

## 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 12

NEWSLETTER

October 2013

## A MESSAGE

### Guruji Krishnananda

(From a previous issue of this Newsletter)

Those who are alert and aware see that the Pralaya processes are in full swing. Everyone is going through the turbulence when things good and bad surface and they have to be dealt with. We cannot wish them away. How we deal with that is the test. If we deal with that in the right way, spiritual way, helps easy entry to the New Age.

The Universe is monitoring us to help us. There are many intelligences working for the New Age. They are not seen and not known by many. But knowing is not necessary. We need not know everything and we cannot know everything.

Mother earth is also waiting to enter the New Age. When we channel Light, all the processes get strengthened. And, of course, we also get the benefits. Light channelling appears very simple. But it is very powerful and effective. Everyone who has channelled the Light have experienced the benefits. Let us channel Light every day.

## HAPPENINGS

### Jayant Deshpande

The Light is like our parent and can be approached for giving us relief from any problem we may be facing. Many school children seem to have understood this clearly and they seek help of the Light for all their problems. When there is a misunderstanding between friends, they send Light to each other and are able to forgive and move beyond the misunderstanding. If someone hurts them, they channel Light and also send Light to the person who hurts them. They are able to forgive and move on.

If the children can do this, even the adults can do this. If they do, the New Age need not wait much longer.

## LIGHT WORKS

### Manoj Chopra

Children channelling Light sometimes will have amazing experiences. Almost everyone experiences Peace & Love even on the first day of channelling. After a few days of practice they find changes in their behaviour. Some claim that their anger has come down. As I understand because of their purity and innocence they experience the highest. They accept Light almost instantaneously. Their beautiful experiences inspire every one of us.

Light is the only Hope in these turbulent times. Our volunteers are working hard for their dream of a peaceful World. Let all of us join their dream by channelling more Light.



## 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

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, Bommanahalli,  
☎ 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 Sri Siddashrama, Malleshwaram, Bangalore.

## 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>4305</b>
<b>Students channelled Light</b>	<b>24.59 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.**

## LIGHT IS STRENGTH

Karthik N.

When I was discussing with a person about living all that we know as good, he curiously enquired – “How do we do it?” I said, “We have a choice every moment – to choose the right or wrong. We will have the knowledge of what we are doing. We have to choose the right thing and do it, even though it may seem difficult to do.” He mildly protested saying, “If someone has done a bad thing to me, I would definitely want to take revenge and make it even.” He also added, “If someone robbed me of my money, I will feel happy if I get the money through any other means, even if they are unfair means. I will feel that I have done the right thing.” Perhaps he felt that by doing this he would be doing good to himself. I paused for a moment and said, “You may feel good at the surface level. But at a deeper level, you will know that you are doing the wrong thing.”

I reflected, a little later though, about what he said. We lose some money and we gain some money. Someone hurts us, and we hurt him or her. At the mathematical and logical level we could be right. But we are not robots or machines to deal with situations at that level. Human beings are essentially Divine. We live by morals and values. At the Spiritual level, we always have to try to align with Truth and deal with all situations and people with Love, compassion and sincerity. Any other deviation from this will attract its own consequences. I pause here to reflect the role of Light Channelling in our lives.

When Guruji Krishnananda launched the Light Channels World Movement in 2008, He had a great Vision of establishing the New Age on this earth, filled with Love, Peace and Purity. He introduced the Light Channelling technique to the world, which is a simple, yet highly effective technique. As the readers are already aware, this technique helps us to connect to an infinite Ocean of Light, which is a reservoir of energy. We can draw a lot of strength from it and remain good and positive. When we allow the Light to flow through us, we align with all that the Light represents. As we know, Light represents Love, Peace, and Strength. Light gives us knowledge. It guides us and gives us enough courage to pursue the right path in our lives. Light also acts as a balm to heal our hurts and bring solace to us.

