



**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

Vol 1, Issue 2

NEWSLETTER

December 2010

## A MESSAGE

**Guruji Krishnananda**

Sacrifice becomes natural where there is Love. And commitment to the chosen cause. I see both these factors in the wonderful people working for the Light Channels World Movement. Otherwise this much of work would not have taken place. I thank the School-Authorities and the Teachers who are as enthusiastic as our Volunteers for arranging channelling by the School Children.

Any one, irrespective of religion can channel Light. Light has no religion. I request everyone to channel Light in their homes, work-places or anywhere individually or gathering a few.

Let the Light spread all over the world. Let there be Peace and Love all over the world.

## HAPPENINGS

**Jayant Deshpande**

On 27<sup>th</sup> November 2010, 43 dedicated volunteers covered 70 schools and channelled Light with more than 33,000 school children in Shimoga, Hosur, Bangalore, Mumbai and Chennai. This noble act was dedicated to the families of the victims of 26/11.

By end of November 2010, more than 7 lakh school children across hundreds of schools in India, participated in channelling of Light.

The encouragement and support from Education and School authorities and Teachers touches our hearts.

The purity of children helps more Light to descend. This Light not only helps the children immensely in their studies by improving their memory and concentration but it also helps the world by establishing peace gradually and silently. Future times will reveal the silent and selfless contribution of these innocent children in establishing the Light Age on this earth.

## LIGHT WORKS

**Manoj Chopra**

Light is becoming an integral part of our life. Light is helping all of us to receive what we really need in our life. From this ocean of abundance we get everything. We really do not worry about anything when Light is our trustworthy companion. Light has Love and Compassion for everyone and it wants to help humanity to overcome their sufferings.

We will come to know more about Light when we advance more into New Age. Positive effect of Light Channelling has already been seen and will be known more on our earth in coming times.

I humbly thank all the School Authorities who have regularized Light Channelling in their schools and request other schools to join them soon and help us in the work of spreading Light.

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

**BANGALORE**

1. Ekta Orphan House
2. Oriental English School, Vidyaranyapura
3. Rainbow International English School & P.U.College, Kereguddahalli, Abbigere
4. Jindal Jubilee Govt. Primary School, Kereguddadahalli
5. Swami Vivekananda Vidya High School, Banashankari 1st Stage
6. Krishna Polytechnic Institute, Chikkabanavar
7. Vishwa Bharati Public School, Ramachandrapur
8. R.M.S. International School, Kanakapura Main Road
9. AES High School, K.G.Halli, Jalahalli West
10. Vivekananda Education Center, Jayanagar
11. Poornima High School, Yegganahalli
12. Kiran High School (Kannada & English), Yegganahalli
13. Nutan High School, Yegganahalli
14. Navkis Educational Centre, Gokulam
15. Seventh Day Adventist English School, K.G.Halli, Jalahalli West
16. Indian High School, Basaveswaranagar
17. Sheron English Primary & High School, Kala Complex, Kala Nagar
18. Alpha Public School, Kogilu
19. Jyothi English & Kannada School, Kacharakannahalli
20. MNTI Polytechnique, K.G.Halli, Jalahalli
21. Acharya Sri Mahapragya High School, Nandini Layout
22. V. L. S. Vidyasagar, Basaveswaranagar
23. Sarkari Madari Prathamika Shale, Kamakshipalya
24. B.E.L. Primary & High School, Jalahalli
25. Vivekananda Primary School, Bangalore
26. Sharada Vidyalaya Samasthe, Chikkanna Layout
27. Deepasri Nursery, Primary & High School, (Doddanna Vidya Samiti) Vishwaneedam Post
28. St.Charles Public School, St.Thomas Town

