

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 5, Issue 1

NEWSLETTER

November 2014

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks)

There are Intelligences in Nature, Earth and above. There are Spiritual laws unknown to us. There are gods who monitor our living. When we manifest non-Love, we also have to face the consequences. Sometimes, they result in disasters. The gods cannot prevent. The Intelligences cannot prevent. Only we can prevent. We, the people of this earth. We should stop manifesting non-Love and start manifesting Love. The negativities bring disasters. We must shun violence and greed. There must be harmony everywhere. Then, there will be no disasters.

It is we who create destinies. It is we who create wars and Tsunamis. It is difficult to believe. Yes, but this is the Truth. We create Tsunamis at the individual level and at the global level. It is time that we realize this and behave responsibly. If we do not behave responsibly, we have to suffer along with the victims directly hit by the disasters. We suffer in some form or the other. But we share the burden. We are not aware of this. We are not aware that we are all one and have to share the pain and pleasure of the others. We must realize this. We must realize many Spiritual truths. Once we open our minds, the Knowledge comes to us somehow.

HAPPENINGS

Jayant Deshpande

The Light Channelling is being introduced gradually to more schools. It is Guruji Krishnananda who made us aware that the Light is accessible for all of us. He made us aware that we can absorb the Light in our system and experience Peace and Love. We can grow Spiritually. We can use the Light for improving our personality, for improving our memory, for improving our health or for any positive development of ourselves. He made us aware that the Light can, not only be used for personal benefit, but also for helping other individuals in the society. He taught us this simple but revolutionary technique of Light Channelling.

He brought Light into our lives and also showed us a way to spread the Light to the entire world. Constantly drawing inspiration from Guruji, our volunteers have reached more than 26 lakh children in about 4700 schools and have introduced them to Light Channelling. Out of these more than 5 lakh children are channelling Light almost daily.

Some day the whole world will join us. That was Guruji's Dream, which will manifest eventually.

LIGHT WORKS

Manoj Chopra

Our beloved Guruji left his physical body two years back but even now his presence and guidance is felt in every moment. Great people never die but they remain immortal through their thoughts and energies. He was one of the greatest persons ever lived.

He was deliberately simple in his teaching and always avoided sensationalism. He lived with several dreams for the society and for the World. Millions of people are being taught Light Channelling under the Light Channels World Movement, which was launched by him in 2008. He said, "Choose Light and rest assured that all your problems and difficulties will be taken care of".

He was the epitome of Love and Sacrifice. He was Humility personified. I am sure his teachings will inspire generations to come.



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 (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



Students Channelling Light in one of the colleges in Mangalore

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	4763
Students channelled Light	26.47 Lakh
Schools channelling regularly	1240
Students channelling regularly	5.34 Lakh

APPEAL TO SCHOOLS

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

Building Relationship

Karthik N

When I was a child, my world was limited to a few people - my parents, siblings, some friends and a few teachers. Simplicity and happiness enveloped my small world. As I started growing up, many more people came into my life. Some I chose, some just walked in. With passing times, newer challenges started surfacing and the relationships with people silently grew complex!

Human relations are perhaps among the most beautiful aspects of Life on this Earth. Legendary Greek Philosopher Aristotle had said, "Man is by nature a social animal". Socialization opens up diversity in life for us. If there weren't other human beings around us to socialize with, life wouldn't have been so charming and interesting!

Interaction with Nature - the plants, birds, rivers, mountains, sky, and interaction with other human beings - family, friends and strangers are parts of our daily lives. While these interactions with others can give us great joy and satisfaction and inspire us to manifest our human & Divine potential; the interactions can also influence us into thinking and acting in an undesired way, leading to inner conflicts and unhappiness.

Socializing should be progressive to the society, enabling spiritual and material growth for all the members of the society. Love, Trust, Freedom, Happiness, Sharing and other positive values need to be the foundation of every society. That is the way it is supposed to be.

But throughout history, and also in our present day living, we observe serious conflicts amongst people, societies and nations. We do come across uncomfortable situations involving people. If relationships aren't good, it can give rise to anger, jealousy, violence and many more unpleasant emotions. Life gets disturbed and we may lose the joy of living. Many of us go through a lot of stress due to troubled relationships. To deal with these challenges, on several occasions we would have to combine our honesty and goodness with firmness. Many don't understand the subtle aspect of being firm and instead, end up being rigid and violent. Not knowing how to deal with the challenges involved in human relationships has caused several upsets in our lives and in the society.

