

Catalogue of English Books

February 2012

MANASA LIGHT AGE FOUNDATION ®

Taponagara, Chikkagubbi

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ABOUT US

Manasa Foundation is a non-profit, non-religious, Spiritual organisation founded by Guruji Krishnananda in 1988 to take The Saptarishis' Path to Spiritual seekers. The Path teaches the Science of Meditation, advanced techniques and New Age Principles as taught by the Rishis, which help us establish Stillness within us and sail through the present Shift in Consciousness.

Maharshi Amara (1919-1982) was a great Rishi who brought down the Science of Meditation from the ancient Rishis and taught them to suit the present times. He was aware of the approaching New Age in the 1930s and he heralded the same in 1974. He guided thousands and worked for the welfare of this world till his end.

Guruji Krishnananda is a direct disciple of Maharshi Amara. He has been teaching Meditation and guiding Spiritual aspirants of all ages since 1988 right from the initial stages to advanced stages of Samadhi. He has channelled an immense amount of knowledge from the Rishis, relevant to the present times that help us go through the Shift in Consciousness without suffering. He has recently established a Research Centre to channel and understand knowledge required for humanity to transit into the New Age.

Our books are mostly based on direct Experience and new Knowledge channelled by Guruji Krishnananda. They are not based on old or existing knowledge. These books are written in simple language without elaborations and exhaustive narrations to bring clarity to the subject.



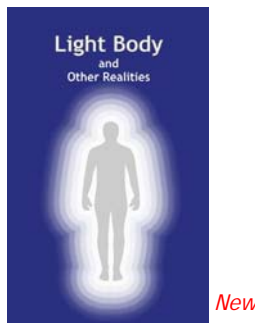
Doorways To Light
by Krishnananda

Considered as the most important book after "Autobiography of a Yogi", this book narrates the Spiritual Journey of Guruji. It also contains the life of his guru, Maharshi Amara, who spent his entire life working for the welfare of this world with the Light Beings in the higher planes known as Rishis.

The book clearly explains many Spiritual Truths and the real meaning of Guru, Ashrama, Sanyasa, Vairagya, Meditation, Astral Travel, Samadhi, Energies, the New Age, Pralaya and many unknown and intriguing facts never published before, making it one of the most relevant books of current times. A must read for every sincere seeker of spirituality.

Paperback
140 x 215 x 12 mm
300 grams
156 pages

ISBN: 8191046393
ISBN13: 9788191046397
Publ. in: 1998
Rs. 200/-



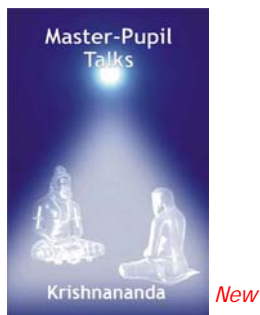
Light Body & Other Realities
by Raghavendra Somayaji

This book is released at a time when the world is going through a phase of change and transformation. To go along with the changes, we human beings also must transform spiritually. When our transformation is complete, we become Light bodies. This book answers questions like, what is Light body, how to transform our physical bodies into Light bodies, etc.

The sixth book from the 'Centre for Studies on Spiritual Realities', it also has chapters that explain the phenomenon of Pole Shift, the process of Living on Prana and the power of Affirmations.

Paperback
140 x 215 x 6 mm
145 grams
104 pages

ISBN: 9381033374
ISBN13: 9789381033371
Publ. in: Feb 2012
Rs. 75/-



Master-Pupil Talks
by Krishnananda

This is a rare book containing the conversations between Maharshi Amara and his direct Disciple Guruji Krishnananda. Though these conversations are nearly thirty years old, the questions and answers are very relevant, especially during these times of Change.

This book touches upon topics like Meditation, Spiritual experiences, Rishis, Pralaya, Shambala, etc.

Paperback
140 x 215 x 4 mm
95 grams
56 pages

ISBN: 938103334-X
ISBN13: 9789381033340
Publ. in: Feb 2012
Rs. 60/-

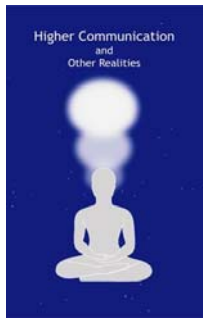


Preparing for 2012
by Raghavendra Somayaji

Written in simple English avoiding New Age jargon, this book from the Study Centre reaffirms the fact that the world will not end in the year 2012 and that it is a year of opportunities for our Spiritual transformation. It explains how humanity has brought the world to the condition it is in today, and the positive influence that some of the celestial phenomena will have on it. The book includes a comprehensive chapter on how to prepare ourselves to sail through 2012. The preparation is focussed on our Spiritual growth, as the energies already available can give us a jumpstart in our Spiritual transformation. It provides many clear guidelines and techniques that can be used by the reader to create his/her own action plan to be followed in preparation to make the best use of the opportunities.

