



GURUJI KRISHNANANDA (1939)

LIGHT

Light, not the physical Light but the subtlest Light, is the Source of all Creation. It is the Source of all positive energies. It is the Source of Love, Peace, Truth, Wisdom and all Life. This Light is GOD.

CHANNELLING

Channelling is allowing the Light to descend into us by intending and then spreading It around the world. Our body transforms the frequency to the grosser level.

The vibrations from the Light reach all beings and nature. They carry the energies of Healing, Love, Peace and all Positivity. They help Transformation. We will be better human beings. The world will be a better world.

TECHNIQUE

Imagine an ocean of Light above you. Imagine the Light descending and filling up your body. Then, experience the Love, Light and Peace of the Light for a minute and then, imagine It spreading out gradually to your school, locality, country and world.

Practise this for a minimum period of seven minutes.

LIGHT CHANNELS WORLD MOVEMENT

was launched by Guruji Krishnananda, founder of the Rishis Path, on 18-05-2008.

The Movement is to channel Light daily for seven minutes when we wake up or go to bed from our own places on this earth.

The aim of the Movement is, mainly, Peace on this earth.

UNIQUENESS OF THE MOVEMENT

- Oneness by Light
- Non-religious, Universal
- No restrictions, no conditions
- No membership
- Everyone can contribute to Peace
- Helps the individual, helps the world
- Prepares us and the world to enter the Photon Belt

LIGHT CHANNELS

Volume 1, Issue 3

NEWSLETTER

January 2011

A MESSAGE

Guruji Krishnananda

First, let me wish all the Managers, Teachers, students and volunteers a very Happy New Year with more Light and all that Light brings in abundance: Peace, Wellness and Success. All of you have made this selfless and self-rewarding Light Channelling Movement a great success. This is no more our Movement. It is your Movement. A World Movement.

Light chose children to come down. You have chosen Light to serve. This Movement is truly universal: non-religious and non-political. I am happy that you appreciate this.

Someday, all man-made boundaries vanish. Then Light-channelling continues and bonds all of us in the Oneness of Universalism. Let us work for that day. Let us wait for that day.

HAPPENINGS

Jayant Deshpande

18th December was a very special day for Light Channelling when more than fifty thousand children from more than one hundred schools channelled Light. More than sixty volunteers from different parts of India gathered in Mysore and surrounding towns and worked silently in unison to make this extraordinary event possible.

In the month of December, 2010 alone, more than 1,70,000 students in more than 290 schools channelled Light.

As more and more schools join this movement, more than one lakh school children in more than two hundred schools are channelling Light everyday as part of their daily prayers.

This unprecedented response from Schools motivates us most in this selfless work of spreading Light.

LIGHT WORKS

Manoj Chopra

Oneness is a natural phenomena during Light Channelling. Purpose of Light Channelling is Peace, Love and Oneness on earth which is possible only when most of people on earth connect to each other and channel Light. That is the reason, mass Light Channelling is suggested.

In Oneness every problem can be addressed and easily solved. Oneness within the group helps to get better results anywhere and in any field.

Light Channelling not only helps children, it also silently creates positive and peaceful atmosphere within the school and surroundings, which helps in overall growth of the society and the world.

MANASA FOUNDATION (R)



Taponagara, Chikkagubbi, (Off Hennur - Bagalur Road) Bangalore Urban - 560077. INDIA.