29. Holy Shepherd Education Society, Next to Raghavendra Swamy Temple
30. Shamsheer Boys Sports Coy, MEG Centre, Opp. Shamsheer Boys Sports Co.
31. Bhoruka English Public School, Nelamangala
32. Nadigar English School, Nelamangala
33. Sun Shine English School, Nelamangala
34. Basaveswara English School, Nelamangala
35. Ebenezer English School, Nelamangala
36. Shilpashree English High School & P.U.College, Vishwaneedam Post
37. Vishal English & Primary School, Nelamangala
38. New Century School, Sondikoppa Road
39. Murali Vidya Samsthe, Nelamangala
40. Magadi Kempegowda Vidyalaya, Nelamangala
41. Siddalingeswara Primary and High School, Subhash Nagar
42. Kshetra Sarkari Prathamika Shaale, Nelamangala
43. MES School, Nelamangala
44. Government Higher Primary School, Nelamangala
45. Priyadarshani High School, Nelamangala
46. New Public School, Nelamangala
47. Sri Vinayaka Vidya Niketan, Nelamangala
48. Sarkari Hiriya Prathamika Shale, Nelamangala
49. St. Theresa, Nelamangala
50. Skyward School, Nelamangala
51. Maruti School, Nelamangala
52. Millenium Public School, K.G.Halli
53. B.E. Higher Primary School, Jayanagar
54. Resurrection School, Indiranagar 80ft Road
55. Shanthiniketan Trust School, Mico Layout
56. Little Flower English School, HAL II Stage
57. B.E.L. CBSE Vidyalaya, B.E.L. Circle
58. Nirmala Higher Primary School, St.Thomas Town

**MYSORE**

1. Notre Dame School

**DAVANGERE**

1. Vidyadayini School, K.R.Nagar
2. MKET's LK English Medium School, Hale Harlapura, Guttur Post
3. Trishul High School, Trishul Campus, K.B.Extension
4. Vidya Sagar Convent Private School, 894, K.B. Extn.
5. St.John's Convent High School/Pre, University College Davangere Shivakumaraswamy, Badavane

**HOSUR**

1. Sri.Vijay Vidyashram Kidzee School (CBSE) , Old ASTC HUDCO, Near Sangam Hospital

**KIRIKERA**

1. L R G Vidyalaya & Naidu Junior College, Kirikera

**HINDUPUR**

1. Jawahar Navodaya Vidyalaya, Lepakshi
2. Government Girls High School, M F Road
3. Sree Balaji Vidya Vihar, Pipeline Road, Vidyanagar
4. Deepti English Medium School, Melapuram
5. Vailankani Matha Vidyalaya, Melapuram
6. Renowned English Medium School, Muklaidipet

**HYDERABAD**

1. Roses High School, Champapet
2. St. Mary's Vidyaniketan High School, S.G.R. Colony, Nagarjuna Sagar Road
3. Nalanda Vidyaniketan, Hyderabad
4. Krishnaveni Talent School, Hyderabad

**VISHAKHAPATNAM**

1. Kendriya Vidyalaya, Malkauram
2. Kendriya Vidyalaya, Srivijaynagar

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

**CHENNAI**

1. Jana Kalyan Sevashram, Kallidaikuruchi
2. Parimala Teachers Training Institute & School of Nursing, Kovilpatti
3. Lakshmi Mills Tamil Medium School, Kovilpatti
4. Lakshmi Mills Hr. Sec. & Primary School, East Colony
5. Kammavar Girls Hr. Sec. School, Kovilpatti
6. Chennai Primary School, Nesapakkam
7. St. Ann's Physically Handicapped Middle School, Tirunelveli
8. Kandhimathi Primary School, Tirunelveli
9. Sr. Jayendra Swamigal Silver Jubilee Matriculation Higher Secondary School, Maharaja Nagar
10. C K T Matriculation Higher Secondary School, Ettayapuram Taluk

11. Annai Theresa Matriculation Higher Secondary School, K.K Nagar
12. Kandhimadhi Higher Secondary School, Thirunelveli
13. Govt. Higher Secondary School, Sholinganallur
14. Govt. Higher Secondary School, Kannaki Nagar
15. Chettinad Vidhyashram, R.A Puram
16. Govt High School, Mylapore
17. Rani Meyammai Primary School, Gandhi Nagar
18. Kumaraja Muthaiya Higher Secondary School, Gandhinagar

