

## 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 4, Issue 1

NEWSLETTER

November 2013

## A MESSAGE

### Guruji Krishnananda

(From a previous issue of this Newsletter)

We have entered a new phase in the life of this planet. There is a new shift in Consciousness. I can see this. Look at the amazing happenings. Look at the experiences of the children in this Newsletter ! A child sends Light to a friend who was not talking to her. And the friend responds! A child sends Light to her parents and gets the expected call ! A teacher asks the students to send Light to a child who was suffering from stomach ache. And the child becomes alright ! Look at the Trust they had in Light ! They intuitively knew how to receive help from the Light. And the Light helps always.

An alert observer notices that there is an awakening because of the shifts. We are in the Light Age. Some notice it now and others will notice it later.

## HAPPENINGS

### Jayant Deshpande

Many of our Volunteers observed that a person, who stammers while speaking, did not stammer while conducting a Light Channelling session. How could this have happened? When we are sincerely involved in a noble work, the grace from the Universe descends and brings such miraculous results.

Guruji spoke about choosing the Light several times. Choosing Light means choosing a way of honesty, choosing to be good and peaceful. When we choose to live like this in alignment with Light, Divine energies flow through us, bringing grace and inner strength. Guruji's speciality was simplifying the Spiritual knowledge, which was distorted over thousands of years of dark periods, this earth went through. And with knowledge of Light Channelling, Guruji has provided us a way to participate in the shaping of the destiny of this earth.

Thanks to sincere efforts made by our Volunteers and sincere encouragement from the School Authorities, more than 25 lakh children have learnt to channel Light.

## LIGHT WORKS

### Manoj Chopra

Great people never die. They remain in our thoughts and emotions. They always guide us from the higher planes. Our Guruji was also a great soul and his guidance continues even when he is not in his physical form. He always had concern for an individual and for the whole world. He was a great visionary and his dream was to see this world free from violence and corruption.

He introduced Life changing technique called 'Light Channelling'. Under his guidance, Light Channelling in schools has achieved a huge success. Probably this technique is the simplest and universal yet very effective for the welfare of the world. Lakhs of children and adults are reaping benefits from this technique.

We salute this great soul on his 1st death anniversary for showing us the way from darkness to Light and from ignorance to knowledge. We seek his guidance and blessing in each step of our life. We thank him for being with us always.



## MANASA FOUNDATION (R)

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

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## REGULAR CHANNELLING CENTRES

People from the locality join voluntarily to channel Light in a group at our Regular Light Channelling Centres, periodically. All are welcome to participate. There is no fee. There is no membership.

### Bangalore

Monday to Friday (7 PM to 7:15 PM)  
Sri Siddashrama, 17th Cross,  
Malleswaram  
☎ 9480121545 Mr. K. Chandrashekar

Mondays (6:30 PM to 7 PM)  
Anjaneya Temple, Mahalakshmi Lyt.  
☎ 9972111809 Mrs. Anjali Patil K.

Wednesdays (6:30 PM to 7 PM)  
Maruti Mandira, Vijaynagar  
☎ 9972111809 Mrs. Anjali Patil K.

Thursdays (6:30 PM to 7 PM)  
Munchkins, No.890, 38th Cross, 20th  
Main, 4th 'T' Block', Jayanagar  
☎ 9972888033 Mr. Karthik N.

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, Bommannahalli,  
☎ 9886437042 Dr. Ravinder Singh  
Gaur

Saturdays (5:30 PM to 6:00 PM)  
'Sri Ranga Kalakshetra', 13th Cross,  
Indiranagar, 2nd Stage  
☎ 9902844667 Ms. Manju  
Maheshwari

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 our Regular Light Channelling Center,  
Tirunelveli, Tamil Nadu

## 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.
- 29th June, 2013 - 13,449 children in 30 schools of Bangalore, Mysore, Hyderabad, Sangli and Regular Light Channelling Centres across India, channelled Light.

## LIGHT CHANNELLING IN SCHOOLS

|                                       |                  |
|---------------------------------------|------------------|
| <b>Schools participated</b>           | <b>4366</b>      |
| <b>Students channelled Light</b>      | <b>25 Lakh</b>   |
| <b>Schools channelling regularly</b>  | <b>1140</b>      |
| <b>Students channelling regularly</b> | <b>5.18 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.**

**MY LOVE WILL NEVER END**

Padmaja Balaji

As the words flashed from nowhere, I googled up to find that it was an old romantic song beautifully sung by White Lion....

*....Take my hand and let me lead the way  
All through your life I'll be by your side  
Till death do us part I'll be your friend  
My love will never end till death do us part.....*

\* \* \*

The emotionally shattered lady on the other end of the phone surprised me. It was an unexpected call from another city. Based on the feedback from her friend who attended one of our LC sessions, she was confiding the trials of her life seeking my advice and counselling.

