



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 11

NEWSLETTER

September 2011

A MESSAGE

Guruji Krishnananda

A whole school channelling Light to a student who was ill, the students taking the help of the Light beyond studies are some of the wonderful happenings that are occurring silently. For me, these are not stray incidents. They are a part of a great silent Revolution. The young are channelling Light and are creating new destinies for this world. And the elders are watching !

By the time the elders awaken to the realities of Light, a lot would have happened. The world would have taken new strides into the New Light Age. The Light flows through the innocent and the pure. It knows its channels !

HAPPENINGS

Jayant Deshpande

Light changes destinies. We are witnessing this when school children employ Light to seek solutions to their own smaller or bigger problems. They take help from Light to improve their performance in studies, to improve interpersonal relations and even to heal their colleagues. They probably do not know that by silently channelling Light, they are also participating significantly in shaping the destiny of this world.

More than 17 lakh children in more than 2000 schools have channelled Light at least once. Many of these do it often and more than 2 lakh of these children in more than 400 schools channel Light daily during their school prayers.

We opened one more Regular Light channelling centre in Mysore last month.

LIGHT WORKS

Manoj Chopra

God does not want us to suffer anymore so He gifted Light channelling to humanity. Light channelling is the greatest gift to mankind. This activity is expression of His Love; and **only** Love can save this world from the catastrophic changes.

Many protests and unanimous voices against injustice are getting stronger. Now people have courage to speak about falsehood. Light channelling strengthens all positive changes that we are witnessing around us. Let us channel more Light and welcome the 'Era of New Beginnings'.

We are humbled by support provided by the teachers. On Teacher's Day, we offer our gratitude to all of them. They have contributed significantly to this World Movement.

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 info@lightchannels.com

website : www.lightagemasters.com www.lightchannels.com

REGULAR CHANNELLING CENTRES**Bangalore**

Daily (7 PM to 7:15 PM)

Sri Siddhashrama, 17th Cross,
Malleshwaram

☎ 9480121545 Mr. K. Chandrashekar

Mondays (6:30 PM to 7 PM)

Anjaneya Temple,
Mahalakshmi Layout

☎ 9972111809 Mrs. Anjali Patil K

Tuesdays (7:30 AM to 8 AM &
7:30 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 AM to 12 Noon)

'Sri Ranga Kalakshetra', 13th Cross,
Indiranagar, 2nd stage
☎ 9900967005 Mrs. Hemalatha
Pramod

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

The Indian Institute of World Culture,
No.6, B.P. Wadia 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

A channelling session at Siddhashrama, Malleshwaram, Bangalore

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.

LIGHT CHANNELLING IN SCHOOLS

Schools participated	2036
Students channelled Light	17.10 Lakh
Schools channelling regularly	400
Students channelling regularly	2,05,000

APPEAL TO SCHOOLS

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

THE UNSUNG HEROES

Hemalatha Pramod

School has been a sacred place for learning for a very long time. Each time we have visited a school for the Light channeling session, we have been enriched with lessons from life itself. Students, teachers and the school authorities have inspired us in so many ways.

Whenever we visit schools in far off places, we grumble about the distance. But while in conversation with some teachers there, I learnt that many of them, especially teachers in government schools, commute a long distance by local buses. And they do it everyday without grumbling. Apart from teaching, they take care of the construction of the building. They even go to the homes of the lesser privileged children and literally bring them to schools. They teach them hygiene and even feed them. These teachers take care of everything. Their commitment inspires us. Yet when we go there, they welcome us with a smile and provide us all the help to conduct the session. They thank us whole-heartedly for having come all the way. They offer us coffee, biscuits and sometimes even a bouquet of flowers ! They manage all this in spite of the meager resources they have.

Light channelling has given us this opportunity of meeting these wonderful teachers who are living examples of commitment, gratitude, humility and tolerance. We otherwise would know about such people only in inspirational books. With every nice gesture from the teaching fraternity, we feel a beautiful bond being woven between us.

Our heart goes out to all the teachers. The Love, respect and sharing by these teachers has taught us many lessons of life and given a new dimension to the Light channeling work that we, the volunteers are doing. Spreading Love and Light to the world now seems a near possibility.

While the nation celebrates Teachers Day this month, we, the entire team of Light channelling Volunteers, salute the Teachers fraternity for their dedicated work and support to the Light Channels World Movement. ■

YOUNG REVOLUTIONARIES

Pragti Raaj

We have freedom fighters in the history whose names are etched on the sands of times. People who fought and died in revolutions and battlefields, their deeds are sung even to this day. But for the first time with our country undergoing major changes through the present revolutions, there are many silent and unknown heroes. History will perhaps never know that it is the children, who channel Light silently everyday, contribute significantly to the peaceful revolution in this country. Perhaps no one may know that these children have worked from their class rooms diligently each day to bring about these changes where the entire nation is taking a firm stand against corruption and is demanding justice. We see the awakening in the people.

The Light channelled by these pure hearts everyday in their schools is helping these special revolutions to progress smoothly without any blood shed, riots and violence. What a beautiful battle! A battle which is being fought in peace. The history has never had such a unique battle with so many little warriors.

The children are the heroes who are bringing the Light Age into existence sooner. They are our hope. They are not just mute spectators in these times. They are the ones playing the most important role.

