



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 20, Issue 11

October 2025 (English Monthly)

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – November 2000 issue)

Now, Meditation is the 'in thing'. It is no more an old fashioned blind practice. Foreigners practise. Film stars practise. It must be good, modern and scientific too!

We take pains to properly pronounce Kung Fu, Feng shui, etc., but call Mooladhara, the Base Chakra and Sahasrara, the Crown Chakra! I am not talking of the "Swadeshi-Videshi" angle. I am trying to laugh at the lack of our original thinking and following blindly the things that are approved abroad, like our accepting Vivekananda or Mahesh Yogi after their success abroad.

There is a movement back to the tradition; back to the Spiritual. Back to the nature; back to God. This trend is all over the world. So, we too are turning towards Meditation, Vastu and Religion. It is good. It is good, even if we are aping!

When I used the word 'Realities', a person raised his thin eye-brow! "Realities! But, there is only one Reality, that is God and everything else is Maya, illusory." I could read his thoughts without any effort. And I had no hesitation in agreeing with him. Yes, it is true. It is the Truth at the highest level, where there is only Pure Consciousness of the pre-Creation state. But, here, at this level of hunger, pain, violence, corruption, struggle etc., there are many realities and we have to deal with them.

Spirituality is coping with all the realities of this plane, following the path of Dharma, Truth and Love.

How does Astral travel help us? How is it a part of our Spiritual Sadhana? These are valid questions.

Astral Travel is our natural faculty. In the Astral plane, we can grasp more knowledge and gather more energies than at the Physical plane. At the Astral plane, the Rishis teach us many complex things that help our progress in Sadhana, even if we do not recall them in our wakeful state. Astral Travel is a thrilling experience.

As we advance further into Satya Yuga, faculties like the Astral Travel automatically get activated.

A person expressed his keen desire to be near me so that he will make fast Spiritual progress. The intention is noble. But it is my experience that the physical distance, near or far, does not make much difference if one is tuned to me or the Rishis. In fact, proximity brings complacency. Proximity does not make people pious, automatically. ■



★★★★★

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

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
at Indian Heritage Academy
6th Block, Koramangala

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

NEWSLETTER

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



Maharshi Amara's Maha Samadhi Day was observed at Taponagara on 31st August 2025.

NEWS AND NOTES

- ◆ Meditators gathered in the Meditation hall at Taponagara and channelled Light to the whole world during the Lunar eclipse on 7th September and Solar eclipse on 21st September 2025.
- ◆ Shambala Group members received special initiations from Shambala Masters on 14th September 2025.
- ◆ The RA group members received special energies of RA on 21st September.
- ◆ After having enriched ourselves with the Eclipse Energies on 7th and 21st September, we have entered another beautiful phase blessed with the presence of Devi during Navaratri. We can meditate more and be aware of Her presence to enrich ourselves with more of Her energies.
- ◆ While the Residents of Taponagara gather every Poornima evening to channel Light for some time after practising Kamadahana, some of the them have begun gathering every evening to channel Light and to meditate in different structures in Taponagara and Antar Manasa.

MEDITATION ON SPECIAL DAYS

01	Wed	Mahanavami
		Ayudha Pooja
02	Thu	Vijaya Dashami
07	Tue	Full Moon Day
14	Tue	Krishna Ashtami
19	Sun	Masa Shivaratri
20	Mon	Naraka Chaturdashi
		Diwali
		Worship of Devi
		Mahalakshmi
21	Tue	New Moon Day
22	Wed	Balipadyami
30	Thu	Shukla Ashtami

PROGRAM AT TAPONAGARA

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

SPECIAL MEDITATION TECHNIQUE FOR NAVARATRI

During Navaratri, which began on 22nd September, we are blessed with the presence of Adi Shakti. We can meditate more and receive more of Her energies. We can also be aware of Her presence. For 10 days starting from Navaratri, we can meditate with this special technique - Think of a huge globe of blue Light. Enter the globe. Experience this globe of Light, experience the energies of Adi Shakti. There is no mantra to be repeated. This technique can be practised for 10 days in place of daily Stage Meditations.

