

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 8

NEWSLETTER

June 2013

A MESSAGE

Guruji Krishnananda

(From a previous issue of this Newsletter)

The Light has revolutionized our lives. It has brought us peace, efficiency, wisdom and a zeal for living. The Light has more. It depends on us to take out the rich gifts from Light. While channelling Light, we also experience it. This experience changes our attitudes and transforms us from the human to the divine. There is no doubt about it.

The time has come to take the Revolution by Light to the next level where we spread the awareness of Light to more people and help them to channel Light daily. If more people channel Light, there will be more awakenings in the individuals and more Transformation. When individuals transform the systems also transform. All systems : economic, political, religious, educational, medicinal.....change. If the systems do not change, they collapse. This is what all the Wise who are living and who are in the higher planes and watching us say.

Light channelling is not a simple activity, it brings changes in everyone, everywhere. It builds up a silent, peaceful and total Revolution. Let us build up the Revolution. Let everyone of us channel Light daily from our homes.

HAPPENINGS

Jayant Deshpande

We are happy that we are also able to bring out the Kannada version of this Newsletter. We hope that it helps the school children and the teachers. We hope that the Light spreads more and reaches more people through this Newsletter and also through the selfless work being done by our Volunteers.

The school children who channel Light are experiencing wonderful benefits and we want more and more school children and people to benefit from Light Channelling. We have our limitations in reaching more people. In spite of that, our committed volunteers have taught Light Channelling to more than 24 lakh children in more than 4100 schools.

LIGHT WORKS

Manoj Chopra

When I read Light Channelling experiences of children, it makes me very happy and contented. Apart from improving their memory power and concentration, these wonderful souls are experimenting with Light in their day to day lives to solve their problems. Many students admit that Light Channelling is helping them to take right decisions and they find significant change in their behaviour. Let the Light Channelling bring out the best from these souls and make them good human beings.

After vacation, schools have reopened and Channelling has begun. Even in their busy schedule, School authorities are extending warm welcome to our Volunteers. We thank them for their whole hearted support to this movement.



MANASA FOUNDATION (R)

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

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e-mail : info@lightagemasters.com info@lightchannels.com

website : www.lightagemasters.com 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 a summer camp in J P Nagar, 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'.
- 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.
- 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 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

Schools participated	4198
Students channelled Light	24.18 Lakh
Schools channelling regularly	1135
Students channelling regularly	5.15 Lakh

APPEAL TO SCHOOLS

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

DEAR GOD...

Padmaja Balaji

It was an era when most of the new-age electronic gadgets remained safely at the conceptual level. Our Little Miss Muffet came out of her house, sat in the veranda quietly, pulled out her little notebook and started writing 'Dear God...'. For this delicate person, it was not the spiders that challenged her existence but the strangers who walked into her house; the loud-mouthed yelling adults; the violence; the injustices; the competitions; the lies; the manipulations....

As I observe her silent resistance to differing energies from a different time capsule, I realise that she must have had a tough time walking her own pilgrimage called Life. When I shift my gaze to our present globe, I find more people are showing signs of giving a 'good fight'.

What is this 'good fight' we are into?

To accommodate all the citizens in the present Shift in Consciousness, the flooding spiritual energies on our planet are giving us re-defined opportunities and reassuring deadlines at the subtle levels with a gentle warning or rude shake-ups to reject our own negativities, resist judgments and acknowledge greatness in us and others with absolute reverence and gratitude.

Now, listening to the silent counselling of the Great Light is not enough. We have to give a 'good fight' by acting upon it. But to leave the groove of judgments is not easy for us. Also, the inner work is more colossal and detailed because our life is majorly influenced by Conscious, Sub-Conscious & Unconscious layers of Mind. While Conscious & Sub-Conscious layers are thinner divisions of the Mind, the massively huge Unconscious acts as a Pandora's Box and throws us off-balance most of the times. That's why, by consciously accepting our limitedness, we must befriend the Higher Intelligence. The easiest way is to befriend Divine Light.

