

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 6

NEWSLETTER

April 2015

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks)

Everyone may not be channelling Light but somehow something is happening unknowingly. Revolution is a change. Sometimes the changes are fast and complete. Sometimes the change is slow and partial but even then it is a change and this also is a revolution. That way the revolution began quite some time ago. Now we have given a name, "Revolution by Light". It is natural that we expect a sudden and complete change, whenever we think of a revolution, but it doesn't always happen like that. For this type of slow and partial changes, for this process perhaps there is no apt word. We can call it revolution, till we find a new word.

I am expecting changes in everyone. I also expect changes in all the systems. When individuals change, the systems change. The systems are so strongly and deeply rooted in corrupt ways. How can we expect changes in these systems? It is possible when we begin to change. Spiritual revolutions are always non-violent. There will be no confrontation and no aggression. There will be just love and hope. I expect such changes to happen beginning from us, the individuals. And I find that these changes are happening.

HAPPENINGS

Jayant Deshpande

On 30th January, the 'World Channels Day', many of our Volunteers experienced receiving help from unknown corners. In one such incidence, a stranger saw one of our Volunteers - who was given the job of conducting Light channelling sessions in another town near Bangalore - taking photo copies of Light channelling instructions and was curious to know what it was. When it was explained to him, he was so impressed that he decided to join our Volunteer for the sessions. Our Volunteers were new to that town. But this stranger was a teacher and he knew people in most of the schools in the town. He took our Volunteers to several schools; spoke with the authorities there, and happily joined in all the Light Channelling sessions.

Because of help from him, our Volunteers could cover many new schools, and could teach channelling to many children, which they hadn't planned to cover on that day.

We are grateful to all such people who helped us in a special way on that day. They became the channels of the Universe's Grace we specially received on the 'World Channels Day'.

LIGHT WORKS

Manoj Chopra

Experiencing Light is the most beautiful experience in anyone's life. Experiencing Light means experiencing Love, Peace, Prosperity and all that is Positive. One experience may change our whole perception towards Life. We may start looking at life from a higher angle. Slowly all our problems may look as trivial issues and our concern will be for universal problems. With this great experience it is possible, our grumbling and displeasure with the World and people may end. Then we start accepting everything as gifts from God.

We have seen several children experiencing Light in their first Light channelling session because of their essential goodness and purity. Amaraji used to say, "We should have childlike innocence to enter the kingdom of God".

Let us channel Light to have this blissful experience.



MANASA FOUNDATION (R)

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

Phone : (080) 2846 5280, 99000 75280 (10 AM to 5 PM)

e-mail : info@lightchannels.com website : 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
☎ 9902025444 Mrs. Shubha S.

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



Staff of a school in Bangalore channelling Light

QUOTES FROM THE LIGHT MASTERS

- Light is the Divine Energy. It has its own Intelligence and Wisdom.
- Divine Light is the Creative Intelligence and the Source from which all Creation has come forth.
- Love, Peace and Compassion are a part of Divine Light.
- Light brings Peace, Love and Perfection to the Individual first and to the world later.
- Light provides wisdom and courage. Light also awakens.
- Light brings miraculous changes in us, helps us in every way and transforms us into Universal beings.
- Light brings in abundance: Peace, Wellness and Success.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	4920
Students channelled Light	27.07 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.**

SPIRITUAL UMBRELLA

Jayant Deshpande

Looking at the life around us, we can understand that these are very turbulent times. Guruji Krishnananda had told us that this is the period of intense Pralaya. The Pralaya energies bring everything to light. The truth surfaces. The good and the bad surfaces. People can see the truth clearly.

The energies also guide people and encourage them to positivise, to change. These energies themselves do not create turbulence. The turbulence occurs because people resist these energies, because people resist the change. The individuals find it difficult to give up the old negative ways of living, which they have somehow accepted as the way of life.

We are a part of this world and cannot remain untouched by what is happening around us. Whatever happens in the world, touches us at some level.

How do we deal with these difficult times then?

I remember Maharshi Amara's words – “Take shelter under the umbrella of Spirituality.” If we can hold on to Spiritual values, we will be taking shelter under the Spiritual umbrella. In these times of outer and inner turmoil, it is so important that we know what we should do. If we can just understand that Spirituality is just being good, honest and peaceful, and if we can consciously practice these in our living, we can sail through these difficult times.

If people accept and follow the Spiritual ways, this turbulence will vanish and we will be in the New Age, which is the destiny our world is waiting for. But for this to happen, majority of the people on this earth have to choose Spirituality.

