



**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 and 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 1

NEWSLETTER

November 2010

## A MESSAGE

**Guruji Krishnananda**

It gives me great joy to see that we are able to bring out a News Letter about the Light Channels World Movement. This is possible because of the dedicated selfless work of many volunteer workers. My heart goes to them.

Whenever our volunteers approached the schools, the authorities readily helped us to conduct the Light Channelling session with the school children. Their contribution to this great Movement is invaluable.

We chose the schools and the children to begin the Light Channels Movement because of the purity and innocence there. I can see Light spread all over after their channelling. We will all see Peace and Love all over soon.

## HAPPENINGS

**Jayant Deshpande**

Light Channelling was introduced to school children on 1<sup>st</sup> of February 2010, the birthday of great Light Master Amara. A few of our volunteers, inspired by his dream of a great future for our earth, full of Light, gathered and decided to teach channelling to school children. They started this work silently in a humble way with just a few schools, hoping to bring more Light with the help of innocent and pure hearted school children. They hoped but did not realise then that this would soon spread to hundreds of schools across India.

By end of October, 2010, more than 5 lakh children channelled Light. Thousands are joining every day. Many schools have made Light Channelling a part of their daily prayers.

Thanks to the school authorities who helped by accepting this noble idea with an open mind and supported this selfless effort.

October 27, 2010 was an important day for Light Channelling when more than 22000 children across different parts of India channelled Light on this single day. It was very touching to note when more than 7000 children gathered in the premises of Chettinad Vidyashrama, Chennai and channelled Light at the same time.

## LIGHT WORKS

**Manoj Chopra**

Light channelling is an opportunity given to us by God. This is an extension of his love towards humanity. Although Light channelling is meant for all individuals on this earth but light chose children first to channel as they are pure and open.

During these challenging times children are confused, stressed, due to lot of expectations and different diversions. Our children are required to have wisdom, peace and good health for their brighter future. Light channelling offers all and much more.

New era of "light" has already begun with lakhs of children channelling light so far and thousands practicing as part of their daily prayer. I wish light channelling practiced by children is slowly followed by adults and then by the whole 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](mailto:info@lightagemasters.com) [info@lightchannels.com](mailto:info@lightchannels.com)

website : [www.lightagemasters.com](http://www.lightagemasters.com) [www.lightchannels.com](http://www.lightchannels.com)