Light not only fills all the three layers of our Mind, but also fills our Intellect and Body. As we allow the Light to operate more and more through our Body-Mind-Intellect, we slowly become aware how the spiritual laws operate with no personal whim or fancy but only with Divine Love.

Let me conclude this article with a little update on our Little Miss Muffet..... She is grown old now, and accepted the ways of the world. But she still continues to write 'Dear God...' letters.

A peep into her letters reveals that they are full of hope unlike before because she has identified Light as her companion. Miraculous it may appear..... she has also managed to listen to her Call of Duty and discharges it with great love and care. And the icing on the cake is, she now mingles with everyone with great enthusiasm and delight and of course, with a smile from the heart. ■

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

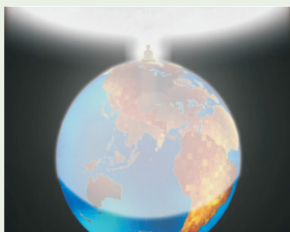
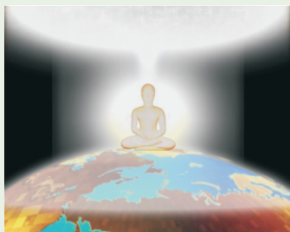
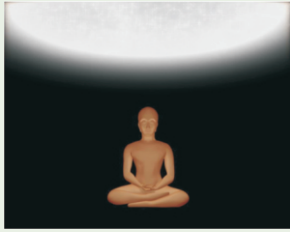
Saturdays (7PM to 7.30PM)
Door No. 14-339/19, Flat No. 207,
Sree Mithra Heights, Balaji Garden,
Gopalpatnam, opp. APRTC Bus Depot,
Visakhapatnam-530029.
☎ 9848628324, Mr. V. Harikrishnan

Miraj

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

EXPERIENCES

(Compiled by Vaishali Joshi)



I feel refreshed every time I open my eyes after channelling Light. I am able to concentrate on my studies. Doing the technique in the school every day morning makes the whole day peaceful and pleasant. I am able to connect with the Divine Light and feel the energy spreading through every cell of my body.

- Ramya G., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

After doing Light Channelling, I feel some thought inside me instructs me to apologise whenever I do a mistake. Earlier, I used to take revenge on the people who did even a small negative thing to me. But now a thought inside tells me to stand in their position and think, and I have stopped taking revenge on others. I used to take even the small things seriously, but now I am able to experience peace in hard times, able to control my feelings, emotions and also my hard words.

Number of thoughts I get has got reduced to a very large extent. Whenever I get an unwanted thought, unknowingly something is stopping me from thinking about it. My concentration has improved a bit. This technique has helped me a lot in solving my day-to-day problems.

- Neha V. K., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

My thoughts would wander. Light has helped me to control it slowly day by day. When I was preparing for the class test in Physics I could remember each and every line in the book.

I used to fight with my brother for small things but gradually, I changed myself. I helped my brother in

compiling his project. Then he also showed the same behaviour towards me. Then I understood the proverb "What you sow, so shall you reap." The divine energy helped me to solve my problems. I taught this technique to my brother.

- Lavanya T., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

I practise Light Channelling in the morning and night, and even when I get tensed or angry to reduce my pressure and tension. I feel very fresh and energetic the whole day. I can do many things at a time. And I can imagine many thoughts. I feel my thoughts have increased. I thank the volunteers who came here to teach us Light Channelling.

- Raghavi G., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

I am practising Light Channelling everyday. It is very useful for me. I am short tempered. Nowadays I am able to control my anger. If I get irritated or I am not able to concentrate or my mind is confused, I do Light Channelling. Then I get peace of mind and I feel refreshed.

- Durgalakshmi V., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

Light Channelling helps to create peace inside me. It helps me to silence my thoughts and concentrate on one thing at a time. I have been practising this technique for many days and I feel peace when I do it.

- Sowmya S., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai