

# Catalogue of English Books

June 2013

**MANASA LIGHT AGE FOUNDATION ®**  
Taponagara, Chikkagubbi (Off Hennur-Baglur Road)  
Bangalore Urban 560 077. India.  
Tel: (080) 2846 5280, 099000 75280  
e-mail: [info@lightagemasters.com](mailto:info@lightagemasters.com)  
[www.lightagemasters.com](http://www.lightagemasters.com), [www.lightchannels.com](http://www.lightchannels.com)

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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 Guruji Krishnananda

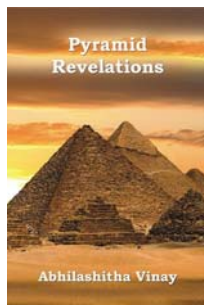
Considered as the most important book after "Autobiography of a Yogi", this book narrates the Spiritual Journey of Guruji. It also contains the life of his guru, Maharshi Amara, who spent his entire life working for the welfare of this world with the Light Beings in the higher planes known as Rishis.

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  
140 x 215 x 12 mm  
300 grams  
156 pages

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

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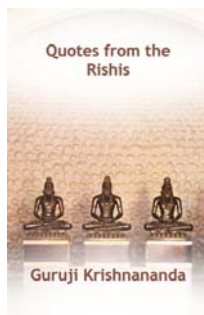


**Pyramid Revelations**  
by Abhilashitha Vinay

The Pyramids have been a source of mystery for a long time. Many great scientists have researched and tried to understand the real function and purpose of Pyramids. There are countless books available on the subject. The purpose of this book is not to provide the knowledge that is already well known; it is to add new knowledge and insights about their origin and purpose. The new knowledge presented here was perceived and gathered directly from the source under the guidance of the Light Masters. A part of the new revelations are published through this book.

Hardcover  
145 x 220 x 8 mm  
250 grams  
64 pages

ISBN: 9381033463  
ISBN13: 9789381033463  
Publ. in: Aug 2012  
Rs. 75/-



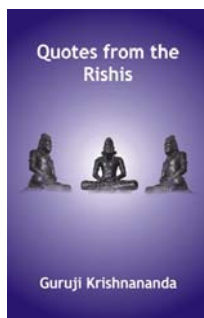
**Quotes from the Rishis Vol 2**  
by Guruji Krishnananda

Over the last two decades, in addition to teaching Meditation to many, Guruji Krishnananda has brought down abundant rare Spiritual Knowledge from the Rishis. The Rishis are the Light Masters, who are the administrators of this Creation, and the Source of all Knowledge and Wisdom. This book contains the Wisdom received from the Rishis in the form of quotes and excerpts that help us in our Spiritual journey. This is the second volume in the series.

Paperback  
140 x 215 x 7 mm  
160 grams  
100 pages

ISBN: 9381033528  
ISBN13: 9789381033524  
Publ. in: Feb 2013  
Rs. 100/-

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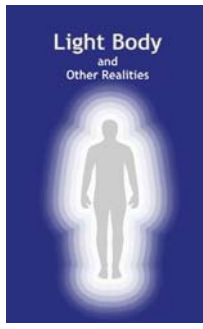


**Quotes from the Rishis**  
by Guruji Krishnananda

Over the last two decades, in addition to teaching Meditation to many, Guruji Krishnananda has brought down abundant rare Spiritual Knowledge from the Rishis. The Rishis are the Light Masters, who are the administrators of this Creation, and the Source of all Knowledge and Wisdom. This book contains the Wisdom received from the Rishis in the form of quotes and excerpts like "Renunciation is more a spiritual attitude than actual dispossession of things", that help us in our Spiritual journey.

Paperback  
140 x 215 x 7 mm  
160 grams  
104 pages

ISBN: 9381033277  
ISBN13: 9789381033272  
Publ. in: May 2012  
Rs. 100/-



**Light Body & Other Realities**  
by Raghavendra Somayaji

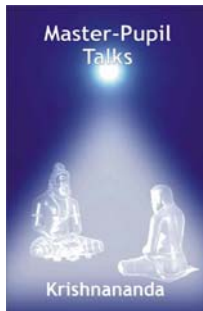
This book is released at a time when the world is going through a phase of change and transformation. To go along with the changes, we human beings also must transform spiritually. When our transformation is complete, we become Light bodies. This book answers questions like, what is Light body, how to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

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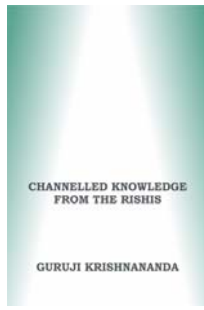
**Master-Pupil Talks**  
by Guruji Krishnananda

This is a rare book containing the conversations between Maharshi Amara and his direct Disciple Guruji Krishnananda. Though these conversations are 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/-



*New*

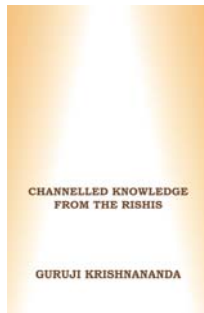
### **Channelled Knowledge from the Rishis Vol 4** by Guruji Krishnananda

