



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 06

May 2026 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – May 1994 issue)

On 29th May 1994, we will be completing six years of opening of the Meditation Classes. More than two thousand individuals have attended the Classes so far and many have touched the Meditational heights. Six years are too short a period, considering that life-times of Spiritual practices are necessary to achieve our Spiritual goals. And yet, I am happy that I have many good Meditators around me who not only meditate but also have transformed their lives by opening the fountains of Love and Spiritual wealth. I have seen smiles and hopes in the faces that had frowns and doom. And in these smiles and hopes I find the returns of my work.

In these years, my work has extended from mere teaching and training in Meditations to building up Energy fields, channelizing the Cosmic energies to heal the world, laying the Spiritual foundation for the Second Shambala in Taponagara, training individuals in Healing and the Astral works under the Rishis. The Astral travellers and clairvoyants among the Meditators are helping me in the work and all my attention is focused on them now because it is this small group of individuals that will carry on the work passed on to me by my Guru. And I do not have all the time.

In these years, I have benefitted more. I learnt more, understood better and moved closer to the Rishis. I do not hold grudge against the injustices in life. I do not have any bitterness or any complaints. So much of Peace and Love have filled my inner chambers that I feel I have accomplished my mission. Now it is for the others to carry on.

Taponagara comes alive on Sundays. People throng the Meditation Hall to meditate, along with the numerous Astral visitors. The regular visitors from the City find that this place is not far off. And those who do not visit find that this is in the other corner of the world! The distance is in the mind. People go to Himalayas for Knowledge and Peace!

Under the Jyoti project, more than forty children from the neighbouring village were helped in their studies. They come often in groups to talk to their pet teacher and also to play! The elders of the village do not clearly understand the work going on here. But they are aware that something good is happening, at least to their children!

All this is a part of the Foundation work for the Shambala; the second Shambala. ■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road), Bengaluru – 560 077. INDIA

Phone : 99000 75280 (10 AM to 5 PM)

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



MEDITATION CLASSES

Held in Taponagara on Sundays

Basic Class:
9.30 AM to 10.30 AM

Regular Class:
11 AM to 1 PM

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

at Sri Aurobindo Complex
1st Phase, J P Nagar

at Prasanna Gangadhareshwara
Temple, 2nd Cross,
1st 'R' Block, Rajajinagar

Wednesdays (7 PM - 8 PM)

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

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Maruti Mandira
Vijayanagara

Saturdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

at Saptarshi Dhyana Kendra

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

www.lightagemasters.com

NEWSLETTER

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



Meditators gathered at Antar-Manasa on 2nd April 2026, Full Moon Day to practise Kamadahana.

NEWS AND NOTES

- ◆ Guruji's 87th Birth Anniversary will be celebrated at Taponagara on 24-5-2026. To participate in the program, Sadhaks may register their names by 22nd May at Manasa office.
- ◆ Orientation class will be held in Taponagara on Friday, 1st May 2026 from 11AM to 1PM. Live webcast of the class will be available for External Guidance students only. Regular students have to attend the class in Taponagara. Last date for Registration is April 28, 2026.
- ◆ The Light Channel Volunteers and Members of the Healing group are requested to re-register their names if they wish to continue the Light Channelling and Healing work. New students who wish to join the work can also register. Please register with Shri. Manoj Chopra (WhatsApp number 93438 64912).

MEDITATION ON SPECIAL DAYS

01	Fri	Buddha Poornima Full Moon Day
10	Sun	Krishna Ashtami
15	Fri	Masa Shivaratri
16	Sat	New Moon Day
18	Mon	Guruji's Birth Anniversary
23	Sat	Shukla Ashtami
24	Sun	Guruji's Birth Anniversary Celebration
25	Mon	Shukla Dashami
31	Sun	Full Moon Day

PROGRAM AT TAPONAGARA

Sundays	Lectures: 11AM - 12 Noon Light Channelling: 12 Noon - 1PM
10-5-2026	Shambala Group meeting at 2PM
17-5-2026	Ra Group meeting at 2PM
24-5-2026	Guruji's Birth Anniversary program
31-5-2026	Light Channelling: 11AM - 1PM

PROGRAM AT ANEKAL

Guruji's 87th Birth Anniversary will be celebrated in our Saptarshi Dhyana Kendra on Monday, 18th May 2026 at 11.30AM.