Phone : (080) 2846 5280, 2271 5501, 093420 30250 (10 AM to 4 PM)

e-mail : info@lightagemasters.com

info@lightchannels.com

website : www.lightagemasters.com

www.lightchannels.com

**In the month of November 2010, Light Channelling was
conducted in the following Schools in various cities.**

BANGALORE

- | | | |
|---|---|--|
| <ol style="list-style-type: none"> 1. Sri Maruti Vidya Mandira, Maruthinagar, Kamakshipalya 2. Shanthiniketan Trust School & College, Bilekahalli, Bannerghatta Road 3. Gnana Sindhu Vidya Kendra, Vidyaranyapura 4. Jyothy Kendriya Vidyalaya, Yelachenahalli, Kanakapura Road 5. Dayananda Sagar English Primary & High School, Yelachenahalli 6. Government School, Chunchgatta 7. RBANMS Boys High School, Middle School & Bifurcated, Near Ulsoor Lake 8. Riverdale Public School, Vidyaranyapura 9. Mythri Vidyaniketan, Bangalore 10. VLS International School, Basaveshwaranagar 11. Heritage Public School, Srinidhi Layout 12. Government Kannada Model Primary School, J.C. Nagar 13. Government Tamil Higher Primary School, J.C. Nagar 14. Government Urdu Model Primary School, J.C. Nagar 15. Dayananda Sagar College of Management & Information Technology, Shavige Malleshwara Hills 16. Government Model Primary School, Konankunte 17. Government Junior College and High School, J.C. Nagar 18. Nehru Memorial Public School, Kengeri Hobli 19. Radha Krishna School of Education, Kengeri Satellite Town 20. Sri Satya Sai Mahila Charitable Trust, Gyanabharathi Post 21. Millennium English Convent, Vidyaranyapura 22. Navadeep English Medium High School, Basavapura Road 23. Govt. Kannada Model Primary School, J.P. Nagar, 2nd Phase 24. Sri Ayyappan School, Jayamahala 25. St. Michael's English School (S.M.E.S.), Jalahalli 26. Govt. Kannada Primary School, Bangalore | <ol style="list-style-type: none"> 27. St Don Bosco School, B. Narayana Pura 28. Sarkari Hiriya Prathamika Pathashale, Bangalore Uttar Taluk 29. Rajarajeshwari High School, Doddabomasandra 30. Govt. School, Kothanur 31. Government Higher Primary School, Benniganahalli 32. Government Higher Primary School, Jalahalli West Post 33. Govt. High School, Mallasandra 34. Govt. Higher Primary School, Kothanur 35. St. Joseph School, Singasandra 36. Saint Mary School, Hebbagodi, Anekal Taluk 37. Chennakeshava Kannada School, Electronic City (Post) 38. Bright Future School, G.B. Palya, Hosur Main Road 39. New Bharath International School, Hosur Main Road 40. Jnana Bharathi High School, Garvebhavi Palya Road, Hongasandra 41. Sarkari Madri Prathamika Shale, Hebbagodi, Anekal Taluk 42. Suryodaya Educational Trust (R), Thirupalya, Anekal Dist. 43. Pavithra Public School, Hebbagodi, Anekal Taluk 44. St. Philomena's High School, Anekal Road, Chandapura 45. Kaveri Vidyakshetra School, Hosa Main Road 46. S.K. Public Primary & High School, Anekal Taluk 47. B.E.S. School, Anekal Taluk 48. Diana Convent, Hosur Road 49. St. Mary's High School, Garvebhavi Palya 50. National Public School, Anekal 51. Govt. High School, Hebbagodi 52. Swami Vivekananda Primary & High School, Chandapura, Anekal Taluk 53. Hiriya Prathamika Shale, Yelahanka New Town 54. M. Tres Convent School, Marsur Gate, Anekal Taluk 55. Kittore Rani Chennamma Residential School, Egoore, Chandapura Post, Anekal Taluk 56. Jnana Vahini Vidya Samsthe, Basaveshwaranagar | <ol style="list-style-type: none"> 57. Jagadguru Sri Jayadeva Proudashale, Kamakshipalya 58. Sanmarg Central School, Chunchgatta, Kothanur Road 59. Sarkari Hiriya Prathamika Pathashale, Hunasamaranhalli 60. Government Model Primary School, H A L 3rd Stage 61. Lorven Public School, Bommanahalli 62. Government Model Primary School, Bommanahalli 63. Anikethan Public School, Begur Road 64. Meera Vidyaniketan (R), Eng. Nursery & Primary School, Chamundeshwari Layout 65. Maurya Public School, Kamakshipalya 66. Panchavati Vidya Mandira Kannada Hiriya Prathamika Shaale, Jayanagar 67. Sri Sai Vidya Mandir, Bettahalasur, Bangalore North 68. Vyasa International School, Vidyaranyapura (P) 69. Veerabhadraswamy High School, Doddagubbi, Bangalore East Taluk 70. Jai Gopal Garodia Rashtrotthana Vidyalaya, Kalyannagar 71. Jnana Bharathi Education Trust, Konnankunte 72. Sarkari Proud Shale & Hiriya Prathamik Pathashale, Bettahalasur Bangalore North Valaya 4 73. Government Higher Secondary School, Police Colony, Magadi Road 74. Max Muller School, Basaveshwara Layout 75. Sadhana Vidhya Kendra, K. Narayanapura 76. IGL Primary School, LIC Colony, 4th Block 77. Sadhana Vidya Kendra, M. Nanjappa Layout, K. Narayanapura 78. BET Convent, Rajarajeshwarinagar 79. Unique Public School, Chikkabanavara Main Road 80. Bapuji Memorial English Higher Primary & High School, Magadi Road 81. Bapuji Residential High & |
|---|---|--|