This is the fourth 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 15 mm  
320 grams  
248 pages

ISBN: 9381033064  
ISBN13: 9789381033067  
Publ. in: May 2013  
Rs. 200/-

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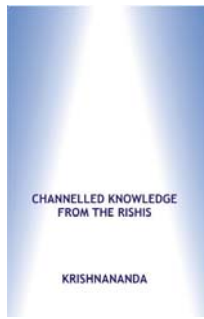


### **Channelled Knowledge from the Rishis Vol 3** by Guruji Krishnananda

This is the third 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 14 mm  
295 grams  
228 pages

ISBN: 9381033471  
ISBN13: 9789381033470  
Publ. in: Aug 2012  
Rs. 200/-



**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  
235 grams  
170 pages

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

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**Channelled Knowledge from the Rishis**  
by Guruji 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/-



## Guruji Speaks Vol 7 by Guruji Krishnananda

These are excerpts from the Lectures by Guruji Krishnananda in his weekly Meditation Classes. This is the seventh volume in the series. They contain rare knowledge, wisdom and insights which help living this life sensibly and also to achieve our Spiritual goals. Guruji was a rare Guru and a channel for the Rishis and his Guru, Maharshi Amara (1919-1982) who now lives in Andromeda galaxy. Guruji taught Meditation to thousands in advanced Sadhana and brought down rare Spiritual Knowledge from the Rishis for nearly 25 years.

Paperback  
140 x 210 x 15 mm  
300 grams  
232 pages

ISBN: 9381033056  
ISBN13: 9789381033050  
Publ. in: May 2013  
Rs. 200/-

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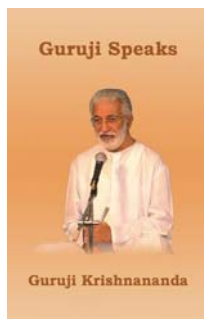


## Guruji Speaks Vol 6 by Guruji Krishnananda

These are excerpts from the Lectures by Guruji Krishnananda in his weekly Meditation Classes. This is the sixth volume in the series. 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 13 mm  
310 grams  
208 pages

ISBN: 9381033439  
ISBN13: 9789381033432  
Publ. in: Aug 2012  
Rs. 200/-



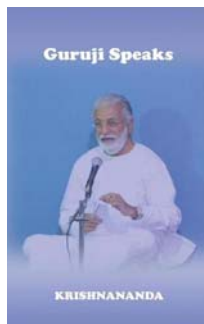
**Guruji Speaks Vol 5**  
by Guruji Krishnananda

These are excerpts from the Lectures by Guruji Krishnananda in his weekly Meditation Classes. This is the fifth volume in the series. 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 Andromaeda galaxy. He teaches Meditation, guides in advanced Sadhana and Higher Studies in rare Spiritual Realities.

Paperback  
140 x 215 x 17 mm  
385 grams  
300 pages

ISBN: 9381033242  
ISBN13: 9789381033241  
Publ. in: May 2012  
Rs. 200/-

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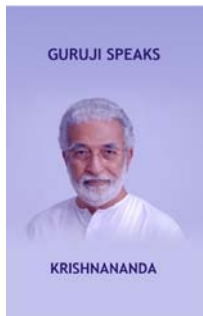
**Guruji Speaks Vol 4**  
by Guruji Krishnananda

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 Andromaeda 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/-





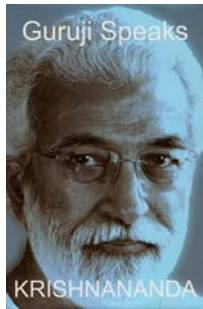
**Guruji Speaks Vol 3**  
by Gururji Krishnananda

This book is a compilation of lectures given by Gururji 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/-

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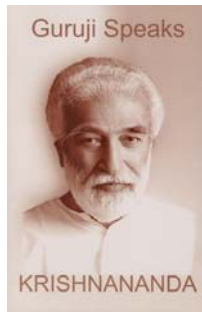


**Guruji Speaks Part 2**  
by Gururji Krishnananda

This book is a compilation of lectures given by Gururji 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 Gurujī Krishnananda

This book is a compilation of lectures given by Gurujī 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

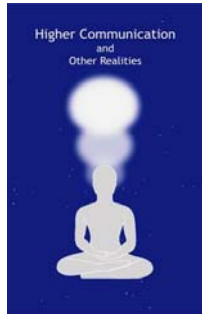
ISBN: 818816108X

ISBN13: 9788188161089

Publ. in: Aug 2000

Rs. 200/-

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## **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 Gurujī 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/-



