



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 4

NEWSLETTER

February 2011

A MESSAGE

Guruji Krishnananda

There is an Awakening. A Spiritual Awakening is happening at the mystical level. It is happening more with the children which is indicated by the experiences they have while they channel Light.

Awakening is happening because of more Light descending to the human Consciousness. More Light means more energies. More changes. More Transformation.

A silent Spiritual Revolution is building up. Each one of us can participate in this. We can create new destinies for this beautiful planet Earth.

Light channelling is not a simple activity. It is a great life-changing destiny-creating activity.

HAPPENINGS

Jayant Deshpande

On 1st February, the World Channels Day, enthusiasm of our Volunteers was encouragingly reciprocated by School Principals, Teachers and Students. More than four lakh Students and Teachers channelled Light in hundreds of schools across India to make this World Channels Day a grand success.

We introduced Light Channelling to schools on the same day last year. It was a humble beginning with a few hundred students. School Authorities and students welcomed Light with open hearts and in just one year more than 16 lakh students channelled Light.

More than 1.5 lakh children in more than 200 schools now channel regularly as part of their daily prayers.

LIGHT WORKS

Manoj Chopra

At present time our earth is going through different changes. Time has come for darkness to go and Light to descend. Our work is to facilitate changes by educating people about Light and Light Channelling. This Light is the purest form of Energy. This Light is Divine Light which has super intelligence.

Our role is very vital in this transitory period. By channelling Light and helping children & elders to channel Light is the selfless service to mankind. This is the responsibility of every human being who is awakened to help other fellow being to hold his/her hand and show the way from darkness to Light.

Success of 'World Channels Day' not only goes to our dedicated Volunteers but also to School Authorities who gave us few minutes even when some of them were busy in their mid term exams. We thank School Authorities for their cooperation for making 'Light Channels World Movement' a great success.

MANASA FOUNDATION (R)