Live webcast of Sunday lectures is available for students. Please contact Manasa office through email for details.

GURUJI'S BIRTH ANNIVERSARY PROGRAM 24-5-2026, Sunday

11AM	Welcome Speeches Special Meditation
12.30 PM	Prasada

ECHOES OF TAPONAGARA

Spring arrived and brought with it an array of colours. The almost barren brown expanse came alive with shades of tender green and red. The trees were perfectly juxtaposed against the harsh sun. One wonders if people would have appreciated the beauty of the changing backdrop more if the sun hadn't been so harsh. Is it only when one experiences hardship that the beauty of the universe shines through? Does one truly appreciate a Guru only when he or she finds relief in the time of need?

There was a long eclipse on 2nd March, but somehow many remarked that time just flew by. Although at the physical level the body did feel discomfort, the eclipse energies were deep enough for people to lose themselves in them and ignore the pain. The session ended with a minute of silence. After a 5.5-hour-long Meditation, the minute of silence felt longest of all!

The dining hall echoed with cheers of India late into the night. A few Taponagarites came together to watch the final between India and New Zealand on 8th March. Although small in number, the enthusiasm was on par with the stadium in Ahmedabad. The evening saw moments of stress, enthusiastic cheering (that probably reached the stadium), and a feeling of pride when India lifted the trophy.

Whenever the Sadhaks go to Antar-Manasa for Poornima Meditations, the memories of the informal meetings with Guruji come rushing back. The memories are fresh, fragrant, almost like petrichor... When one loses somebody very close to them, over time the small quirks of that person become hazy. Their voice may grow fainter than one would prefer. The hole left in the heart by their absence is slowly filled with a stale humdrum routine, but the memories of the times spent with Guruji are imprinted in the soul of every Sadhak and remain part of their being, something they will carry with them in every lifetime. ■

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

In Kariyappa Memorial Satanuru School, we conducted Light Channelling sessions for the students of Grade 3 and above. The children sat very quietly for seven minutes with their eyes closed. After the session, the entire school environment was filled with positivity. They were very happy and said that they were able to experience in just seven minutes how powerful this Meditation is. The Principal, Mr. Puttaswamy expressed his heartfelt gratitude on behalf of the school for teaching this technique. He said it is very beneficial to all the school children.

In Government Primary School, Kodihalli, Kanakapura (Centenary School), both the students and teachers practised Light Channelling with great joy and enthusiasm. After the session the children came and surrounded me saying that the technique was truly wonderful and that they were very happy. They requested me to visit their school once again and said they would practise it even better next time.

The teachers also asked me to visit again and said, "This has been very useful for our children. It is truly a wonderful Meditation."

The happiness that I saw in the children felt like an unforgettable celebration. I was extremely happy and expressed my heartfelt gratitude to the Light Masters for providing me with such a wonderful opportunity.

- Nagarathna K. S., 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)

February 2008

The New Agers talk of us entering into the Photon Belt in 2012. 2012 is an important year. We don't know; we are not revealed all that is in store. But again, some guesses, some clues, you can be told. There will be major changes, and we thought the changes would come after some time. Normally we think, it will come after some hundred years. In these three years, there will be major changes in our lives; in the Life of this earth; the earthens. This phase, from this Ugadi, will be the phase when Lord Kalki will begin acting seriously. This will be the phase, when he will judge. Bible quotes of the Last Judgment and such things. All Scriptures speak of these things.