As the children march back into class rooms after the assembly, with the school band playing in the background, we salute the silent heroes deep in our hearts with gratitude. ■

REGULAR CHANNELLING CENTRES

Saturdays (6 PM to 7 PM)
Shiksha Sagar Primary School
No. 77, 5th Main, Postal Colony,
Sanjaynagar
☎ 9686571066 Mr. Sudeep Jayaram

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

Mysore

Sundays (9:30 AM to 10:30 AM)
'Cuts and Curve', C.K. Complex,
Sangam Circle, Vijaynagar 3rd Stage
☎ 9886112881 Ms. Pragti Raaj

Tuesday and Thursdays (6 PM)
Infosys Ltd
Hebbal Electronics City, Hootagalli,
Mysore-570018
☎ 9980837179, Anand Niranjan
☎ 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)
Vadakku Theru, Chella Pillaiar Kulam,
A.P. Nadanoor Post
Aalangulam Taluk-627423
☎ 9444458747 Mr. Mariappan N

Madurai

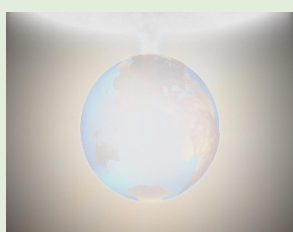
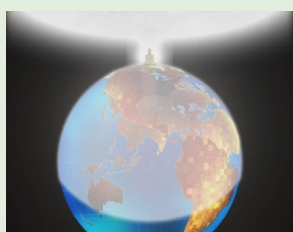
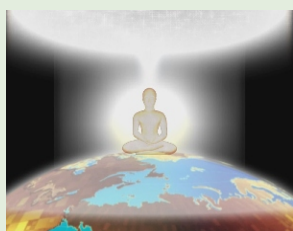
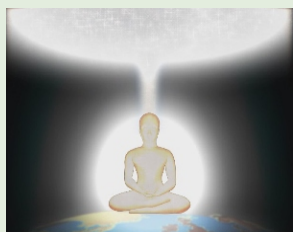
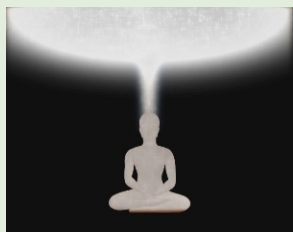
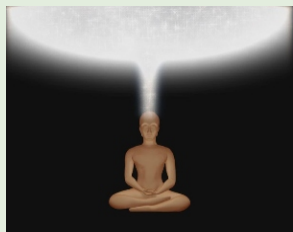
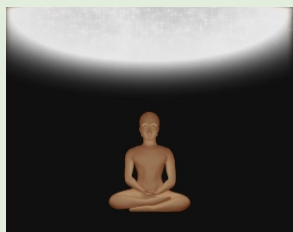
Thursdays (5:20 PM to 6 PM)
Madurai Agricultural College,
Staff Club Building
☎ 9443925074 Mr. Swaminathan C

Pune

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

EXPERIENCES

(Compiled by Vaishali Joshi)



Earlier I could not study peacefully. I used to fail in 2-3 subjects. Now I have passed in all the subjects. I would like to say that this is because of Meditations. Now, after meditating I am happy.

- Prasanna K., Std. IX, Shreyas High School, Bangalore

In 8th Std., I would score less in many subjects. Now I score well. By channelling Light at home I feel happy and all the problems are solved. I am also able to concentrate on my studies.

- Nalina K. B., Std. IX, Shreyas High School, Bangalore

I was very weak in science and could not cope with it. But now I have started liking science. My teachers trust me and have made me the school leader. I will not betray their trust.

In spite of waking up early I was unable to complete the household tasks. Now I complete the tasks, pray, channel Light and I am punctual at school. I am also able to help my mother and she appreciates me.

- Rajeshwari K., Std. IX, Shreyas High School, Bangalore

I practise Light channelling for about 5 minutes before commencing my studies. This has given me a lot of patience, peace and happiness always.

- Poornashree Manjunath, Student, Std. 6

Once I faced a difficult situation in a school. The principal asked many questions. I tried to give specific answers. However, my calmness was slightly disturbed. I prayed to Light to help me. Then suddenly I saw everyone on the planet meditating - all in whites. In an instant I came back to my calm self. I felt very happy and conducted the session with a peaceful composure.

- Sudeep Jayaram, Volunteer

I felt the Light flowing through my body and spreading and filling the globe.

- Ratha, Std. VIII, PU middle school, Madurai

I saw a huge globe of blue Light before me.

- Manimala, Std. VII, PU middle school, Madurai

The Light channelling program conducted by Manasa Foundation has helped in improving the attendance of our students. They are now prompt to the assembly. The eagerness to learn has improved. We thank you for conducting this program for our students.

- Head Mistress, Sri Maruthi Vidya Mandira Kannada Nursery, Primary & High School

We have been unfailingly practising Light channelling everyday for 5 minutes since February 1, 2010. The school prayer is followed by Light channelling. The benefits are plenty. The school strength has increased from 70 to 110. The students are now more alert and enthusiastic. They show interest in academics and respond well.

- Mrs. Padma, Teacher, Geetha Higher Primary School, Bangalore

I am aware that the Meditation program conducted by you in December 2010 has immensely helped in improving the concentration, stability of mind and overall development of our school students. It has also had an impact on last year's SSLC results (89%). Likewise, I would like to state that if Meditation becomes a life skill, then it will help the mind and body to remain undisturbed and be focused on the work.

- Laju P. Naik, Head Mistress, Shreyas High School