



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

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NEWSLETTER

April 2011

A MESSAGE

Guruji Krishnananda

No one expected the enormous support to Anna Hazare's Movement from all over the country. No one knows that this was possible because of the energies from Light channelling by lakhs of people, particularly youngsters. There were, of course, the other energies brought down by the Rishis.

Light channelling helps all Movements that lead the humanity to the New Age of Justice, Peace and Love. It works at the individual and global levels. More people have to channel Light for the New Age.

HAPPENINGS

Jayant Deshpande

As we enter the second year of our endeavour to bring more Light with the help of pure and innocent children, our focus shifts to regular channelling. In the first year of our efforts we could teach Light channelling to more than 16 lakh children, thanks to the selfless hardwork of our Volunteers and very positive co-operation from School Authorities.

The Light brought down by the children has made Its impact on the world, apart from helping the children individually. This impact can be sustained and enhanced if more and more people channel Light regularly.

Apart from visiting the schools again where channelling was already introduced, we covered close to 200 new schools and taught more than 65 thousand new students in February and March.

LIGHT WORKS

Manoj Chopra

Everything in life is perishable except Light. Light is only the eternal truth and eternal guide. When we surrender to Light it takes over our life, then nothing will go wrong in life. We will make only right choices and our life becomes pious.

Teaching 'Light channelling' is soul satisfying work and one of unsurpassed service to mankind. Love for the humanity will keep this work going. I pray this work should be ever growing and we as volunteers Light everyone's heart with Light. Soon Light will spread to the whole earth and earth will regain its true nature of Love and Peace.

MANASA FOUNDATION (R)

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EXPERIENCES

(Compiled by Vaishali Joshi)

VOLUNTEERS

For the Vagdevi Vilas School residential summer camp, we did Light Channelling for three days. Actually the kids were from 4th standard onwards till 10th. There were around 110 kids and 7 teachers. The children usually get up at 5.00AM or so and start Yoga Classes with their Yoga Master from 5.30 to 6.30AM. Our Light channelling timing was 6.30AM everyday.

Second day I gave them an assignment to do Light channelling at night just before going to bed for 7 minutes and go to sleep requesting the Light to continue the channelling throughout the night till morning, when they wake up. It seems that some boys and most of the girls did this. Tejaswi, a smart little boy said, "Today I could sleep very well. There were no disturbances during my sleep. I was very fresh when I woke up".

After the final Light Channelling session got over on the last day, Mrs. Nagalakshmi Madam, who is also the teacher and was the leader of the camp, told me, "First two days we had no control over the children, but once Light Channelling started, the children began slowly changing and started behaving in a good way."

While thanking Manasa Foundation she also told everyone that she found some change in all the children and it was because of Light. She insisted that all the students should teach others and sit with their families and do this technique, when they go back home. She said this especially because she found that the amount of energy and the concentration she could get was much more when more people were doing it together. She said that she could feel that the energies were getting multiplied.

Later while sharing the experience over a cup of badam milk outside the room, she said, "Like rays from the

Sun, I could experience that the Light was going out in all directions and felt that the Light was coming out of our bodies and filling up the entire Earth". Then, pointing to the colour of the milk she said, "First I saw that it was yellowish Light, and then it turned into bright white Light."

- Vinu Varghese

TEACHERS & STUDENTS

I felt very peaceful while channelling. If we do it with Love, then it really makes a difference.

- Dr. Jyoti Nair, Principal, New Horizon Scholars School & Neo Kids, Navi Mumbai

During exams I used to be so tensed, but whenever I did Light channelling, I used to feel calm.

- Sarah, Std. IV, St. Charles High School, Bangalore

I felt calm. The earth and my classmates were full of Light around them.

- Anneesh, Std. IV, St. Charles High School, Bangalore

The earth was glowing like a Sun with Peace, Harmony, Love, Kindness and Unity. Each and every one, living and non-living things were shining brighter than the Sun and Stars.

- Nikitha, Std. IV, St. Charles High School, Bangalore

When I opened my eyes, I saw the God Jesus.

- Vaishnavi N, Std. III, St. Charles High School, Bangalore

This is the first time I have felt relaxed. I feel my mind is very free and my body fresh.

- M Thanuja, Std. IX, BBMP Girls High School, Jogupalya, Bangalore

My brother had a boil below his neck. I prayed to God in Meditation and my brother became alright. I offer my thanks to God.

- M. Govindaraj, Std. VI, Devarayamnal Tamil Higher Primary School, Bangalore

As my father didn't have a job, I prayed to God and my father got a job. I thank God for that.

- V. Nalini, Std. VI, Devarayamnal Tamil Higher Primary School, Bangalore

I was weak in maths. I meditated and prayed and in a few days I have improved in maths. As my mother was not well I prayed and meditated and my prayer was fulfilled. Whatever I prayed for, got fulfilled. I thank God for that.

- M. Ramya, Std. VI, Devarayamnal Tamil Higher Primary School, Bangalore

There were lots of problems in my house. I placed that in my Meditation. The problems are removed. I thank God.

- A. Dharshanamurthy, Std. VII, Devarayamnal Tamil Higher Primary School, Bangalore

From a few weeks there was no peace at home. I cried and then I meditated and prayed. After that things improved and my home became peaceful. I became very happy because of that. I thank God for this.

- P. Karthik, Std. VII, Devarayamnal Tamil Higher Primary School, Bangalore

APPEAL TO SCHOOLS

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