I could not explain all this to the person. But, I quipped, “We sometimes lack the inner strength to take the right step and act.” He kept quiet. And few seconds later, the topic changed. I knew that the Light was silently flowing through me to him. I wish he could practise Light Channelling and remain connected to the Light always, not only to take proper decisions and to get relief from hurts, but also to manifest his Divine nature in every moment. ■

## 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

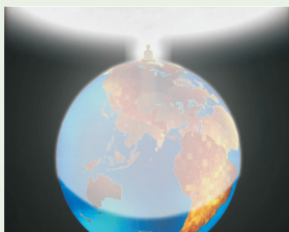
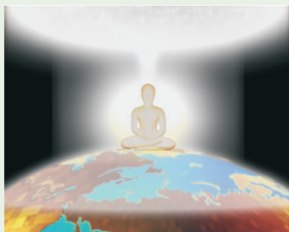
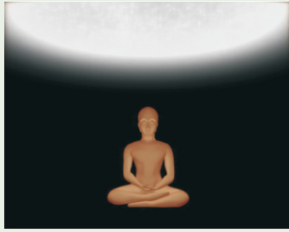
### Miraj

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



## EXPERIENCES

(Compiled by Vaishali Joshi)



I am doing Light Channelling for the first time in my life. I was getting bothered with some bad thoughts from morning. But after channelling the Light, all those disturbing thoughts have gone away and I feel very calm and happy now. Thank you for teaching this wonderful technique.

- Ashwini, Student, Tarbes  
Community College, Frazer Town,  
Bangalore

I truly lived with Light for the past two days. I have always thought that talking to people is the easiest way to connect with them. But after channelling Light, I realised that I have never been connected with anybody. The relationship that I maintain with my friends has always been incomplete. Now I can see the souls around me, feel connected with them.

There are only two ways to connect with the souls – Love and Light. Both are inside us, always ready to aid us, only waiting for us to call.

-Nayanaa Sri B., Std. X, SBS  
Mootha Girls Senior Secondary  
School, Chennai

There was a quarrel in our family one day and I was really upset because I started it. If I had kept my mouth shut, none of it would have happened. So I just channelled Light to me and my family at night. I found peace in it and in the morning everyone was alright and everything was back to normal.

But I still felt guilty deep down in my heart so I gathered courage and went to apologize. I started to have a meltdown and at last I knew that I was not the cause, and my joy knew no limits. Thank you Light!!

-Pavithraa G., Std. X, SBS Mootha  
Girls Senior Secondary School,  
Chennai

Earlier, a student of 4th Std. who attends the Jyothi classes conducted by us, was not able to speak clearly,

and she used to keep on writing without concentrating on what she wrote. After practising Light channelling in school and at home there is an improvement in her writing and reading. She has become active and when there is no homework she asks for it. She tells that after doing this technique she enjoys her studies.

Another student of 1st Std., who comes to the Jyothi classes cannot speak properly and when anybody calls her she shudders with fear. After Light channelling she is improving. Now she is normal in her studies. Earlier she used to come late to the class. Now she is coming on time and speaks normally. All this has happened because of Light Channelling.

- Mrs. Hamsavati, Teacher, Jyothi  
Project, Manasa Foundation

While Light channelling was going on in a Govt. Higher Primary School, Thindlu, Vidyanarayapura, Bangalore, I observed that one of the girls was sitting completely focused and in a perfectly straight posture, like a Rishi meditating in Samadhi. Her body was emitting a yellowish pink color Light. She looked as if the moon has descended on her, shining beautifully with a soft yellowish light. After the session, she whispered to me that she felt like she was floating in the air.

- Mala Suresh, Volunteer

On 21st September, Saturday, as we all were getting ready to channel the Light at the Light Channelling centre in Pune, I closed my eyes and offered respects to Guruji and the Rishis. Then I saw a small dot of white Light which grew bigger and brighter. It was so bright that I felt like closing my eyes. It stood for some time and then passed over. A few moments later when I opened my eyes I realized that there was no electric lamp or any other light in that corner. Feeling blessed, I continued channelling.

- Geeta Joshi, Volunteer