis bring down an Amsa of Lord Shiva in the night on Maha Shivaratri, which enters every home on this earth as a ray of Light, the next morning. His energies remain here for 10 days. We can be aware of His special presence during these 10 days. To experience Lord Shiva and to absorb His energies, we can practise this technique for 10 days from Maha Shivaratri in place of our Stage Meditation. Imagine a huge Shiva Linga made of Blue Light in front of you. Imagine yourself entering this Shiva Linga as a speck of Light. Experience the Blue Light.

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

More than thousand students channelled Light today (02-12-2023) during the session conducted by the school on its own at Kailas Vidya Mandir, Rahu, Tal-Daund, Dist-Pune. The Principal Smt. Jagtap told us, "Light Channelling is conducted regularly in our school. Students are noticing positive changes in themselves, so they are channelling Light on their own, at the school and at home, and are also encouraging others to channel Light. We are very happy to hear about their experiences. I wholeheartedly thank you and Manasa Foundation."

- Goraksh Mahadik, Light Channel Volunteer

After the Light Channelling session in Vidya Pratishthan's Nanded City Public School, Nanded City Township, Pune, students gave different feedbacks. A student said that he was feeling very sleepy since morning. But after the session he was feeling fresh and was able to concentrate. Another student said that he was feeling courageous. Yet another said that he felt something very enlightening. Kanad said that he felt as if he was out of this world. Ovi said that she was angry with herself as she was late to school but after the session her anger was gone. A student said that when we started the practice, he wanted to go out and play but he loved the technique and promised to practise it. Avidnya said that she felt as if she had got a second chance to do something. The Principal, Ms. Vandana Joshi, thanked us for sharing the technique.

- Geeta Joshi, Light Channel Volunteer

While channelling Light I felt as if the earth was like a *Shiva Linga* and the Light was spreading beautifully.

- Teacher, Aivilana Public School, Dasarahalli, Bangalore

While travelling on the train to Bangalore, I noticed that a co-passenger was unable to manage her 2-year-old child who was crying since the time they boarded the train. The futile efforts of the mother to pacify the child by banging her hands on the walls of the train, talking loudly to kid etc., were disturbing. It was my time to channel Light so I began channelling. I felt sad thinking what was bothering the child that it was crying so much. While channelling, I prayed to Light to make the baby comfortable, and by the time seven minutes had elapsed, there was no sound of the baby. When I opened my eyes, the baby was sleeping comfortably!

- Nikhil Gandhi, Light Channel Volunteer

There is Lunar Eclipse on 25th March from 10.23 AM to 3.02 PM. Please channel Light to the whole world during the entire eclipse period.

KAMADAHANA TECHNIQUE

On Sunday, 24th March 2024, at the time of moonrise, imagine a *Homa Kunda* in front of you. Invoke *Agni Deva* by saying once the Mantra 'Om Agni Devaya Namaha' and imagine fire in the *Homa Kunda*. Imagine the *Arishadvargas* – *Kama* (excessive desire), *Krodha* (anger), *Lobha* (greed), *Moha* (attachment), *Mada* (arrogance), *Matsarya* (jealousy). Imagine *Kama* coming out from you as a smoky or dark ball for one or two minutes, collect it in the hands and put the ball in fire. Imagine that it is burnt completely. Repeat the same for other five. Then thank *Agni Deva*. Afterwards, you can experience the Light in you for some time.

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)

August 2007

I felt, not hundreds of times, but thousands of times that all of you should have met my Guru. He was an ocean of Knowledge. I have not come across any such person even through books. There are great people. Even now there are wonderful people. But my Guru was an entirely different person. You may feel it a little exaggerated, if I say, "Pick up the best in all the Masters and put them together – that was Amara." He was an ocean of Knowledge. Any topic, he knew. He spoke with a great authority and he would relate to people with great intensity. It was wonderful really! What I have carried is absolutely nothing compared to what he had given to us. We, in the beginning, did not even make notes. Several months passed. Then I realized, "Oh! this person has so much of Knowledge." Then I took a note book. Then many others began taking down notes.

Whenever I talked about Sadhana and Work, I said, "Work is more important than Sadhana." Sometimes, Sadhana is a part of the work. When we work, we grow. But again, Life has its own dimension. It is bigger than Work. It is a fact. How it is bigger and what is the bigger dimension? I think someday I shall explain. It requires some time. It takes time to understand and explain.

After a long time, I was going through some *Shlokas*, which I had chosen from Bhagavad Gita. This is a book that you can read at any time - after ten years, after hundred years. I say, it is a textbook of Yoga. One of the *Shlokas* struck me. Someday, I would like to pick up only these things. So much is written about Gita and adding more pages may not be

right. But I would like to understand the essence of Gita as seen by the Rishis. Someday I will place before you.