LIGHT CHANNELLING EXPERIENCES AND FEEDBACK

(Compiled by Vaishali Joshi)

A student from Vagdevi School, Bangalore shared his experience. He said, "I always had thoughts which scared me. But after learning Light Channelling I started practising it at home whenever I felt sad or had fear. Now I don't get scared or feel anxious. I feel better after channelling Light. I feel very happy and very calm. Thank you."

- Rajshekhar M., Light Channel Volunteer

After the Light Channelling session in Sir M Visveswaraiah School, Mallasandra, Bangalore a couple of students gave their feedback. One student who was having severe stomach ache and giddiness and was finding it very difficult to sit said that after channelling Light for about 5 minutes his pain had completely vanished and he was feeling very fresh and energetic.

Another student, Srinivas said that he felt as if he was sitting with God and did not want to come out that state. He was unable to explain the bliss that he experienced.

Light Channelling is being conducted every Saturday and on all other important occasions in GHPS, Mallasandra, Bangalore. The PT Teacher, Mrs. Banumathi said that she has observed discipline and peace among the children. And she herself also feels very active and energetic.

- Chandrakala D., Light Channel Volunteer

In the follow up Light Channelling session at Gopal Krishna Balak Mandir, Gokhale Nagar, Pune about 50 students channelled Light. A few students closed their eyes and began channelling before we showed them the chart and started the session. And they did not open their eyes until the session was completed. I was wondering how they did it but their innocent face expressions were so good and genuine that I was sure that they are already connected to Light. It was such a beautiful moment for me to experience this.

- Ashutosh Navangul, Light Channel Volunteer

After the Light Channelling session in National Public School, Hesaraghatta one of the teachers shared that he experienced Light in his body. A student said that it was a great experience and she felt good.

Students of B E L (CBSE) School, Jalahalli, Bangalore shared their experiences after the Light Channelling session. One student said that he could feel calmness and peace during the session. Another student said that he felt calm and couldn't hear any other noise during the session.

- Rakshith V. R., Light Channel Volunteer

About 400 students participated in the Light Channelling session conducted in St. Henrita's School, Richmond Road, Bangalore. One of the teachers said, "The world looks new to me after the session."

- Sunita Tenneti, Light Channel Volunteer

A teacher in Aivilana School, Jalahalli, Bangalore shared that she was not able to stand for more than a minute at a time. She was surprised that she could stand for more than 15 minutes during the Light Channelling session and experienced Light.

A student in Shubodaya School, Tumkur said that she was very upset from morning after being scolded by her mother and because she could not complete a project in time. After the Light Channelling session, she felt very fresh and there was no trace of sadness.

- Radha B. T., 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)

January 2008

A person questioned the use of printing these Spiritual experiences. He said, "They are so personal. Print something useful. Why this?" We cannot get offended with such remarks. People do not know. We always laugh and go ahead with the Work ordained by the Rishis. Anyway, seriously, these experiences have benefits. Although they are very personal, once you have the experience and tell us, it becomes universal. Think about this. It is such a beautiful thing. We print your experience and thousands read. Everyone is inspired and benefited. Read the biographies of the great Masters. They contain many experiences. If we apply the logic, their experiences are very personal. Why should these be revealed to others? We would not be knowing about the Life of the Masters, if their experiences are not revealed. There are experiences and there are struggles. They are so important.