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

BANGALORE

- | | | |
|---|---|---|
| <ol style="list-style-type: none"> 1. Amara Jyothi English School, Basavanapura Road, KR Puram 2. Annie Besant Convent Primary and High School, Gollarhalli 3. Apollo Convent, Banashankari III Stage 4. Ashok International Public School, Kammagondanahalli 5. B S A P Govt. School, Shivajinagar 6. BBMP High School, Jayanagar 7. BBMP Primary School, North Range-2 8. Bharatamata Vidya Mandira Higher Primary School For Girls, Hanumanthanagar 9. Blue Bell Convent, Badarahalli, Magadi Road 10. C.E.S. English School, Jaraganahalli, Kanakapura Road 11. CES English School, 3rd Block East, Jayanagar 12. Enlight Primary School, Annasandra Palya 13. Glitzy Public School, Kothanur Main Road, Chunchgatta 14. Good Shepherd School, Jayanagar 15. Govt. Primary School Kannada Urdu and Tamil, Jougupalya 16. Govt. Children Home for Boys & Girls, Dr. M.H. Mari Gowda Road 17. Govt. Girls High Primary School (Tin), Basavanagudi 18. Govt. High School, Bannerghatta Main Road 19. Govt. High School, Bidarahalli 20. Govt. High School, Bileshivalaya 21. Govt. High School, Cottonpet 22. Govt. High School, Hesaraghatta 23. Govt. High School, Kannur P.O. 24. Govt. High School, M.M.Road, Sarvagnanagar 25. Govt. High School, Shivaram Karanth Nagar (Post) 26. Govt. High School, Vijayanagar 27. Govt. Higher Primary School, North Region - 4 28. Govt. Higher Primary School, 7th & 8th Phase, J.P.Nagar 29. Govt. Higher Primary School, Anjanapura Post 30. Govt. Higher Primary School, Bannerghatta Main Road | <ol style="list-style-type: none"> 31. Govt. Higher Primary School, Bileshivalaya, Doddagubbi Post 32. Govt. Higher Primary School, Cox Town 33. Govt. Higher Primary School, Doddagubbi 34. Govt. Higher Primary School, Gottigere Post 35. Govt. Higher Primary School, HSR Layout 36. Govt. Higher Primary School, Jalahalli East 37. Govt. Higher Primary School, Kanakapura Main Road 38. Govt. Higher Primary School, Mathikere 39. Govt. Higher Primary School, Parangipalya 40. Govt. Higher Primary School, Singapura 41. Govt. Kannada Boys Model School, Chamarajapet 42. Govt. Kannada Model Primary School, Jagadeeshnagar 43. Govt. Kannada Model Primary School, Talgatpura 44. Govt. Lower Primary School, Annasandra Palya 45. Govt. Lower Primary School, Byrathi, Doddagubbi Post 46. Govt. Lower Primary School, Kothanur P.O 47. Govt. Lower Primary School, North Range - 3 48. Govt. Lower Primary School, Vaddarapalya, J.P.Nagar 49. Govt. Middle School, GMS, Doddagubbi 50. Govt. Model Primary School, Bannerghatta Main Road 51. Govt. Model Primary School, Hesaraghatta 52. Govt. Model Primary School, T.Dasarahalli 53. Govt. Model Primary School-KSRP, Koramangala 54. Govt. Primary School, Bande Bommasandra 55. Govt. Primary School, Kamakshipalya 56. Govt. High School & Pre-University College, Chamarajapet 57. Govt. Higher Primary School, Eivarukandapura 58. Holy Angel's High School, R.P.C.Layout, Vijayanagar | <ol style="list-style-type: none"> 59. Indira Children School, 8th Block, Jayanagar 60. Infant Indian School, Austin town Layout 61. Jnanaganga Public School, Doddabyalakere, Hesaraghatta Hobli 62. JSS Public School, HBR Layout 63. Kendriya Vidyalaya, Sadashivanagar 64. Kendriya Vidyalaya, Mathikere 65. Kendriya Vidyalaya, NAL Campus, Old Airport Road 66. L.C.R. English School, 1st Phase 1st Stage Gokul 67. Laxmi Memorial High School, Hennur Main Road, Kalyan Nagar 68. Mahita Sanaza High School, Seshadripuram 69. Manasa Public School, Chikkabanavara 70. Marian Primary School, Millers Road 71. Milind Public School, Anjananagar 72. Model High School, Chamarajapet 73. Modern School, J.P.Nagar 74. Mother Teresa English High & Primary School, Shankarnagar 75. Mother's Public School, Gelayara Balaga, Mahalakshimpura 76. National Higher Primary School, Basavanagudi 77. National Icon Academy School, Byrathi, Kothanur (Post) 78. Navodaya Kishore Kendra (C.B.S.E.), Singapura 79. New Cambridge Group of Institutions, R.P.C.Layout, Vijayanagar 80. New Carmel English School, Divanarapalya 81. New Carmel School, Hoskerehalli 82. New Holy Cross English School, Jayanagar 83. New Presidency Public School, Cottonpet 84. Newton Public School, Mangammanapalya, Madeenanagar 85. Nisarga Vidyaniketana, Sededahalli, Nagasandra (P) 86. Old Fort High School, Old Fort, Chamarajapet, |
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**In the month of December 2010, Light Channelling was
conducted in the following Schools in various cities.**

CHINTAMANI

1. Ambedkar Higher Primary & High School, Kaiwara
2. Delhi Public School, Aswini Extension
3. Govt. Girls High School, Chintamani Town
4. Govt. Higher Primary & High School, Kaiwara
5. Govt. Higher Primary & High School, Talagavara
6. Govt. Higher Primary School, Akkimangala
7. Govt. Higher Primary School, Vaijkur Chintamani Taluk
8. Govt. P U College, Talagavara
9. Govt. Urdu Higher Primary School, Kaiwara
10. K E S Kannada Hiriya Prathamika Shale, Kaiwara
11. Model Higher Primary School, Sante Kallahalli
12. New Public School, Kanampalli
13. Pragati B-Ed. College, Composite High School & P U College, M.G. Road
14. Preeti College of Science & Management, M G Road
15. Rishi Vigyan Vidya Kendra, Shyama Rao Hosapete, Kaiwara
16. Sarkari Balakara Hiriya Prathamika Shale, Near Canara Bank
17. Shree Bhairaveshwara Vidya Samsthe, Kaiwara
18. Sree Raghavendra Educational Trust, M G Road
19. Sumukha Educational Trust, H Cross, Sidhlagatta Tq.
20. Venkatadri Independent P U College, Tank Bund Circle West, Anjani Extn.