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

**BANGALORE**

- |                                                                          |                                                                    |                                                                 |
|--------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------|
| 1. Little Angels Public School,<br>R.T. Nagar Post                       | 37. Sri Bhagvat GeethVidya Kendra,<br>Mudal Palya                  | 73. Govt High School,<br>Yeshwanthpur Circle                    |
| 2. St. Thomas English Public School,<br>Kanaka Nagar                     | 38. G M P S Govt. Primary School,<br>Mudalpalya                    | 74. Chamundeswari School,<br>Bommasandra                        |
| 3. Kengeri High School, Kengeri                                          | 39. Govt. P.U College, Peenya                                      | 75. Kamala Nehru High School,<br>Basavanagudi                   |
| 4. Kengeri Higher Primary School,<br>Kengeri                             | 40. RNS Vidyaniketan High School,<br>Chandra Layout                | 76. Chamundeswari Public School,<br>Thoda Bommachandra          |
| 5. St.Benedict's CBSE School,<br>Kumbalgodu                              | 41. K.V.V.English School, Mudalpalya                               | 77. Morning Star High School,<br>Ramachandra Puram              |
| 6. Government Higher Primary<br>School, Kengeri                          | 42. Manasa Gangotri Kendriya<br>Vidyalaya, Nagarbhavi              | 78. Sheva Ashrama School, Srirampuram                           |
| 7. Basava Residential School,<br>Kumbalgodu                              | 43. Vishwabharati Public School,<br>Nagarbhavi                     | 79. Shanthiniketan English School,<br>Girinagar                 |
| 8. Sarkari Kannada Hiriya Prathamika<br>Shale, Kumbalgodu                | 44. Government Primary and Middle<br>School, Kaggadasapura         | 80. Our Lady of Bon Secours Girls High<br>School, Ashok Nagar   |
| 9. Govt Higher Primary School,<br>Kumbalgodu                             | 45. Mata National Public School,<br>Kalyan Nagar                   | 81. Sacred Heart Upgraded Higher<br>Primary School, Ashok Nagar |
| 10. Govt High School, Kumbalgodu                                         | 46. Sathwik Vidya Mandir,<br>Guruguntepalaya                       | 82. Reliance Public School,<br>Neelasandra                      |
| 11. Kengeri PU College, Kengeri                                          | 47. RNS Vidyaniketan Primany School,<br>Chandra Layout             | 83. Noble English School,<br>Kottigepalaya                      |
| 12. Good will English High School,<br>Yegganahalli, Peenya 2nd Stage     | 48. RNS P.U. College, Vijaynagar                                   | 84. P.U College Kottigepalya Thoda,<br>BommaChandra             |
| 13. Govt. Higher Primary School,<br>Sunkadakatte                         | 49. Sri Vidyakendra, Peenya                                        | 85. Govt. Junior G.J High School,<br>Thoda BommaChandra         |
| 14. Tiny Twinkler's Primary School,<br>Behind Maruti Mandir, Vijayanagar | 50. Sanskar English School, Mathikere                              | 86. Bapu Higher Primary School,<br>Kanakapura Taluk             |
| 15. Jnana Deepthi English School,<br>Avalahalli Extension                | 51. Tamil English School, Mathikere                                | 87. Government High School,<br>Kanakapura Taluk                 |
| 16. Rajeshwari Vidyashale,<br>Rajarajeshwari Nagar                       | 52. St. Philomena Public School,<br>Maruti Nagar                   | 88. Kasturba High School,<br>Kanakapura Taluk                   |
| 17. A S Kupparaju & Bros Vidyaniketan,<br>R T Nagar                      | 53. Apollo Public School,<br>Sanjeevini Nagar                      | 89. Flora Public School, JP Nagar Post                          |
| 18. Sri Sharada Vidya Mandira,<br>Varthur, Balagere Rasthe,              | 54. New Carmel High School,<br>Munishwar Layout                    | 90. Govt Primary School, J P Nagar                              |
| 19. P.E.S School, Peenya 2nd Stage                                       | 55. Nisarga School, Hegganhalli                                    | 91. Sri Maruthi Education Trust,<br>J P Nagar                   |
| 20. St. Philomena's School,<br>Kengeri (Hobli)                           | 56. Govt Model Primary School,Hirohalli                            | 92. Sarakki Govt School, J P Nagar                              |
| 21. Okkaligara sangh Proudha Shale,<br>Sriganhadakavalu.                 | 57. Srigandha Vidyodaya Primary School,<br>Sukadakatte             | 93. Dayanadasagar Kannada Primary<br>School, Kumaraswamy Layout |
| 22. Shanti Dhama, Magadi road                                            | 58. Mount Caramel School,<br>Rajarajeshwari                        | 94. Dayanadasagar Kannada High<br>School, Kumaraswamy Layout    |
| 23. St.Shisty High School, Magadi Road                                   | 59. Horizon School, Rajarajeshwari                                 | 95. St. Filomena's English School,<br>Vidyaranyapura            |
| 24. Arunodaya High School, Sukadakatte                                   | 60. Govt. Primary School, Kottigepalya                             | 96. Alfred Nobel Public School,<br>Mahadeshwarnagar             |
| 25. S. S.Public School, Sunkadkatte                                      | 61. S.E.S Convent School, Kottigepalya                             | 97. Vidyanikethan Public School,<br>Sukadakatte                 |
| 26. Good Hope Public School,<br>Peenya 2nd Stage                         | 62. Vakkaligar Sangh Primary School,<br>Kottigepalya               | 98. Cadambi Vidya Kendra,<br>Basaveswaranagar                   |
| 27. Shri Guru Raghavendra Higher<br>Primary School, Peenya 2nd Stage     | 63. Shama Vidyasala High School,<br>Okalipuram                     | 99. Government Urdu High School,<br>Neelasandra                 |
| 28. Bhanu Vidya Samasthe,<br>Kengeri Satellite Town                      | 64. Harvard English High School,<br>Mysore Road,                   | 100.Jindal Jubilee Govt. High School,<br>Abbigeri               |
| 29. Govt Middle School, Kengeri<br>Satellite Town                        | 65. Sarkari Prathamikashale,<br>Prashanth Nagar                    | 101.Govt. Primary School, Abbigeri                              |
| 30. Jnanakshi Vidyaniketan,<br>- Rajarajeshwarinagar                     | 66. New Cambridge English School,<br>Mathikere                     | 102.Jnana Jyoti Vidyalaya, Rajankunte                           |
| 31. Shrilakshmi International Public<br>School, Magadi Road              | 67. Oxford English School,<br>Yeshwanthpura                        | 103.Rasana Eng School,<br>161,11th Main Manjunathnagar          |
| 32. St. John's High School,<br>New Thippasandra Post                     | 68. St.Charles English High School,<br>Yeshwanthpura               | 104.Cadambi Vidya Kendra,<br>Basaveswaranagar                   |
| 33. Govt Private School, Kengari                                         | 69. Chandrodaya Vidhyalaya English<br>Primary Schoo, Yeshwanthpura |                                                                 |
| 34. P.E.S English School, Peenya                                         | 70. Sharadha Vidya Kendra,<br>Yeshwanthpura,                       |                                                                 |
| 35. New Sacred Primary School, Peenya                                    | 71. Bapu Institute of Education,<br>Yeshwanthpur Circle            |                                                                 |
| 36. Vidya Kendra, Peenya                                                 | 72. Bapu P.U.College,<br>Yeshwanthpur Circle                       |                                                                 |