So, Spiritual experiences are important. But we advise do not go after them. When you have an experience, enjoy it. Be very happy and proud, but do not go after it. Spiritual progress is not measured by these experiences. Generally, we have to approach Sadhana like a child. A child has innocence. There is a kind of trust, hundred percent immediate trust in the teacher and the Guru. I say with a true Guru - trust blindly. A Guru carries the wisdom of the Universe and the Love of the Universe. A Guru can never mislead. Sometimes if a Guru is harsh, it is for the benefit of the Sadhak. Sometimes things are revealed, sometimes things are not revealed. Sometimes very clear instructions are given by the Guru. For example - 'Do it or do not do it.' It can be in any area, material or Spiritual. I have done this. I am doing

this. But sometimes we do not give a clear-cut instruction. We say, 'You decide.' There are thousands of ways of teaching. There are thousands of ways of training. We employ all these methods. There is no one method. If it is physical culture, we can say, 'Oh! do this and only this; nothing else.' This guidance in Sadhana leads you to Mukti. It is not as simple as physical culture. So, we have to have all the trust, total trust in the Guru, just because the Guru carries the wisdom of the Universe or God along with him.

There is nothing wrong in asking questions. Questions have to be asked. The purpose would always be to know. That is why a question is asked. Never stop these things. But 'questioning' is different. Never question the Rishis. The moment we begin to question the wisdom of the Rishis; it is a downward slide. Spiritual fall is not gradual. It is sudden. You open your eyes, and suddenly you are somewhere else. Let that not happen to anyone. Let us totally accept the Path, the wisdom of the Rishis and go ahead. You will get all the help.

Two women were molested on New Year's Eve by a mob of 70 people or so. It came in papers and TV. The number of people is not important. That is the Spiritual condition of the group. Individually people give lectures. Individually people are good, but in a mob we become animals. It is a very sad thing. It is a very shameful thing. At such times, what do we do? We Meditate more and bring more 'Light' into this world. That is our responsibility. It may look very odd to say as if we are responsible for their behaviour. But we are all one. All the human beings are one. We must feel a little guilty about that. Although we are

not directly responsible at all, but we are part of this humanity. When the monks in Burma were shot at, people who were not dead, who were still alive, were thrown into the flames alive. They were burnt. We do not know how many were killed and burnt. There is a personal responsibility; personal guilt. I think we should have that. It is then only I think we will be making Spiritual progress.

In one of the greeting cards I got for the New Year, a person quoted a *shloka* from Gita.

We know people who read Gita are familiar with these things. Somehow sometimes they make impressions. I was thinking quite a lot about this. About Gita there are volumes and volumes of commentaries etc. But somehow this is how I understood about this particular *shloka*. I must tell you I am not good at Sanskrit. I will repeat this *shloka*:

सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज ।

Krishna says give up all your *Dharma* and surrender to me, to me alone. It can also be understood like this - *Dharma* is our nature. Usually or sometimes this *Dharma* is understood as religion or caste. Krishna was not advocating any religion. *Dharma* means nature. Our nature is Love. What he meant was, "Give up that and surrender to me." Our love is tiny love. That we have to merge with His Love. That is it. He says, "You become me." That is the essence of surrender. We can also understand this in this way. We have the positive and the negative aspects of our personality. We have to rise above and give up even that also. It is merger, merger and losing all our identities. That is what Lord Krishna says. When such a merger occurs that is Yoga and that is Mukti. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

31-08-2025

What words can we really use to express our thoughts about Maharshi Amara, about his glory, his greatness. My language is very limited and his multi-dimensional personality cannot be captured in words. And yet, we cannot resist ourselves from talking about him. If Guruji had not spoken about him, we would not have known about him and we would have missed so much. We would have missed everything, in fact.

Whenever we think of him, our hearts are naturally filled with reverence and a kind of wonderment. As we know, he was perfection personified. Guruji used to say that he was the finest human being he had come across. He had the finest relations, not just with human beings but with everybody, with Gods, with the Rishis, with every bit in this Creation.