Paperback
140 x 215 x 7 mm
146 grams
104 pages

ISBN: 9381033331
ISBN13: 9789381033333
Publ. in: Feb 2011
Rs. 100/-



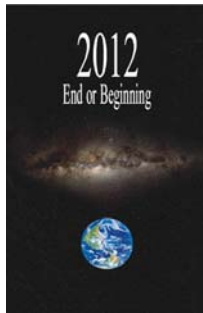
Higher Communication & Other Realities
by Raghavendra Somayaji

This is the fourth publication from the Study Centre of Manasa Foundation. It is based on the knowledge brought down by Guruji Krishnananda. The first part of the book contains chapters on our inner faculties of perception like Intuition, Third Eye and Telepathy. In these times of confusion and chaos, these inner faculties can guide us to lead a peaceful life, if we turn inward. These chapters not only explain how these faculties work, but they also provide some guidelines on developing them.

The second part of the book throws some light on some intriguing subjects like Auras, Dimensions and Akashic Records. It ends with the new and interesting subject of Soul Imprinting.

Paperback
140 x 215 x 7 mm
160 grams
114 pages

ISBN: 9381033013
ISBN13: 9789381033012
Publ. in: Aug 2010
Rs. 100/-



2012 End or Beginning
by Study Centre Members

There is a lot of confusion and fear about the events that are expected to occur in the year 2012. Many believe that the world will come to an end in 2012.

This book attempts to explain some of the phenomena like the entry of our solar system into the Photon Belt, the Galactic Alignment and many other significant events that highlight the importance of the year 2012. These events are expected to bring many changes, both at the individual and global levels.

The book also explains how one can deal with these changes and make a new beginning in the year 2012.

Paperback
138 x 215 x 5 mm
120 grams
78 pages

ISBN: 8188161659
ISBN13: 9788188161652
Publ. in: May 2009
Rs. 100/-



New Age Realities: Beyond East & West
by Study Centre Members

Based on the research done by the Study Centre of Manasa Foundation under the guidance of Guruji Krishnananda, this book contains rare and authentic Knowledge about the New Age as explained by the Rishis. This book attempts to find a common ground between the eastern and western understanding of the New Age and explains in simple English, topics like the Creation, Souls, Planes and Dimensions, Photon Belt, Central Sun, Black Holes, DNA Activation, Mayan Calendar and the prophecies for the year 2012.

An urgent necessity to bring out this book was felt due to the Shift in Consciousness currently taking place. A must read for every individual concerned about the destiny of humanity.

Paperback
140 x 214 x 12 mm
269 grams
162 pages

ISBN: 8188161802
ISBN13: 9788188161805
Publ. in: Aug 2008
Rs. 200/-



New

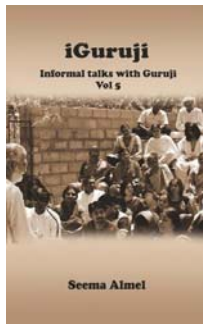
iGuruji Informal Talks with Guruji Vol 6
by Seema Almel

This is the sixth volume of informal interactions between the students of Saptarishis Path and Guruji Krishnananda . As we advance towards the New Age, the Light Masters in the planes above reveal new Knowledge and provide new energies to help us prepare for the New Age.

This book contains rare Spiritual knowledge received during such interactions, narrated in simple language to engage the reader.

Paperback
140 x 215 x 7 mm
150 grams
108 pages

ISBN: 9381033366
ISBN13: 9789381033364
Publ. in: Feb 2012
Rs. 75/-



New

iGuruji Informal Talks with Guruji Vol 5
by Seema Almel

We are bringing out the fifth volume of informal talks people had with Guruji Krishnananda. This indicates the volume of the knowledge and new insights gifted by the Masters above. As there is more awakening because of the New Energies, mainly from the Great Ra and the Photon Belt, there is more thirst for understanding our world and our life. More understanding helps better and fuller living. We have come down to experience this great Life here. Let us experience more and live fully.