But again, let me assure you on behalf of the great Rishis, that there is nothing to feel scared of. We need not panic. All that is required is, just to say sorry. You don't have to do *padayatras*; you don't have to roll around the temples. You don't have to punish the body; don't have to fast, don't have to do anything. People do all these things but they will not say sorry. So, say sorry. Don't tell anyone. Don't tell your Guru. Say sorry to yourself. Tell sorry to God. And saying sorry is not enough. I have heard people saying sorry many times in just one minute. They don't mean it. Say sorry and don't repeat the mistake. That is how we progress. That is how we change, transform. This is the time when you say sorry, and He will give a hand; helping hand. He will lead us further. This is the time - now - when, between the act and the corrective action, there will be some time. This time gap will

reduce. This may not happen immediately. It can take some time. But very shortly this will narrow down and after some time there will be no time gap at all. If I commit a mistake, I will have the immediate effect of it. This will be escalated. It is not the physical act, but the very thought of the act, that will attract this corrective action. This period will begin from Ugadi.

We were discussing yesterday about the collapse of all man-made systems. They do collapse. We have to spend a lot of time understanding and to explain it again. But keep this in mind; think about this. You yourself will get the direct knowledge from the Rishis. All man-made systems collapse. Once this collapse occurs, in their place, immediately, instantaneously, there will be the Divine systems. We are not left alone at any time. But we have to prepare ourselves. I think the very nature of Sadhana changes now. Sadhana, all these days, and in earlier times, would be to grow individually. Now, it is slightly different. We have to transform. We have to prepare ourselves, to accept the New Age. We cannot escape it. We have to accept it. If we cannot accept, we have to go to the place, where there is still the Old Age or the Dark Age.

We don't introspect. Sadhana begins with introspection. That's the real check-up. This is a day of check-ups. We can check-up ourselves, when we stand before the mirror. What we check-up here, is the practice; the practice of the technique; how long, how many days etc. But the progress that you have made is checked by

the Rishis; the Astral beings, because they monitor every thought of ours. Do not think the check-up is done only today, at this moment. It's being done every moment. Every thought of ours, every emotion of ours and every act of ours is noticed, monitored; assessed. Then when we come here, the person who sits before us, the senior Sadhak, may not be aware of all these things. But the Astral Master will guide him to say, "Yes you practise in the next stage or please continue." So, this is the process of check-ups.

We read books and sometimes we come across some techniques; new techniques. Somehow people are crazy of techniques; gathering techniques, writing down in the diaries and also trying to practise them sometimes. A new technique is always attractive. Sometimes people ask me, "Can I practise this technique which I read in a book?" It's difficult for me to say whether it is right to practise or not right. I always say, "It's up to you." We also have to remember that a technique is not an isolated one. A technique is a part of a chain of techniques. For example, here, we begin with activation of the Chakras, then we have other things, cleansing techniques etc. Anyone cannot pick up a technique in the middle and go on practising. He has to begin from the beginning. So, the techniques in the books or told to us by our friends, we can just experiment for some time, just for the thrill of it. But it does not do us all the good. Sometimes, some techniques have to be practised under guidance; I would even say under protection, particularly those involving Astral travel. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Usha Satishchandra)

01-02-2026

I am sharing an interesting conversation a student had with Maharshi Amara many years ago. It is still relevant today. The questions the student raised are ones that may cross our minds too.

Student: "Sir, I have been meditating for a long time. But I have not made any progress. Why?"

Maharshi Amara: "How do you know that you are not making progress?"

Student: "I do not find any changes in me."

Maharshi Amara: "Are you sure?"

Student: "Well, I have felt relaxation, calmness, weightlessness and have seen images and flashes of Light. But I do not find any changes in my life."

Maharshi Amara: "If you are expecting a miracle, you have to wait for a long time. If you are expecting benefits on the material plane, like a sudden rainfall, you will be disappointed. But, if you are expecting changes in your life, in your attitude and your approaches, you will definitely find changes. Wait."

However, the student, not fully satisfied, continues: "But I have meditated so long."

