

**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 10

NEWSLETTER

August 2012

## A MESSAGE

**Guruji Krishnananda**

If someone carries Love, without consciously spreading it, I say he is carrying the Revolution by Light. Love is a part of the Light. Similarly, Peace, honesty, compassion....are all a part of the Light. When we carry these, they automatically spread around as vibrations and reach not only the human beings but also every living and non-living thing. The beauty of the Revolution by Light is that it does not impose any condition on the one who channels Light. It demands nothing: no donation, no membership. There are no rituals, no boundaries and no preachings. Behind this simple technique, there are thousands of years of experimentation by the Spiritual Masters, the Rishis.

This Revolution may spread slowly. But it will never die. Particularly, now that the Time is ripe to enter the New Light Age. Let us do our part of channelling the Light and wait to enter the New Age.

## HAPPENINGS

**Jayant Deshpande**

The pure intention of spreading Light to bring positive changes in the world is being noticed and appreciated by the School Authorities. This positive response and their participation encourages us to work more to introduce Light Channelling to more and more schools in different areas.

July was a month of a lot of activity with more than 550 sessions of Light Channelling in schools. More than 1.5 lakh children participated in these sessions. Light Channelling was introduced to 48,000 more children in 150 more schools.

## LIGHT WORKS

**Manoj Chopra**

I am deeply touched by Love and affection of School Authorities shown to us. In their busy schedule they accommodate us for conducting Light Channelling sessions. They help us by regularising the practice of channelling Light in their schools. They also help in training the student leaders to conduct Light Channelling sessions independently. They understand us and know the importance of our work. They welcome us with great Love and express their gratitude for such a wonderful opportunity. I feel we would not have achieved much without their support. They are with us in this Revolution by Light.

Light Channelling work has become an inseparable part of the daily life of many of our volunteers. This is the most satisfying work. Let Love and Light continue to prevail in this great work.



## **MANASA FOUNDATION (R)**

Taponagara, Chikkagubbi, (Off Hennur - Bagalur Road) Bangalore Urban - 560077. INDIA.

Phone : (080) 2846 5280, 99000 75280 (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)

## REGULAR CHANNELLING CENTRES

### Bangalore

Monday to Friday (7 PM to 7:15 PM)

Sri Siddhashrama, 17<sup>th</sup> 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 (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 (11:00 AM to 12 Noon)

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

☎ 9886437042 Dr. Ravinder Singh  
Gaur

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 group of Infosys employees channelling Light at the Regular Light Channelling Centre at Infosys, Mysore.

## IMPORTANT EVENTS

- 1<sup>st</sup> 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'.
- 27<sup>th</sup> November 2010 - A band of 43 volunteers organised channelling in more than 59 schools in Shimoga, Mumbai, Chennai and Bangalore for 33000 children.
- 18<sup>th</sup> 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.
- 1<sup>st</sup> 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 18th January 2012 - 11,570 children in 16 different sessions in Bangalore, Pune, Chennai and Mangalore channelled Light.
- 1st February, 2012, The World Channels Day - More than six lakh children in hundreds of schools across India channelled Light and made this day of channelling a great success.
- 7th May 2012 – About a thousand people gathered in Chowdiah Memorial Hall in Bangalore for the Light Channels Meet. Thousands from across the world joined from their own places through live webcast and thousands more mind linked and joined from their own places to channel Light for 15 minutes.

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>3210</b>
<b>Students channelled Light</b>	<b>21.66 Lakh</b>
<b>Schools channelling regularly</b>	<b>955</b>
<b>Students channelling regularly</b>	<b>4.25 Lakh</b>

## APPEAL TO SCHOOLS

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

**GIFT LIGHT****Usha Satishchandra**

Festivals, celebrations, anniversaries and birthdays, we have innumerable occasions and reasons to celebrate every success, small or big achievement and targets created and met. We arrange parties, get together and have fun, enjoy such moments, may be exchange gifts, exchange pleasantries. These moments are captured in photographs and videos, shared on social network. "Wow! What a great time we had! Wish we had enough time to spend with each other!" These thoughts naturally float and we await another reason to celebrate. May be we do and may be we don't, but we often relive those moments in nostalgia.

A dreamer by nature, I wondered at how I could celebrate my birthday to make it glorious and memorable. I wanted to acknowledge everyone and everything that made my life so beautiful and memorable. I mentally made a list of all my loved and near and dear ones. The list was endless! Next I tried to list the gifts that they would love to receive and be delighted to use. Their interests and needs popped up. Budget and time planned, I identified places to shop, and wondered at the meticulous planning. Feeling elated, I went virtually to choose the best. I found myself lost. I wondered why. Was there a limitation? There was something definitely missing. Lost in reverie, I closed my eyes and a series of visions quickly flashed from my mind's eye.

I was able to capture the emotions, actions and reactions and the futility of time, effort and money. When I realized my limitations to understand and cater to every need, there was for a moment a deep regret. But it was soon replaced with a surging, vibrant, abundant force. I was filled with immense Love and was at Peace with myself and with all my near and dear ones. Not only that, it embraced the whole world. I could literally feel each one of them being filled completely with Light. What an experience! It was so complete and fulfilling. I experienced Light! It was the best Gift I received and shared. The gift to unravel the best in you to your heart's content. Anything and everything you can dream of!