DHARWAD

1. Pawan School

MADDUR

1. H K Mariyappa Convent
2. Jawaharlal Prauda Shale
3. Kamala Nehru Girls Govt. School
4. St. Ann's High School

HOSKOTE

1. Govt. Higher Primary & High School, Doddagattiganabe
2. Govt. Higher Primary School, Hoskote Taluk Nadavathi
3. Govt. Lower Primary School, Bendigana Halli
4. Govt. P U College, Nandagudi Hosakote Taluk
5. Sarkari Hiriya Prathamika Shale, Bendigana Halli
6. Sarkari Hiriya Prathamika Shale, Chikandahalli, Indiganada Post
7. Sarkari Hiriya Prathamika Shale, Ettasandra Nandagudi Hobli
8. Sri Vinayaka Vidya Samsthe, Ettasandra Nandagudi Hobli

MANDYA

1. Adarsha High School
2. Carmel Convent High School, K.R.Road, Subhashnagar
3. Cauvery Girls School, 100 ft Road, Nehru Nagar
4. Ex-Municipal Govt. School, M.C.Road
5. Govt. Girls High School, Ganjam, Srirangapatna (TQ)
6. Govt. Higher Primary & High School, Sathanur
7. Govt. Higher Primary School, 100 ft Road, Nehru Nagar
8. Govt. Higher Primary School, Chikka Mandya
9. Govt. Lower Primary School, Kasaba Hobli, Sathanur Post
10. Govt. Urdu Lower Primary Girls & Boys School, Ganjam
11. Hosahalli Prauda School (Govt.), Hosahalli Road
12. Kalegowda High School, Mandya
13. Kaveri High School, Srirangapatna
14. Lenin Convent English Medium School S.R.P., Srirangapatna
15. Mandya Education Society(R) , Hosahalli Road, Cauveri Nagar
16. Om Srinekethana High School, Srirangapatna
17. R.C. Aided Higher Primary School, Ganjam, Srirangapatna (TQ)
18. River Valley English Medium School, Srirangapatna
19. Rotary Education Society, M.C.Road

20. Sarvajna High School, Srirangapatna
21. Smt. Laxmi Janardan Girls High School,
22. St. John's School, M.C.Road
23. Suprabhata Convent, Srirangapatna
24. Vidhya Bharathi Shikshana Samsthe, Srirangapatna

KOLAR

1. Govt. Higher Primary School, Chaldiganahalli
2. Govt. Higher Primary School, Oorati Agrahara
3. Govt. Higher Primary School, Seethi, Chanjimala Post
4. Govt. Kannada Model Primary School, Kylanoor
5. Govt. Lower Primary School, Chanjmala Post
6. Govt. Lower Primary School, Karenhalli
7. Sarkari Hiriya Prathamika Pathashale, Chanjimala
8. Sri Vaghdevi Vidyaniketan Primary & High School, Oorati Agrahara
9. V G S Public School, Seethi Chanjimala Post

MANGALORE

1. Bharat Matha Primary/High School, Punaroon
2. Govt. Higher Primary School, Badagu, Yekkar
3. Govt. Primary School, Karnad, Mulky
4. Govt. Primary School, Padmanoor, Kinnigoli
5. Govt. Primary School, Padubidri, Udupi Dist
6. Morarji Desai Model Residential Model School, Karnad, Mulky
7. MRSM English Medium School, Tapovana
8. Narayana Sanil School & PU College, Padupanamboor
9. Rotary English Medium School, Kinnigali
10. Sri Durgaparmeshwari Primary High School
11. Sri Narayana Guru Composite PU College & Higher Primary School, Mulky
12. Vidyadayini Kannada Medium High School, Suratkal

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

MUMBAI

1. D J Doshi Gurukul English Medium School, Ghatkopar East
2. Gujana English High School, Manpada, Azad Nagar, Thane
3. Manohar Chogule School, Borivali
4. R J Thakur English Medium School, Thane
5. Shri Gadgemaharaj School, Kurla
6. Swami Shukhdevanand High School, Shirvane Village, Thane

MYSORE

1. Adhyayan High School, Adishakthi Nagar
2. Ashok High School, Ashokpuram
3. Bhagini Seva Samaja Girls High School, K.M. Puram
4. Bharat Vikas School @, Nanjangud
5. Bharathiya Vidya Bhavan, Vijaynagar
6. BSS Convent, Nanjangud
7. C.S.I. Victoria School, Opposite Suburb Bus Stand,
8. Carmel Convent School, Nanjangud
9. Christ College, Nanjangud
10. Farooqia Girls High School, Lashkar Mohalla
11. Ganapathi Sachidananda Vidya Samsthe, Mysore
12. Geetha Shishu Shikshana Sangha, Near Milk Dairy, Siddaratha Nagar
13. Good Shepherd Convent, Lakshar Mohalla
14. Govt. Boys Middle School, Nanjangud
15. Govt. Girls High School, Nanjangud
16. Govt. Girls High School, Peoples Park
17. Govt. Lower & Higher Primary & High School, Tandavapura, Nanjangud
18. Govt. Higher Primary School, G.B. Palya
19. Govt. Primary & High School, Ashok Puram
20. Govt. Urdu Boys & Girls Higher Primary School, Nanjangud
21. Ideal Jawar Rotary School, JLB Road,

