

Catalogue of Kannada Books

June 2013

MANASA LIGHT AGE FOUNDATION ®
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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.



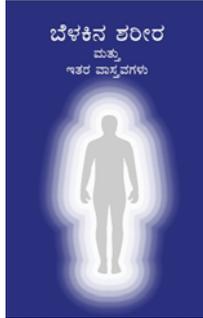
Belakige Bagilugalu
Kannada Translation of "Doorways to Light"
by Guruji Krishnananda

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
143 x 218 x 10 mm
247 grams
153 pages

ISBN: 8188161160
ISBN13: 9788188161164
Publ. in: Aug 2003
Rs. 150/-



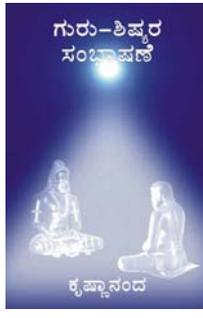
Belakina Shareera Mattu Itara Vaastavagalu
Kannada Translation of Light Body & Other Realities
by Raghavendra Somayaji

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 7 mm
165 grams
96 pages

ISBN: 9381033447
ISBN13: 9789381033449
Publ. in: Aug 2012
Rs. 100/-



Guru-Shishyara Sambhashane
Kannada Translation of "Master-Pupil Talks"
by Guruji Krishnananda

This is a rare book containing the conversations between Maharshi Amara and his direct Disciple Guruji Krishnananda. Though these conversations are more than 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: 9381033358
ISBN13: 9789381033357
Publ. in: Feb 2012
Rs. 60/-



Unnata Samparkagalu
Kannada Translation of "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
140 grams
104 pages

ISBN: 9381033048
ISBN13: 9789381033043
Publ. in: Nov 2010
Rs. 100/-



Hosayugada Vastavagalu
Kannada Translation of "New Age Realities"
by Study Centre Members

Based on the research done by the Study Centre of Manasa Foundation under the guidance of Gururji 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 language, topics like the Creation, Souls, Planes and Dimensions, Photon Belt, Central Sun, Black Holes, DNA Activation, Mayan Calendar and the prophesies 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 215 x 11 mm
220 grams
172 pages

ISBN: 9381033110
ISBN13: 9789381033111
Publ. in: Aug 2011
Rs. 120/-

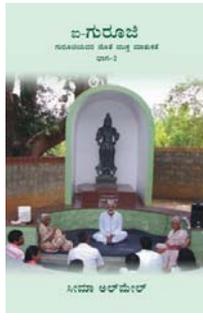


Anisikegalu
Kannada Title
by Gururji Krishnananda

This book is a compilation of the "Anisikegalu" column written by Gururji Krishnananda in the monthly Newsletter of Light Work "Tapovani" published from 2003 to 2007. 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 217 x 7 mm
142 grams
94 pages

ISBN: 8188161373
ISBN13: 9788188161379
Publ. in: 2008
Rs. 120/-



iGuruji Gurujyavara Jote Mukta Matukate (Bhaga 2)
Kannada Translation of "iGuruji Volume 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
140 x 214 x 9 mm
220 grams
140 pages

ISBN: 8188161616
ISBN13: 9788188161614
Publ. in:2009
Rs. 120/-

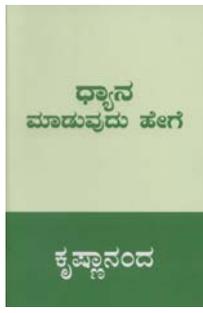


iGuruji Gurujyavara Jote Mukta Matukate (Bhaga 1)
Kannada Translation of "iGuruji Volume 1"
by Seema Almel

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
139 x 214 x 11 mm
260 grams
172 pages

ISBN: 8188161527
ISBN13: 9788188161522
Publ. in:2009
Rs. 150/-



Dhyana Maduvudu Hege
Kannada Translation of "How to Meditate"
by Guruji 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 218 x 4 mm
81 grams
47 pages

ISBN: 8188161136
ISBN13: 9788188161133
Publ. in:2003
Rs. 50/-

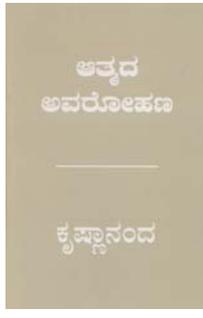


Dhyana Yoga
Kannada Translation of "Dhyana Yoga"
by Guruji Krishnananda

This companion book for "Dhyana Maduvudu Hege" 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
141 x 218 x 5 mm
86 grams
52 pages