**In the month of November 2010, Light Channelling was
conducted in the following Schools in various cities.**

- | | | |
|--|---|--|
| 82. Sheila Kothavala Institute for the Deaf, Rustum Bagh, Airport Road | 111. New City Public School, K. Narayanpura, Off Hennur Road | 139. Bangalore English High School, Naganathpura, Electronic City |
| 83. Lorven Public School, Bangalore | 112. Govt. Lower Primary School, Kadaagrahara | 140. Bluebell Public School, G K Layout, Chennakeshava Nagar |
| 84. Amaravani High School, Manivilas Garden, BEML Layout | 113. Sarvodaya High School, Srirampuram | 141. Nightingales English School, B.T.M 4th Stage, Near Vijaya Enclave |
| 85. Flora Public School, JP Nagar | 114. Triveni Public School, Bagalagunte | 142. Aravind Memorial English School, B.T.M. 4th Stage, Near Vijaya Enclave |
| 86. JSS Educational Institutions, Ganapati pura, Chunchgatta Main Road | 115. St. Theresa Primary & High School, Mallasandra | 143. Silicon City High School, B.T.M. 4th Stage, Near Vijaya Enclave |
| 87. Saint Glorious Convent, Supraja Nagar, Chunchgatta Main Road | 116. Arya Idiga Mahila Sangha, Rajiv Gandhi Circle | 144. Bhagyalakshmi Convent School, B.T.M. 4th Stage, Near Vijaya Enclave |
| 88. Govt. Model Primary School, Sarakki, J.P. Nagar | 117. Parents Teachers Association, 9th Block, Jayanagar | 145. The Salonee School, Vishwapriya Layout, Begur Road |
| 89. Govt. Higher Primary School, Konnankunte Post | 118. Arunodaya Residential Education, Bommasandra, Near Varthur | 146. Adarsha Primary & High School, Bommanahalli, Begur Road |
| 90. Blossoms School, Nagasandra | 119. Government Model Primary School, Varthur | 147. Shams Primary School, Konappana Agrahara, Electronic City |
| 91. Kuvempu Memorial School, Bagalakunte, Nagasandra (P) | 120. Government Higher Primary School, Doddakannahalli | 148. Govt. Primary School, Konappana Agrahara, Electronic City |
| 92. Sri Gangadeshwara High School, Bagalakunte | 121. Kogilu Govt. Lower Primary School, Kogilu Road | 149. Timmaiha Reddy Primary & High School, Hosur Main Road, Electronic City Post |
| 93. Government High School Police Colony, Magadi Road | 122. Govt. High School, 9th Block Jayanagar | 150. Royal Public School, Hebbagodi, Electronic City Post |
| 94. Don Bosco High School, K. Narayanapura, Kothanur P O | 123. National Public School, Mallasandra, T. Dasarahalli | 151. Govt. High School, Begur |
| 95. Mother's Touch School, LIC Colony | 124. B.N.R. International Public School, Mallasandra | 152. Veerabhadraswamy High School, Doddagubbi, Bangalore East Taluk |
| 96. Government School, Jaraganahalli, Kanakapura Main Road | 125. St. Joseph's Convent School, Kodagnara | 153. Bapuji Institute of Education, Yeshwanthapura Circle |
| 97. Navaprajna Public School, Marathahalli Post | 126. MEWA Higher Primary & High School, 9th Block, Jayanagar | 154. Tejaswini English & Kannada Medium School, Jayanagar |