I think of his relationship with the great Sant Dnyaneshwar of Alandi. Only from Maharshi Amara we came to know that he is there sitting physically in Tapas. He is very much alive in his human body. When the root of a tree was disturbing him, he must have thought of Maharshi Amara. That is why, this task of cutting the root of the tree was given to Maharshi Amara. He had done this in his earlier incarnation as Sant Eknath. Maharshi Amara went to Alandi, entered the Samadhi and saw him physically. He described that Sant Dnyaneshwar looked so fresh, as if he had just taken bath. How thrilling it must have been to see him physically sitting and doing *tapascharya*. How Divine that experience must have been.

When Maharshi Amara had come down as the great Gora Kumbhar, Sant Dnyaneshwar was actively doing his work and they used to meet. The relationship was built from then and it continues over lifetimes. It becomes eternal. Maharshi

Amara is eternal.

Even to us, although we haven't met him, he seems so close, as if we know him from lifetimes. What is it in him, that we and others, and Masters and Gods feel so close to him? It must be his unconditional Love. Love transcends all boundaries. There is no judgment in Love. There is only understanding, compassion and there is space for others to grow.

Lord Krishna physicalized for him, the Sun delayed its rising, because Maharshi Amara had to complete a task before sunrise. There are innumerable examples like this. How do these things happen? His Love, commitment to the Rishis, concern for humanity touches everybody. Then the whole Universe helps. His entire life was filled with such thrilling and wonderful experiences.

His commitment to the Rishis was total and fierce. He sat on a stool for more than 24 hours, just because the Rishis had asked him to do so. Guruji had told that he wasn't young when it happened. He was 60 years old! People laughed and teased. He also smiled, but he did not get up from the stool!

Guruji used to say that nothing would disturb or upset him. I think of an incident Guruji has mentioned in the book 'Doorways to Light'. There used to be a gathering every Tuesday in a house, probably to interact with Maharshi Amara and to meditate. Guruji could not go there for two consecutive Tuesdays. The third time he was late. When he reached the house, he found Maharshi Amara standing alone in front of the locked house. The people of the house did not want the gathering. They had given enough hints to others not to come and they locked the house. When Guruji reached there, and saw him standing alone, he felt very sad and awkward. I quote what Maharshi

Amara told him then. I quote from the book, 'Doorways to Light'. It is profound.

"Maharshi Amara smiled at me and explained in a very comforting voice. Whenever we have such gatherings, a Rishi will come astrally and there will be many Astral visitors. They would come to learn more and to meditate. I am waiting here to greet them and tell them that we cannot meet here anymore. I have come across all types of people. I have seen more Life. It is easy to feel bitter about such things. But, we should not. This is a part of our work. You too will encounter many bitter experiences. But, never lose patience. If you do, you will lose the goal."

We are thankful to Guruji for writing about such events. They help us a lot. All of us, who are involved in the work, sometimes have to go through very strange experiences, and these words help us a lot. They are like guiding lights for us. If we allow ourselves to become bitter, we really lose the focus on our goal. The bitterness occupies our consciousness and we lose sight of the goal.

I was thinking how is it that people did not recognize his greatness. Of a person who could talk to Gods and the Rishis, a Maharshi who had an ocean of wisdom, energies and knowledge. How is it that people did not want him to come to their house for a gathering. It was such a great blessing, a great opportunity in fact. Was it his humility and his nature of never boasting about himself and never ever demonstrating his powers? Or is it that people were just not ready. We do not know why. We cannot understand. But they missed the Universe.

We are so fortunate that we are with him. That we are learning at his feet. ■

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.

FREEDOM

Guruji Krishnananda

Freedom is the birthright of every living Creature. It is a gift from God.

We always are free to choose and live our life; in our own way. And so, we have no right to impose our will or way on others. They too are free. Respecting the others' freedom is as important as preserving ours.

It is in our freedom that Life blossoms and Love expands. Our Consciousness crosses all barriers and becomes universal. It is in freedom that Yoga occurs. All limitations and negativity vanish. Purity shines. It is only in freedom that we surrender.

Meditations unshackle us from our own limitations and bring us Freedom; our birthright.

