

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 6, Issue 2

NEWSLETTER

December 2015

A MESSAGE

Guruji Krishnananda

(Excerpts from his teachings)

Our thought, good or bad, reaches others and triggers a chain reaction. It adds to the misery or the happiness in the world. So, let us be very, very responsible. Let us keep all our thoughts and emotions positive and pleasant.

Let us be calm always. Following just this principle will ensure the welfare of the individual and the whole world.

Do not respond to a situation or a person instantaneously and automatically. Be calm for the briefest moment and pause before responding. There is an ocean of Bliss within us. When we are calm we get connected to this ocean. The peace we experience from it will make a world of difference.

Let us respond from this state of inner peace instead of reacting automatically. If we can do this, our response will always be positive and peaceful.

Let us be aware of the impact we have on our world and make conscious efforts to practise being calm as much as possible.

HAPPENINGS

Jayant Deshpande

On 2nd December 2015, school heads of hundreds of schools across India had gathered at the Indian Institute of Science, Bangalore, for a conclave organised by the management of Mentor magazine. A presentation was made by one of our volunteers explaining Light Channelling and its benefits, which was followed by a Light Channelling session. Many school authorities experienced immense peace during the session and invited our volunteers for conducting Light Channelling in their schools.

Recently some of our volunteers travelled to Kunigal, a town near Bangalore, and organised Light Channelling in 23 schools where more than 11,000 children channelled Light.

LIGHT WORKS

Manoj Chopra

It is difficult to believe that time has flown so fast and we are nearing another World Channels Day. This year on February 1, 2016, we will be celebrating the sixth World Channels Day. Every year on this day more than a million people join and channel Light for World peace.

This day has a special place in the hearts of our Light Channel Volunteers. They sacrifice their personal time and energy and work meticulously to make this day a grand success.

This perturbed World needs enormous Light, and Light is **the** only hope. Let us bring down maximum Light and pray for a better tomorrow.

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,
Mallechwaram

☎ 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.

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.

Millions have benefitted by practising Light Channelling regularly. Many have received miraculous help and have had wonderful experiences. Your experiences may inspire others and may even guide others. Please share your experiences with us. Please write to us at : info@lightgatemasters.com.



Members of Dignity Foundation Coffee Chavadi, Vidyanarayapuram, Bangalore, channelling Light at their center on 14th Dec 2015.

QUOTES FROM THE LIGHT MASTERS

- Light solves *all* problems provided we choose Light.
- If we carry love we can manage any relation. We have to love others, respect others' sentiments and emotions.
- Living sensibly and allowing others to live is Spiritual. If we align with the Light, everything will be fine with us.
- We should not suffer. It is our birthright to be happy always, to be problem-free. And the whole Universe is waiting just to help us.
- You should not suppress your emotions and thoughts. Reject the negative. Once you reject they go away. If you suppress, they remain in the system.
- As the outside world impacts us, we also impact the outside world. That is why we as individuals, living properly, vibrating only peace and love is so important:
- Abundance is normally understood as plenty of money and material things. Real abundance is getting connected to the Source of all abundances. The Source is God Himself. It is also having knowledge, energies, abundant love, abundant life, abundant life-force, etc.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	5023
Students channelled Light	27.39 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.

APPLICATION OF LIGHT

Jayant Deshpande

A person, a Light Channel wrote about a wonderful experience he had with Light, Love and flowers. He would place tuberose on the altar but observed that not all of them would bloom. His wish was to see all of them blooming, smiling. After observing for a few days, he thought of consciously applying Light and Love to see if he could make them bloom and smile. He began sending Light to them with great Love. Then he observed that all the flowers began blooming and smiling!

A genuine, pure wish was fulfilled by the Universe with the application of Light and manifestation of Love. The flowers responded to this person's Love and were also helped by the Universe, by the Light. This person could also feel the Love reciprocated by the flowers. Everything in the Creation is alive and reciprocates to our feelings that come from our core. With help from Light and with conscious manifestation of Love, we can make a flower smile and we can also bring a smile on someone's face!

In our journey towards our goals, conscious application of positivity plays an important role. Guruji Krishnananda used to say that we can apply Light in any positive act we are involved in. The person I have mentioned above, used Light to make the flowers bloom. Many children have made use of the Light during their studies and have been benefited. A child mentioned that he could sit for studies for only 45 minutes at a stretch but after he began channelling Light, he could sit for longer periods; for up to 2 hours at a stretch!

The Light contains all positive energies, which help manifestation of a positive intent. If more people intend for a peaceful and better world and consciously apply Light and Love in living, their intentions will manifest. That is how New Age manifests gradually.

Light Channelling is such a powerful practice that negativity will be wiped out from this world as more people practise this in their journey towards positivity. ■

REGULAR CHANNELLING CENTRES

Please join us in channelling of Light at one of our Regular Light Channelling centres once a week and help us in spreading and strengthening the vibrations of Peace and Love. Please share this Newsletter with family members and friends. A free PDF version of this Newsletter can be downloaded from our website www.lightchannels.com.

Saturdays (5:00 PM to 5:30 PM)
Munchkins, No.890, 38th Cross,
20th Main, 4th 'T' Block', Jayanagar
☎ 9902025444 Mrs. Shubha S.

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

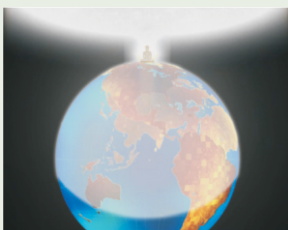
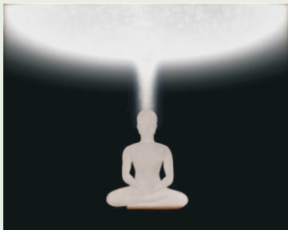
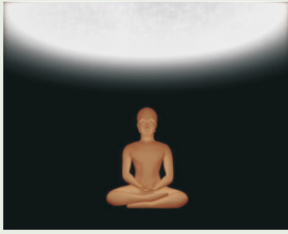
Miraj

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

Experiences of many children, teachers and volunteers are compiled in the book "Experiences of Light Channels". When many others shared their experiences after the release of the book, second volume of the book was brought out. Both the volumes of the book can be freely downloaded from our website: www.lightagemasters.com.

EXPERIENCES

(Compiled by Vaishali Joshi)



After I closed my eyes to channel the Light, I thought I was in a new world. When I opened my eyes, I saw the new and different world.

- Vishnu P., Std. VI, RMS International School, Kanakapura Road, Bangalore

After I closed my eyes to channel Light, I felt peaceful and relaxed.

- Pandurang, Std. VI, RMS International School, Kanakapura Road, Bangalore

After channelling Light, when I opened my eyes I felt relaxed and fresh. I even saw the Light.

- Nehasri, Std. VI, RMS International School, Kanakapura Road, Bangalore

During the Light Channelling session I could see and feel a lot of Light spreading within me and then spreading all over the place. I experienced a lot of Light.

- Amina Chanda, Std. VII, Lords School, Hulimavu, Bangalore

After practising Light Channelling, some of the students have improved, and some students who would never express themselves earlier are now able to do so without fear. The family condition of some of the students has improved over time. Some parents who ignored their children are taking interest in their studies and attending PTA regularly.

- Principal, Lords School, Hulimavu, Bangalore

World Channels Day 1st February, 2016

Please join us by
Channelling Light for a minimum of
3 minutes at any convenient time
on this day.

For receiving updates,
please register by giving a missed call to
022-61816363