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

105. Anupama English School, Mahalakshimpuram
106. Cadambi Vidya Kendra, Basaweshwaranagar
107. R N S Institute of Technology, Uttarahalli Main Road
109. Govt. High School, Abbigeri
110. Govt. Primary School, K.G. Halli
111. Govt. Primary School, K.G. Halli
112. Vasavi Vidyanikatena School, Basavanagudi
113. Government Primary Secondary and High School, Mahadevpura P O
114. R G S English School, Mahadevpura P O
116. S.L.N.Vidya Mandir, Lottogollahalli
117. Govt. High School, Shivajinagar
118. Sharadha Education Centre, Vijayanagar
119. Govt. High School, Chikkabanavar
120. Govt. Primary School, Chikkabanavar
122. College of Nursing, Rajarajeswari nagar
123. Cheshire Home for Disabled, Airport Road
124. HAL Ladies Club, HAL
125. Sheila Kothavala Inst for the Deaf, Rustum Bagh
126. Govt. Primary & High School, Egpura
127. Pavithra English School, Abbigeri
128. Maruthi Education Society Primary School, Chikkabanavar
129. Govt. P.U.College, Malleshwaram
130. Sanjay Gandhi College of Education, Hebbal R T Nagar Post
131. Govt. P.U. Boys College, Malleshwaram
132. NMKRV P.U.College for Women, Jayanagar
133. J.S.S.School of Interior Design, Indiranagar
134. New Pratham Public School, Pai layout, Benniganahalli
135. Narayana Pura Govt. School, Narayan Pura

### MUMBAI & THANE

1. Lokapuram School, Thane (West)
2. Mahanagar Palika No.35, Thane
3. Mahanagar Palika, Thane
4. D.T. Marathe School, Thane
5. Flower High School, Thane
6. Ahilya Mahila Mandal, Thane
7. Gyaan Udaya School, Thane
8. Dnyanoday School, Thane
9. Dnyanoday School, Thane
10. Mahanagara Palika, Thane
11. Mahanagara Palika, Thane
12. Dnyanoday School, Thane
13. Dnyanoday Vidya Mandir, Thane West

14. Thane Mahanagara Palika, Thane West
15. Tungareshwar Academy, Vasai, Dist. Thane
16. Gyanudya Multipurpose Vidyalaya, Taluk Vasai, Dist. Thane
17. S.K.Choudri Memorial School & Mahaveer Adivasi Ashram School, Taluk Vasai, Dist. Thane

