

## 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 9

NEWSLETTER

July 2014

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talks)

We all know that Light is the Divine Energy. It has its own Intelligence and Wisdom. It knows our Intent of transforming this earth into a place of Love and Peace silently without any slogans and sermons. The Light helps every individual to realise this dream.

These are not empty words and futile dreams. This is the Future birthing now. This is not the first time that such a Transformation by Light is happening. This has happened many times. Our history may not have it recorded. But our history is only one leaf in the great book of time. There are many unknown written pages. The Future is what we write on.

One can only initiate a process, a Movement, but without others' participation and Love it cannot move on. This world is waiting for a Movement like this. Let us transform the world. Let us channel Light daily.

## HAPPENINGS

**Jayant Deshpande**

The month of June was a month of a lot of activity. Our volunteers visited 287 schools and conducted 345 sessions of Light Channelling. More than a lakh children channelled Light in these sessions. It was very heartening and very encouraging for us to realise that the schools that were channelling regularly before the summer vacations, continued the same practice even after the summer holidays.

What makes the school authorities continue this practice of Light Channelling in their schools. It is their faith in the Light. One of the schools involved in the noble work of providing education to children of people affected by Aids, did not get the badly needed daily meal for the students sanctioned for this year. When the school authorities along with our volunteers channelled Light and prayed for this, they received a call within two hours that the daily meal was sanctioned for them for this year !

## LIGHT WORKS

**Manoj Chopra**

It is very inspiring to observe several students and teachers recognize and welcome our volunteers even though they visit some of the schools after a year or so. It is also amazing to observe several children continuing channelling since the beginning of the Movement. I am deeply touched by their Love and amazed by their sincerity. These special souls are unknowingly creating new destinies for themselves and also for the world. I am sure there is a hope for better tomorrow now.

We thank all the School Authorities who have encouraged us all these years to build this Movement. They also share our dream of creating a reformed society in the transformed world.

Let us pray and channel more Light for Love and Peace on Earth.



## 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 (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.

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



Light Channelling at JumpBunch Summer Camp, Bangalore

## IMPORTANT EVENTS

- 31st Jan 2014, 4th World Channels Day - Around 1 million children & teachers of 2100 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.
- 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.
- 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 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.
- On 18th January 2012 - 11,570 children in 16 different sessions in Bangalore, Pune, Chennai and Mangalore channelled Light.
- 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.
- 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'.

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>4620</b>
<b>Students channelled Light</b>	<b>26.08 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.**

## YOU ARE JUST A CARETAKER

Padmaja Balaji

I sat down at the front porch of our newly shifted house watching the early morning virgin sky. It was such a joy to experience the atmospheric stillness replenishing my system while the hot coffee in hand was also allowed to work simultaneously. Alongside I was also amused by the constant 'change' that keeps my life ablaze with hope.

As the coffee was getting over, a sudden thought popped up from nowhere - '*You are just a caretaker*'. I wondered where this thought came from. You may be aware that the origin of such thoughts can be internal or external. While internal can be intuitive or mind-triggered one, one has to be more cautious with regard to external.

There is a possibility that our system may pick up thoughts of all energy frequencies hovering freely in the atmosphere which may influence or damage our system. During overnight train journeys, I have had nightmarish dreams of violence which had upset me terribly. Thankfully, I got it clarified from my Master that they were not my thoughts. That's when I understood how important it is to shield my system always with Light.

Coming back to the popped up thought, I realised that it was not an external intrusion.

\* \* \* \* \*

*"You are just a caretaker."*

*"What do you mean?"*

*"Body, Mind & Intellect are different sheaths given to you as gifts to experience human life. Treat them with care, whether it is yours or others."*

*"Oh.... What if others crush my freewill?"*

*"Sickness, whether physical or mental, brings imbalance. Act as a caring caretaker to them."*

*"What do I benefit by being so?"*

*"Nothing in your terms but more Light will be added to you. Your life continues to silently vibrate its goodness in the entire Cosmos for eons creating an impact on others. You leave a beautiful imprint in the Cosmic Mirror by living beautifully here."*

*"Who are you?"*

*"Your Mirror."*

\* \* \* \* \*

I heard the loud banter of peacocks & peahens nearby cleaving through silence. Life appeared beautiful with Light as my Mirror. ■

## REGULAR CHANNELLING CENTRES

### 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)  
Vadakku Theru,  
Chella Pillaiar Kulam,  
A.P. Nadanoor Post,  
Aalangulam Taluk-627423  
☎ 9444458747 Mr. Mariappan N.