22. J.S.S. High School, K.R.S. Road, Metagalli
23. J.S.S. High School, Near Siddappa Square, Lakshmipuram
24. J.S.S. High School, Shaktinagar
25. J.S.S. High School, Siddaratha Nagar
26. J.S.S. High School, Suttur, Nanjangud
27. J.S.S. Higher Primary & High School, J.B.Palya, Raghavendra Nagar
28. Kendriya Vidyalaya, Siddaratha Nagar PO
29. Lions Club School, Nanjangud
30. Mathru Mandali English Primary School, V.V.Mohalla
31. Maulana Azad D.ED., College, Dr. Radhakrishna Nagar
32. Mysore Lions School, Banni Mantappa
33. Nalanda English H.P. School, Vidyananyapuram
34. Pramathi Hillview Academy, Kuvempunagar
35. Ramakrishna Vidya Kendra High School, Near Ramakrishnanagar Police Station
36. Rotary Multipurpose Education Society, Nanjangud
37. Sadvidya PU College
38. Sarada Vilas Pre-Primary & Primary School, Krishnamurthypuram
39. Shanthala Vidya Peetha High School, Siddaratha Nagar
40. Sharada Vilas Boys & Girls High School, Krishnamurthypuram
41. Shri Raghavendra Swamy High School, Mysore
42. Sri Chamarajendra Ursu, Near Zilla Panchayat
43. Sri Sai Saraswathi Vidya Kendra, Bogadi Village & Post
44. Sri Vidya Ganapathi H.P.S., Neelakanta Nagar, Nanjangud
45. St. Joseph's Central School, 2nd Stage, Vijayanagar
46. St. Rita's English H.P.School, Mysore South
47. Sunanda Higher Primary & High School, Yadavgi
48. Svei CBSE School
49. Teresian Higher Primary School, Siddaratha Nagar
50. Vasavi School
51. Vijaya Vittala Vidyashala, Saraswatipuram

OSMANABAD

1. Dharashiv Prashala, Sanjaveshe Galli
2. Greenland High School English Medium, Osmanabad
3. Nutan Primary Vidyamandir, Tambri Vibhag
4. Shripatrao Bhosale High School, Osmanabad
5. Terna Public School, Near Barshi Naka, Osmanabad

PUNE

1. Bharat English School
2. Dhaanraj Marathi School
3. P A Halkar School, Old Sangavi
4. Vidhyanike School, Old Sangavi

SHIMOGA

1. Bharathiya Vidya Bhavan

SOLAPUR

1. D.S.T.S. Mandali, Vijapur Road
2. Padmashree Sumatibai Primary Medium English Technical School, Samrat Chowk
3. Shiddeshwar Temples Shiddeshwar Prashala, 1 Shiddeshwar Peth
4. Shree Chaturabai Shrivika Vidyalaya, Samrat Chowk
5. Shri Siddeshwar English Medium High School, 1 Siddeshwar Peth
6. Swami Vivekanand Prashala, Jule
7. Umabai Shrivika Vidyalaya, Shrivika Sansthanagar

THIRUVANANTHAPURAM

1. Kendriya Vidyalaya (SAP), Peroorkada
2. Kendriya Vidyalaya Army Cantt, Pangode
3. Kendriya Vidyalaya Pattom, Pattom
4. Nath Memorial English Medium School, Poojappura
5. Nirmala Bhavan School, Kowdiar.P.O
6. St. Mary's Higher Secondary School, Pattom
7. St. Mary's Higher Secondary School, Pattom, Kesavadasa Puram

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

THIRUVANANTHAPURAM	TUTICORIN	THIRUNELVELI
8. Kendriya Vidyalaya, Thiruvickal (P.O.), Akkulam	1. Dr. Sivanthi Adithanar Matriculation School, Thoothukudi	1. Baba Matriculation School & Teacher Training Institute, Kadayam
VIZAG	2. Siva Vellalar Sangam, Thoothukudi	2. Chatram Bharathi Girls High School, Kadayam
1. Kendriya Vidyalaya		