Paperback

140 x 215 x 11 mm

195 grams

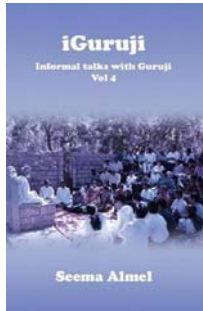
144 pages

ISBN: 9381033218

ISBN13: 9789381033210

Publ. in: Aug 2011

Rs. 100/-



iGuruji Informal Talks with Guruji Vol 4
by Seema Almel

When a few of us met Guruji Krishnananda informally and began chatting about the new-found Spiritual realities, we realised that the Masters in the Astral realms passed on rare insights. We could gather more Knowledge in these informal gatherings. Then, we began making notes, which grew into the series of iGuruji books. This is the fourth volume in the series.

Paperback

140 x 215 x 10 mm

205 grams

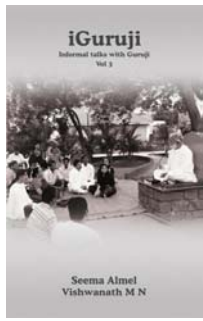
162 pages

ISBN: 9381033323

ISBN13: 9789381033326

Publ. in: Feb 2011

Rs. 150/-



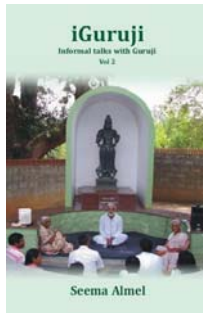
iGuruji Informal Talks with Guruji Vol 3
by Seema Almel & Vishwanath M N

This book is based on Spiritual Knowledge brought down during informal interactions with Guruji Krishnananda. It is during such unscheduled gatherings, new knowledge descended on a wide range of subjects like Stillness, 2012, Light Age, Sadhana and many other Spiritual Truths, the understanding of which ultimately leads to our inner growth and transformation.

The third volume in the series, this book attempts to bring Higher Spiritual Knowledge to the reader in simple English and an engrossing narrative.

Paperback
140 x 215 x 12 mm
280 grams
214 pages

ISBN: 819104637-7
ISBN13: 9788191046373
Publ. in: Aug 2010
Rs. 150/-



iGuruji Informal Talks with Guruji Vol 2
by Seema Almel

This book, a sequel to 'iGuruji', written based on informal conversations with Guruji Krishnananda, contains more knowledge hitherto unknown to many and prompts a seeker to open new doorways and go beyond.

Paperback
138 x 215 x 9 mm
220 grams
138 pages

ISBN: 8188161624
ISBN13: 9788188161621
Publ. in: May 2009
Rs. 120/-



iGuruji Informal Talks with Guruji Vol 1
by Seema Almel

This book contains rarely spoken Spiritual Realities, privately shared with a select few disciples of Guruji Krishnananda, who, under the guidance of Sapta Rishis, works for the transition of this world into the New Age. Written with a simple and engaging narrative, the book reveals the truth behind many misconceptions and contains explanation of little understood subjects such as Satya Yuga, Pralaya, Consciousness, Shambala, Karma, Maya, Vairagya, Eclipses, Photon Belt, Elementals and many other topics that are relevant today.

Paperback
214 x 140 x 12 mm
300 grams
160 pages

ISBN: 8188161462
ISBN13: 9788188161461
Publ. in: Aug 2008
Rs. 150/-

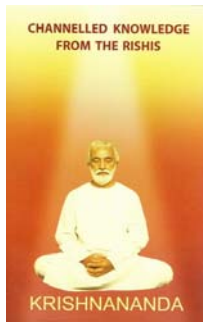


Channelled Knowledge from the Rishis Vol 2
by Krishnananda

This is the second volume of the book which contains unique knowledge channelled from the Rishis by Guruji Krishnananda. This rare knowledge was received over the years whenever the students asked questions. The book is presented in the form of questions and answers. The answers that come from the Rishis are always short and precise, with no elaborate explanations, making it very easy to read and understand. A comprehensive book on Spiritual Knowledge, it is a treasure for all meditators and also to the general reader hungry for Spiritual Knowledge.

Paperback
140 x 215 x 11 mm
235 grams
170 pages

ISBN: 819104633-4
ISBN13: 9788191046335
Publ. in: May 2010
Rs. 150/-



Channelled Knowledge from the Rishis by Krishnananda

This book contains unique knowledge channelled from the Rishis by Guruji Krishnananda. This rare knowledge was received over the years whenever the students asked questions. The book is presented in the form of questions and answers categorised by topic for easy reference. The answers that come from the Rishis are always short and precise, with no elaborate explanations, making it very easy to read and understand.

