

Catalogue of Tamil Books

October 2009

MANASA FOUNDATION (R)

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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.



Oliyin Vayilgal

Tamil 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

142 x 218 x 13 mm

223 grams

170 pages

ISBN: 8188161322

ISBN13: 9788188161324

Publ. in: 2007

Rs. 200/-



2012 Mudiva Alladu Thodakama

Tamil 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

140 x 211 x 8 mm

110 grams

72 pages

ISBN: 818816172-1

ISBN13: 9788188161720

Publ. in: Aug 2009

Rs. 100/-



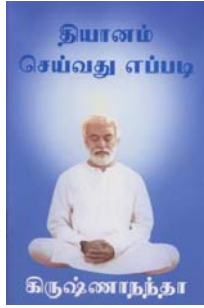
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Tamil Translation of "Light"
by Krishnananda

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
25 grams
24 pages

ISBN: 818816171-3
ISBN13: 9788188161713
Publ. in: Aug 2009
Rs. 10/-



Dhyanam Saivadhu Eppadi

Tamil 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
143 x 218 x 5 mm
72 grams
56 pages

ISBN: 8188161292
ISBN13: 9788188161294
Publ. in: Aug 2006
Rs. 50/-



Dhyana Yogam
Tamil Translation of "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
139 x 215 x 4 mm
90 grams
52 pages

ISBN: 8188161578
ISBN13: 9788188161577
Publ. in:2009
Rs. 50/-



Atmavin Avarohanam
Tamil Translation of "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
140 x 214 x 2 mm
52 grams
24 pages

ISBN: 8188161586
ISBN13: 9788188161584
Publ. in:2009
Rs. 50/-



Shambala Niyamangalin Abyasangal
Tamil Translation of "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
141 x 215 x 2 mm
53 grams
24 pages

ISBN: 8188161594
ISBN13: 9788188161591
Publ. in: 2009
Rs. 50/-



Naveena Rishi Oruvarin Sukshma Sahasangal
Tamil Translation of "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
144 x 215 x 2 mm
101 grams
60 pages

ISBN: 8188161608
ISBN13: 9788188161607
Publ. in: 2009
Rs. 50/-