

## GURUJI KRISHNANANDA (1939-2012)

### 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

# LIGHT CHANNELS

Volume 3, Issue 6

NEWSLETTER

April 2013

## A MESSAGE

### Guruji Krishnananda

(From a previous issue of this Newsletter)

By the experiences in this letter alone, one can make out that Light works, helps and improves the quality of behaviour and living. There are more experiences and there are more benefits. Light does everything to make Life on this earth peaceful and perfect. Now, we know that this is no exaggeration but an understatement. One has to experience Light and its benefits.

What touches me is that the teachers are also experiencing and taking help from Light. One teacher is a candle that lights a million candles. The Rishis instructed me to begin this silent revolution by Light with children. I could not understand much. Now, I realise, the children are pure and are able to recognise and channel Light with their inner wisdom. The elders have to follow. They will. Slowly! The child is the father of man!

## HAPPENINGS

### Jayant Deshpande

The children are approaching Light to improve not just their performance in studies but also to find solutions to other problems they have to face in day to day life. They approach Light with great faith and It helps in miraculous ways silently.

Thanks to the great cooperation from schools, our volunteers have taught Light Channelling to more than 24 lakh children and this way they have touched not just 24 lakh children but 24 lakh families. The Revolution by Light is spreading silently but steadily.

## LIGHT WORKS

### Manoj Chopra

Once Guruji remarked, "When you channel Light, you become Light". I feel this is the most relevant message from the Master. I feel 'Light channelling' is very useful and effective technique gifted to Mankind. Light that we channel is the subtlest energy, which has all powers, wisdom and intelligence. Light not only improves memory power, health but also solves the root cause of all our problems. Light is our guide, a friend and also an eternal companion.

Light channelled by an individual helps the person, surroundings and the whole World. Let us all channel more Light and make our planet a Paradise.



## MANASA FOUNDATION (R)

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

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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 Siddashrama, 17th Cross,  
Malleshwaram  
☎ 9480121545 Mr. K. Chandrashekar

Mondays (6:30 PM to 7 PM)  
Anjaneya Temple, Mahalakshmi Lyt.  
☎ 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  
Sathishchandra

Fridays (6:30 PM to 7 PM)  
'Sumathi', No.481, 7th Cross,  
7th Main, J.P.Nagar III Phase  
☎ 9900110351 Mr. Ramesh V.  
Bhosekar

Fridays 12 Noon  
Siddhi Vinayaka Devasthanam,  
59/1, Hutchins Road, 3rd Cross,  
Cooke Town  
☎ 9980205803 Mrs. Nirmala Bala  
☎ 9880162766 Mr. Vinu Varghese

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 Sathishchandra

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 the Agricultural University in Madurai

## 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'.
- 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.
- 1st Feb 2013, 3rd World Channels day - Around 8.86 Lakh children and teachers of 1868 schools channelled Light all over India and made this day of channelling a great success.

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>4197</b>
<b>Students channelled Light</b>	<b>24.18 Lakh</b>
<b>Schools channelling regularly</b>	<b>1135</b>
<b>Students channelling regularly</b>	<b>5.15 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.**

## SILENCE DIFFERS

Padmaja Balaji

More than the original Apollo 11 spacecraft, I was fascinated by Neil Armstrong's moon footprint copies that were used as a trail for the visitors to explore the Apollo / Saturn V Center at NASA Kennedy Space Center. Every step whispered the need for mankind's giant leap and hence I carefully aligned my steps with his like an unrestrained child during exploration.

A little later, I watched the rich expanse of the cosmic splendours, the never-resting celestial bodies and humankind's eternal quest to seek, find, explore and experience through intelligence and intuition – all through the dreamy voice of Leonardo Di Caprio in the 'Hubble-3D' IMAX presentation. The watchers of the show walked out silently. I was humbled to a great extent as if I was not even a drop in the mighty ocean.

Creation is unimaginably huge, the secrets of which are beyond our comprehension. We take the all pervading Light i.e. God's silent teasing for granted and bribe Him with our paltry possessions at times of 'our' need.

I remember my childhood days when I eagerly looked forward to the power cuts in the night so that I could endlessly watch the sky silently and play hide & seek with the stars. My hands and eyes were never tired of this play. I was also never tired of imagining my huge child form walking across the sky, sometimes hopping and skipping across the stars. Power cuts were a boon for me then as I could unleash my imaginations and secret ventures uninhibited.

In the city where I live at present, I have grown so much now that I suffer from partial paralytic syndrome due to daily power cuts. But the boon is, they are planned and organised and hence I can face the moments of heat bravely.

During one such sweltering time, I was sitting in the balcony listening to the conversations of birds, wondering about their nonchalant nature on such major human issues. And I was overwhelmed by them so much that the book in hand could not attract my attention; nor the noises from neighbouring flats and houses.

Piercing the noisy silence came all of a sudden, loud smacking and bashing with abusive words plus a helpless wail from a distance. It was a mother punishing her child as if delivering justice. Her anger appeared monstrous and unstoppable. I could not locate where this was happening because during power cuts, the atmosphere is generally very calm and so every sound is magnified.