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

BANGALORE	TUTICORIN	MANDYA
1. BBMP High School, Jayanagar	22. Government Higher Primary School, Gottigere, Bannerghatta Main Road	1. Smt. Laxmi Janardan Girls High School, Mandya
2. Prasanna Primary and High School, Magadi road	23. Govt. High School, Gottigere, Bannerghatta Main Road	2. Kalegowda High School, Bannur Road, Mandya
3. Sri Vidhya Primary School, Herohalli	24. Modern School, 1st Phase, J.P.Nagar	3. Government High School, Sathanur, Mandya Dist.
4. Manasa Public School, Chikkabanavara	25. Shri Vidhya Public School, Tunganagar	4. Government Lower Primary School, Sathanur, Mandya Taluk
5. Vijayashree Public School, T. Dasarahalli Post	26. St. Yash Public School, Kempegaudanagar	5. Government Higher Primary School, Sathanur South Region
6. National Higher Primary School, Basavanagudi	27. Sarakari Prathamika Shale, Byadarahalli	6. Government Higher Primary School, Chikka Mandya, Mandya.
7. Sri Morarji Desai Model Residential School, Chamarajapet	28. Sarathi National Public School, J.P.Nagar, 8th Phase	(To be contd...)
8. Government Kannada Boys Model School, Chamarajapet	29. Annie Besant Convent Primary and High School, Magadi Road	List of Volunteers who joined the Light Channelling work recently
9. Government Higher Primary School, Hesaraghatta Lake Post	30. Govt. Kannada Model Primary School, Talgatpura	BANGALORE
10. St. Laurance High School and College, Magadi road	31. Government Higher Primary School, Kanakapura Main Road	Jayanagar Team
11. New Carmel School, Hoskerehalli		1. Rajeshwari Chandrashekar
12. Government Higher Primary School, Anjanapura Post	SOLAPUR	2. Sudharshan H.C.
13. Zoy Higher Primary & High School, Vidyaranyaपुरa, HMT Layout	1. Chaturabai Shravika Primary School	3. Pavitra Thokur
14. Souharde Public School, M.S.Palya	CHINTAMANI	4. Vanaja
15. Government High School, Kadusonappanahalli, Kannur P.O.	1. Pragati Composite High School & PU College, No.10, M G Road, Chintamani	Malleshwaram Team
16. Govt. Lower Primary School, Vaddarapalya, Gottigere Post	2. New Public School, Kanampalli, Chintamani	1. Rama Parthasarathy
17. S.R.G.V.V.K Trust, Vaddarapalya, Gottigere Post	3. Government High School, Talagavara, Chintamani Taluk, Chikkaballapur District	2. Nanda Kumari
18. Govt. Higher Primary School, 7th Phase, J.P.Nagar	4. Government Higher Primary School, Talagavara, Chintamani Taluk, Chikkaballapura District	3. R.Vijayalakshmi
19. Vagdevi Vilas Residential School, Varthur	5. K E S Kannada Hiriya Prathamika Shale, Kaiwara, Chintamani Taluk, Chikkaballapura District	Anekal Team
20. Glitsy Public School, Kothnur Main Road, Chunchgatta	6. Government Higher Primary School, Kaiwara, Chintamani Taluk, Chikkaballapura District	1. Shambhulinga
21. Government Primary School Kannada Urdu and Tamil, Jougupalya		2. Chennaveerappa
		MUMBAI
		1. Mohan Khedekar
		2. Arun Naik
		3. Deepali Khandekar
		4. Sonali Nashikkar
		PUNE
		1. Ashish Desai
		2. Pushkar Patki
		3. Shweta Kosambkar
		4. Vinita Mendjoge

EXPERIENCES

(Compiled by Vaishali Joshi)

VOLUNTEERS

In a follow up session at Sheila Kothavala Institute for the Deaf on 19-11-2010, Shashmithan, an 8 year old boy could show with ease through action, how his body was filling up with Light. He came to the stage and showed to the entire school through action, the complete technique, while I said it in words. It was amazing. He had neither heard me, nor seen his teacher showing in action since he was facing the audience and not the teacher. He must have experienced Light and hence was able to show it.

- Hemalatha Promod

After the Light channelling session in Ravilla K.R.A. Vidhyashram Matriculation Hr. Sec. School in Chennai one girl Akila had tears in her eyes. All she could say was, "the Light was very bright." When the children opened their eyes they were beaming. They said that they couldn't open their hands and eyes. They could feel the energies moving in their hands.

