



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 2, Issue 2

NEWSLETTER

December 2011

A MESSAGE

Guruji Krishnananda

We have entered the New Year. We have entered a new phase in the life of this planet. There is a new shift in Consciousness. I can see this. Look at the amazing happenings. Look at the experiences of the children in this Newsletter ! A child sends Light to a friend who was not talking to her. And the friend responds! A child sends Light to her parents and gets the expected call ! A teacher asks the students to send Light to a child who was suffering from stomach ache. And the child becomes alright ! Look at the Trust they had in Light ! They intuitively knew how to receive help from the Light. And the Light helps always.

An alert observer notices that there is an awakening because of the shifts. We are in the Light Age. Some notice it now and others will notice it later. Let the year 2012 take us deeply into the Light and the Light Age.

HAPPENINGS

Jayant Deshpande

More than 18 lakh children have channelled Light at least once so far and more than 3 lakh children in more than 600 schools channel Light daily.

So many children channelling Light everyday, is not an ordinary event. The Light channelled by these pure souls is making its impact at the individual and global level. This is noticeably experienced at the individual level and even at the level of a group or a school. It may be difficult to understand clearly its impact at the global level but as Light touches more and more individuals, the global impact is natural.

We sincerely thank all the school authorities and children for their wholehearted support this year. We wish them a very happy new year full of Light.

LIGHT WORKS

Manoj Chopra

Light channelling sessions are the most rewarding experiences for all of us. We feel immensely peaceful with energies whole day. We feel humble when infinite Light descends down during the sessions and our individuality also melts down in Light. We are new beings after every session.

Being with children is like being with God. Their innocent and enigmatic smiles acknowledge gratitude silently. Although these souls can not express much with words, their profound silence shows their deeper understanding of Light and Light channelling.

We are fortunate to be part of this great happening.



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REGULAR CHANNELLING CENTRES**Bangalore**

Monday to Friday (7 PM to 7:15 PM)
Sri Siddhashrama, 17th Cross,
Malleswaram

☎ 9480121545 Mr. K. Chandrashekar

Mondays (6:30 PM to 7 PM)
Anjaneya Temple, Mahalakshmi Layout

☎ 9972111809 Mrs. Anjali Patil K

Tuesdays (7:31 AM to 8 AM &
7:31 PM to 8 PM)

No.62, II Cross, III Main Road,
Near Alpine Apartments,
Dena Bank Colony, Ganganagar

☎ 080-23536547 Mr. Mukesh Parmar

Wednesdays (6:30 PM to 7 PM)

Maruti Mandira, Vijaynagar

☎ 9972111809 Mrs. Anjali Patil K

Thursdays (10:30 AM to 11:00 AM)

No 312, Phase 4,
Golden Park Apartment,
K.C.D.C Main Road, Bommanahalli,

☎ 9886437042 Dr. Ravinder Singh Gaur

Thursdays (6:30 PM to 7 PM)

Munch Kins, No.890, 38th Cross,
20th Main, 4th 'T' Block', Jayanagar

☎ 9448856629 Mrs. Usha Satishchandra

Fridays (6:30 PM to 7 PM)

'Sumathi', No.481, 7th Cross,
7th Main, J.P.Nagar III Phase

☎ 9900110351 Mr. Ramesh V Bhosekar

Saturdays (11:30 PM to 12 Noon)

'Sri Ranga Kalakshetra', 13th Cross,
Indiranagar, 2nd stage

☎ 9900967005 Mrs. Hemalatha Pramod

Saturdays (6:00 PM to 6:30 PM)

Women's Peace League,
36, Shankar Mutt Road, Basavanagudi

☎ 9448856629 Mrs. Usha Satishchandra

Saturdays (6:30 PM to 7 PM)

Balamuri Mahaganapathi,
Shri Rajarajeshwari and
Sri Lakshmi Narayana Temple,
8th cross, Near Hoysala Circle,
Kengeri Satellite Town

☎ 9972111809 Mrs. Anjali Patil K

Saturdays (6 PM to 7 PM)

