



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 18th May 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 10

NEWSLETTER

August 2015

A MESSAGE

Guruji Krishnananda

(Excerpts from his talk on 14th March 2010)

A serious student or a person who really wants to improve his life, who really wants to be always peaceful, happy and contented, should always, apart from Meditations and positivising, carry Light and be aware of it. When we carry Light, the Light takes over our life. The Light will tell us what is right and what is wrong. The Light is an independent entity. The Light is a personality. It is God Himself. We can always be aware of the Light and we can communicate and interact with It. Whenever there is a question, we can ask the Light. We will get the answer without fail. We can, not only experiment with this, but we can do it every moment. Light is the greatest guru, companion and friend whom we can blindly trust. The Light will never let us down. We can be aware of the Light. We can Love the Light. We can make this Light a companion. We get all answers. Light is the most powerful. We get all help.

HAPPENINGS

Jayant Deshpande

Millions of children are now channelling Light regularly and many elders are slowly taking up this practice. Thanks to the initiative taken by some of our Volunteers, employees of a bank in Pune and an IT firm in Bangalore took some time off from their busy schedule to channel Light for some time. A team of 8 volunteers, drove to Magadi, a town near Bangalore, and trained 100 teachers from 75 schools.

The Light Channelling work grows with such initiatives by our Volunteers. This is how the work began a few years ago when a few dedicated Volunteers took the initiative to teach this wonderful technique to children in some schools.

It was Maharshi Amara who introduced us to the Light and the Light Age. His light, which we received through Guruji, removed the darkness of ignorance we had about Spirituality and Life. He is the inspiration behind Guruji's work, which continues and expands through sincere and committed work by the Volunteers.

LIGHT WORKS

Manoj Chopra

Channelling in schools is a learning experience for all of us. Children have amazing experiences during channelling. After channelling a student found that everybody around him was peaceful and happy. Another child experienced a New and Bright World. I feel, because of their purity and innocence they have such valuable experiences. Probably they could peep into the future. These experiences give us a ray of hope in this world of despair. This also assures us that our future is bright.

Our volunteers continue approaching schools with the same Love and passion. Despite several difficulties and challenges in their personal lives, they are carrying on this great work of the Rishis. They are keeping their Guruji's dream alive.

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

☎ 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



Employees of Sangli Urban Co-op. Bank Ltd., Sangli, channelling Light

QUOTES FROM THE LIGHT MASTERS

- When we become aware of impurity and untruth in the world or within us, we must mentally reject them. We must then go on to cleanse them by meditating and channelling Light. The energies from Meditation and the Light cleanse us and the world and bring about the transformation.
- We are going through a very special phase of Transition. We have to live with the imperfect and corrupt systems, choose a value system and keep a balanced head in the surrounding madness of greed and violence without losing hope of a better tomorrow.
- Absence of love towards Nature, others and God is the major cause for disharmony in us.
- Everything in Creation is alive and has feelings and sentiments, whether animate or inanimate! We have to be sensitive to them and should not hurt consciousness in various forms.
- Anger creates distances. Anger makes us hasty and hateful. In anger, we make wrong decisions. In spite of knowing all this, we succumb to it.
- In anger, we lose our relations, lose our life and fall spiritually. If we try, we realise that it is possible to overcome the anger.
- The Divine Light is there for all those who are willing to receive It. All we need is a sincere wish.

-Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	4956
Students channelled Light	27.20 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.**

LIFE AND LIGHT

Jayant Deshpande

Guruji Krishnananda explained to us that we have come down to this world to experience life here. There is diversity in the life here. There is struggle here – struggle to achieve things, struggle in dealing with life here. We have come down to experience this struggle. To achieve anything we have to make efforts. There is a beauty in making efforts. There is beauty in the struggles and there is of course great joy in achieving our goals. All these experiences make this world a very interesting place to live.

