

# Catalogue of Hindi Books

October 2009

**MANASA FOUNDATION (R)**

**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.



**Prakash Ki Ore**  
Hindi Translation of "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 216 x 12 mm  
303 grams  
188 pages

ISBN: 8188161632  
ISBN13: 9788188161638  
Publ. in: May 2009  
Rs. 150/-

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**Prakash**  
Hindi Translation of "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: 818816174-8  
ISBN13: 9788188161744  
Publ. in: Aug 2009  
Rs. 10/-



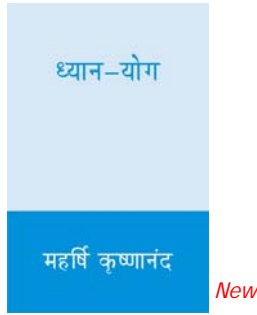
**Dhyān Kaise Kare**  
Hindi Translation of "How to Meditate"  
by Krishnananda

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  
140 x 216 x 5 mm  
95 grams  
60 pages

ISBN: 8188161225  
ISBN13: 9788188161225  
Publ. in: Jan 2005  
Rs. 50/-

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**Dhyanyog**  
Hindi Translation of "Dhyana Yoga"  
by Krishnananda

This companion book for "Dhyān Kaise Kare" 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  
140 x 210 x 4 mm  
90 grams  
56 pages

ISBN: 818816175-6  
ISBN13: 9788188161751  
Publ. in: Aug 2009  
Rs. 50/-



**Prakashmay Jeevan**  
Hindi Translation of "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  
110 x 142 x 4 mm  
45 grams  
52 pages

ISBN: 818816143-8  
ISBN13: 9788188161430  
Publ. in: Aug 2008  
Rs. 10/-

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