For once I was happy at my creative inabilities. Light had won over. I discovered all others gifts I had planned, impermanent, though marvelous. Gift Light, and you Gift the world! It is the most customized Gift that would never cease to exist or deplete. My joy at this discovery knew no bounds for I felt I had crossed all limitations and barriers of time, space, emotions, human effort and insignificances. Now I have all the more reasons to celebrate every day, every moment for I know Light touches each one of you out there. For a moment I felt I was the wealthiest of all but overwhelmed to see all those who received the Gift of Light were the wealthiest too! ■

**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**

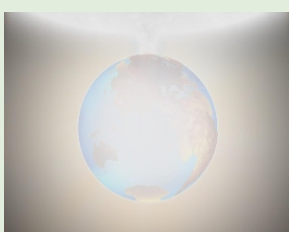
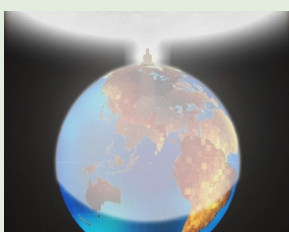
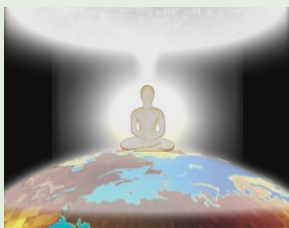
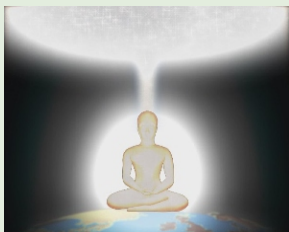
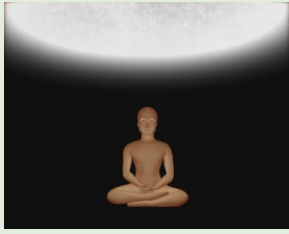
Sundays (4 PM to 4:30 PM)  
3 B, Kapila Housing Society,  
Gokhalenagar, Pune-411016  
☎ 9011038169 Mr. Ashutosh Navangul

**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.  
☎ 9848628324, Mr. V. Harikrishnan

## COMMENTS ABOUT OUR WORK

(Compiled by Vaishali Joshi)



We as a Trust do conduct some camps and provide healthcare and educate the underprivileged to become independent individuals in our own small way. But Manasa Foundation is building a society. Channelling Light will help individuals to become better and create a better society. It is a wonderful programme. People may wonder what benefit you get from this voluntary work. I think you earn a lot of satisfaction. I wish that you continue this good work and many more join you.

- Aslam, Administrator, We - Care Primary School, Kanakanagar, Bangalore

Sai Chaitanya Charitable Trust (R) on behalf of its children, staff and management extends heartfelt thanks for coming to our school every Thursday to conduct the sessions for

Light Channelling and Meditation with our children and staff. Lots of progress can be seen in our children's behavior. We expect the same support in future also. Thank you for making time for us in your busy schedule.

- Ms. Anusha N. R. Ramesh, Founder & Managing Trustee, Belakku School for Children with Special Needs, Yelahanka New Town, Bangalore

We were all searching for something that would create a world like this, full of Peace and Love. Light channelling is a perfect technique. It is something close to my heart. The volunteers of Manasa Foundation are like Vasco-Da-Gama, searching for schools and making their way into people's hearts.

- Ms. Siraj Unnisa, Head Mistress, Bibi Fathima Public School, Ilyas Nagar, Bangalore

## EXPERIENCES

(Compiled by Vaishali Joshi)

When I opened my eyes after channelling I felt everything around me in blue colour for some time. When I did Light Channelling, I found that I am able to study better and understand the lessons better.

- Chaya, Std. 11-B, BBMP Girls PU College, Dispensary Road, Bangalore

When I received and channelled Light to the country and the whole world, I felt as if I am the Creator.

- Yuvaraj, Std. III, Jnana Jyothi Kannada and Tamil Primary School, Gottigere, Bangalore

When I started channelling, I could feel the Light entering me. I felt fresh and experienced Peace. I could feel my personality changing from within.

- Varshini, Std. VII, Martha's English School, Byatarayanapura, Bangalore

While channelling Light, a shining Light like a God came and told me to

be good.

- Shreyas, Std. VI, Shanthiniketan English School, Girinagar, Bangalore

Channelling Light gives us many benefits. With this, I don't want to conquer the world. I want to lead it.

- Ahan, Std. VI, Shanthiniketan English School, Girinagar, Bangalore

Channelling Light was a beautiful experience. I was so happy that I spent all the Light for my friends. Using this they can achieve their goals.

- Lekhashri, Std. V, Shanthiniketan English School, Girinagar, Bangalore

While meditating, I felt de-stressed and relaxed. I want to achieve my goals by channelling Light.

- Varshini, Std. V, Shanthiniketan English School, Girinagar, Bangalore