As individuals, we need not wait for the world to choose, we can choose at least for ourselves. We can choose the Light for ourselves. When we choose Light, we will be under the care of Spiritual Umbrella. When we do this, the turbulence in the life around us may still touch us, but it will be only at the surface level. The surface level difficulties and challenges can not be avoided until we as humanity collectively move into the New Age, but at the deeper level, we can experience the calm. At the deeper level, we can experience the Peace. We can experience the help and Grace from the Universe.

We can also channel Light to help ourselves and others. The Light we channel may not immediately transform people, but it brings a kind of awakening in them. They turn to Spiritual practices, such as Meditations. And a process of transformation begins.

Let this process begin in everybody and let this earth move towards Peace and harmony, towards the New Age soon. ■

REGULAR CHANNELLING CENTRES

Saturdays (7:30 PM to 8:30 PM)
Gurudwara Sahib, Opp. Anjaneya Temple, Ashwathnagar Main Road, Sanjaynagar,
☎ 9686571066 Mr. Sudeep Jayaram

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.

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

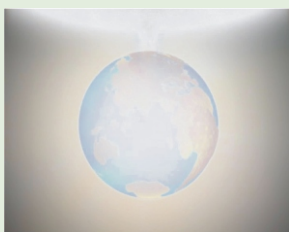
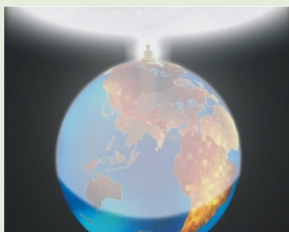
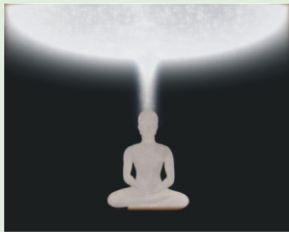
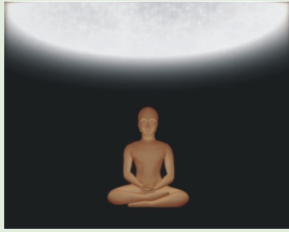
Saturdays (7PM to 7.30 PM)
Door No. 14-339/19, Flat No. 207,
Sree Mithra Heights,
Balaji Garden, Gopalpatnam,
Opp. APRTC Bus Depot,
Visakhapatnam-530029.
☎ 9848628324, Mr. V. Hari Krishnan

Miraj

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

EXPERIENCES

(Compiled by Vaishali Joshi)



Every day before my class starts I do Light Channelling with my classmates. I have felt many changes in my mind and body. I feel fresh the whole day. My mind is very peaceful. Light Channelling helps me to clear my misunderstandings with others. It provides direction to my behaviour and guides my thoughts. It gives me self-confidence. Earlier, I was poor in studies but now I have improved.

- Krishna Prabha R., Std. XI,
Everest Mariappa Nadar Hr. Sec.
School, Kovilpatti

Light Channelling has helped me to overcome all my hard days. I had to write my Business Studies exam, which was a difficult one. I practised Light Channelling for a minimum of 7 minutes before writing my exams. I scored 92 marks! I am so thankful for the energies and blessings that I get through Light Channelling.

On 30-1-2015, 'World Channels Day' I practised Light Channelling at 12 Noon. I felt someone telling me to prepare a model of "2020 India" and that is how the world would turn out to be and that is the day when the whole world would practise Light Channelling.

- Sushma Shree M.A., A Light
Channel

It is more than four years now since we started a Regular Light Channelling Centre in our home. Channelling is being done on every Friday without any break. My wife and me experience peace in our house. By Meditation and

Channelling we maintain peace and calmness both inside and outside our physical body as well. Light Channelling has given us the strength to face the realities as they come, and gladly accept them.

- Ramesh V Bhosekar, Volunteer

On 4th April 2015, as usual I sat for Light Channelling early in the morning. When I was channelling Light, suddenly my mother started talking in her sleep. She said 'this Yuga has come to an end and new Yuga has begun. Good days are for everybody, and everybody will make progress in life.' It is amazing! She is 90 years old and does not know anything about the forthcoming Satya Yuga. I felt as if it was an Akashwani!

- Vilas Khedekar, A Light Channel

I have received a lot of benefits by practising Light Channelling. I am able to study well; my memory power has increased. I am active and I feel very energetic and good. My anger has reduced. I have improved in English and am able to write better.

- S. Velammal, Std. V, St. Joseph
Xavier R. C. Primary School,
Kulasekaran Pattinam, Tamilnadu

During the Light Channelling session, I was fully energized. Light Channelling gave me strength.

- Naganamthini, Std. VIII, Ariyava
Montessorri Matriculation School,
Madappuram, Sivaganga Dist.

While channelling I felt as if my body was full of Light. I was very happy. I felt I got power and more intelligence. I like it and feel like practising it daily.

- Madhavi M., Std. V, Government
Higher Primary School, Panathur,
Bangalore