It is about this one particular *Shloka* I would like to say only a few words. I am not quoting the *Shloka*. My Sanskrit is not good. It says, "All Karmas end in Knowledge." When we have the Knowledge, there will be no Karma. All Karmas vanish. Knowledge is *Jnana*. But what is this Knowledge? It is here the Rishis explain something more than any human being can explain, because they know what it is.

The Knowledge that they talk of, is not the Knowledge of the intellect. It is the Knowledge of experience; Knowledge by experience. When you experience the ultimate, there will be no Karmas. Everything burns out. That is the point. You may contemplate on this.

So, experience is the most important thing and not the intellectual knowledge.

While reading a book, certain things flashed to me. I just place before you as I know them. But on this, we are going to spend a lot of time and make thorough research and study. It is only then I can talk about this very authentically. It is about Chakras.

Chakras move. When they are activated, they move. They move in a particular direction. They move in a clockwise direction. When these Chakras move in clockwise direction, we will have all positive thoughts, positive emotions. Sometimes, when we are not having positive thoughts and emotions, the Chakras move in the opposite direction. I understand that this happens every day - moving in a clockwise direction and moving in the other direction.

Think of the seven Chakras. Just imagine a situation when each Chakra will be moving in different directions. For example, Mooladhara in clockwise direction, Swadhishtana in anti-clockwise direction and so on and so forth. I was wondering whether such things are possible. I think it is possible. Each Chakra has a particular function. We have to understand clearly although we have yoga books mentioning many things about Chakras. I feel the essential things are not known. The Rishis will reveal to us a lot. We will wait.

I think, when these Chakras move in different directions, it is then we get confused. We can also say, when we get confused, the Chakras begin moving in different directions.

One more point. Each Chakra has a size. When they are activated, when they work very well the size expands. This is a very important point. We have to understand a lot. These are not the final words. These are only just flashes. We may revise many of these things. Slowly I will tell you very clearly.

Pralaya is churning. Pralaya tests us. Every test is an opportunity to rise above. To take you to a higher stage, a test is required. So, every test is an opportunity and opportunities always come. Pralaya gives us the same opportunity again and again and again. We have to learn and outgrow our limitations. Growing is the most important thing. If we hold on to our old ideas, old ways Pralaya will not leave us at that stage. Pralaya will provide us another opportunity for us to correct ourselves and change. If we do not change, Pralaya has its own remedies. It will not be very pleasant. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

07-01-2024

This is the first class of the year. On behalf of Manasa Foundation, I wish each one of you a very Happy New Year. A New Year always brings new energies, new opportunities and also new challenges and even new gifts. The new energies are the gift. The energies manifest in our Life as different things.

Every year here afterwards, every moment here afterwards, is an opportunity for a great shift in Consciousness. And this year is not an exception at all. We are in the great energy field of Photon Belt and there are many other energies being released by the Masters. We can say that the energies are waiting to manifest through human beings. How will the energies find expression in the human Life? The energies will have to find expression through our living. It is the human beings, who are gifted with this ability to manifest the Divine to the maximum. Of course, the nature does it, the animals, the birds do it. They manifest the Divine. But their manifestation is well defined and limited in a way. But we the human beings can create a paradise here and we can also create a hell with our actions, emotions and thinking. We can define our Life, we can create our destiny.

What should we do to allow these energies to find expression through us? Of course, we can practise all that we have learnt here from Guruji. The most important thing is that we have to make a choice, and act based on our choice. I would like to give very simple examples so that you understand clearly what is it that I am trying to say. We have to make a choice to pay our bills on time and not wait till the last day. We have to make a choice to forgive and not to harbour any grudges against others. We have to make a choice to look at things positively rather than negatively. We have to make a choice

to relate to the positive side in others. While living, we have to make several choices like this. Every moment, we have to go on making choices. Every time, when our choices will be in alignment with the new energies, New Age energies, we will be helping the shift in Consciousness. Otherwise, we will come in the way of shift in Consciousness.

So, if a great shift in Consciousness is expected in this year, we can strengthen it with our choices. Whether the shift in Consciousness takes place or not, we can bring a shift within us. These new energies help us and protect us when we make the right choices. We are being helped by the Universe, by the Pralaya energies. We are entering the most exciting times.



I wanted to highlight another point which came in a discussion with another individual. It is about the Karmas. The question is, "How exactly are the Karmas burnt when we meditate?" Before we understand how exactly the Karmas are burnt, let us understand how Karmas are created.

An action of ours gets recorded in our mind. There will be impression in our mind. This impression is the Karma. I am trying to over-simplify so that we understand the point. To burn the Karma, this impression has to be removed. When we meditate, we receive wonderful energies. These energies, let us say, remove these impressions. It is like taking a bath. When we take a bath with water, we remove dirt from our body. Similarly, these energies remove the dirt or impressions from our mind. So, if there are more Karmas, then we need more energies, more Meditations.