Shiksha Sagar Primary School
No. 77, 5th Main, Postal Colony,
Sanjaynagar

☎ 9686571066 Mr. Sudeep Jayaram



A Channelling session at a Light Channeller's residence in Baharain

IMPORTANT EVENTS

- 1st February 2010 - A group of 50 plus volunteers covered more than 50 schools in South India and organised channelling for more than 30000 children giving a great momentum to 'Light Channels World Movement'.
- 17th September 2010 - More than 20 volunteers covered around 50 schools of Mysore, Hubli, Chennai and Bangalore and organised channelling for more than 32000 children.
- 27th November 2010 - A band of 43 volunteers organised channelling in more than 59 schools in Shimoga, Mumbai, Chennai and Bangalore for 33000 children.
- 18th December 2010 - A band of 50 plus volunteers covered 107 schools on this single day in Mysore, Bangalore, Chennai, Mumbai and Hyderabad and organised channelling for more than 62000 children.
- 14th January 2011 - More than 1.5 lakh people in Solapur channelled Light.
- 1st February 2011, 'World Channels Day' - More than 130 volunteers covered around 600 schools across India and organised Light channelling for more than 4 lakh children.
- On 27th June 2011 - 15255 children of 19 schools of Bangalore, Mysore, Dharwad, Madurai, Chennai & Pune channelled Light which was the highest of the month.
- 10th November 2011 - More than 12,000 children of 27 schools from Bangalore, Kolar, Mysore, Pune, Chennai, Madurai and Tirunelveli channelled Light on this day.

LIGHT CHANNELLING IN SCHOOLS

Schools participated	2331
Students channelled Light	18.16 Lakh
Schools channelling regularly	604
Students channelling regularly	3,02,000

APPEAL TO SCHOOLS

Please help in strengthening Light Channels
World Movement by making Light Channelling a
part of daily Created with **nitro** PDF professional

HAPPY FEAT

Padmaja Balaji

The girl appeared to be an embodiment of sadness. I was told that she was eternally waiting for her long lost father whose ship was wrecked in storms.

This was the story I was told in my childhood when I first saw the girl doll who was skillfully carved with her hands on the chin and sadness on the face. I gave flesh, blood, breath and life to the doll that night and cried for her loss. My little heart felt the pain of 'wait' for the first time and prayed for her happiness in the darkness of the night.

I now realise how the moments of seemingly unimportant incidents during childhood can leave an indelible mark in one's mind. So, there comes the great responsibility of adults towards younger generation to clearly exemplify what happiness is after all.

After decades of facing real-life situations, I had pondered long and hard what could happiness mean to an Alaskan salmon after reaching its fresh water Source. Its extraordinary struggles, challenges and determination in its travel upstream are considered impossible in human standards.

After Light channelling sessions, every time I see a child shedding a tear or smiling, I know for sure that (s)he has tasted Peace and Silence. It is no mean feat, to achieve this state of happiness, ordinarily.

Did not John Keats say,
Fade far away, dissolve, and quite forget
What thou among the leaves hast never known...

I go back home happily with a smile and hope in my heart to close my eyes in gratitude. ■

HEAVENS ON EARTH

Pragti Raaj

With the season of festive occasions, joy has been in the air. The night has been a perfect backdrop for the fireworks to rise up in the air and explode into beautiful sparks, for the children, who are decked in vibrant colourful outfits, to look in awe at the skies and to shriek with joy. The entire scenario looks picture perfect. For a few moments we feel the heavens are right here on earth.

When the word 'heaven' crosses our minds, most of the times we think of perfect life full of happiness and Peace. Of course our minds do not fail to visualise angels with wings when we think of heavens ! And then after a while we give up, thinking that heavens are far away up above in the skies. But dreaming and realising the dreams is food for soul.

I believe, it is possible to bring down heavens on earth. And the good news is, we are already on our way. And this time creating heaven on our earth is easier than ever. It is an easy task of bringing down Light for seven minutes. And Light, as we know has superior intelligence, Love and Peace, which will create a new earth. And we already have the angels. May be they do not have to have wings.

Yes! The children are our angels with pure hearts who can bring down Light.