ISBN: 8188161187
ISBN13: 9788188161188
Publ. in:Feb 2004
Rs. 50/-



Atmada Avarohana
Kannada Translation of "Descent of Soul"
by Guruji 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
140 x 218 x 2 mm
48 grams
20 pages

ISBN: 8188161144
ISBN13: 9788188161140
Publ. in:2003
Rs. 50/-



Adhunika Rishiyobbara Ateendriya Sahasagalu
Kannada Translation of "Astral Ventures of a Modern Rishi"
by Guruji Krishnananda

This amazing book is about the Astral experiences of Guruji 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 219 x 5 mm
92 grams
60 pages

ISBN: 8188161195
ISBN13: 9788188161195
Publ. in:Feb 2004
Rs. 50/-

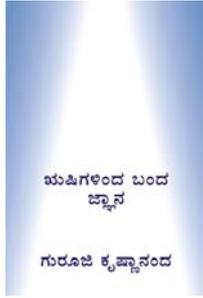


Shambala Niyamagala Abhyasa
Kannada Translation of "Practising Shambala Principles"
by Guruji Krishnananda

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
142 x 218 x 2 mm
56 grams
28 pages

ISBN: 8188161268
ISBN13: 9788188161263
Publ. in: May 2006
Rs. 50/-

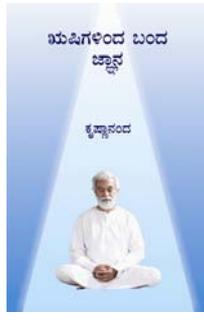


Rishigalinda Banda Jnana Bhaga 2
Kannada Translation of "Channelled Knowledge from the Rishis Vol 2"
by Guruji Krishnananda

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
215 grams
182 pages

ISBN: 9381033412
ISBN13: 9789381033418
Publ. in: May 2012
Rs. 150/-



Rishigalinda Banda Jnana

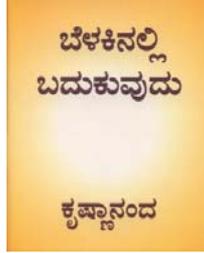
Kannada Translation of "Channelled Knowledge from the Rishis"
by Gururji Krishnananda

This book contains unique knowledge channelled from the Rishis by Gururji 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
142 x 214 x 12 mm
298 grams
188 pages

ISBN: 818816141-1
ISBN13: 9788188161416
Publ. in:2008
Rs. 150/-



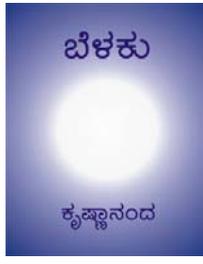
Belakinalli Badukuvudu

Kannada Translation of "Living in Light"
by Gururji Krishnananda

This book by Gururji 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
109 x 138 x 4 mm
40 grams
48 pages

ISBN:
ISBN13:
Publ. in:2004
Rs. 10/-



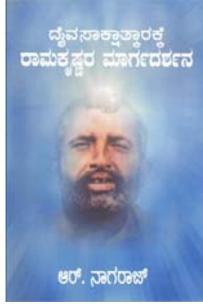
Belaku

Kannada Translation of "Light"
by Guruji 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
25 grams
24 pages

ISBN: 8191046350
ISBN13: 9788191046359
Publ. in: Aug 2009
Rs. 10/-

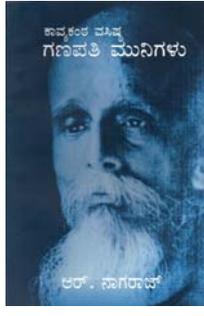


Daivasakshatkarakke Ramakrishnara Margadarshana
Kannada Translation of "The Way to God" by Swami Lokeswarananda
by R Nagaraj

Translation of the original book "The Way to God" written by Swami Lokeswarananda of The Ramakrishna Mission Institute of Culture, Calcutta, India.

Paperback
142 x 217 x 32 mm
582 grams
480 pages

ISBN: 8188161284
ISBN13: 9788188161287
Publ. in: 1996
Rs. 250/-



Kaavyakantha Vasistha Ganapati Munigalu
Kannada Title
by R Nagaraj

Biography of Kaavyakantha Vasistha Ganapati Muni.

Paperback
141 x 219 x 8 mm
150 grams
95 pages

ISBN: 8188161314
ISBN13: 9788188161317
Publ. in: 1990
Rs. 100/-