To this Maharshi Amara says: "The time is not the point. It is the quality, the intensity. Do you understand? And you experienced calmness. Allow it to expand to become Peace. Let the moments of Peace during Meditations expand into your Life. Peace brings stability, sobriety and sense, and your Life changes. Your attitude and approaches change. The important thing is to allow transformation."

The person asks: "What exactly do I have to do?"

Maharshi Amara replies: "Do not expect the change to be thrust from outside. It comes from within. When it comes from within, do not resist it. Then

old habits, beliefs, ways, etc., will look childish, useless. Throw them out. Throw out the ego. Look ahead. Grow."

How profound are these words. I share one more conversation. It is very interesting.

A person asks Maharshi Amara: "Sir, when did you start teaching Meditations?"

Maharshi Amara's reply will surprise you. He says: "From the age of 17."

The person then asks: "How many people learnt from you and what were their achievements?"

Maharshi Amara replies: "In the beginning, the number was small. I was young and I was not taken seriously. I tried to talk to my friends. They just laughed. I had to demonstrate my powers."

The person then asks: "Can you narrate these?"

Maharshi Amara replies: "They are not important. I will mention one. One evening, I was walking with my friend who was teasing me. He said that he would believe my meetings with the Rishis, if I could bring rain immediately. I sat down under a tree for some time and told him that in 30 minutes, there will be rain. It will be heavy."

The person asks: "Did it rain?"

Maharshi Amara says: "Of course it rained, and heavily too."

"What did you do, sir?" asked the person.

Maharshi Amara replies: "You want to know everything? I sat in Meditation, entered into Samadhi and prayed to Lord Varuna."

The person says: "And he answered your prayers? Is it so simple?"

Maharshi Amara says: "It is not so simple. But I cannot give you details. You have to come to higher stages. That is a different point. Before 1974, I was able to guide more than 5000 persons to Mukti.

They were giants and did great Sadhana. I wanted to retain some of them for the Work of the Rishis. But the Rishis did not permit it. They wanted me to wait for you."

The person then says: "Did you know we were coming?" "Yes. I was waiting," was Maharshi Amara's reply.

Like this, everything about him was so profound, so magnanimous, so great, and so huge. He will come again, bring down more energies, more knowledge and take us to even higher levels of Consciousness. There is so much of knowledge that he has brought down, and so much that Guruji has captured in his books. The books are also full of wonderful energies. There is so much to assimilate and practise. We can slowly understand, practise and grow.

On World Channels Day, 30th January, 7 Lakh children from 1500 schools channelled Light. Apart from this, thousands of people also channelled Light. This is our way to express our Love towards Maharshi Amara. This is our offering at his feet. I congratulate our Manoj and all our Volunteers who worked with great sincerity and enthusiasm. Throughout the year they prepare for this. They go to schools, talk to the school authorities. It is not easy. Sometimes, they are sent back from the gate. Sometimes they may feel disappointed. But they endure all this humiliation, talk to the school authorities, explain and make them aware of the potential of Light Channelling. It is not easy and they use their personal time and personal money.

They had prepared the schools well in advance. The planning was so thorough, and so detailed. It was full of their Love for Guruji and Maharshi Amara.

On that day, everybody was busy conducting sessions in different schools. And, because our volunteers had prepared them, some schools channelled Light on their own. ■

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.

THE LIGHT WITHIN - A TRIBUTE TO GURUJI

Usha Satishchandra

Guruji built Taponagara as abode of God and in doing so, created far more than a physical sanctuary. This he built to never let his Guru's vision fade. Though he is no longer with us in form, his presence continues to be felt in every corner of this sacred place. It remains a refuge where seekers gather in continued pursuit of the Path, he so lovingly paved.

A representative of God lived amidst us, leading us, despite our shortcomings. Sitting with him has made us comprehend clearly the treasure that lies within us, as though a veil is gently lifted from our consciousness. Those moments, once shared in his physical presence now live on as guiding Light within us. His words and silence alike continue to echo, reminding us that what we seek has always resided within. What he awakened in us does not fade - it deepens with time.

