

**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 11

NEWSLETTER

September 2013

## A MESSAGE

### Guruji Krishnananda

(From a previous issue of this Newsletter)

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. Let us do our part of channelling the Light and wait to enter the New Age.

## HAPPENINGS

### Jayant Deshpande

A shift in collective consciousness of the people of this world was visible when majority of the people strongly voiced their opinion against the war and the decision makers could not ignore this voice of the common man.

Maharshi Amara had said that when most of the people of this world intend for the New Age, it would be gifted to us immediately. The recent developments in the world give us an indication of the power of intention of the people. When we channel Light, we strengthen and spread the vibrations of our intention for a better world. These vibrations reach others and awaken and strengthen the hope for a better world.

The New Age appears a not very distant reality now.

## LIGHT WORKS

### Manoj Chopra

During this period we are witnessing several inhuman and soul stirring incidents around the world. Parallely we can also observe several twinkles of Light in the midst of darkness. We can clearly see polarization of good and bad forces. In this present scenario sensational news is always highlighted but several acts of Love and honesty are ignored by the media. This is the time to choose Light. This is the time to channel more Light and wait patiently. There will be always darkness before dawn. There will be New Age soon.

Light channelling work is going on well in spite of several challenges and difficult situations faced by our volunteers in their personal as well as professional life. Their Love and passion for the work are the FORCE behind this movement. Let the Light touch more and more souls.



### 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,  
Malleshwaram

☎ 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 Light Channelling session at a Police Station in Pune.

## 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>4277</b>
<b>Students channelled Light</b>	<b>24.50 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.**

## IN LOVE WITH MY MIRROR

Padmaja Balaji

“You are far from a mirror cracking material,” the mirror seems to whisper. I know that. But there is also more truth to it.

Yes, I am feeling the heat of my swollen left eye due to the graceful appearance of multiple styes. The blocked vision has paralysed my daily routine to a certain extent for the past few days. And I appear as if I am back from a fresh Mike Tyson combat.

As I doze off with pain in the eye, I see the wise Chiron (of Greek mythology) rising from the Centaurus Constellation in shimmering light to heal my wound. I wake up from my dream with a smile though the pain persists. May be the Master Healer has passed on a bit of his wisdom that the process of healing is long and that I have to be patient. With renewed energy infused into my system, I begin to write down the following in my notebook.

*‘In my journey called Life, I have long forgotten my identity that I am a particle of Divine Light. My Source is Light and I am my Source. So, I am the cause for my present blocked and/or distorted visions at the physical, mental and intellectual planes. However, if only my unified vision is clear, I would find no difference between my life and the world and the Universe. Secondly, just as the Mind is spread all over the physical body,.....’*

Here, I pause to recall how my legs experienced coldness once when one (playful) intense thought of cold water was visualised as being splashed onto my legs. That was when I first realised the power of one's thoughts. And I continue writing....

*‘.....the sensations in the physical body, though experienced locally, play an integrated and integral role in our general well-being. It is not easy to ignore this wholesome pain and discomfort. However, if the Mind is clean with no residue of any sort, it can easily transcend them. Ironically, the intentional, psychological and emotional hurts, harms, separations, unfulfilled desires and others of many lifetimes have left deep wounds in the mental reservoir. It is so at the individual level and also Mother Earth. They need to be healed on an emergency basis and this healing can happen fast by channelling the Divine Light.....’*

The moment I write the word ‘Light’, there’s a spring of joy & love in my heart. What a beautiful gift Light is for those who accept It wholeheartedly!

And the mirror is right. I must transform into a mirror cracking dazzling beauty soon. With such intent, as I complete this article superseding the physical pain, a wave of bliss engulfs my being. Perhaps the energies of Love from the Light Master must have decided to give me a whiff of touch. Now I vaguely understand what Rumi must have experienced while writing...