## **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

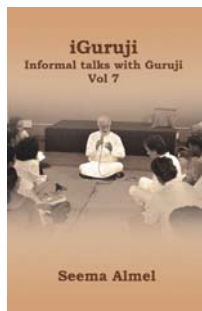
162 pages

ISBN: 8188161802

ISBN13: 9788188161805

Publ. in: Aug 2008

Rs. 200/-



## **iGuruji Informal Talks with Guruji Vol 7**

by Seema Almel

This is the seventh 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 8 mm

175 grams

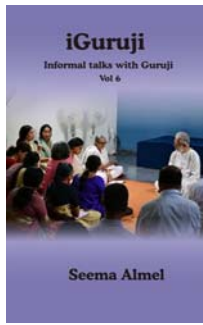
128 pages

ISBN: 9381033455

ISBN13: 9789381033456

Publ. in: Aug 2012

Rs. 150/-



**iGuruji Informal Talks with Guruji Vol 6**  
by Seema Almel

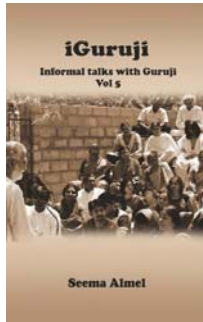
This is the sixth volume of informal interactions between the students of Saptarishis Path and Guruji Krishnananda . As we advance towards the New Age, the Light Masters in the planes above reveal new Knowledge and provide new energies to help us prepare for the New Age.

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/-

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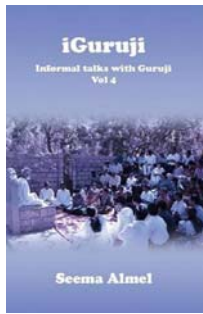


**iGuruji Informal Talks with Guruji Vol 5**  
by Seema Almel

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

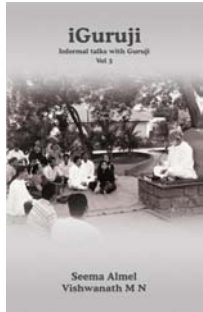
ISBN: 9381033323

ISBN13: 9789381033326

Publ. in: Feb 2011

Rs. 150/-

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### **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

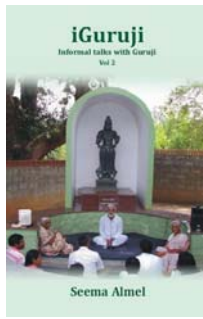
214 pages

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/-

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**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/-



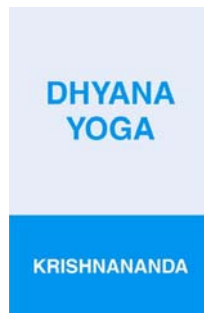
**How to Meditate**  
by Guruji Krishnananda

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  
141 x 219 x 4 mm  
81 grams  
50 pages

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

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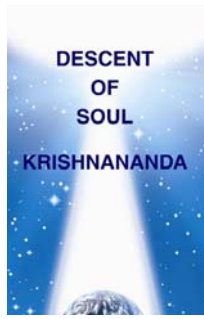


**Dhyana Yoga**  
by Guruji Krishnananda

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/-



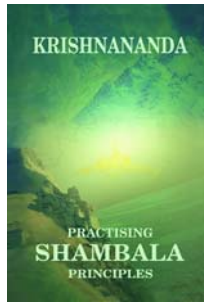
**Descent of Soul**  
by Guruji Krishnananda

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  
141 x 216 x 2 mm  
48 grams  
28 pages

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

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**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  
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 Guruji Krishnananda

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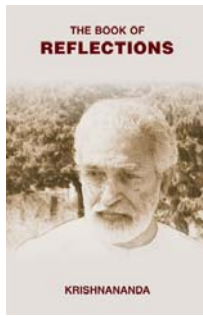


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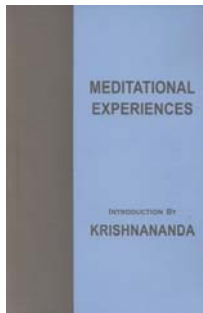
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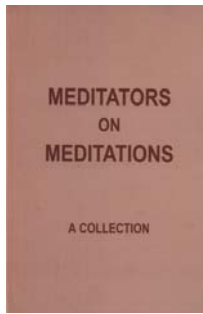


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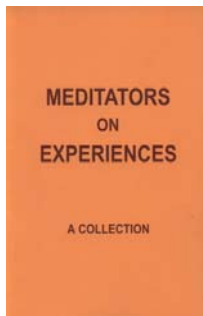
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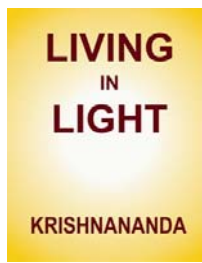


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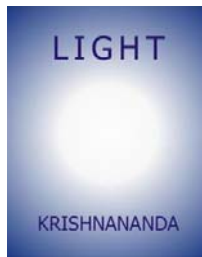
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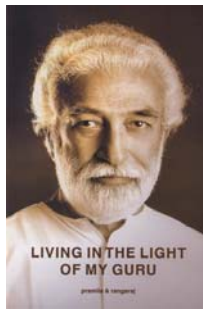


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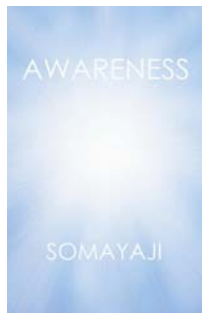
**Living in the Light of My Guru**  
by Pramila And Rangaraj

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.

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