When we see these children preparing to channel Light with their tender eyelids closed in honesty, we realise that these are our angels of hope all set to bring down 'Heavens on Earth'. ■

REGULAR CHANNELLING CENTRES

Saturdays (7:30 PM to 8:30 PM)
Gurudwara Sahib,
Opp. Anjaneya Temple, Ashwathnagar
Main Road, Sanjaynagar
☎ 9686571066 Mr. Sudeep Jayaram

Mysore

Wednesdays (6 PM)
Infosys Ltd
Hebbal Electronics City, Hootagalli,
Mysore-570018
☎ 9980837179, Anand Niranjana
☎ 8095026224, Akash Mallick

Solapur

Daily (7 PM to 7:30 PM)
Bal Ganesh Mandir, Bushar Peth, Mohol
☎ 09860967066 Mr. Vivekanand Swami
☎ 09970800279 Mrs. Swaroopa Swami

Dharwad

Sundays (5 PM to 5:30 PM)
Community Hall, Bharatinagar
☎ 9845651555 Mr. Avinash Rao

Chennai

Sundays (10 AM to 10:30 AM)
No. 481, SAIPREM, 19th Street,
4th Sector, K K Nagar
☎ 9444880409 Mrs. Rajalakshmi R

Tirunelveli

Daily (7 PM to 7:30 PM)
Vadaku Theru, Chella Pillaiar Kulam,
A.P. Nadanoor Post
Aalangulam Taluk-627423
☎ 9444458747 Mr. Mariappan N

Madurai

Thursdays (5:20 PM to 6 PM)
Madurai Agricultural College,
Staff Club Building
☎ 9443925074 Mr. Swaminathan C

Pune

Sundays (4 PM to 4:30 PM)
3 B, Kapila Housing Society,
Gokhalenagar, Pune-411016
☎ 9011038169 Mr. Ashutosh Navangul

Visakhapatnam

Saturdays (7PM to 7.30PM)
Door No. 14-339/19, Flat No. 207
Sree Mithra Heights ,
Balaji Garden, Gopalpatnam
Opp. APRTC Bus Depot.
VISAKHAPATNAM-530029.
☎ 92523324, Mr. V. Harikrishnan



EXPERIENCES

(Compiled by Vaishali Joshi)



While channelling Light I saw the Light entering me. It is my birthday. I am very happy.

- Ujwal, Std. I, Little Flower English School, Indiranagar, Bangalore

I passed Light to those whom I missed a lot. Once when I lost my polo I channelled Light and I found my polo back on the same day. Next day I passed Light to my family. At that moment my mother called me. I was happy.

- V. Sathya, NSS Camp, Chennai

My friend and I had a fight. She stopped talking with me. I channelled Light to her. She started talking with me.

- P. L. Visalakshi, NSS Camp, Chennai

Yesterday morning I was feeling uneasy as there was no phone call from home, so I channelled Light and in a short while my mother called. Thank you for teaching us this technique.

- M. Rohini, NSS Camp, Chennai

This is a new type of experience for us. The thought of Light can change our attitude and nature. Light can also be our companion. I can confidently say this because I have practically experienced this. This has given me a lot of joy and peace of mind.

- M. Geetha, NSS Camp, Chennai

Light channelling calms, and de-stresses me, leaving me rejuvenated. Some students who have been practising this sincerely feel that they have become more efficient in their work. Some feel their concentration has been enhanced. Yet others feel confident and optimistic.

- Mrs. Sudha Rama Murthy, Principal, Achala Vidya Mandira High School, Bangalore

The first two days I took in the Light disinterestedly but on the third day I developed faith in Light channelling. Before going to sleep I drew Light into myself for 10 minutes. I was feeling sad that I was not at home for my birthday. That night, all my 25 friends greeted me at midnight, which was unexpected. Just by taking in Light my sadness and body-ache went away. From now on, I will definitely take in Light in the morning and at night for as long as possible.

- B. Revathi, NSS Camp, Chennai

I really feel happy to confess my experience of Light channelling. It is not only helpful to the health but also for our all round physical and mental development. When I started this, I felt some peace in my mind. I did not feel any sunshine or the noise or the presence of my colleagues who sit beside me. It is really helpful for our future as well as to keep others healthy, mentally and physically.

- Smt. C. M. Gangamma, Asst. Teacher, S. V. V. K, B. T. Pura, Bangalore

At night around 10 PM, a seven year old girl suddenly had stomach pain and she began crying. Our Matron gave her a tablet, but she was not relieved of the pain. I told her to channel Light. Other children also joined and everyone channelled Light very sincerely. After 10 minutes, she slept peacefully without any pain. It was a happy moment for me to see the children adopting Light channelling to get help. It was a wonderful experience.

- Ms. Suguna, Resident, Cheshire Home for Disabled, Bangalore

I channel Light very sincerely and committedly. It helps me to concentrate on the day's hectic schedule better and carry out my numerous chores with heightened efficiency.

- Ms. Jagadevi, Headmistress, Achala Vidya Mandira High School, Bangalore