

## 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 7

NEWSLETTER

May 2014

## A MESSAGE

### Guruji Krishnananda

(Excerpts from his talks)

The time has arrived for a big global endeavour to establish Peace and Love on this earth. The leaders do not do it. They do not have the urge and vision. But, we, the ordinary people can do it. This endeavour is the greatest Movement ever built up. It is just bringing down the Light from the subtler realms and spreading around. The Light has everything. Peace, Love and Future. Anyone and everyone can participate in this great Movement. This is not a religious activity but a Spiritual Movement without boundaries. No sermons, no preaching, no banners, no fund-raising and no institutions. It is just a Great Wave of Light.

There are many beautiful people around us, in the world. They will realise the importance of this Movement of Light without any persuasion and elaboration. Because, the Intelligence that is prompting me to initiate this, is also present in others, in everyone. Let us bring and spread more and more Light. Let us live in Light and Love.

## HAPPENINGS

### Jayant Deshpande

Guruji dreamt of the New Age on this earth. And he not only just dreamt, he worked for it. He taught meditations to thousands and gave the humanity the gift of Light Channelling. By practising this simple technique people can participate and also hasten the processes of establishing the New Age on this earth.

Masters like Guruji, are always expanded in their thinking and work for the welfare of the entire humanity. The Light or God actualizes His dreams through such Masters. The New Age is a part of the Divine Plan, which is actualized by the people of this earth under the guidance of such Masters working in tune with the Light.

We can channel Light and join the work of actualizing the dream of a glorious future full of Light.

## LIGHT WORKS

### Manoj Chopra

On this May 18th, we complete 6 years of 'Light Channels World Movement' which was launched in 2008 by our Guruji Krishnananda. This silent revolution reached millions of people within a short span of time and is touching thousands of new hearts every month.

Incidentally on May 18th we also celebrate Guruji's 75th Birth Anniversary. His contributions to the world are innumerable. He was a true mentor and a great leader. He redefined spirituality and clarified that just being honest and good is being spiritual. Spirituality means manifesting our true nature in our living and our true nature is Love, Peace and Compassion. Living this present life peacefully and sensibly is the purpose of our life.

We thank him for being with us always.



## 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 (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.



Children channelling Light in Glitterers Summer Camp, Jayanagar, 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>4607</b>
<b>Students channelled Light</b>	<b>26.03 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 WORKS**

Padmaja Balaji

Can a good man become bad by the Will of others?

I have read that 'brainwashing' was one of the techniques used on the captives during World Wars to achieve their objectives. It involves a series of assaults and abuses hurled or inflicted upon the captive by the agent. That is, the captive is subjected to brutal forms of violence, torture and manipulation at the physical, emotional and thought levels systematically and repeatedly inducing fear, anger and other negative forces till (s)he deviates completely from his/her own thought patterns, behaviours and habits.

Anything that abuses one's freewill & freedom, anything that goes against love and peace is nothing but the play & power of darkness. So, brainwashing is an act of cowardice and crime. It is moving away from good. Rather, it is moving towards bad, worse & worst.

As I ponder on this subject more and more, to be honest, I feel, in one or many ways we too act like brainwashing agents and brainwashed captives of war (un)intentionally many times in our so-called simple day-to-day life.

It reminds me of a dream that I saw a few years ago where our Light-filled earth is covered by darkness and the warning given to us that utterance of one lie of one person would break the protection of Light. I wonder, from where to where we have walked forgetting our essential nature.....from where to where we are leading the fate of our earth.

We are not living here to chase our personal dreams alone. We are here to participate in bigger dreams. We are here to completely eliminate the brainwashed codes in our system and earth. We are here to feel the oneness of beings and live in harmony. We are here to lead the evolutionary process from human to superhuman. We are here to prove that we are truly miraculous beings of Light. We are here to live the golden words of a great Master...

*My will is part of the eternal Will,  
My fate is what my spirit's strength can make,  
My fate is what my spirit's strength can bear;  
My strength is not the Titan's; it is God's.*

I know it may take time....lots of time. I am still a failing and falling student but I am always given a Hand of Love. I've experienced that Light Channelling destroys the ego. I always see signs of hope in me and others. And I am always shielded and guided by Light.

