

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 11

NEWSLETTER

September 2014

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks)

A Meditator had a vision. Darkness was covering the earth. And a light began shining from within.

This vision has a million words, if we could read. Sadly, we do not read such visions and the words go back into their womb unread leaving us untouched in our deep slumber of ignorance. I wonder, how many visions have gone back and how many lessons are lost! But, I am sure, the visions come back with new words and messages. They come back again and again till we read and wake up. I know it. It is not that I am an unrepenting optimist but the one who sends these messages in visions is a pertinent optimist! He hopes that, some day, people wake up.

The darkness may try to cover the earth. But the Light that is in me, and in each of us, will light up the whole world when it comes out. The process of bringing out the Light has begun. And soon, the world will be full of Light.

HAPPENINGS

Jayant Deshpande

The warm welcomes and encouragement from school authorities, teachers and children for our efforts to spread Light continue. Children refer to our Volunteers as Light Sir and Light Ma'am ! Our Volunteers are not working for recognition of their personal identity. They are working because they love Guruji and the Light. They are working because they believe in the dream of the Light Age passed on to them by Guruji and the Rishis. They work for actualizing this dream of a life full of Love and Peace on this earth. And they are happy that their identities are merged with the Light !

LIGHT WORKS

Manoj Chopra

We can witness that our World is facing difficult and challenging times. There are natural disasters due to climatic changes. It is difficult to believe that all natural calamities can be avoided and violence, non-love etc. can be totally removed from this earth with regular Light channelling. Light channelling can create new destinies. For this, most of the people have to choose Light and reject darkness. People have to choose Love and reject non-love. The future is bright and exciting.

The Light has its own agenda. Light is the supreme intelligence. The Light has Love and care. Let us visualise and intend for a better world and channel Light regularly.

MANASA FOUNDATION (R)



Taponagara, Chikkagubbi, (Off Hennur - Bagalur Road) Bangalore Urban - 560077. INDIA.

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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,
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 (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



Children Channelling Light at a residence in Mumbai

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	4717
Students channelled Light	26.35 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.**

When the child smiles, Light shines . . .

Usha Satishchandra

Every time a smile lights up one's face there is so much of peace, joy, and cheer behind it. Is it possible to remain in this state all the time, more so when there is so much of disturbance around? One may wonder.

But it's everyone's experience, that when the child smiles the whole house is lit up. A little one in the house carries so much of positivism & life force. It rubs on to everyone who comes in contact with this source of joy. It is irresistible! Drawn naturally towards this force of purity and innocence one is lifted out of any kind of mood swings. A momentary respite from the burdens of life - a sense of relief is experienced.

The child's melodious laughter rings pleasantness in the air. The pure joy captured, spreads, and happiness is enhanced. We carry these vibrations around, yet eagerly wait to be associated, with this bundle of joy. But this endearing experience is very short lived. The child grows and the child in us outgrows. This state and the spirit of purity and freedom to be kept intact is every man's secret dream.

Light Channelling is one such experience and much more! When children, who still nurture this purity, choose to channel Light, they light up the entire world! The technique, so very simple when practised and experienced has made deeper, finer, and permanent impact. The reason being very simple here, the source of all inspiration 'Light' you can either always carry with you or draw from above. Abundantly available, the Light is waiting and wanting to give us this experience of bringing out the child in us. It wants us to relive and go back to this state of experiencing and spreading purity, joy, and hope.

You draw Light and the Light draws one and all into Its fold and transforms them gradually into Light. Recently, a person observed a remarkable change in his fellow being, who conducts Light Channelling sessions in the school. He smiles often and vibrates peace. The loud voice heard booming in the corridors has softened, and the listener and the onlooker both share his peaceful state. The vibrations of Light, when experienced and spread, change is inevitable, rather irresistible.

Imagine each one of us reverberating and sharing this experience! There will be magic in the air. One man's dream and blissful experience can gain momentum and strength in such small, insignificant, experiences.