**MADURAI**

1. Jeevana Matriculation Hr. Sec. School, Ponmeni
2. Agricultural College, Madurai

**MUMBAI & THANE**

1. Panchsheel Education Society, Vartak Nagar
2. Brahman Shiksha Mandal, Vartak Nagar
3. Singhania School, Thane
4. Brahman Shiksha Mandal, Sarai
5. Kendriya Vidyalaya, N A D Karanja, Uran, Dist Raigad
6. Kendriya Vidyalaya, Kolshet Road
7. Mira Bhayandar Mahanagar Shikshan Mandal (No. 10), Chene Village, Ghodbunder Road

**PUNE**

1. Purogami High School, Taluka Haveli
2. Training Workshop
3. Sumathi Balwan

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

**BANGALORE**

- 1 Indian High School , Basaveswaranagar
- 2 Sarkari Madari Prathamika Shale , Kamakshipalya
- 3 Sri Maruti Vidya Mandira , Maruthinagar, Kamakshipalya
- 4 Jyothy Kendriya Vidyalaya , Kanakapura road
- 5 VLS International School , Basaveshwaranagar
- 6 Heritage Public School , Srinidhi Layout
- 7 Government Kannada Model Primary School , J.C. Nagar
- 8 Government Tamil Higher Primary School , J.C. Nagar
- 9 Government Model Primary School , Konankunte
- 10 Govt Kannada Model Primary School , J.P.Nagar, 2nd Phase
- 11 Sri Ayyappan School , Jayamahala
- 12 Sarkari Hiriya Prathamika Pathashale , Bangalore Uttar Taluk
- 13 Saint Mary School , Hebbagodi, Anekal Taluk
- 14 Bright Future School , G.B.Palya, (Hosur Main Road)

- 15 New Bharath International School Hosur Main Road
- 16 Jnana Bharathi High School, Garvebhavi Palya Road, Hongasandra
- 17 Sarkari Madri Prathamika Shale, G.M.P.S. Hebbegodi, Anekal Taluk
- 18 Suryodaya Educational Trust (R) Thirupalya, Anekal District
- 19 Kaveri Vidyakshetra School , Hosa Road Main
- 20 S.K.Public Primary & High School, Gollahalli, Electronic City Post
- 21 B.E.S. School, Hebbagodi, Bommasandra Post
- 22 National Public School, Near Surya City, Anekal Taluk
- 23 Govt. High School, Hebbagodi
- 24 Swami Vivekananda High School Anekal Road, Chandapura
- 25 Swami Vivekananda Primary School, Anekal Road, Chandapura
- 26 Sanmarg Central School , Chunchgatta, Kothnur Road
- 27 Sarkari Hiriya Prathamika Pathashale, Hunasamaranahalli, Bangalore North Range 4

- 28 Lorven Public School, Bomanhalli
- 29 Government Model Primary School, Bomanhalli
- 30 Anikethan Public School, Begur Road
- 31 Meera Vidyaniketan (R), Eng. Nursery & Primary School, Chamundeshwari Layout
- 32 Maurya Public School, Kamakshipalya
- 33 Panchavati Vidya Mandira Kannada Hiriya Prathamika Shaale, Jayanagar
- 34 Sri Sai Vidya Mandir, Bettahalasur Bangalore North
- 35 Vyasa International School , BEL North Gate, Vidyananyapura (P)
- 36 Jai Gopal Garodia Rashtrottana Vidyalaya, Kalyannagar
- 37 Government Higher Secondary School, Police Colony, Magadi Road
- 38 IGL Primary School, LIC Colony, 4th Block
- 39 Sadhana Vidya Kendra, M. Nanjappa Layout, K. Narayanpura
- 40 BET Convent, Rajarajeshwarinagar