| 98. S V Central School, Vidhyanagar Bangalore International Airport Road | 127. Oxford English School, Kogilu Road | 155. Sahakari Vidya Kendra Higher Primary, 9th Block, Jayanagar |
| 99. Govt. Higher Primary School, Juganahalli, Rajajinagar | 128. Issac Newton High School, Cottonpet | 156. Corporation School, Austin Town |
| 100. Govt. Composite High School, Juganahalli, Rajajinagar | 129. St. Catherine High School, Cottonpet | 157. St. Alban's English School, Vidyaranyapura Post |
| 101. Govt. Higher Primary School, Vidyaranyapura Post | 130. Govt. High School, Makali, Bengaluru North Dist. | 158. Nalanda English High School, J P Nagar |
| 102. Annapurna High School, Vidyaranyapura Post | 131. St. John's English School, Jakkur | 159. Issac Newton High School, Cottonpet |
| 103. Samarpan Trust, HSR Layout | 132. K K English School, Varthur, Gunjur Road | 160. Narendra High School & S.T.I.H.P.S., Park Road, Balepet |
| 104. Adarsha Vidyalaya, LIC Colony | 133. Matha's English High School (R), Hosur Main Road | 161. Aftaa Primary & High School, Neelasandra |
| 105. Sri Sangameshwara Vidyalaya, Byrasandra | 134. Southern Convent High School, Prakashnagar | 162. BBMP Boys High School, Austin Town |
| 106. Lady Vailankanni Group of Institutions, Varthur, Gunjur Road | 135. Government Primary & High School, Prakashnagar | 163. Canaan Christ Public School, BTM 1st Stage |
| 107. Government Higher Primary School, Ramagondanahalli | 136. Sadguru Sainath Primary & High School, CBSE, Electronic City | 164. R.V. Convent English High School, Vidyaranyapura Post |
| 108. Govt. Higher Primary School, Jayanagar | 137. Swami Vivekananda English High School & PU College, Chandapura | 165. R.K.S. High School, Cottonpet (Aralepete) |
| 109. Govt. Higher Primary School, Yerappanahalli | 138. V.E.S School, Bommanahalli, Hosur Main Road | |
| 110. St Joseph's Convent School, Doddagubbi P O | | |

**In the month of November 2010, Light Channelling was
conducted in the following Schools in various cities.**

AMARAVATI

1. Dnyanmata High School, Irwin Chowk, Camp Road
2. Shri Saibaba Vidyalaya, Sai Nagar

ANANTPUR

1. Raman English Medium High School, Sai Nagar, Anantpur

CHENNAI

1. Kumararani Meena Muthiah Higher Secondary School, Gandhi Nagar
2. P S Matriculation Higher Primary & Secondary School, Mylapore
3. Nellai Nadar Matriculation Higher Sec. School, Kotivakkam
4. Kendriya Vidyalaya Anna Nagar, Thirumangalam
5. Chellammal Vidhyalaya Primary and Nursery School, Mylapore
6. Sri Sivaswami Kalalaya Senior Sec. School, Mylapore
7. Little Oxford Matriculation Higher Sec. School, T-Nagar
8. C D Nayagam Theyagaraya Hr. Sec. School, T-Nagar
9. Panchayath Union Middle School, Sholinganallur
10. Sri Sankara Vidyalaya Matriculation Higher Secondary School, Tambaram East
11. Velammal Matriculation Higher Secondary School, T.S. Krishna Nagar
12. Sri Venkateshwara Matriculation Hr. Sec. School, Royapettah
13. Guild of Service Home for Handicapped Children, Anna Nagar West