- Jana Sumathi

On 1st February, during the Light Channelling session at L.N. Vidya Mandir, Lottegolahalli when I was explaining the technique I paused in the middle unknowingly and for a fraction of a second it was totally blissful as if I was in a distant land and unaware. This feeling lasted for the entire day and although I was not keeping well this experience kept me happy.

- Deeksha Suresh

TEACHERS & STUDENTS

I felt the silence, the warmth and pleasantness of God during this Meditation.

- Shobha C., Teacher, New Public School, Chintamani

I felt as if I was alone and nobody was around me. I was glittering more than the sunlight, as if I was the source of Light for things around me. I was an

angel in the Universe carrying Light with me and spreading it around.

- Pavani, Student, Sri Vijaya PU College, Chintamani

I experienced silence after Light Channelling.

- Kanimozhi, Student, Draupathiamman Corporation Primary School, Madurai

I was surrounded by a globe of blue Light.

- Kanmanipriya, Student, Draupathiamman Corporation Primary School, Madurai

I had a vision of white fields everywhere and I felt peaceful.

- Muthulekshmi, Student, Draupathiamman Corporation Primary School, Madurai

Our boys and girls could never be seen in silence for even a few seconds, but Light Channelling made them silent for 10 minutes. It is a mystery.

- Headmistress, Bharathidasan Corporation Higher Secondary School, Madurai

I had a vision of white globe of Light.

- Keerthana, Student, Vikaasa School, Madurai

I felt relaxed after Light Channelling and while opening the eyes I could see the surroundings filled with Light.

- Shaurib, Student, Vikaasa School, Madurai

I felt as though I was bathed in Light and had the vision of Light through my inner eye. Then I understood the Light that Arjuna spoke about when he saw the Vishwaroopa of Lord Vishnu.

- Indushekhhar N, Teacher, Jain Heritage School, Bangalore

We were earlier practising some Meditation technique which wasn't very effective. After volunteers from your organization taught our students the Light Channelling technique, we are practising it daily for 5 minutes. Some students who were very rash in

behaviour have calmed down. Some students told that they were not listening to their parents earlier. But, now they feel like listening and obeying their parents. The students are more disciplined now. This technique is so simple and effective.

- Pradeep, Teacher, Panchavati Vidya Mandira, Bangalore

I felt calm and that I am flying, and Light was flowing inside me.

- Srinandan, Student, Kendriya Vidyalaya, DRDO, Bangalore

I felt the flow of ocean of Light. Everything was very calm.

- Uthara, Student, Kendriya Vidyalaya, DRDO, Bangalore

I felt very calm and there was peace all over with waves hitting me and my body was full of Light.

- Vinayaka, Student, Kendriya Vidyalaya, DRDO Bangalore

I felt that a big star above me was coming close to me. When it started filling me I felt very energetic. When it started spreading I felt that it was very sharp and when it spread to the whole world I could see nobody.

- Injeel, Student, Kendriya Vidyalaya, DRDO, Bangalore

I felt a ray of Light entering my soul and it was very peaceful. When the Light entered me, my stress vanished. I felt I was sitting on the world and spreading Light to everyone.

- Bajarang, Student, Kendriya Vidyalaya, DRDO Bangalore

APPEAL TO SCHOOLS

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

the following Schools in various cities.

BANGALORE

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

List of Volunteers who joined the Light Channelling work recently

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APPEAL TO SCHOOLS

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

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EXPERIENCES

(Compiled by Vaishali Joshi)

32. Govt. Children Home For Girls, Dr. M.H.Mari Gowda Road, Adjacent to Kidwai Hospital
33. Apollo Convent, Banashankari III Stage
34. St. Loudes English School, Mathikere
35. Vivekananda Vidyavardhake
36. Govt. Model Primary School, Hesaraghatta
37. St. Loudes English School, Mathikere
38. Govt. Higher Primary School, Kuvempunagara, Jalahalli East
39. Sree Vidyodaya Higher Primary School, Kuvempunagara, Jalahalli East
40. Ashok International Public School, Kammagondanahalli
41. Govt. Higher Primary School, Vidyananyapura Post
42. Sree Vidyananya Group of Institution, Aditya Nagar, Vidyananyapura
43. Navodaya Kishore Kendra (C.B.S.E.), Near M.S. Palya Circle, Vidyananyapura Post,