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

41 Unique Public School, Chikkabanavara Main Road	65 Sarvodaya High School, Srirampuram	90 Sahakari Vidya Kendra High School, 9th Block, Jayanagar
42 Bapuji Memorial English High School, Magadi Road	66 Triveni Public School, Bagalagunte	91 Nisarga Vidyniketana, Sededahalli, Nagasandra (P)
43 Bapuji Memorial English Higher Primary School, Magadi Road	67 St. Theresa Primary & High School Mallasandra	92 Government Lower Primary School, Bangalore North Range - 3,
44 Bapuji Residential High School, Magadi Road	68 Arya Idiga Mahila Sangha, Rajiv Gandhi Circle	93 Government Lower Primary School, Kothanur P.O.,
45 Bapuji Residential Middle School, Magadi Road	69 Government Higher Primary School, Doddakannahalli	94 Infant Indian School, Near Infant Jesus Church
46 Sheila Kothavala Institute for the Deaf, Airport Road	70 Kogilu Govt Lower Primary School, Kogilu Road	95 Police Public School, KSRP, Koramangala
47 Sheila Kothwal Institute for the Deaf, Rustum Bagh	71 National Public School, Mallasandra, T.Dasarahalli	96 Govt. Model Primary School, KSRP, Koramangala
48 Saint Glorious Convent, Churchgatta Main Road	72 B.N.R. International Public School, Mallasandra	97 R E S Convent, Muniswaranagar
49 Govt Model Primary School, J.P.Nagar 1st Phase	73 MEWA Higher Primary School, 9th Block, Jayanagar	98 Sharada Vidyaniketan Public School, Chikkabettahalli, Near M.S. Palya Circle
50 Blossoms School, Nagasandra Post	74 MEWA High School, 9th Block, Jayanagar	99 Government Higher Primary School, Bangalore North Region , 4
51 Kuvempu Memorial School, Nagasandra (P)	75 Issac Newton High School, Cotton Pet	100 Siddharath Composite Pre, University College, Lingarajpuram
52 Sri Gangadeshwara High School, Bagalgunte	76 St. Catherine High School, Cottonpet	101 R.E.S. Convent School, Kamakshipalya
53 Government High School Police Colony, Magadi Road	77 Govt High School, Makali, Bengaluru North Dist.	102 L.C.R. English School, Gokul
54 Mother's Touch School, 3rd Block, LIC Colony	78 Southern Convent High School, Prakash Nagar	103 Wisdom School, H.B.R.Layout, Yaseen Nagar
55 S V Central School, Vidhyanagar Bangalore International Airport Road	79 Government Primary & High School, Prakashnagar	104 Laxmi Memorial High School, Kalyan Nagar
56 Govt. Higher Primary School, Juganahalli Rajajinagar	80 Tejaswini English Medium School, 3rd Block East, Jayanagar	105 Mothers Public School, Gelayara Balaga, Mahalakshipura
57 Govt. Composite High School, Rajajinagar	81 Tejaswini Kannada Medium School, 3rd Block East, Jayanagar	
58 Govt Higher Primary School, Vidyranyapura Post	82 Sahakari Vidya Kendra Higher Primary, 9th Block, Jayanagar	<b>CHENNAI</b>
59 Annapurna High School, Vidyaranyapura Post	83 St.Alban's English School, Vidyaranyapura Post	1 Panchayath Union Middle School, Sholinganallur
60 Adarsha Vidyalaya , 3rd Block East, LIC Colony	84 Aftaa Primary & High School, Neelasandra	2 Sri Venkateshwara Matricualation Hr. Sec. School, Royapettah
61 Sri Sangameshwara Vidyalaya, 1st Block East, Byrasandra	85 BBMP Boys High School, 4th Main Road, Near B D A Complex	3 Vishranthi Charitable Trust, M. G. R. Salai, Palavakkam
62 Govt Higher Primary School, Jayanagar	86 Canaan Christ Public School, BTM 1st Stage	<b>CHIKKABALLAPUR</b>
63 Govt. Higher Primary School, Yerappanahalli	87 R.V. Convent English High School, Lakshmipura, Vidyaranyapura (P)	1 Sarkari Hiriya Prathamika Shale , Vapasandra, Chickkaballapura
64 St Joseph's Convent School, Doddagubbi P O	88 New Holy Cross English School, Jayanagar	2 Quiet Corner School, Vapasandra, Chikkaballapura
	89 The Regency Public School, Vidyaranyapura	3 Mohamadiya High School, M G Road, Chikkaballapur
		4 Government Urdu Higher Primary School , M G Road, Chikkaballapur