CHIKKABALLAPUR

1. Sarkari Hiriya Prathamika Shale, Vapasandra
2. Quiet Corner School, Vapasandra
3. D I E T - Chikkaballapura
4. Bharati Kannada High School, Bharati Nagar

DAVANGERE

1. M.N.S. Continental High School, S.S. Layout
2. Sri Vinayaka Trust High School, M.C.C. 'B' Block
3. M.N.S. Continental High School, S.S. Layout
4. Sri Vimalleshwara Educational Trust Primary School, M.C.C. 'B' Block
5. Saphthagiri English Medium High School, Chigateri Layout, Kundavada Road
6. Eshwaramma Higher Primary & High School, P.J. Extension
7. Government High School, Nittuvalli, Davangere South
8. D.J.V. Girls Govt. High School, K.B. Extension
9. G.H.P.B.S. (Govt. Higher Primary Boys School), Duggammamet
10. Rashtrothana Vidyalaya, Nittuvalli
11. Sri Veerabhadrappa. M (Nursery, Primary School), Vinobanagar
12. S.J.J.M High School, Vinobanagar
13. S.S.M.B. Nursery/High Primary/High School, Vinobanagar
14. Sri Tarlabalu Jagadguru Higher Primary School, K.R. Road
15. St. Mary's Convent English Medium High School, Vinobanagar
16. Mudegowdra Mallamma Murigeppa Girls High School, K.R. Road
17. Government High School, K.R. Market

DEVANAHALLI

1. Rural High School, D S Road
2. Rural Teachers Training Institute / Nalanda College of Education, D S Road
3. Sarkari Paripoorna Proudhsale, Opp. New Bus Stand, Devanahalli
4. Government P U College, Opp. New Bus Stand, Devanahalli
5. Kuvempu Gyana Bhandara Shale, Shilpkala Road Devanahalli

DHARWAD

1. G.E.M. School, Dharwad
2. R.L.S. School, Dharwad
3. Govt. Kannada Higher Primary School, Dharwad
4. St. Joseph's School, Dharwad

GOURIBIDNUR

1. Sarkari Hiriya Prathamika Shale, Belachikkanhalli, Thondebhavi Hobli
2. Government Primary School (LPS), Hussainpura, Thondebhavi Post
3. Sarkari Madri Hiriya Prathamika Shale, Thondebhavi
4. Government Primary School, Railway Station, Thondebhavi
5. St. Anns School, Madnanhalli
6. B G S Public School & P.U. College, Sai Mandir Road
7. St. John's School, OPP: Old K.E.B. Gouribidnur
8. Annai Fatima T T I, Muneshwara Layout
9. Government P U College, Gouribidnur

HASSAN

1. NSS Camp Students, Channarayapatna Taluk

HOSKOTE

1. S.J.R.S Girls High School, Hoskote, Bangalore Rural
2. Vinayaka High School, Hoskote, Bangalore Rural
3. Govt. Girls High School, Hoskote, Bangalore Rural
4. Govt. Boys High School, Hoskote, Bangalore Rural

