

# Catalogue of Marathi Books

October 2011

**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.



## Prakashvat

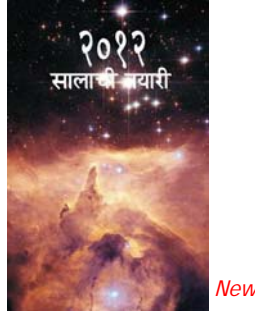
Marathi Translation of "Doorways to Light"  
by Maharshi Krishnananda

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 216 x 14 mm  
342 grams  
206 pages

ISBN: 8188161551  
ISBN13: 9788188161553  
Publ. in: Apr 2009  
Rs. 150/-



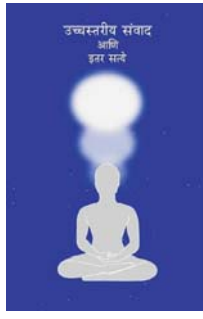
## 2012 Salachi Tayaari

Marathi Translation of "Preparing for 2012"  
by Raghavendra Somayaji

Written in simple language 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 an 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 6 mm  
146 grams  
108 pages

ISBN: 9381033161  
ISBN13: 9789381033166  
Publ. in: May 2011  
Rs. 100/-



**Uchchastareeya Samvad aani Itar Satye**  
Marathi 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  
150 grams  
110 pages

ISBN: 9381033307  
ISBN13: 9789381033302  
Publ. in: Jan 2011  
Rs. 100/-

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**2012 Ant Ki Arambh?**  
Marathi Translation of "2012 End or Beginning"  
by Study Centre Members

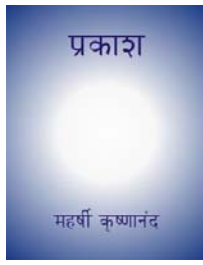
There is a lot of confusion and fear about the events that are expected to occur in the year 2012. Many believe that the world will come to an end in 2012.

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 214 x 8 mm  
110 grams  
72 pages

ISBN: 818816167-5  
ISBN13: 9788188161676  
Publ. in: Aug 2009  
Rs. 100/-



**Prakash**  
Marathi Translation of "Light"  
by Maharshi 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: 818816166-7  
ISBN13: 9788188161669  
Publ. in: Aug 2009  
Rs. 10/-

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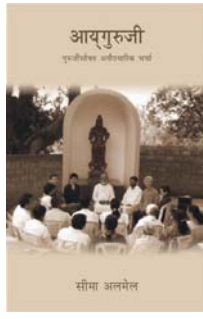
**Rishinkadun Milalele Jnan**  
Marathi Translation of "Channeled Knowledge from the Rishis"  
by Maharshi Krishnananda

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  
140 x 213 x 13 mm  
317 grams  
220 pages

ISBN: 8188161500  
ISBN13: 9788188161508  
Publ. in: Feb 2009  
Rs. 200/-



**iGuruji Gurujinsobat Anoupacharik Charcha (Vol 1)**  
Marathi 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  
140 x 217 x 9 mm  
230 grams  
148 pages

ISBN: 8188161543  
ISBN13: 9788188161546  
Publ. in: Apr 2009  
Rs. 100/-



**Dhyan Kase Karave**  
Marathi Translation of "How to Meditate"  
by Maharshi 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 215 x 5 mm  
104 grams  
64 pages

ISBN: 8188161381  
ISBN13: 9788188161386  
Publ. in: 2008  
Rs. 50/-



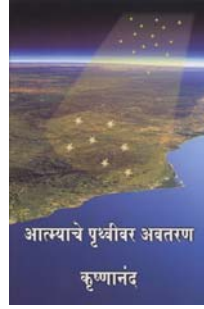
**Dhyanyog**  
Marathi Translation of "Dhyana Yoga"  
by Maharshi Krishnananda

This companion book for "Dhyan Kase Karave" 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 216 x 5 mm  
97 grams  
58 pages

ISBN: 818816139X  
ISBN13: 9788188161393  
Publ. in:2008  
Rs. 50/-

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**Atmyache Pruthvivar Avataran**  
Marathi Translation of "Descent of Soul"  
by Maharshi 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 218 x 3 mm  
51 grams  
32 pages

ISBN: 8188161306  
ISBN13: 9788188161300  
Publ. in:2006  
Rs. 50/-



**Shambala Tatvancha Abhyas**  
Marathi Translation of "Practising Shambala Principles"  
by Maharshi 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  
141 x 219 x 3 mm  
56 grams  
28 pages

ISBN: 938103303X  
ISBN13: 9789381033036  
Publ. in: Nov 2010  
Rs. 50/-



**Eka Adhunik Rushiche Sukshmajagatil Parakram**  
Marathi Translation of "Astral Ventures of a Modern Rishi"  
by Maharshi 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  
144 x 215 x 5 mm  
100 grams  
65 pages

ISBN: 8188161357  
ISBN13: 9788188161355  
Publ. in: 2008  
Rs. 50/-



**Prakashmay Jeevan**  
Marathi Translation of "Living in Light"  
by Maharshi 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 138 x 5 mm  
45 grams  
52 pages

ISBN: 818816142X  
ISBN13: 9788188161423  
Publ. in: Aug 2008  
Rs. 10/-

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