Her faith and trust on a stranger touched me deeply. I had to gently make her understand that I am not a Counsellor but a simple messenger of Light, spreading Its message of Love and that we should grow and glow in our inner strength.

This reminds me of the day how my world crumbled a year ago when my Spiritual Father discarded his physical body. I remember how the glowing flame, in front of the assembled audience, accepted his form gracefully and did its ordered duty perfectly well unmindful of the disciplined silent emotions seeping from all corners. Honestly, it was a loss unbearable and I had anticipated my heart to stop its beat with his. But no such dramatic thing happened.

In fact, the cremation fire that consumed my Master's holy body reinforced my faith in his Light, principles, teachings and dreams in my heart. More so, it acted as an observer of my silent pledge.

\* \* \*

As I was leaving the school with my friend after our Light Chnelling work, a little boy ran upto me to express his gratitude in his own sweet way - "Thanks for teaching me Yoga." An unseen tear popped up from my left eye as I remembered my childhood dream of becoming another Florence Nightingale. I looked at the shining Sun in gratitude remembering my Father. Immediately upon reaching home, I rewrote White Lion's lyrics in my Master's Voice....

*....Take my hand and let me lead the way  
All through your life I'll be by your side  
No death could do us part and I'll be your friend  
For my love will never end..... ■*

**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**

Saturdays (6:30 PM to 7:00 PM)  
3 B, Kapila Housing Society,  
Gokhalenagar, 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**

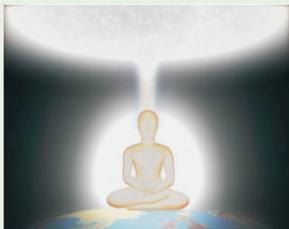
Saturdays (7PM to 7.30PM)  
Door No. 14-339/19, Flat No. 207,  
Sree Mithra Heights, Balaji Garden,  
Gopalpatnam, opp. APRTC Bus Depot,  
Visakhapatnam-530029.  
☎ 9848628324, Mr. V. Harikrishnan

**Miraj**

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

## EXPERIENCES

(Compiled by Vaishali Joshi)



Earlier I used to get very angry even over a trivial issue. But after practising Light Channelling technique I am able to control my anger. Earlier, I had a lot of fear. Now my fear is gradually reducing. I thank Manasa Foundation for teaching me this technique.

- Pushpa H., Std. X, Govt. High School, Sunkenahalli

It gives me a feeling of relaxation and freshness in the mind and body. Once I had a severe pain in my shoulders. I went to a doctor but the pain didn't subside. I began channelling Light continuously, imagining that as the Light was passing through my body the pain was going out slowly from my shoulders. It helped me. Even on the day when our exams start, we do Light Channelling. It helps in giving more attention and concentration, and leaves us tension free.

- Pravalikha C., Std. IX, Conan Christ Public School, Bangalore

Light Channelling gives me a great relaxation. It makes my mind fresh in the morning. I can do well in all my literary activities and all my responsibilities. It gives me a feeling that I am learning something new and gives me wisdom every day. I thank the Light for giving Its energy to me.

- Pranathi C., Std. VIII, Conan Christ Public School, Bangalore

I felt as if the school and the students had disappeared and I was in some silent world, as the noise levels had gone down and there was stillness.

- Ms Thorat, Baburao Sanas Primary school, Pune

I am a priest at Siddhi Vinayaka Temple. My brother was suffering from Dengue fever and was in ICU. Doctors said his body was not

accepting the medications due to his childhood medical problem. Then one elderly woman who practises Light Channelling said that she would pray for my brother, and magically his platelet count increased the following day and he is normal now. Thanks to Light Channelling and that elderly woman. Now I practice this technique regularly.

- Hari Prasad Sarma, Member, Light Channelling Center, Siddhi Vinayaka Devasthanam, Bangalore

While coming to school I was in deep sorrow as my grandfather had passed away. This practice wiped out my sorrow.

- Student, St. Antony Girls Hr. Sec. School, R. A. Puram

Although I did not fully understand the way of doing, I connected to the values like Love, Peace and Joy. Soon energies started spreading from my heart.

- Sister Jesintha Victoria, Headmistress, St. Antony Girls Hr. Sec. School, R. A. Puram

While the Light Channelling session was going on in our school I had lot of tension in my mind about that day's programs. I was supposed to conduct some classes for our students. One of our best students was hospitalised due to dengue fever. I closed my eyes along with our staff and students and was offering respect to the Light. The Light started blowing on my head and then slowly it started spreading. A few moments later when I opened my eyes I realised that there was no tension in my mind and it was totally blank. I felt very light and my heart was filled with happiness. Thank you very much for teaching us this wonderful technique.

- Smt. Leela Pandian, Principal, Teresa Public School, Vijaya Bank Layout, Bangalore