He taught us to blossom the love in our heart, a teaching that now carries even greater meaning. In his absence, this love becomes the thread that keeps us connected to him and to one another. It grows quietly shaping our lives with compassion, humility and understanding - the Foundation of a more mindful living.

We still cherish those brief moments of timelessness, freedom and joy experienced in his presence. Today, they return to us in memory and in Meditation, reminding us that his guidance leaves a deep imprint on our being, encouraging us to return to that state of inner stillness, time and again. Above all he taught us that togetherness is more than celebration. As we come together now, it is this unity that keeps his spirit alive among us. Though he may no longer walk beside us, but his teachings continue to illuminate our path, living on within each of us.

What is it that we carry back when we meet such a Master - it's Sadhana - trying to be in unbroken connection with the Guru and the God within. ■

THE ENDURING INFLUENCE

Karthik N.

Guruji has always been a source of Light, guidance, and quiet strength in our lives. His presence carries a rare combination of simplicity and depth that inspires everyone who comes into contact with him. He does not merely teach through words, but through his actions, his silence, and the way he lives each moment with awareness and purpose.

Apart from the initial fascination with the serene and beaming stature of Guruji, if one closely observes him, one can begin to fathom the task he had at hand. It was a formidable task—to be a channel of the Sapta Rishis, to remain true and pure, and to set up a base for their work from scratch, with almost no resources at hand. He started from nothing, without any prior foundation, and built this base for the Rishis. Thereafter, many came and learned, and many grew to great heights. Long-time sadhaks, as well as curious one-time visitors—all of them are impressed by the pristine knowledge and energies he brought down and anchored in Taponagara. Guruji's unwavering dedication, despite numerous challenges, is truly inspiring. There is a mountain of work behind his simple smile!

He never sought recognition or comfort, yet he built a foundation that continues to guide seekers even today. Even now, his influence continues to shape our thoughts and actions. Whenever we feel lost or uncertain, we remember his words and the calm assurance they carried. Guruji is more than a teacher; he is a guiding force whose impact transcends time, leaving a lasting imprint on all who are fortunate enough to walk his path. ■

QUESTIONS AND ANSWERS

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

Q: On passing away, ceremonies and rituals are held for eleven to twelve days. How do these help the soul?

A: After death, the soul is permitted to stay with the family for ten days. The ceremonies help the soul in preparing itself for the onward journey.

Q: After death, if the tenth - or twelfth-day ceremonies and subsequent anniversaries are not performed, will there be any effect on the soul or others?

A: No.

Q: Do the ceremonies and rituals have any Spiritual significance?

A: They drive home the Truth that the soul continues to exist even after death and that our communication reaches it.

Q: How do the yearly ceremonies help?

A: It is a way of respecting the person; remembering the dead with Love, and expressing our gratitude.

Q: At the time of death, the guides come to escort the soul to a place where its Life here is assessed and its future course is decided. Does it happen to all the souls from amoeba to man?

A: No. We are bound by the laws of Karma and we gather Karmas. After death, we will be directionless and confused. For us, the guides are required to convince, educate and escort us to the place where our Life is assessed. The souls of amoeba, birds, animals, trees, etc., come from a different origin, the plane of mind, and are not bound by the laws that bind us. Straight away, they go back to their plane of mind.

Q: When death occurs in a family, as per Hindu custom, we cannot perform puja or go to temples for a certain number of days. But we can pray. Why?

A: It is just a custom. There is a Spiritual reason. People in mourning may not be able to do Sadhana. So, a

margin is given. This is how a custom begins and becomes a rule. Understand scientifically and give up the distorted part.

Q: By Spiritual practices, can we overcome our past Karmas and planetary influences?

A: Yes, by Meditations.

Q: What about other practices?

A: They bring us good but cannot wipe out the Karmic or the planetary influences. But Meditations burn out all these influences.

Q: Can we sublimate our desires through indulgence?

A: No. When we indulge, we will be serving them. We have to shift the desire to a higher level.