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

**SHIMOGA**

- 1 Govt Primary School, Kamakshi Beedi, Opp to LIC Office
- 2 D.V.S, Shimoga
- 3 National School, Shimoga
- 4 Govt, Meenakshi Bhavan, Shimoga
- 5 DVS, Shimoga
- 6 Hosamane School HPS, Hosamane, Shimoga
- 7 Makkala Vidya Samithi, Gopi Circle
- 8 Indian School, Next to ATNCC College
- 9 Minerva School
- 10 Govt, Urdu School
- 11 Govt. Higher primary School, Venkatesh Nagar
- 12 St. Paul School, Usha Nursing Home
- 13 Andara Vikasa Samithi
- 14 Sri Ayyappa High School, Kote Road
- 15 Vidya Jyothi English Higher Primary School, Kote Road
- 16 Govt School, Kote Road
- 17 Ravi Shankar School
- 18 Vidya Jyothi High School, Kote Road
- 19 Govt. School
- 20 SKN, Kalla Halli
- 21 Vanitha Primary School, Kalla Halli
- 22 DVS, Vinoba Nagar
- 23 Vikasa School, Police Chowki
- 24 Ragi Gudda Ambedkar School, Ragi Gudda
- 25 Govt. Siddalingshwara School, Ragi Gudda
- 26 St. Thomas School, Kamakshi Street

**GOURIBIDNUR**

- 1 Sarkari Hiriya Prathamika Shale, Belachikkanhalli, Thondebhavi Holbi
- 2 Government Primary School (LPS), Hussainpura, Thondebhavi Post, Anche
- 3 Sarkari Madri Hiriya Prathamika Shale, Thondebhavi
- 4 St. Anns School, Madnanhalli, Gouribidnur
- 5 B G S Public School, Sai Mandir Road Gouribidnur
- 6 St. John's School, OPP: Old K E B Gouribidnur

**HINDUPUR**

- 1 Government Girls High School, M F Road
- 2 Deepti English Medium School Melapuram

**DEVANAHALLI**

- 1 Rural High School, D S Road, Devanhalli
- 2 Sarkari Paripoorna Proudhsale, Opp: New Bus Stand, Devanhalli
- 3 Kuvempu Gyana Bhandara Shale, Shilpkala Road, Devanhalli

**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 Zilla Parishad Primary School Champapet

**KIRIKERA**

- 1 L R G Vidyalaya Kirikera

**VISHAKHAPATNAM**

- 1 Kendriya Vidyalaya Srivijaynagar

**MYSORE**

- 1 Sadvidya PU College, 2nd stage, Yoganarsimha Temple
- 2 Ananthageeta Vidyalaya, Besides J.S.S. School
- 3 J.S.S High School, Vijaynagar, 2nd Stage
- 4 S.V.E.I. School, Vijaynagar, 4th Stage
- 5 Sri Siddeshwara School, Vijaynagar, 2nd Stage
- 6 Gangotri School, Gangotri Badavane
- 7 Notredame School, Mysore
- 8 Govt Higher Primary, Mysore
- 9 Vijaya School, Mysore

**DAVANGERE**

- 1 St.John's Convent High School/Pre, University College Davangere, Shivakumaraswamy
- 2 Eshwaramma Higher Primary & High School, Davangere
- 3 Government High School, Davangere
- 4 D.J.V. Girls Govt High School, K.B. Extension
- 5 G.H.P.B.S. (Govt. Higher Primary Boys School), Duggammamet
- 6 Rashtrothana Vidyalaya, Nittuvalli
- 7 Sri Veerabhadrappa. M (Nursery,Primary School), Vinoba Nagar
- 8 S.J.J.M High School, Vinobanagar
- 9 S.S.M.B. Nursery/High Primary/High School, Vinobanagar
- 10 Sri Tarlabalu Jagadguru, Higher Primary School, K.R.Road
- 11 St.Mary's Convent English Medium High School, Vinobanagar
- 12 Mudegowdra Mallamma Murigeppa Girls High School, Girls High School, K.R.Road
- 13 Government High School, K.R.Market

**List of Volunteers who joined the  
Light Channelling work recently**

**BANGALORE**

1. Anita, Jayanagar Team
2. Lingesh Sawanath, Malleshwaram Team
3. Purnima Almel, Indiranagar Team

**SHIMOGA**

1. Praveena Mahadevappa Anaji
2. Shivaprasad

**AMALAPURAM**

1. M. Samba Siva Sastry

**HOSUR**

1. Subha.N Hosur

**PUNE**

1. Pallavi Joshi
2. Sunetra Joshi

## EXPERIENCES

(Compiled by Vaishali Joshi)

### VOLUNTEERS

On 12-11-10 when we started the Light channelling session in Don Bosco School, Bangalore, I saw that the entire school and its premises was filled with dense blue Light. There was a Rishi from Ra world who was also channelling Light with us. It was an amazing vision and experience. There was a Divine bliss in the atmosphere. The great Rishis are certainly helping us in doing this Divine work.