(Manasa Patra - September 1992)

SILENCE

Guruji Krishnananda

Silence is a Temple that we build inside. In this Temple we experience God. We love Him. Love is worship here. And for these we meditate.

Silence is not speechlessness. Remaining speechless is only a physical discipline; not yoga. But it is a good beginning. It has to be extended to the mind and intellect also. This total Silence is Samadhi. In Samadhi we hear God. We see and know Him. We experience Him and ultimately become Him. The moments of Samadhi are brief. We come back to this world of activity soon. Samadhi and activity are two different spheres.

It is possible, by practice, to be active externally and remain silent inside. One can remain in Samadhi and also be active and normal in life. Great Masters live this way. Their activity on the material plane is minimal and not noisy. Even here they take in the mature Sadhaks and train them to become Masters like themselves. They teach silence; Internal Silence.

(Manasa Patra – May 1992)

DISTANCE

Guruji Krishnananda

Who is near God and who is away? None. All of us are inside Him and there is no distance. It looks simple to know this. But the Realisation transforms our Life.

The Realisation brings Light. The darkness of Ignorance, of imaginary distances and boundaries and of all human misconceptions vanishes. In the Light of Knowledge, we experience the Truth; experience God.

There is also no distance between a Guru and a disciple. The Guru will have enormous Love enveloping all the Sadhaks. He will be most intimate with every Sadhak and through his Love uplifts and opens the Sadhak to God. It is only the negative limitations of the Sadhaks that sometimes create distances.

A Guru's Love can only be compared to God's.

(Manasa Patra – September 1992)

GURU POORNIMA

Guruji Krishnananda

The one who takes us from darkness (GU) to Light (RU) is GURU. It is God Himself; Parabrahma, the formless One. Guru Poornima is the day dedicated to worship Parabrahma.

On this day our galaxy, Sun, Moon and Earth will be aligned in such a way that Energy from Parabrahma Loka reaches our Earth directly. It is a day for Meditations, the Highest form of Worship.

The human gurus are our Spiritual guides. They are also channels of Spiritual Energy. Guru Poornima is also a day of strengthening our Spiritual Links with our guru.

(Manasa Patra – July 1992)

QUESTIONS AND ANSWERS

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

Q: What is Jiva? What is its relationship with Atman?

A: The Jiva and Atman are the same.

Q: Does the soul also travel with the mind during the Astral travel?

A: It is the other way. The soul travels and the mind accompanies it!

Q: What is Atma Darshana?

A: It is experiencing our soul as a particle of the Light.

Q: Are there any special techniques for this?

A: There are. They are a part of higher Meditations. But even without the techniques, one can experience it by spreading Divine Love.

Q: What are the benefits?

A: Benefits? We do not go after such experiences for benefits. We go after them to experience the Truth. But there are benefits also - our attitudes change, priorities shift, the value system changes... our entire Life gets positivised. There will be no anger, no more bitterness, no more problems of Ego, no more pain. What more benefits are required!

Q: Has this happened to you?

A: I can say 'Yes', now. It can happen to you or anyone who is sincere in Sadhana.

Q: When will the merger of the Soul with God occur?

A: The merger of the Soul with God occurs temporarily in Samadhi and permanently when we go back to our Source; God.

Q: What happens after the merger?

A: It is difficult to explain and to understand. We may spend aeons of time in that timeless zone, go through unimaginable Divine experiences and remain there. Again, when we wish to go through the experiences in this Material Cosmos, we come out. We have to note and remember always that HERE or THERE it is we who choose. We always have a free-will.

Q: How many planes are there?

A: Eighteen – Fourteen in the Material Cosmos and Four in the Divine Cosmos.

Q: How can we enter the other planes?

A: By tuning to a particular plane; by Meditations.

Q: Are there special techniques?

A: Yes. But first, we have to meditate. Meditation is the first step.

Q: There are fourteen planes - seven above, seven below. You speak only of the higher planes. Please explain the lower planes also.