But then, there is another very important point. It is about the intention behind an action. That also gets recorded in the mind. A Karma is created because

of a not so good intention of ours. Because of maybe some kind of jealousy or hatred. When this Karma associated with this action has to be removed, then a change in attitude should also take place. Change in attitude which caused the action, should also take place. Only then, the Karma can be removed. That is why, we say Meditations alone are not enough. Meditations do burn Karmas. But, along with Meditations, we also have to make efforts in other areas. We have been saying this for so many years.

What about people who have been meditating from a very long time? Why there is no transformation in them? What happens to the energies they would have received while meditating all these years?

There may be some exceptions but Meditations help always. The fact is that when we meditate, we do receive great energies. But then, we have to prepare this system in such a way that it can hold these energies. Receiving energies is not enough. Guruji used to say that a burst of anger is enough to lose all the energies we would have received in the Meditation classes. We have to let go of the ego. We have to purify our emotions and thoughts. Then, we will be able to hold the energies we receive in Meditations. Then the energies will bring results definitely. That is why we are asked to practise the Shambala Principles. Sadhana is not a single practice. It has so many dimensions. All the dimensions are important. Meditations alone will not bring transformation.

Another very important requirement for transformation is that we must be wanting to transform. We must be wanting to change. If we do not want to change, then no amount of Meditation will make us change. But if we wish to transform, then all our efforts in Meditations will support our journey forward. ■

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. 2500 for students living in India. For students living outside India the Registration fee is Rs. 4500. The fee includes one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for students living in India. For students living outside India the Renewal fee is Rs. 3500. The fee includes one year's Newsletter subscription.

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

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

SPECIAL GUIDELINES BY GURUJI

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

14TH WORLD CHANNELS DAY – A REPORT

Manoj Chopra

It is a famous quotation of Paulo Coelho: "And, when you want something, all the Universe conspires in helping you to achieve it." When our purpose is higher and selfless, all positive forces also join our effort to help us. This is what happens every year on World Channels Day, when dedicated teams strive their best to bring down Divine Light with the purpose of creating a better future for the world.

On World Channels Day, our Volunteers made more than seven lakh children from more than 1600 schools channel Light. The six Live Guided Online sessions were impactful and intense. It was a blessed day filled with joy and happiness. I am sure Maharshi Amara must be touched by the efforts of our Volunteers. Our Volunteers put in their hearts and souls, worked like Light warriors, and left no stone unturned. Guruji used to call them Dare Angels, and it suits them perfectly.

Schools welcomed our Volunteers on the red carpet despite their own challenges. Hundreds of schools shared photographs and videos with us after conducting the sessions. We could make out their joy and enthusiasm for World Channels Day through their photographs and videos. I honestly feel the Revolution By Light would not have succeeded without their support. Children too welcomed us with a Divine smile and channelled Light beautifully. They are our future hope.

Around a hundred Volunteers worked throughout India and abroad. We could cover different parts of the country like New Delhi, Karnataka, Andhra Pradesh, Tamil Nadu, Uttar Pradesh, and Maharashtra. We could conduct online sessions in Malaysia, and hundreds of people joined our Live Online Sessions from different parts of the world.

The stories of the struggles and sacrifices of our Volunteers may not be recorded anywhere in history, but they will be noticed by the Hierarchy and inscribed somewhere in the Universe. I am sure that their selfless work will inspire future generations and attract silent appreciation from the Creator.

We may not see the drastic changes after the World Channels Day, but definitely it will impact the world. If we could reduce the pain of even one person and induce hope in him, I think we would be satisfied with doing our job. We always remember that we are just Channels; Light knows how to work and how to spread. Light will show us the way forward. The dream of the New Age is a mountainous task to achieve. It's a long-term project. We, as humanity, have a responsibility to manifest these changes through us. If most of us could do it, I think New Age is not so far away.

We thank School Authorities, Teachers, Children, and all the Light Channels for channelling Light on World Channels Day. Your support is most valuable for moving forward in this Revolution. ■

QUESTIONS AND ANSWERS

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

Q: Who is a Rishi?

A: A Rishi is a radiant being who can receive and transmit knowledge and energies as Light.

Q: Where do Sapta Rishis live?

A: In Satya Loka.

Q: How do they guide us?

A: They have a network of assistant Rishis and human beings down here. They monitor our Sadhana through them and pass on the necessary knowledge and energies through their human channels.

Q: In Creation, what are the roles and responsibilities of the Divine personalities and Rishis?

A: The Three Divine Personalities - Brahma, Vishnu and Maheshwara are three different forces essential for Creation to go on. They are the forces of Creation, Life and Destruction. The Sapta Rishis are very special and chosen guides of humanity. The choice was made by God Himself.