### CHENNAI

1. Govt. Higher Sec. School, Velacherry
2. Smt.Vasantben Chandubhai Shah Matric School, T. Nagar
3. Guntur Subbiah Pillai Theagarayanagar Higher Sec. School, Kilpauk
4. Durga Matriculation School, Kodambakkam
5. Avvai Home TVR Girls Hr.Sec. School, Adayar
6. Rani Lady Meyammai Hr. Sec. School, Adayar
7. Avvai Home TVR Girls Hr. Sec. School, Adayar
8. Kendra Vidhyalaya Matriculation School, Island Grounds
9. St.Louis Institute, Chennai
10. Jingle Bells Sriniketan's Matriculation School, Thiruvanmiyur
11. Dr. A.L Mudaliar School, Thiruvanmiyur
12. Meena Muthiah College, Adyar
13. Avvai Home, Adyar

### MYSORE

1. Sadvidya PU College, 2nd Stage, Yoganarsimha Temple,
2. Ananthageeta Vidyalaya, Vijaynagar, 2nd Stage
3. J.S.S High School, Vijaynagar, 2nd Stage
4. S.V.E.I. School, Vijaynagar
5. Sri Siddeshwara School, Vijaynagar,
6. Bharat Seva Dal Prauda, Gangotri Badavane
7. Rotary West School, Kuvempu Nagar,
8. Gangotri School, Gangotri Badavane,
9. Kuvempu Prauda Shale, Saraswati Puram Kuvempunagar
10. Sri Cauvery Education Institution, Kuvempunagar
11. St. Anthony High School, Kuvempunagar
12. Adichunchanagari Central School, Besides Appollo Hospital, Kuvempu Road,
13. Adichunchanagari Central School, Besides Appollo Hospital,

14. Majestic Higher Primary, Udaygiri
15. Sadvidya School, Mysore
16. Banmaya Higher Primary, Udaygiri,
17. Sri Kanteshwara School, K.N.Pura Extension, Near Gayatri Pura
18. Mallikaarjuna Swamy School, Udaygiri
19. St.Ann's Girls High School, St.Mary's Road, N.R.Mohalla
20. Chayadevi High School, N.R.Mohalla
21. St.Mathias, Banni Mantap
22. Paras Jain School, N.R.Mohalla
23. Good Shepherd School, Lashkar Mohalla
24. Lucky High School, Shivaji Main Road, N.R.Mohalla,
25. St. Anthony P.U.College, Gayatripuram,
26. Balakiyara Sarkari Proudth Shale & Sarkari Hiriya, Prathamika Shale, N.R.Mohalla
27. Pushkarni higher & Primary School, 2nd Stage, Vijayanagar,
28. St. Joseph's High School, Off Hunsur Road, Mysore
29. Chinmaya Education Society Jayalakshimpuram Near Synergy Gym

### MALUR

1. J.S.S. State High School, Kolar Road
2. J.S.S. State Higher Primary, Kolar Road
3. J.S.S. Public School, Kolar Road
4. J.S.S. College, Kolar Road
5. Sri Vivekananda Best Convent, Kolar Road
6. D. M. Sai School, Hosur Road
7. Pragathi High School, Araleri Road
8. Unique International School, Araleri Road

### DODDABALLAPUR

1. Sree Kongadiyappa PU College, Devarajnagar
2. Sree Kongadiyappa High School, Devarajnagar
3. Sree Kongadiyappa Primary School, Devarajnagar
4. Government P U College, BEO Office Road
5. Sarkari Madari Madhyam Shale, BEO Road
6. G K Naidu School, Rajankunte
7. Govt Primary & High School, Rajankunte
8. Government Primary School, Surdhenpura, Rajankunte
9. Sarkari Telgu Produhshale, College Road, Doddaballapur

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

### HYDERABAD

1. Zilla Parishat Unnat Shale, Hyderabad
2. Siddharatha High School, N.G.O. Colony
3. Zilla Parishat Unnat Pathshala, L.B.Nagar

### DAVANGERE

1. Dr.Thimmareddy P.U. Girls College, Davengere
2. Nuthan English Medium high School, Davengere
3. Maganur Basappa High School, Davengere
4. St. Pauls Convent High School, Davengere
5. St. Pauls Convent Primary School, Davengere
6. Nuthana College of Education (B.Ed), Davengere
7. Sri. Swamy Vivekananda High School, Davengere
8. Sri. Swamy Vivekananda Higher Primary School, Davengere