A: As we go down from the plane of 'Bhooloka' the purity level decreases. We go to levels of total evil. We do not talk of lower planes because this knowledge disturbs our Sadhana.

Q: It is said that performing Yagna in higher planes is more effective than on the earth. Is it true?

A: It is not so. If we want the benefits on this physical plane, we have to do something on this plane.

Q: Have you shifted your work to the Astral plane?

A: Not completely; not yet.

Q: Is knowledge about other planes necessary?

A: Yes. It is like education.

Q: Which is the most powerful mantra?

A: 'OM'.

Q: Does the repetition of a mantra bring any benefit?

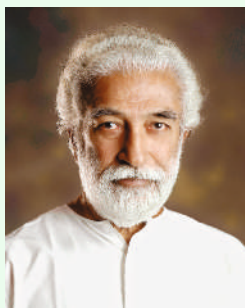
A: It does. But combining it with other simple practices like Dharana' will bring full benefits. Repetition of a mantra may bring some powers. But Meditation brings total transformation.

Q: Why do we use different mantras?

A: It is for different purposes like dealing with problems, health etc. Again, people at different levels of Spiritual evolution are give different mantras. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	250/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGururji Vol 1,3,4 & 7	each 150/-
iGururji - Vol 2	120/-
iGururji - Vol 5	100/-
iGururji - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis	250/-
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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 feel more positive and hopeful in my life, and it has helped me carry out my tasks more smoothly and successfully. Compared to before, I have better control over my emotions. I no longer react impulsively or emotionally to others' words and actions. Instead, I respond wisely, and this has led to better outcomes and brought me more peace of mind.

- Marzieh Sabbaghzadeh

When I was trying to send my Practice Report, my keyboard became unresponsive and the cursor disappeared from the screen. Despite all attempts at restarting, installing updates, for one hour it did not work. Then I channelled Light for 7 mins and also to the device. Something told me to remove all connections and wipe it with a soft cloth. The keyboard started to work...it was a speck of dust. Light and the Computer itself told me how to fix it!

- Nandita Vijayan

Even the so-called small things or events are so beautiful and mysterious, as though I am just a tool in this great play of the Divine. It is difficult to read even a complete page of any book, just one paragraph or sometimes even one sentence is so absorbing that, I feel like closing my eyes and sit with that feeling the whole day. Everything is being taken care of. I am ever grateful to Guruji.

- Shantha Kumari H S

In one of the visits, I had the opportunity to meet Jayantji. In the course of my conversation with him, I understood how hard he must work to be a good example to others, and yet he was so

humble. I learned that the real strength of character lies in simplicity and humility. He patiently answered my questions. Even the most frustrating questions had simple answers. In retrospect, I feel I could have honoured his time by asking less questions. But if I had done that, how would I have known his uniqueness? The most intense moments were the moments of silence between the words. I will treasure both - the words we exchanged and the moments of silence. Thank you Jayantji, for honouring me with your time and patience.

Last but not the least, during Meditations after the talks, in Taponagara, there was a flood of tears of Love and gratitude flowing down my cheeks. I felt the presence of Divine personalities, Rishis including Lord Krishna who had come to honour the Meditations. I asked Lord Krishna to have me seated on His lap like Prahlad would have sat on Lord Narasimha's lap, and immediately, I became a child crawling between two high seats, and Lord Krishna bent down to greet me with loving eyes, and Rukminiji looked at me, as a mother would look at a child, full of Love. She picked me up in her two arms and the vision disappeared. More tears flowed down my cheeks, tears of joy and fulfillment! The whole hall was filled with Divine Love.

- Archana Kannan

I have noticed that a lot of things which I haven't dealt with properly are surfacing. I thought I had grown and I had worked on my anger, but during this period a lot of situations came to show me that I still have a lot to work on myself.

- Priyamvada Godse

DOORWAYS An English Monthly Newsletter.

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

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

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

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

Editor : S.B. Shyamala Devi