HUBLI

1. Lamington High School, Lamington Road, In front of Ashoka Hotel,
2. Kendriya Vidyalaya 2, Gadag Road, Hubli

**Light Channelling is now conducted regularly
in the following schools in various cities.**

HYDERABAD

1. Vidya Bodhini High School, Champapet,
2. Radiance School English Medium Co-Ed School, Behind SBI, King Koti
3. Dilsukhnagar Public School, Karmanghat
4. D.P.S. School, Karmanghat
5. Zilla Parishad Primary School, Champapet
6. Zilla Parishat Unnat Pathshale, LB Nagar

KOVILPATTI

1. Pandiya Nagar Primary School, Pandavarmangalam
2. Ravilla K.R.A. Vidhyashram Matriculation Hr. Sec. School, Kovilpatti

MADIKERE

1. Government Model Primary School, Voikery, Kodaku Dist., Madikere Taluk
2. Bharath Matha Comp. P.U.College, Periapatna Taluk, Mysore Dist., Koppa

MADURAI

1. Karpaga Vinayagar Mat. Hr. Sec. School, K.Pudur
2. Annamalayar Matriculation School, Outer Ring Road
3. De Nobili Mat. Hr. Sec. School, Near ITI, K. Pudur

MUMBAI

1. Kendriya Vidyalaya, Panvel, New Mumbai
2. I.T.M., Mumbai
3. Shivai Vidyalaya, Thane
4. Pandit School, Yeor, Thane
5. Mahila Mandal School, Kurla, Mumbai
6. Shivai Vidyalaya, Shivai Nagar, Thane West
7. Mahanagar Palika Shikshsan Mandal Kramank-56, Yeor, Thane

PUNE

1. Shivaji Mandir School, Pune
2. Shivaji Mandir Vidyalaya, Aundh
3. Kendriya Vidyalaya, C.M.E. Branch, Dapodi

SHIMOGA

1. Navodaya Vidya Kendra, Thirthahalli Road, Gajanur
2. Govt. Higher Primary School, Thirthahalli Road, Gajanur
3. Govt. High School, Gajanur
4. Govt. Primary School, Gajanur, Thirthahalli Road
5. Govt. Higher Primary School, Arkere, Thirthahalli Road
6. Govt. Higher Primary School, Thirthahalli Road, New Mandli
7. Govt. Higher Primary School, Marnomi Bail, Behind Govt. Bus Stop
8. J.P.N High School, M.K.K. Road
9. Govt. Higher Primary School, M.K.K. Road
10. Vidya Jyothi High School, Kote Road
11. Kasturbha Girls High School, Gopi Circle
12. Basvershvara Primary & High School, Next to Veerashaiva Kalyana Mantapa
13. Gayathri Vidyalaya, Kote Road
14. Sandipani High School, Bommana Halli, Near Railway Gate
15. MES Higher Primary School, Vinobanagar
16. Govt. Higher Primary School, Srirampura, Kote Gangur Post, Sagar Road
17. Govt. Higher Primary School, Kote Gangur Post, Malligena Halli, Sagar Road
18. PES High School & P.U. College, Sagar Road
19. Govt. Higher Primary & High School, Sagar Road, Gadikoppa
20. Sacred Heart High School, Meenakshi Bhavan, BH Road
21. Govt. Urdu High School, B.H. Road
22. Govt. Tamil Higher Primary School, B.H. Road
23. National High School, Court Circle
24. DVS High School (English & Kannada Medium), Basaveshwara Circle

MYSORE

1. J.S.S. High School, Vijayanagar, 2nd Stage
2. Sadvidya Semi Residential School, Mysore
3. Sadvidya School, Mysore
4. Siddeshwara School, Mysore

List of Volunteers who joined the Light Channelling work recently

BANGALORE

Jayanagar Team

1. Ramesh S. Borkar
2. N. Venkatesh Reddy
3. Dr. Ravinder Singh Gour

J.P. Nagar Team

1. Nikhil K.S.
2. R. Raghavan

Taponagara Team

1. S. Vijayakumari
2. Ravi Shah
3. Rashmi Girish

Rajajinagar Team

1. A. Nagamma
2. Nalini Rajashekar

K.R. Puram Team

1. Pradeep Kumar Krishnaiah

Anekal

1. Jayashree

SOLAPUR

1. Santosh Kore
2. Suchita Kore

APPEAL TO SCHOOLS

Please help in strengthening
Light Channels
World Movement
by making
Light Channelling a
part of daily prayers
in your School.