My rhythm and peace came to an abrupt halt because the bashing and wailing didn't stop for some time. I experienced the expansion of time, vibes of anger & abusive words, and the pain & suffering of the helpless - all at the same time. And I broke down as I could not bear any more. All such incidents that I've witnessed in the houses, schools, malls, roads and places of different countries appeared in a fluid form before my eyes.

I thought.... by the time I walk out and locate the place, it might be too late. Moreover, an angry mind is blind, irrational and dangerous. So, I resorted to what I know..... I prayed to Light and started sending Light to both the patients of emotional distress. Slowly, very slowly, the voices faded. Silence was in the air again but with a difference. It was positive Silence.

The All Powerful Light is impartial, full of Divine Love and positive energies. It doesn't differentiate between a victim and an abuser because Light sees only the deep inner wounds in both the souls and try to heal them both. There is no force or power in the entire creation which can change the emotional frequencies so quickly because Light is God Himself. And we all know that God is a silent and humble Worker of His Own of First Order to set us an example.

To all the readers whether young or old, parent or teacher, wise or otherwise, I pray, beg and request to experiment with Light at your testing times of patience, pain and suffering instead of feeding the fodder to emotions. Every small step towards Light counts to alter the destiny of the entire humankind. Only when we learn to experience the Silence of the Light, can we be dignified and majestic in our noises.

\* \* \*

On a lighter vein – I was asked to conduct Light Channelling for children from 1st to 5th grades in one session. This was one of the challenging sessions as I was aware of the receptivity levels from 1st to 5th grades. As I was explaining the picture of Light about to enter our heads from above, a smart front row first grader screamed, "Light will get stuck onto our head now."

We all laughed at her imagination. But she has a point. If we are connected to Light all the time, where is the problem in our lives? ■

## 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

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

### Solapur

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

### 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.

### Pune

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

Thursdays (2.30 pm to 3 pm)  
Sindhi Mandir, Besides Satnam Textile,  
Near Shivsena Office, Uruli Kanchan,  
Haveli Dist, Pune-412202  
☎ 9822973632, Mr. Goraksh Mahadik

### Visakhapatnam

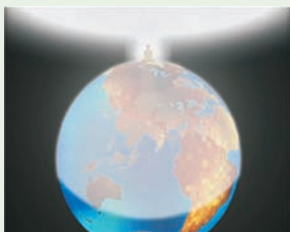
Saturdays (7PM to 7.30PM)  
Door No. 14-339/19, Flat No. 207,  
Sree Mithra Heights, Balaji Garden,  
Gopalpatnam, opp. APRTC Bus Depot,  
Visakhapatnam-530029.  
☎ 9848628324, Mr. V. Harikrishnan

### Miraj

Thursday (7.45pm)  
Shri Shivarudra B. Belaganvi  
A-Gat Plot No-135  
☎ 09822421463 Mr. Mahajan

## EXPERIENCES

(Compiled by Vaishali Joshi)



During the time the Light Channelling technique was being taught I felt there was a drastic change in me. I experienced happiness, peace, positivity and much more. Before this session my feelings and thoughts were very negative. I was not able to concentrate on my studies and was losing my confidence. But after attending this session there was a change in my character. My thinking became positive and I started gaining self-confidence again. At the time of Unit examinations, I was doing this technique for 7 minutes every day before studying and I got very good results. Until 7th Standard I was weak in Marathi. But now there is a vast improvement. Now my grades are at the top position. Through this Light Meditation we can make any hard work easy. We can face any problem positively and can pick out solutions in peaceful manner. Thank you.

- Nagarjuna Rambabu Vatti, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

I feel peace, love and silence by doing this Meditation. I can concentrate on my studies. Thank you.

- Shubham C. Dhangar, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

When I did Light Channelling I felt relaxed and fresh. My concentration power has increased. Earlier if anyone teased me I used to get angry with that person but after doing this Meditation I have become peaceful. I was afraid of history and civics but this Meditation has removed all my fear. Thank you.

- Saurabh S. Pawar, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

I felt very fresh after the first session. After that I started doing Meditation for 7 minutes. From that day I was very attentive to my friends. I am concentrating on my studies. I

am not feeling very lazy and sleepy. I scored full marks in my class tests. I thank you for having this Meditation in our school.

- Nikhil Satpute, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

I practise Light Channelling every day before going to bed. While doing this, I feel as if a hot energy is entering me. After doing this, I feel more energetic. Earlier, I used to get scolding from my mother for silly things. Now I send her Light and she does not scold me. I have improved my concentration power and I get more positive thoughts. Previously, I could not understand when I read for the first time but now I am able to understand. I am very thankful to the teachers who taught me this.

- E. Meenakshi, Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

Light Channelling is a very useful technique. My attention span has increased and I am able to focus on a single subject for a longer time without getting bored or distracted. I am able to control my anger to some extent and my problem solving capability has improved. These are the effects of Light Channelling on me so far and I am still experimenting.

- R. Jeya, Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

Light Channelling is a great way to refresh myself. I have understood that situations can change with one's thoughts and that purity of mind is important. I thought meditation was a tough task but Light Channelling has helped me to realise that it is not so. It helps to stop my mind from wandering and my concentration has tremendously improved.

- Shrinithi M. R., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai