

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 5

NEWSLETTER

March 2014

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks)

We have to choose Peace. We have to choose Love. We have to choose Light. We have to choose these in our hearts.

If we choose these wholeheartedly, if most of us, if not all, choose these genuinely, then, the Universe helps and works out to provide us these. There is no doubt about this. These words are not mine. These are from the Rishis in the higher planes.

When we choose some, we also un-choose some. We have to un-choose violence, hatred and non-love. We have to choose Light and un-choose the Darkness. We can choose Light and also spread Light. Light is Peace. Light is Love. When we spread Light around us and all over the world, all violence vanishes, all acts of non-Love will disappear and we enter the New Age of Light and Peace.

Every one of us can choose and channel Light, and establish the New Age.

HAPPENINGS

Jayant Deshpande

Whenever people gather with a genuine intention to spread Peace or for a noble cause, the Universe always specially blesses such gatherings and such pure intentions. At such times, the Universe sends best of Its energies to be channelled. That probably is the reason why the children, teachers and the volunteers experience immense peace and feel elevated for quite a long time even after the Light Channelling sessions.

Our volunteers are working hard and have covered more than 4600 schools and have touched more than 26 lakh children. The Light channelled by these wonderful souls contributes to the positive changes in the world. If more people join, the impact can be much greater. Some day the whole world will join. We dream; channel; and wait!

LIGHT WORKS

Manoj Chopra

The Light channelled by lakhs of people on the 'World Channels Day' may not bring drastic changes immediately but It will definitely impact the World. The Divine Energies channelled will remain in the atmosphere and help everyone who really seek these energies. Light always works; It never fails.

If we are observant, we can clearly make out that several positive changes are taking place in and around us. Systems, which are based on non-love and immoral values are getting exposed and collapsing. There are more awakenings now. Anger towards corruption, violence and injustice is growing further. We as individuals have to recognize these changes and accept them with an open mind and make them part of our daily lives.

Let us dream for a better World and continue channelling.



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 info@lightchannels.com

website : www.lightagemasters.com 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.



More than 90 Light Channel Volunteers gathered on 16-02-2014 to share their experiences of World Channels Day observed on 31-01-2014.

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

Schools participated	4604
Students channelled Light	26.03 Lakh
Schools channelling regularly	1140
Students channelling regularly	5.18 Lakh

APPEAL TO SCHOOLS

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

TOUCH

Padmaja Balaji

The healer washed her hands with great care after a holistic healing session. The session appeared intense due to the silence observed by both the patient and the healer. And I could read gratitude and happiness in both the patient's and healer's eyes.

Years later, when the knowledge of the working of Divine Light started seeping into my system, suddenly I realised how my ordinary watcher eyes mentally bottled the reels of this healing event unbeknown to my conscious self.

Healing, by default, is an ongoing process for the one who consciously and continuously chooses to walk back towards Light, our Source. The Divine takes charge of the life of such a humble soul and ensures many layers and levels of healing through heavy downpour of Love till (s)he becomes one with Light.

To stand eligible for such Grace, one of the criteria is to continuously fill the cup of others with Light. When you give all that you receive, your cup is silently replaced with a bigger one. In fact, it is only from my Master have I learnt that it is 'unspiritual' to not help or heal or react when a fellow human suffers.

So, what qualifies one to be a great holistic healer?

Holistic healing is one of internal and is directly proportional to the detachment of the healer of its outcome. When the healer discards the root of his thought 'I heal', he becomes a perfect channel for the Divine energies to flow through him towards the patient. The faith of the healed equally plays a crucial role, as it opens the gateway of his freewill to allow the Light to operate his system of Body, Mind & Intellect at its best. Hence, aligning with the Divine is the mantra.

Need to mention here that a Light Channel becomes both the healer and the healed by default whenever he channels Light!

Thus, can we not say, Channelling Light to the whole world (which is at the brutal helm of corruption and violence), is one of the greatest and highest 'Spiritual' acts and expressions of love and gratitude towards the Divine and Mother Earth?

The healing session that I had watched long ago must have created a deep stir inside me. Because none had seen the copious of tears that I shed on the day I got enrolled as a Light Channels Volunteer.