Q: All religions believe in Sapta Rishis/ Seven angels/ Seven Rays. As I understand, they took birth as humans and became Masters. Am I right?

A: Yes. We came here two billion years ago. They too came with us and took the first birth. After death, they did not take birth on this earth again. They went to Satya Loka. Even before taking birth on this earth, they were Masters. From this point, they developed their capabilities further.

Q: God can be approached directly without the help of Rishis. Is it right?

A: Yes. It is possible. Theoretically. But practically some guidance is essential.

Q: Are the Rishis graded?

A: Yes. There are young and old. Juniors and much experienced.

Q: How can we distinguish them?

A: Mainly by intensity of the Light they emit; by their Vibrations.

Q: Do Rishis also meditate?

A: Yes. But their techniques are different and also the purpose. If we meditate for our benefits, they meditate for others' benefits.

Q: Like the network of Light there is a network of evil and darkness. Why don't Sapta Rishis destroy it?

A: God created both good and evil. Each has its own purpose. The Sapta Rishis understand this. So, they don't destroy but contain it when it is right.

Q: What is the difference between a Yogi and a Rishi?

A: A Yogi works for his own growth and a Rishi works for the welfare of the entire Creation. Rishis have access to the Source of all knowledge and powers.

Q: In Shoonya masa where do our Rishis go? From where do the other batch of Rishis come?

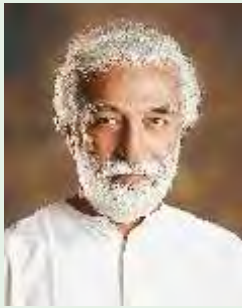
A: Our Rishis go to Satya Loka for a month-long Tapas. Another batch of Rishis are selected from many volunteers from different planes by the Sapta Rishis. This batch of Rishis monitor the activities on this earth at different levels in the absence of our Sapta Rishis.

Q: In other groups, they do not talk of Rishis and other planes. It is only here. Why? Is this important?

A: There are some more groups who talk about other planes if not about Rishis also. Outside our country people talk very confidently about other planes and clear contacts. Many groups here do not talk of these because they are not aware of these. Becoming aware of Higher beings and other planes is not just important but very important. ■

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iGurujī - Vol 2	120/-
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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)

Even though I am going through a tough part in my Life with my work situation, I am one with Life and in complete acceptance of what unfolds. I consider that a blessing from the Rishis.

- Vishal Kale

As I stay quite far and I have taken up Meditation classes through External Guidance, I have longed to visit Taponagara centre. The moment I thought about the centre, I had a vision of seeing Jayant Deshpande Ji at the entrance. As it was my first visit to the centre, which is not a familiar location, I sincerely requested Sapta Rishis and our Gurus that I should have a smooth trip and meditate peacefully over there. I got a cab easily. When I was trying to enter, I encountered Jayant Ji exactly as per the vision I had. I got goose bumps and thanked the Rishis. During Meditation, it was very peaceful

and I felt blissful throughout the day.

I suggest everyone who is taking classes through External Guidance to visit Taponagara.

- Ramya Muralidharan

I was a student earlier but there was a discontinuation in Meditation for 5-6 years and I rejoined again. So, in the evening, after doing Stage Meditation in the Sapta Rishis' Cave, I prayed for the blessing so that in future there will not be any discontinuation in my Meditation. I sat in silence for some time and felt that a beam of energy came from the Sapta Rishis and entered my body. I felt very strong sensations and goose bumps. The sensation remained for quite some time. I think I got the blessings I requested for!

- Sukrut Patil

FORM IV

(See Rule 8 of Press and Regulations of Book Act)

1	DOORWAYS	Title of the Newspaper
2	Registration No.	KARENG/2005/16369
3	Place of Publication	Bangalore
4	Periodicity of its Publication	Monthly
5	Editor's, Publisher's & Printer's Name	S.B. Shyamala Devi
	Nationality	Indian
	Address	Taponagara, Chikkagubbi, Off Hennur-Bagalur Road, Bangalore Urban - 560077
6	Printed at	M/s. Art Print, 719/A, West of Chord Road, 2nd stage, Rajajinagar, Bangalore - 560086
7	Owner's Name	Manasa Foundation ®
	I, S.B. Shyamala Devi, hereby declare that the particulars given above are true to the best of my knowledge and belief.	
	Sd/-	
	Bangalore	S.B. Shyamala Devi
	Date: 25-2-2024	Signature of Editor, Publisher & Printer

DOORWAYS An English Monthly Newspaper, Annual Subscription: Rs. 300/-
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. Art Print, 719/A, West of Chord Road, 2nd Stage, Rajajinagar, Bangalore-560086. Phone : 23359992
Owner: Manasa Foundation (R), Taponagara, Chikkagubbi, Bangalore Urban-560 077.
Editor : S.B. Shyamala Devi