Light provides us umpteen such opportunities to translate and share our true essence. The child in us is lurking eagerly for such an external Divine intervention - Light Channelling can be the guiding Light! To embrace it, would be to get back to this state of childlike innocence. Let us not shy away to pursue and follow it. The childish imp in us, full of tantrums and frustrations can be very easily kept at bay by just opening ourselves to receive this Light! Opting for the onward journey through Light, into a blissful state of purity, divinity, and connectivity can be very rewarding and fruitful, to bounce back full of LIFE. ■

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

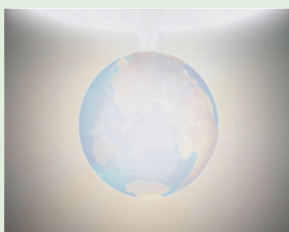
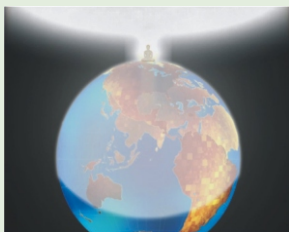
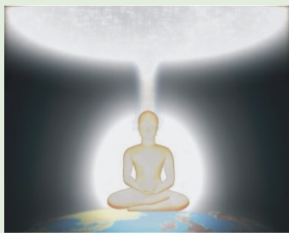
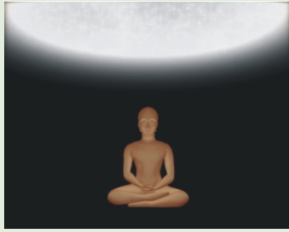
Saturdays (7PM to 7.30 PM)
Door No. 14-339/19, Flat No. 207,
Sree Mithra Heights,
Balaji Garden, Gopalpatnam,
Opp. APRTC Bus Depot,
Visakhapatnam-530029.
☎ 9848628324, Mr. V. Hari Krishnan

Miraj

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

EXPERIENCES

(Compiled by Vaishali Joshi)



During the practice, I was in pure silence untouched by the surroundings. This practice will remove caste discrimination.

- Priya, Std. VII, Padur Middle School, Chennai

On Sri Krishna Janmashtami we conducted a Light Channelling session at Jagtap classes. During the session I felt very high energies, which I never felt in my earlier sessions. The students felt calmness and they were very fresh after the session.

- Santosh Kore, Volunteer

I was suffering very badly from stomach pain in the last two weeks of July due to intestinal infection. On 2nd August I conducted a Light Channelling session in a school. The session was very peaceful with lot of energy. I came home wondering how everything went on without my knowledge. Suddenly, my body started getting red rashes, itching and for five hours I suffered from allergy. Surprisingly, by evening I was all right, felt very relaxed and my body was feeling very light and peaceful. I slept calmly that night after two weeks without pain. I realized that after returning from channelling all my negativities and pain came out from my body. I bow down to the Sapta Rishis, Master V, Amaraji, Guruji and the Light for being with me all the time in my life.

- Anitha. K. A., Volunteer

I had developed giddiness and some discomfort. The doctor prescribed some tablets and advised a salt free diet. I started taking tablets but did not follow the salt free prescription. Instead, along with my regular fitness exercises I

started practising the Light Channelling technique. When I went for my routine check up, the doctor was surprised to see that I was normal. He enquired if I had followed his instructions and reduced salt intake. I said no. But I know Light Channelling has helped me get over this problem. I have found a lot of relief.

- Mr. Ramakrishna, Head Master, Y. A. S. National High School, Bangalore

My mind is very peaceful right now after doing Light Channelling. I was fully devoted to this and did not hear any kind of noise from anywhere. It was a very good experience.

- Shruthi C., Std. X, Christ School, Kaggalipura, Bangalore

Light Channelling is as good as any other subject in our school. We give equal importance to it. We observe a lot of changes in our students. Their concentration has improved. They are much disciplined now. Light Channelling is very useful to us. We are very happy practising it.

- Ms. Sunitha, Head Mistress, Vatsalya Primary School, Bangalore

A person came to me with the complaint that he gets up in the night with fright. He had this complaint from his childhood. I introduced Light Channelling to him. After he began channelling his fear vanished. Now he is part of the Manasa family and free from all his complaints. I am happy and thankful to the Rishis and Guruji.

- Mridula Malpani, A Light Channel