A comprehensive book on Spiritual Knowledge, it is a treasure for all meditators and also to the general reader hungry for Spiritual Knowledge.

Paperback
217 x 142 x 19 mm
400 grams
306 pages

ISBN: 8188161233
ISBN13: 9788188161232
Publ. in: Aug 2005
Rs. 250/-

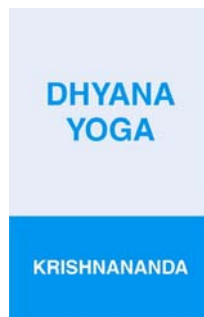


How to Meditate by Krishnananda

This book, though small in size, is a primer on the Science of Meditation that answers many questions like, "What is Meditation?", "Why we should meditate?", "What is initiation?" etc. and explains the relevance of Meditations in the present times. It also explains in simple English many related subjects such as the benefits, obstacles and misconceptions and other factors related to Meditations in a scientific way.

Paperback
141 x 219 x 4 mm
81 grams
50 pages

ISBN: 9381033021
ISBN13: 9789381033029
Publ. in: Nov 2010
Rs. 50/-

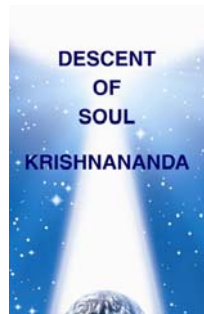


Dhyana Yoga
by Krishnananda

This companion book for 'How to Meditate' provides information on the instruments and faculties of perception within us, the Creation, its beginning, its purpose and its end, our journey and purpose. It also explains in brief, the concepts of Destiny, Karmas, Life and Death, Yoga, Chakras, Astral Travel etc. Considered as a Spiritual textbook, a must read for serious aspirants.

Paperback
215 x 140 x 4 mm
100 grams
51 pages

ISBN: 8188161578
ISBN13: 9788188161010
Publ. in: 1993
Rs. 50/-

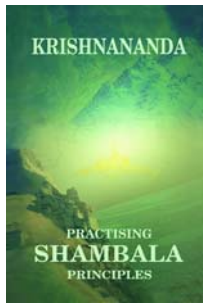


Descent of Soul
by Krishnananda

This book narrates the journey of the soul from its origin to this world. It contains rare and unique Knowledge about Creation, Consciousness, Divine Planes, the Material Cosmos, our first experience of this world, Birth and Death and the source of all this Knowledge, the Sapta Rishis. Regarded as one of the most important books written by Guruji Krishnananda, it is a must read for every Spiritual aspirant seeking answers to questions like "Why are we here?"

Paperback
141 x 216 x 2 mm
48 grams
28 pages

ISBN: 9381033293
ISBN13: 9789381033296
Publ. in: Dec 2010
Rs. 50/-



Practising Shambala Principles
by Krishnananda

This book contains a brief introduction to Shambala, the City of Light where only the most advanced beings and Rishis live and the Seven Principles followed by the Shambalites to remain in a perfect and Divine state. The book explains the techniques and the benefits of practising them. These principles and techniques are very simple and can be followed by anyone, including meditators. Practising just the first principle regularly will help us sail through the upheavals and prepare us for the New Age.

Paperback
140 x 214 x 2 mm
51 grams
28 pages

ISBN: 818816125X
ISBN13: 9788188161256
Publ. in: May 2006
Rs. 50/-

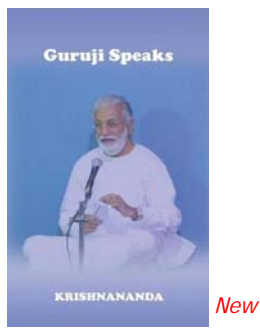


Astral Ventures of a Modern Rishi
by Krishnananda

This amazing book is about the Astral experiences of Gururji Krishnananda's guru, Maharshi Amara, who worked for his entire life with the Sapta Rishis for the welfare of this world. Regarded as the future Puranas, these ventures show that truth can be stranger than fiction and that there are Masters in the Astral Planes who are currently monitoring and guiding humanity towards a bright future.

Paperback
141 x 213 x 4 mm
98 grams
64 pages

ISBN: 8191046342
ISBN13: 9788191046342
Publ. in: Aug 2003
Rs. 50/-



Guruji Speaks Vol 4 by Krishnananda

These are excerpts from the Lectures by Guruji Krishnananda in his weekly Meditation Classes. They contain rare knowledge, wisdom and insights which help living this life sensibly and also to achieve our Spiritual goals. Guruji is a rare Guru who shuns publicity. He is a channel for the Rishis and is guided by his Guru, Maharshi Amara (1919-1982) who lives in Andromeda galaxy. He teaches Meditation, guides in advanced Sadhana and Higher Studies in rare Spiritual Realities.