Light works.... Light works truly. That's why I dream of becoming a Light Worker one day. ■

**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 (7:00 PM to 7:30 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**

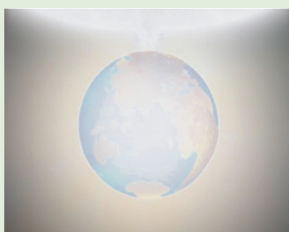
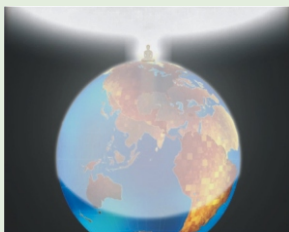
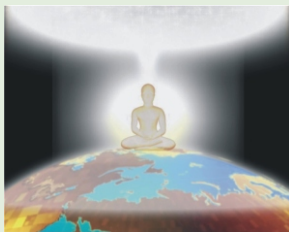
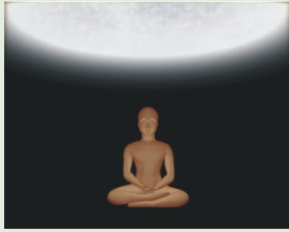
Saturdays (7PM to 7.30PM)  
Door No. 14-339/19, Flat No. 207,  
Sree Mithra Heights, Balaji Garden,  
Gopalpatnam, opp. APRTC Bus Depot,  
Visakhapatnam-530029.  
☎ 9848628324, Mr. V. Harikrishnan

**Miraj**

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

## EXPERIENCES

(Compiled by Vaishali Joshi)



Light Channelling technique has sorted out my problems. It has given me high concentration to work through my studies. I am very happy nowadays. I used to get angry often but now I have a smiling face. Thank you very much.

- Vidhya G. V., Std. XII, SBS  
Mootha Girls Senior Secondary  
School, West Mambalam, Chennai

I practise Light Channelling whenever I want to, sometimes even 3 - 4 times a day. I feel fresh after channelling. It helps to slowly improve my concentration. My self-confidence has also improved. I try to handle any situation without getting angry. I try to put myself in others' shoe and will understand their problem and I react much better. Thank you.

- Vidhubala Selvaraj, Std. XII, SBS  
Mootha Girls Senior Secondary  
School, West Mambalam, Chennai

This is really a great technique to find who we are. Correcting our mistakes happens only when we are able to think peacefully. I can feel the calmness in me. I am able to reduce my temper to some extent and can think positively. I can experience the change but slowly.

I do Light Channelling when I go to bed thinking that it will be good if I can wake up early, and I wake up without the alarm bell!

- Selva Lakshmi T., Std. XII, SBS  
Mootha Girls Senior Secondary  
School, West Mambalam, Chennai

I practise Light Channelling every day at home for 7 minutes. I have found this beneficial in my studies. My concentration and memory power have increased. If

we channel Light, everyone will attain peace of mind. I am indebted to this Light Channelling technique.

- Vijaya S. M., Std. X, Govt. High  
School, Sunkenahalli

Today, I was feeling very tired and also very sleepy. After the practice, my tiredness vanished. Now I am brisk and do not feel sleepy any more.

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

I am practising Light Channelling for the past two weeks. I feel so peaceful and calm. I do not hurt anybody. If I hurt, I feel sorry for that. Many people, who had hurt me a lot, apologised. After doing it, I got some knowledge about positive energy. I saw so many changes in my character and loved those new changes. I wholeheartedly thank my school and Manasa Foundation for giving me an opportunity to do some better things in my life.

- Madhubala, Std. XII, SBS  
Mootha Girls Senior Secondary  
School, West Mambalam, Chennai

I do Light Channelling every day in the morning and before sleeping. I can feel the peace while channelling, and I feel good, fresh and relaxed.

When our teacher announced a sudden test the next day, I was really tensed. I wanted to get full marks, so I worked hard, but I had a little tension about what type of questions the teacher would give. So I did Light Channelling. I felt relaxed, wrote the test well and got good marks.

- Ragavinachujar A., Std. XII, SBS  
Mootha Girls Senior Secondary  
School, West Mambalam, Chennai