“In your light I learn how to love. In your beauty, how to make poems. You dance inside my chest where no-one sees you, but sometimes I do, and that sight becomes this art.” ■

## 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,  
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

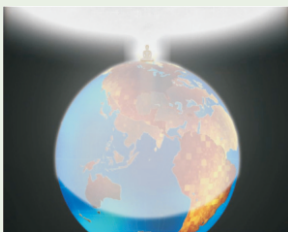
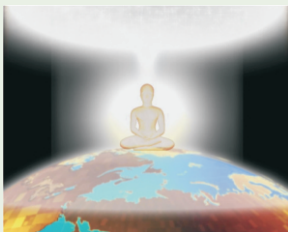
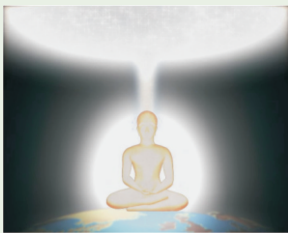
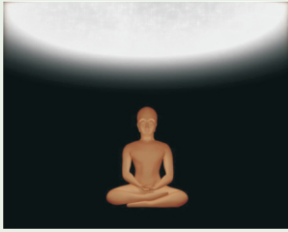
Saturdays (7PM to 7.30PM)  
Door No. 14-339/19, Flat No. 207,  
Sree Mithra Heights, Balaji Garden,  
Gopalpatnam, opp. APRTC Bus Depot,  
Visakhapatnam-530029.  
☎ 9848628324, Mr. V. Harikrishnan

### Miraj

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

## EXPERIENCES

(Compiled by Vaishali Joshi)



I had a severe breathing problem. After I started practising the Light Channelling technique my breathing has become normal and my problem has reduced. I am very thankful to the teacher who has taught me this technique.

- Monica B., Std. VII, Maria Sadan English School, Bangalore

I felt that this Light was very special and had not felt this kind of Light any time before. I also felt very refreshed after my practice. I am aware that this Light will solve all my problems and the problems arising in the whole world.

- Bhanumathi M., Std. VIII, Maria Sadan English School, Bangalore

I felt happy and peaceful. Mental stress has reduced. I feel like interacting with love with the people around me. The anger in me has reduced. Interest and concentration has increased to do any job on hand. After practising once I feel like practising again.

- Jameeta, Std. X, Govt. High School, Sunkenahalli

I experienced something that I had never experienced before. A feeling of peace, contentment and enthusiasm passed over me.

- Shobitha K., Std. X, Govt. High School, Sunkenahalli

I channel Light daily in the morning and night for 5 minutes each. It has made me very active, given peace in daily life and has made me a happier person. It has increased my will power. My behavior has changed. I feel sorry if I have hurt others and get strength to avoid fighting with classmates. It has given me a feeling that everyone around me is good and they love me, so I have no ill-feeling against anyone.

- Prema S., Std. VIII, Thayammal Middle School, Kulasekaran Pattinam

We have been practising Light Channelling regularly in our school since it was taught to us in October 2011. In the past two years there have been lots of improvements in our school. Gradual progress has been happening and we feel that Light is helping and guiding us. Now we have a clean environment not only inside the campus, but also in the surroundings. From beginning of this year, the school strength has increased, LKG and UKG have been introduced, Montessori system of education has been granted free to the kindergarten children. We are extremely happy and thankful for teaching this technique to our children.

- Ms. Sujatha S., Headmistress, Chennai Middle School, MGR Nagar, Chennai

We are happy to observe improvements in students. Their anger has reduced. They are very calm and their behavior has improved. They come under control very quickly.

- Ms. Poornima, PT Teacher, Govt. School, Konanakunte, Bangalore

Light Channelling sessions are not a novel concept in our institution. Over two years our students are regularly channeling Light in the morning assembly.

These sessions free the mind from pre-occupied thoughts and cleanse the mind, thereby preparing it for accepting the goodness that comes through the day. A refreshed mind makes the body refreshed too. Students and teachers have felt that their day begins in a highly enthusiastic manner and everyone is full of life.

To sum it, I would say Light Channelling rejuvenates, refreshes and makes teaching / learning an enjoyable process. It spreads positive energy to carry on with our tasks in a highly successful manner.

- Mrs. Shanthi Muruges, Teacher, Canaan Christ Public School, Bangalore