Paperback
140 x 215 x 17 mm
370 grams
292 pages

ISBN: 9381033196
ISBN13: 9789381033197
Publ. in: Aug 2011
Rs. 200/-

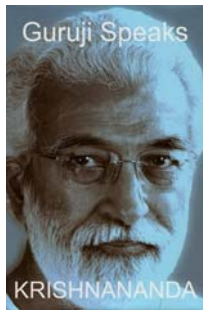


Guruji Speaks Vol 3 by Krishnananda

This book is a compilation of lectures given by Guruji Krishnananda from 1998 to 1999 based on the knowledge received from the Rishis, covering subjects like Pralaya, Eclipses, Karmas, Divine Love, Astral realities, New Age etc.

Paperback
140 x 215 x 16 mm
310 grams
234 pages

ISBN: 819104631-8
ISBN13: 9788191046311
Publ. in: May 2010
Rs. 150/-



Guruji Speaks Part 2

by Krishnananda

This book is a compilation of lectures given by Guruji Krishnananda from 1996 to 1997 based on the knowledge received from the Rishis, covering subjects like Pralaya, Eclipses, Karmas, Divine Love, Astral realities, New Age etc.

Paperback

143 x 217 x 13 mm

315 grams

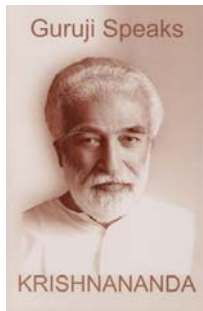
194 pages

ISBN: 8188161217

ISBN13: 9788188161218

Publ. in: Mar 2004

Rs. 200/-



Guruji Speaks Part 1

by Krishnananda

This book is a compilation of lectures given by Guruji Krishnananda from 1990 to 1995 on Sundays at Taponagara, covering a range of subjects like Rishis, Satya Yuga, Meditation, Energies, Reincarnation, importance of individual transformation and many others. These lectures are not discourses on scriptures. The Knowledge is received directly from his guru, Maharshi Amara and the Sapta Rishis living in Higher Planes.

Paperback

140 x 218 x 16 mm

268 grams

238 pages

ISBN: 818816108X

ISBN13: 9788188161089

Publ. in: Aug 2000

Rs. 200/-



The Book of Reflections Vol 2

by Krishnananda

This book is a compilation of the "Reflections" column written by Guruji Krishnananda in the monthly Newsletter of Light Work published from 1999 to 2007. The second volume in the series, these "Reflections" continue to inspire and bring hope to its readers of a better tomorrow. These columns bring clarity to subjects like religion, spirituality, morality, rituals, humility, ego etc. that help the reader understand the true meaning of spirituality.

Paperback

140 x 216 x 12 mm

253 grams

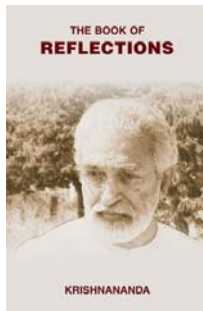
166 pages

ISBN: 8188161349

ISBN13: 9788188161348

Publ. in: Feb 2008

Rs. 200/-



The Book of Reflections Vol 1

by Krishnananda

This book is a compilation of the "Reflections" column written by Guruji Krishnananda in the monthly Newsletter of Light Work published from 1990 to 1999. As the name suggests, this book contains the reflections of a New Age Guru on many issues plaguing humanity like corruption, poverty, hunger, wars and other important world affairs from a Spiritual perspective. Being constantly in link with the guiding Rishis, he also speaks about the bright future awaiting those who are good, honest, simple and compassionate to the fellow human being.

Paperback

140 x 216 x 12 mm

272 grams

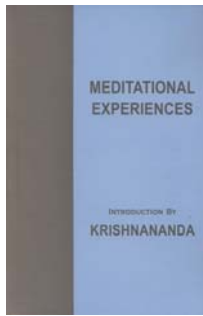
178 pages

ISBN: 8188161101

ISBN13: 9788188161102

Publ. in: May 1999

Rs. 200/-

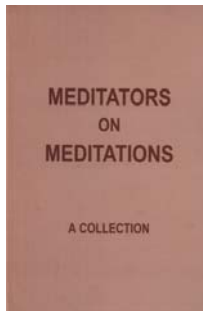


Meditational Experiences
by Students Of Guruji Krishnananda

Of the thousands of genuine experiences reported by the meditators of the Sapta Rishis' Path, a few select experiences are published in the monthly Newsletter of Light Work. This book is a rich collection of such experiences published from 1993 to 2001 and is an inspiration to the Spiritual seeker.