### HOSKOTE

1. Govt. Higher Primary School, Jadagenahalli, Malur Road
2. Takshashila-Jadagenahalli, Malur Road
3. Govt. Urdu School, Hoskote
4. Govt. Higher Primary School, Hoskote
5. Bharthmatha School, Vivekananda Road, Hoskote
6. Vinayaka High School, Hoskote
7. S.J.R.S. High School, Hoskote

### MADURAI

1. Modern Matriculation School, Y. Othakadai

### PUNE

1. Ganesh Festival Function, Pune
2. Desai College, Pune
3. Haribhai Desai College, Pune
4. Training Workshop, Pune

### SOLAPUR

1. Padmashri Sumathibai English Medium High School & Junior College, Solapur
2. Padmashri Sumathibai English Medium, Solapur
3. Chaturabai Shravika Primary School, Solapur
4. Umabai Shravika Prashala & Junior College, Shravika Sansthanagar
5. Shri Siddeshwara Prashala, Shravika Sansthanagar

### VISHAKAPATNAM

1. Sri Chaitanya Techno School, Near NAD, Vishakapatnam

### HUBLI

1. National High School, Hubli
2. Gangadhar High School, Hubli
3. K.B.S. No.5, Hubli
4. Ambedkar College, Hubli
5. K.G.S.I., Hubli
6. K.B.S.No.2, Hubli

### BHADRAVATI

1. Bhadra High School, Bhadravati
2. Govt Girls High School, Bhadravati
3. Tamil School, Bhadravati
4. Govt School, Bhadravati
5. Adichunchanagiri English School, Bhadravati
6. Adichunchanagiri Kannada School, Bhadravati
7. Adichunchanagiri CBSE, Bhadravati
8. Vishweshwarayya School, Bhadravati
9. Jawaharlal Nehru School, Bhadravati
10. K.G.R School, Bhadravati
11. Sanchihonnamma, Bhadravati
12. Govt Girls Primary School, Bhadravati
13. Govt Boys School, Bhadravati
14. Govt T.K Road School, Bhadravati
15. Paper Town English School, Bhadravati
16. Paper Town Kannada School, Bhadravati
17. Chaman Shawali Urdu School, Bhadravati
18. Govt Primary School Bhutangudi, Bhadravati
19. Govt Tamil School Bhutnagudi, Bhadravati
20. Govt Tamil School Bovi Coloni, Bhadravati
21. Govt Primary School Bovi Coloni, Bhadravati
22. Basaweshwara School, Bhadravati

### GOA

1. St. Ann's High School, Thivim

## List of Volunteers involved in the work of Light Channels

### Light Channelling works Incharge - Manoj Chopra & Sreedhar G.

#### BANGALORE

#### INDIRANAGAR (Area Co-ordinator - Hemalatha Pramod)

Sunitha Rao  
Kavitha Govinde  
Vijayalakshmi B V  
Anushree  
Manju Maheshwari  
Padmini Aunty  
Vinu Varghese  
Seema Ajay  
Ajay  
Padma  
Sudip Jayaram  
Hemavathi

#### KORAMANGALA Niharika

#### CHANARAYAPATNA, HASSAN T.B Puttegowda

#### TAPONAGARA (Area Co-ordinator - Girish H.S.)

Suchitra Jeevanandam  
Sudha Ravi  
Mahesh.H.S.  
Sunil Bisarahalli  
Veena G  
Shobhana K  
Deepak Gurjer  
Gururaj Kanade

#### I.T.ELECTRONIC CITY (Area Co-ordinator - Manjushree)

Govind Gopal Jaiswal

#### K.R.PURAM

(Area Co-ordinator - Madhavi Chalapathi)

Chalapathi  
Ramakrishna Malawade  
Madhuri Malavade  
Pratap  
Nayana Karanth  
Vikas Karanth  
Ullas Karanth  
Aravind.G  
Vijay Kumar  
Ravi Kishore  
Mahentesh  
Suryanaryan  
Devdas Thokur

## List of Volunteers involved in the work of Light Channels

### J.P.NAGAR

(Area Co-ordinator - Manjula.V)

Amarnath.N.D.  
Madan  
Jyothi .S  
Manjunath

### RAJAJINAGAR

(Area Co-ordinator - Anjali Patil)

Kamal.D  
Swarnalatha  
Annapoorna  
Sanath Kumar  
Shantha Sanath Kumar  
Amogh  
Varalakshmi  
Ananthlakshmi(Kengeri)  
Kiran  
Praveen.P.B.