We as students also have to struggle to excel in studies, to excel in sports, to excel in art or in any field we choose to explore. What we achieve is generally proportional to the intensity of our efforts. In this world of many diversions, how clearly we think of our goals, and how passionately we pursue them, impacts our progress in a particular direction.

While we make efforts in the area of our interest, we can take help of Light Channelling. While channelling, before we spread the Light in our surroundings and to the entire world gradually, we can absorb It in our systems first for some time. The Light absorbed by us helps us in several ways.

If we are studying, the Light helps us understand and grasp the subject better with more clarity. It improves our memory and concentration. If we are focusing on sports, the Light helps us to concentrate better. It helps us to develop a very positive attitude, which is very important for excelling in any area of life. It brings clarity in our thinking, which can help us define our goals clearly. It helps us to cultivate humility, which is very important to deal with success at early stages of one's life.

It is difficult to list all the benefits of Light here in this space. How sincerely and intensely we practise is important.

The Volunteers of Manasa Foundation are trying to introduce this simple but very important technique to as many children as possible. But we have our limitations - of resources and reach. Even then with support from school authorities, we are able to reach millions of people in different parts of the world. Let every citizen of this world become aware of the Light and take this world towards the New Age full of Peace and Prosperity. ■

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

Monday & Thursday (7 PM to 7:15 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. Harikrishnan

Miraj

Thursday (7:45 PM)
Shri Shivarudra B. Belaganvi
A-Gat Plot No-135
☎ 09822421463 Mr. Mahajan

EXPERIENCES

(Compiled by Vaishali Joshi)



A person was trying to open a locked office door at my workplace for nearly an hour but in vain. I took the key and prayed to Light - 'I will insert the key and you please open the door.' The moment I inserted the key and turned it, the door opened. The door that was not opening for an hour, opened in a second, with the grace of Light! Everyone was surprised.

I am making efforts to do every work as a witness. Every time I pray to Light - 'I am doing this action physically but you are the inspiration behind it.' After this thought the work gets done very well without a mistake. When I need someone's help to complete a task I receive complete cooperation and the work gets done peacefully. I experience guidance from Light every moment.

Whenever any negativity tries to enter me I make all efforts to keep it out. My faith in Light helps me every time. I take help from Light for every detail of my life and that keeps me free from worry. I feel totally safe in the proximity of Light.

- Saurabh Joshi, A Light Channel

As my heart is in Light Channelling, I don't feel scared anymore. I feel good.

- Dhanush, Std. VI,
Insight Academy, Bangalore

I am able to work hard and concentrate on studies.

- Tushar, Std. VI, Insight Academy,
Bangalore

The channelling was very nice. I could see colours. I enjoyed it very much.

- Aadesh, Std. VI, Insight Academy,
Bangalore

After channelling I feel it is a new and bright world.

- Aryaman, Std. V, Insight
Academy, Bangalore

I felt fresh and that everybody is in peace, and God was inside all of them.

- Niharika, Std. V, Insight Academy,
Bangalore

I felt the pleasure of the white Light spreading all over the world.

- Sanath Arvind, Std. V,
Insight Academy, Bangalore

I experienced peace and brightness everywhere and everyone was happy with me.

- Saavarni, Std. V, Insight Academy,
Bangalore

My concentration power improved and felt everybody was at peace.

- Ananya, Std. V, Insight Academy,
Bangalore

I felt immense peace and energy while conducting Light Channelling session at Shreya's Public School, Jaraganhalli. I stopped giving instructions for a while, to experience the energy and the beautiful children who were involved deeply in channelling Light.

- Anitha K A, Volunteer

During our assembly prayers one of our students came to the mike and said he was channelling Light regularly because of which he scored 85% in 9th Std. I was surprised to see the boy come up and speak. Usually students speak in the assembly only on the day of Light Channelling session. It is rare to find a student speaking in the assembly on any other day.

- Headmaster, Round Table School,
Roopena Agrahara, Bangalore