Paperback
142 x 219 x 10 mm
236 grams
145 pages

ISBN: 818816111X
ISBN13: 9788188161119
Publ. in: Aug 2001
Rs. 150/-

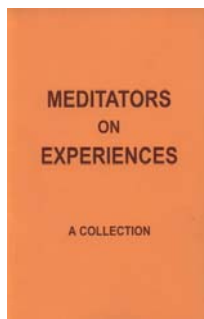


Meditators on Meditation
by Students Of Krishnananda

A collection of experiences of students of Guruji Krishnananda.

Paperback
142 x 219 x 7 mm
163 grams
96 pages

ISBN: 8188161039
ISBN13: 9788188161034
Publ. in: Jan 1997
Rs. 75/-

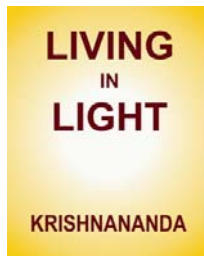


Meditators on Experiences
by Students Of Krishnananda

This book is based on the thousands of genuine experiences reported by the meditators of the Sapta Rishis Path. A few select experiences are published in the monthly Newsletter of Light Work. This book is a rich collection of such experiences published from 1993 to 2001 and is an inspiration to the Spiritual seeker.

Paperback
142 x 219 x 8 mm
200 grams
104 pages

ISBN: 8188161047
ISBN13: 9788188161041
Publ. in: 1999
Rs. 75/-

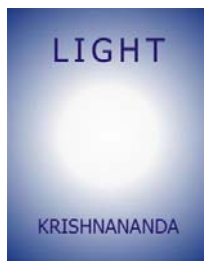


Living in Light
by Krishnananda

This book by Guruji Krishnananda, though tiny, contains invaluable Knowledge about Enlightenment, Mukti, Rishis etc. and explains how to live life with a positive attitude without grumbling and complaining. It contains simple yet powerful techniques of Sapta Rishi Pranayama, Light Channelling, Healing, Astral Travel etc. that can be practised straightaway by anyone.

Paperback
108 x 136 x 4 mm
42 grams
52 pages

ISBN: 818816173-X
ISBN13: 9788188161737
Publ. in: Aug 2004
Rs. 10/-

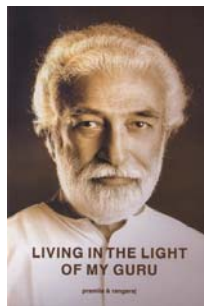


Light
by Krishnananda

This booklet contains valuable information about Light. As we are entering the Age of Light, everyone must know about Light. This book is for everyone-the young and old, students and professionals, the initiated and uninitiated, the religious and non-religious and for the intellectuals and mystics. It answers questions like what is Light and where is Light and explains how to make use of the Light in our everyday life to sail through the Age of Light.

Paperback
109 x 136 x 2 mm
26 grams
24 pages

ISBN: 818816164-0
ISBN13: 9788188161645
Publ. in: May 2009
Rs. 10/-

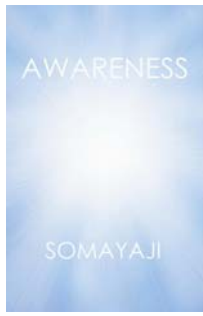


Living in the Light of My Guru
by Pramila And Rangaraj

Written by Pramila and Rangaraj, friends of Guruji Krishnananda who have spent their entire life in serving the disabled through "Abilities", this book is based on the interviews of Guruji's students and friends. Through these interviews, these individuals speak about their Spiritual Journeys taken under the Guiding Light of Guruji.

Paperback
142 x 218 x 18 mm
320 grams
231 pages

ISBN: 8188161241
ISBN13: 9788188161249
Publ. in: Feb 2006
Rs. 220/-



Awareness
by Somayaji

This is the first book from the Research Centre established by Guruji Krishnananda to understand Higher Truths. The book explains in detail topics like Creation, Space and Time, States of Mind, Ego etc.

Paperback
213 x 141 x 4 mm
100 grams
54 pages

ISBN: 8188161330
ISBN13: 9788188161614
Publ. in:2007
Rs. 60/-