### MATHIKERE

(Area Co-ordinator - S.N.Joshi)

Uma Maheshwari  
Bhagawat Kumar  
Gayathri  
Ratna Rao  
R. Krishnamurthy  
Shivkumar. H.R.

### YELLANKA

(Area Co-ordinator - Rajshree Padki)

Amruth Padki

### R.T.NAGAR

(Area Co-ordinator - Mukesh Parmar)

Narshim murthy  
Oblesha  
Raghavendra K  
Mala suresh  
Suresh  
Deeksha

### MALLESHWARAM

(Area Co-ordinator - Prabhudev.K.H.)

Krishnamurthy.B.S  
Chanderseker  
Sunanda Prabhudev  
K.E. Murthy

### JAYANAGAR

(Area Co-ordinator - Usha Satishchandra)

Karthik.N.  
Arun Kumar  
Ravi kishore  
Shubha.S.  
Hemanath Thokur  
Jyothi Shanbhag  
Gayathri Gupta  
Sharavanan  
Rama Bhosekar  
Ramesh Bhosekar.R.V.  
Sridevi.N

### PUNE

(Area Co-ordinator - Medha Kulkarni)

Goraksh Mahadik  
Ashutosh Navangul  
Sumit Konnar  
Chetan Gogawale  
Dhanashree  
Charusheela  
Mahesh Chawla

### MUMBAI & THANE

Chaya Kolte  
Hemanth Sharma  
Deepthy Raghavendra  
Mahesh Dandekar  
Jayashree Joshi  
Dr.Feroza Panday

### AMRAVATI

(Area Co-ordinator - Ninad Soman)

Sanjeevani Purohit  
Surekha Joshi  
Nishigandha Soman  
Smita Kaloti  
Vijayrao Deshmukh  
Jayshree Deshmukh  
Amola Soman  
Meeta Kulkarni

### SHIMOGA

(Area Co-ordinator - Deepak Diwakar)

Rashmi Rao N.

### MYSORE

(Area Co-ordinator - Pragathi Raj)

### DHARWAD

(Area Co-ordinator - Avinash Rao)

Mahadeviah Y.N.

### CHENNAI

(Area Co-ordinator - Jana Sumathi)

Nithya James  
Rajalakshmi R  
Rajyalakshmi P  
M.R Harish Kumar  
Manikandan

### HYDERABAD

(Area Co-ordinator - Prathibha Bisarahalli)

Supriya

### MADURAI

(Area Co-ordinator - Swaminathan. C.)

### AURANGABAD

Pralhad Giri  
Smita Giri

### NELLORE

(Area Co-ordinator - Bhudevi. M.)

### GOA

(Area Co-ordinator - Pundalik Dhakorkar)

### VIZAG

Padmashree  
Hari Krishnan V.

### ANEKAL

(Area Co-ordinator - Chandranna)

### DELHI

Deepthi Chawla

### SOUTH AFRICA

(Area Co-ordinator - Jennifer Diane)

### USA

(Area Co-ordinator - Ravi Senghodan)

### ITALY

(Area Co-ordinator - Roland Pfeffinger)

## EXPERIENCES

(Compiled by Vaishali Joshi)

### VOLUNTEERS

On 22<sup>nd</sup> Sept. when I returned to my office after the Light Channelling session, I had a meeting with my manager to resolve some issues. Having missed deadlines, I was under a lot of pressure and thought that he would blast me. But to my surprise, after hearing me, he extended help and support to sort out all the issues one by one. After 30 minutes of discussion, all my tension of last few weeks melted away. This continued next week, completely freeing me from all tensions. All this happened so smoothly. I now realize that it was Light that was working in the background.

That day when I returned home from office in the evening my father and wife expressed their surprise saying, "You really look so fresh and your face looks bright even after you have come home from a long and hectic day's work in office". I too was in high spirits and felt very light.