Q: Do we have to suppress?

A: No. It will rise in some other area. Sometimes, it leads to perversion. We have to sublimate desires.

Q: We live our Life on a give and take policy, where one cannot have a selfless approach. What should we do?

A: Act with common sense. We can be good and selfless. But if someone tries to exploit us, we can deal with them with firmness. Spirituality is not accepting everything. We have to resist injustice and evil.

Q: How can we know about our past and future?

A: Astrology indicates but cannot reveal all. By Meditations, we can learn to enter into the flow of Time and look back into the past or look ahead into the future. But this is not easy. One has to attain enough maturity, not be swayed by the revelation. And our Spiritual guides in the Higher planes have to permit.

Q: Are there any special techniques?

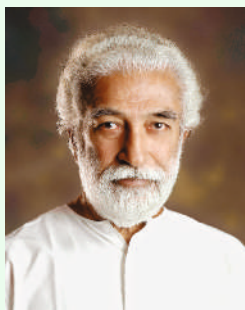
A: Yes. There are.

Q: Do you have any?

A: Yes. I do have. ■

LIST OF OUR PUBLICATIONS

Table listing various publications such as 'Doorways to Light', 'Higher Communication and Other Realities', 'Light Body & Other Realities', etc., with their respective prices.



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 had a beautiful Astral experience on Shivaratri night, February 15th, 2026. I could see the Manas Sarovar, a beautiful huge water body, so Divine! So many souls had gathered to witness the moment. I saw 7 stars descending down; our Sapta Rishis in the form of Light coming down from the sky, over the Sarovar. As they came closer, I could see a huge ball of golden Light held by the 7 stars, like a lamp on a table. This gigantic Light went straight down into the Sarovar. Then, in some time, a golden Light came out and spread everywhere, across the earth, filling up everything and everybody. It was indeed a blissful experience.

- Niveditha

I think because of Light, awareness is increasing and helping me in all my activities. The inspiring change I experience is that, though the joint pain due to arthritis has increased due to the sudden climatic changes, I am not worrying about it as before.

- Pallavi Desai

In the past three months I was very aware of sending Light or calling on Light whenever required. I felt inner Peace and was confident that the Light will always guide me.

- Shibani Trikannad

When we have absolute faith and sincerity, and when we surrender, Light enters into us and we enter into Light. Then Light gives us the strength to overcome all trials and weaknesses and gives us the contact with the Divine.

- Sulochana Ramaswamy

Every single day is like a new birth

with higher perspectives, understanding, evolving, and a rhythm, that flows with calmness, and much more. This Spiritual process is a continuous flow of energy, but with variations. I am at a point where, flow is effortless into this system and flows with a rhythm. Body and Light are integrated into one, but they are aware of each other's influence and participation. This goes on, all day and night.

- Vidya Viswamitra

I am able to face challenges and difficulties in a better way, in the ever-changing situations of my Life, by surrendering myself and accepting the changes gracefully.

- Leela Kumar

When I practise Meditation, I have clear thoughts of what needs to be done; I will be calm. Or else, by evening I will be totally worn out.

- Tara Gowdar

I am able to meditate fairly regularly. I believe despite all the challenges I face daily, holding myself accountable has helped me face these obstacles with courage and smiles. I can see that problems come and go, but when I am grounded in my Sadhana, and have a positive mindset, the problems are not as challenging as they seem. The habit of Meditation has brought about a lot of changes in me, mentally and spiritually.

When I sit down to meditate, thoughts don't bother me as much as they used to before. They come and go, while I am able to detach from them and focus on something deeper within me. Sometimes, I feel, a Rishi is with me, when I am meditating.

- Archana Kannan

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, Bengaluru – 560 077 and

Printed at M/s. Josco Printers, No.14, 12th Cross, Ramamurthy Nagar, Bengaluru – 560 016.

Owner: Manasa Foundation (R), Taponagara, Chikkagubbi, Bengaluru – 560 077.

Editor : S. B. Shyamala Devi.