There is no turning back since then. And I am glad I too could silently touch many lives in distress without displaying the role of a healer. ■

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

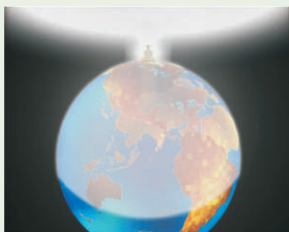
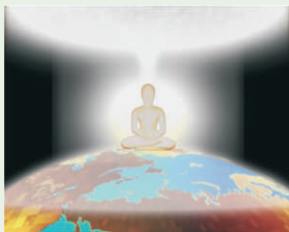
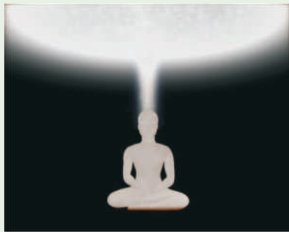
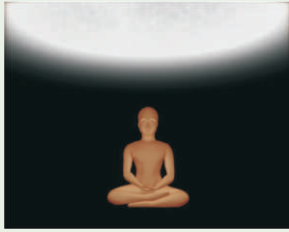
Saturdays (7PM to 7.30PM)
Door No. 14-339/19, Flat No. 207,
Sree Mithra Heights, Balaji Garden,
Gopalpatnam, opp. APRTC Bus Depot,
Visakhapatnam-530029.
☎ 9848628324, Mr. V. Harikrishnan

Miraj

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

EXPERIENCES

(Compiled by Vaishali Joshi)



I could experience many good qualities of the Light like Peace, Calmness, Purity and Truth. I felt joyous while channelling Light.

- Jenifer, Std. VII, St. Antony's Higher Primary school, Bangalore

I felt peace and calmness, and I could feel the Light spreading to the whole world.

- Tejaswini, Std. VII, Sree Saraswathi Vidya Mandira, Bangalore

We practise the Light Channelling technique regularly. In some classes the children practise it 3 to 4 times a day. We, the teachers have seen lot of changes in the children compared to the earlier days. They have become very calm. I practise it whenever I am under stress and I have always got relief.

- Ms. Saraswathi, Headmistress, Sree Saraswathi Vidya Mandira, Bangalore

The World Channels Day was a wonderful experience. I decided to put myself in the guiding hands of Guruji, Rishis and Astral Masters. It was also an opportunity to try and overcome the fears and mental blocks. I realised that the comfort zone is a beautiful place but nothing really grows there. Thank you.

- Ms. Kavitha Manjunath, Volunteer

A week before the World Channels Day I had health problems due to which there was lot of confusion and tension whether I would be able to make it to the Light Channelling sessions or not. Two days before the World Channels Day I got lot of strength, confidence and slowly my health improved. The entire day I carried the thought in my mind that when Guruji, Rishis and

Master V are there why to fear... be happy. I surrendered and prayed to them remembering Guruji's words, "I will help and guide my each student individually."

The World Channels Day started with joy, happiness and excitement. The sessions were amazing with lots of energy and joy. The school authorities were very cooperative. In one of the schools the children, teachers and myself were totally lost into a beautiful world with lots of love and peace during the sessions. Later the Headmaster thanked Manasa Foundation saying he feels very glad to meet volunteers of Light Channelling as they always carry joy, peace, happiness and smiling faces! At the end of the day I was very happy and I thank the Manasa family from the bottom of my heart for giving me wonderful opportunities to experience the beauty of life.

- Anitha K A, Volunteer

Earlier, it was all about myself - me, me, me! Now, I know that there is a higher source outside of me. I am able to let go and allow things to happen. There is a feeling of relief and freedom.

- Mr. Angappan, Light Channelling Center, Munchkins, Bangalore

I have noticed that I usually face the brunt of the negative energies flowing from the people around me. I would be disturbed because of the negative thoughts despite my efforts. With two weeks of regular practice of Light Channelling, I have observed that the negative energies around me do not impact me much. The Light Channelling energies are very powerful!

- Mr. Sridhar, Light Channelling Center, Munchkins, Bangalore