-Vinu Varghese, Volunteer

On 2<sup>nd</sup> October there were heavy rains in Pune and there was water logged at many places. In our area, due to power failure electricity was also not available. Some students from our class had difficulty in going back to their homes due to the water logging. One student and her parent who stayed back at the class observed that a huge globe of white Light had appeared in the class where we conduct Light Channelling. What was really touching that the parent who is not a Meditator noticed the Light. Indeed the Light is always with us!

- Medha Kulkarni, Volunteer

I had been a part of the volunteer team conducting the Light Channelling in Chennai Chettinad Vidyashram School. As I was entering ninth standard, I could sense immense tension and the teacher was angry and irritated about something, nevertheless I approached her and asked her for 3 minutes and she agreed. I requested her to join us for channelling. After the session a student stood up and said that he could feel some energy entering him and the class started laughing but just then the teacher got up and said that she had actually seen light all around her and

She saw a huge globe of white light in front of her. She went on to explain to me that she was tensed and angry when I entered her class and was not paying much attention to what I was saying but when she closed her eyes she was filled with light and felt the energy tingling in her entire body. As I was leaving the class feeling touched and happy and blessed I saw her wiping her tears!

-Nithya James, Volunteer

### TEACHERS

During the Light Channelling Session, I saw a ball of white Light moving in front of my eyes. It was very nice. Thank you for coming and teaching us.

- Ms. Sameera, Teacher, Reliance Public School, Bangalore

After the Light Channelling session when I opened my eyes I could see in front of me not the faces of my students but a blanket of Light. It was an amazing experience.

- Smt. Nagamani, Headmistress, Venkateshwara Vidya Peeta, Bangalore

We conduct Light channelling in our school only twice or thrice a week. In a programme, organized in our campus by the Department of Education, the BEO, in his vote of thanks appreciated the conduct of the students and observed that he had never witnessed such silence and stillness at any function. Another guest was surprised to witness the rapt attentiveness of the students. They appreciated me for instilling such values and admired the efforts. Light works.

- Sister Jyothsna, Principal, St. Anthony's Higher Primary School, Bangalore

Our students practise Light Channelling regularly for 5 minutes everyday. Once during such a session, the visiting BEO enquired about it. I enlightened him about the wonderful, voluntary work Manasa Foundation was doing to add value to a student's life to enable them to lead a better life. He was very happy with my work. Now the children are less noisy and have calmed down to a great extent.

- M. Susheela, Head Mistress, Community Centre School, Bangalore

I had severe headache from morning and was not able to sit properly during the Light Channelling session. But after Light Channelling I had relief from the headache and felt peaceful.

- A teacher, Gandhi Vidhyalaya Primary School, Lottgollahalli

I was not able to fold my legs and sit at the beginning of the session. But I ignored the knee pain and sat cross legged and channelled Light. After the session the knee pain had vanished and there was so much relief.

- Jayalakshmi Iyer, Head Mistress, A S Kupparaju & Bros Vidyaniketan, Bangalore

### STUDENTS

I used to study a lot but never used to score good marks. I came to know about Light Channelling and decided to try it. Everyday in the morning I spent five minutes practising the technique. You may not believe but a miracle happened as in our next unit test I scored full marks in few of the subjects. For an average student like me, this was very surprising!

- Samiksha Vagare, std 10, Kalmadi High School, Pune

After channelling I am very happy and excited. And I feel very nice.

- Kaneez, Student, Reliance Public School, Bangalore

When I was practising Light Channelling, I was only observing the Light. First the Light was entering my body and it spread gradually to Bangalore city, then to Karnataka state, our Country, our world and finally it spread to the whole Universe. The Tsunami of Light was covering us for one minute.

- Kamlesh Kumar, Sunrise Public School, Bangalore

Initially I was only keen and interested to hear what sir was telling but when I started to close my eyes and tried to feel it, I felt Light. The Light was spreading Love and Peace to the whole world. I was fully relaxed and my mind was completely pure. I thought that I was not this body, I was not this mind, I was the Universal Spirit.

- Yaksha V, Sunrise Public School, Bangalore

It was very refreshing and cool in the mind. I felt bright Light in my body.

- Karthik P, Navodaya Vidya Niketan, Bangalore

It was dark when we closed our eyes for channelling Light, but slowly the sunrays fell on my eyes. You taught a nice technique.

- Clement, Navodaya Vidya Niketan, Bangalore