### Pune

Saturdays (7:00 PM to 7:30 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

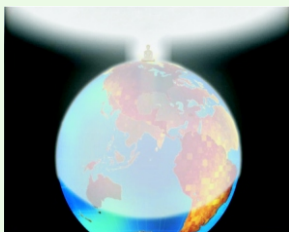
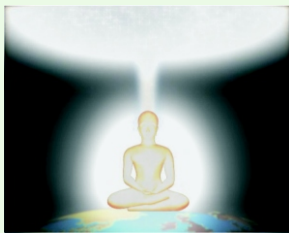
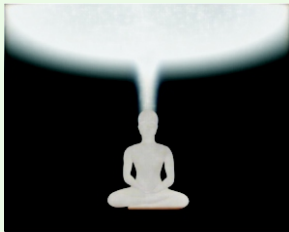
Saturdays (7PM to 7.30 PM)  
Door No. 14-339/19, Flat No. 207,  
Sree Mithra Heights,  
Balaji Garden, Gopalpatnam,  
Opp. APRTC Bus Depot,  
Visakhapatnam-530029.  
☎ 9848628324, Mr. V. Harikrishnan

### Miraj

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

## EXPERIENCES

(Compiled by Vaishali Joshi)



My cousin was struggling a lot with his studies before November 2013. He had scored 48% in 9th Std. He was egocentric and two of his tuition teachers had given up on him. Then in November 2013, I taught him Light Channelling, Saptarshi Pranayama, Shambala Principle One and Memory Improvement technique. He practised it religiously. His erratic behaviour improved. He became calm and his understanding expanded. He used to be aggressive and arrogant, he improved on these fronts. He experienced Light and had wonderful experiences, both Spiritual and material. And in his 10th Std. exams he scored 84% marks!

During the Maths exam he forgot the solution of one of the questions. He prayed to the Light, and then he saw the solution in the form of a shadow on his answer sheet!

Once it rained heavily and the storm wreaked havoc. He had a mango tree at his home and he did not want the mangoes to fall. He prayed to the Light. Hundreds of trees and electricity poles were uprooted, water tanks fell, rooftops flew but not a single mango fell from the tree!

- Nikhil Gandhi, a Light Channel

I am practising Light Channelling everyday. I find myself better with my child. While practising, I feel that my body is light. I don't feel like opening my eyes after the practice. And in these three days I did not have to take my medicine for migraine.

- Ms. Sugandhiya, Teacher, Vishwa Shisya Vidyodaya School, Pollachi

When we went to The Silicon Valley High School for a Light Channelling session on 21st June, the Headmaster told the lower primary students to go back to their classes. The remaining kids sat down but they

could not hear anything as there was no mike and we could hear a lot of noise from the primary section. We, the volunteers, got down from the dais and stood near the students, and continued the session. The next moment I could feel the Peace. I felt that the part of school where Light Channelling was going on was cut off from the part of the school where the primary students were making noise. For a moment, I felt they were two different worlds. I felt peaceful. It was a feeling I had never experienced before.

Earlier that morning, while on my way to the school I felt as if my laziness was gone and I had become disciplined. I felt somebody had taken away my pains and I felt light. In the recent Light Channelling sessions I have felt a kind of Presence.

On 18th June, we conducted Light Channelling session at a school in Ganakallu. The school is next to a Shiva Temple. There is a huge tree there. After the session I felt like spending a lot of time near the tree. I felt so much Love from the tree that I sat for nearly an hour there and tried to absorb it. Last year we did the first session there and after that whenever I am disturbed, I feel like going to that place and meditating. I am touched by the grace and Love.

My heartfelt gratitude to Guruji, Amaraji and Rishis for giving these wonderful experiences and individual guidance!

- Hemalatha Pramod, Volunteer

I felt as if I was sitting in the heavens. I felt that I was seeing all the nature in one place and my mind was fully refreshed. I had never felt like that in my life until then.

- Elhar Deen R., Std. VI, The Silicon Valley High School, Bangalore