EXPERIENCES

(Compiled by Vaishali Joshi)

VOLUNTEERS

On 4-11-2010 after we reached RBANMS Girls High School, Ulsoor, we realized that we were not prepared enough. I prayed "God please help". Next moment, I felt God descending down. During the session I could experience Light. Surprisingly, after the session one of the teachers Mrs. Jamuna started her speech with these words "Children, today we felt God descending down here. We experienced God and we thank Manasa people for coming and teaching this." Exactly the words that I had felt! I thanked God and Rishis and left.

- Hemalatha Pramod

On 5-12-2010, during the regular Light Channelling session at Mysore centre people had different experiences. One person saw the red, blue and the white globes of Light merging together. Another person saw a small globe of Light and he could also see black spots flying out of his system. One more person, who was coughing through the previous night, had his cough disappeared after Light channelling! Everyone felt happy and refreshed.

- Pragti Raaj

After the Light channelling session at the Institute of Design in Chennai an Architect told me that she had seen a beam of pure white Light and she was suddenly pulled to a far away space outside the planet from where she could see the wonderful Light spreading throughout the globe. Without having seen our banners she described to me exactly the picture that we show during Light channelling!

- Nithya James

While going to the Police Commissioner's office in Pune to conduct a Light Channelling session for the traffic police, we forgot the laptop in the rickshaw. After the session, when we told the police officers about it, they were surprised to see how calm we were and how we had conducted the session without letting anyone get any inkling about what had happened. We told them that there was "Light" in the laptop and that we would certainly find it. An announcement was made but no one responded. In the evening when my sister went to lodge a complaint, a policeman came there with our laptop!

- Medha Kulkarni

On 28th December, when we conducted Light Channelling in Sarkari Proudashale at Thalagavara a student revealed to us that she was present at Govt. Boys High School, Chintamani on 22.12.2010 when we conducted the session there. She had been practising the technique since that day. She was praying that we visit her school and teach the technique to the students. Her prayers were answered in just less than 7 days!

- Mukesh Parmar

TEACHERS & STUDENTS

When I practised the Light Channelling technique, peace descended. Not only did I experience peace, I experienced the calmness and I lost awareness of the surroundings.

- Ms. Abida Begum, Teacher, Govt. Urdu Higher Primary School, Kaiwara

I felt very warm and calm. I felt I was sitting above the earth and felt very amused and enjoyed it.

- Pooja, II PUC, Bengaluru Mahanagara Palike Girls High school and PU college

I felt the Body becoming so light and felt that I might fall any time.

- A Teacher, Government Girls High School, Vapsandra, Chikkaballapura

I experienced joy, peace of mind and felt tension free.

- Kathayini, II PUC, Bengaluru Mahanagara Palike Girls High School and PU College

It was refreshing to the entire body and gave extra energy to work.

- Nandini 10th Std., Swamy Vivekananda Rural English Medium School, Chandapura, Anekal

When I was channelling Light, I was totally different from the world. My mind was filled with Light.

- Kalyan, 8th Std., Swamy Vivekananda Rural English Medium School, Chandapura, Anekal

When I was meditating, I saw Light filling up and surrounding my body. I forgot all vehicle sound.

- Manoj VK, 9th Std., Swamy Vivekananda Rural English Medium School, Chandapura, Anekal

I feel more active after channelling. I gained whole world. There was no violence, no selfishness.

- Himanshu, 10th Std., Swamy Vivekananda Rural English Medium School, Chandapura, Anekal

World Channels Day

1st February 2011

Please join us by channelling Light
for 3 minutes at any convenient time on this day.