**-Pratap Kishan**

After I finished conducting the Light Channelling session in Vivekananda School, Bangalore, I saw small clouds of Light here and there above the students for few seconds.

**-Amarnath**

At the commencement of Light Channelling centre at Mysore I was disappointed when only one person turned up. After explaining to the lady about Light Channelling I prayed to the Rishis and Guruji. She closed her eyes and I was giving instructions to her. I could feel the presence of some energies right beside me even though my eyes were open! I was choked and overwhelmed with emotions because Rishis and Guruji helped even when there was only one person to whom I was teaching Light Channelling.

On another sunny morning during the Light Channelling session in Siddeshwara School, Mysore, it was difficult for the children to sit in hot Sun. I prayed to the Sun and Rishis and suddenly within 2 minutes it became cloudy and pleasant. And by the end of 7 minutes it again became sunny. If we intent sincerely all help comes.

**-Pragti Raaj**

I went to the Institute for the Deaf to get feedback about Light Channelling practice. I heard all unspoken words in their actions. I saw their glowing faces full of joy and was deeply touched.

**-S. Padmini**

After the Light Channelling session conducted on 13-11-2010 at Dilsukhnagar Public School, Hyderabad, many students came forward to share their experiences. One girl mentioned that when she was channeling Light, she felt she received lot of knowledge and also felt on top of the world. She also mentioned that she had a strong urge to not just keep the Light in her but to spread it to everyone in the world.

**-Prathibha P. B.**

On 16-11-10, after we conducted Light Channelling session in a school in Mylapore many students said that they could see the Light. One boy named Hariharan saw golden Light and said when he sent Light to trees, he could see them as Light. After the Light Channelling session in Sri Siva Swamy Kalalaya Higher Secondary School, an employee who works in the office there said "Light has healing energies, my headache is gone."

**-Jana Sumathi Pillai**

### TEACHERS & STUDENTS

While doing the Light Channelling technique, I lost awareness of my colleague next to me, of the students in front of me and of the surroundings. I was fully absorbed in the technique not knowing where I was.

**- Principal, Sri Maruti School, Nelamangala**

During channelling of Light, my body and mind relaxed. First the Light spread all over my body and then I felt

that Light was spreading all over the world. I experienced peace and felt spiritually elevated.

**-Mrs. Divya Raj, Teacher, Don Bosco High School, Bangalore**

Before doing Light channelling I was very disturbed and frustrated. I had lost my confidence and had many negative feelings. I hoped to change all this without much success. I started channelling Light for few minutes everyday. The results were amazing and things started changing gradually. I became calm and confident. My faith in God increased and I stopped criticizing others. My outlook towards life changed. I channelled Light to my grandmother who was unwell and she recovered fast. My parents who wanted me to work and help them are now supporting my studies. I am thankful to Guruji, Maharshi Amara and Saptarishis for showing me the way through Light Channelling.

**-Deepika, Student, Pune**

I felt my ego melting during the Light Channelling session.

**-Student, LRG Naidu Junior College, Karikere**

I had difficulty to walk due to weakness of the legs. But after channelling Light I have no pain while walking.

**- Arun, Student, Std. V, Sarkari Hiriya Prathamika Pathasale, Hunasemaranhalli, Bangalore North**

I experienced calmness. I was able to remove my bad feelings and felt very fresh.

**- A girl student, BET Convent, Bangalore**

It was a nice experience. The Light filled up my head and it was very soothing. I felt the Love and Peace spreading to all.

**- Divya, Student, Std. VIII, B G S Public School, Gauribidanur**