Establishing connection with the Light and experiencing It helps us here. When we connect to the Light, we connect to the Source, to the Divine Essence. This Great Energy carries Intelligence, Love and Wisdom with It and gives us the needed strength, knowledge and maturity to retain our goodness and yet be firm. It will guide us to an undisturbed and harmonious life with people around us. It sounds so simple to be true! But, yes - the pure children and the sincere adults who have attempted to experience this Light can vouch for its transforming effects.

Through Light channelling we take simple, yet significant steps to build a relationship with the Light, with God.

Let us build relationship with Light, and allow the Light to Divinize all our relationships. As we continue developing the relationship with Light, we will slowly remove the disharmony and conflicts within us and in the society. We will be silently establishing the New Age! ■

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,
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

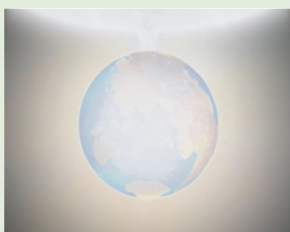
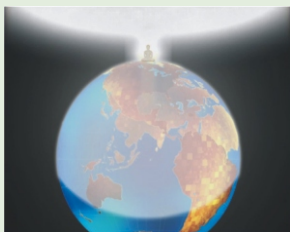
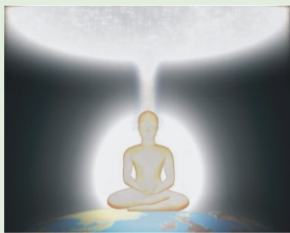
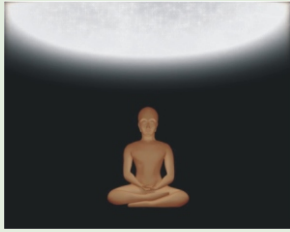
Saturdays (7PM to 7.30 PM)
Door No. 14-339/19, Flat No. 207,
Sree Mithra Heights,
Balaji Garden, Gopalpatnam,
Opp. APRTC Bus Depot,
Visakhapatnam-530029.
☎ 9848628324, Mr. V. Harikrishnan

Miraj

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

EXPERIENCES

(Compiled by Vaishali Joshi)



My husband and I are Reiki healing channels practising Reiki for the last ten years. I conduct tuitions at home for students during my spare time. I wanted to initiate the students into Meditations so that they can benefit in their lives. During this quest, I came to know about Taponagara and Guruji through a friend of mine. She gave me the book “Experiences of Light Channels”. The book gave ideas on how Light Channelling helped the school children achieve success in studies. I got inspired by that and wanted to do the same with my tuition children so that they also get benefited. Last year, around seven tuition children, my family and I sat for Light Channelling on a Thursday evening. Surprisingly, all the kids sat and did for seven minutes without any disturbance. During the session I saw Guruji in Light form coming out of the photo we had kept, to guide us through the session, walked around each kid and sat between them. I felt very happy, satisfied, blessed and fulfilled. As a result of channelling, all the seven children got good marks. They were more focused and were able to finish the tasks within time. I saw lot of improvement in their behaviour too. This academic year also I wanted to repeat the Light Channelling session for old students and initiate new ones. We did it in September 2014 before their exams. The channelling session went on well with eight of us. The results have come out well. This time also I felt that Guruji came and blessed us. I am confident that these children will come up well in life, and I am happy that I am able to contribute to the Light Channelling Movement in a small way.

- Sangeetha Balaji, A Light Channel

By looking at Guruji's eyes and face in the photo, I could see that he is full of Light. I myself tried this technique and I could experience the Light. But

now I want to experience It more intensely, and want to become Light and experience God. During the Light Channelling session with the students I saw some students crying. I think the Light has touched them and hope it will help them and their families.

I had to address a big gathering of dignitaries where I had to deal with very important topics and I was a bit tensed. But with the help of Light, words came fluently and I could deliver a very good speech.

- Sister Leonie, Principal,
St. Rock's Girls High School,
Frazer Town, Bangalore

We are practising Light Channelling daily in our school for three minutes in the morning and evening and love to continue the same in future. Our teachers also participate in this. Of course the children had a lot of benefit in keeping their minds cool and concentrating on their studies, and also in becoming better human beings.

- All Teachers, S.V.E. Higher
Primary School, Bangalore

Mrs. Sumangala, Headmistress of Sahakkari Vidya Kendra Primary School is practising Light Channelling every day. Recently when her daughter and son-in-law were travelling to Hyderabad her daughter had stomach pain. Mrs. Sumangala sent Light to her daughter so that she could travel safely without pain. Within an hour she was fine and reached safely.

- Anitha, Volunteer

I am practising Light Channelling every day from a few months. Earlier, I used to get angry frequently. Now, my anger has reduced. My mother asks me how is it that I have become so cool and calm!

- Sriram, Student, Narayana E-
Techno School, Bangalore