

## 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 3

NEWSLETTER

January 2015

## A MESSAGE

### Guruji Krishnananda

(Excerpts from his talks)

A person took up not merely Light channelling, but also volunteered to conduct the channelling sessions. She did not force or ask any of the family members to channel. They began channelling on their own. She said that it was a kind of silent achievement and a great joy to see all the people in the family - parents, sisters, brothers, everyone - sitting and channelling.

One more person wrote to me. She mentioned that it was a miracle. A person was not well and she wanted to send Light to the person. Her people did not believe in this system but when she began channelling Light, silently everyone joined. When she opened her eyes, she saw the whole family sitting and sending Light to the person. Where there is love, everything happens. With Light everything happens.

## HAPPENINGS

### Jayant Deshpande

Our Volunteers are busy planning with great excitement for the 'World Channels Day'. They are meeting school authorities and planning for Light Channelling sessions. More than 10 lakh children are expected to join us silently from their own schools, in this very noble effort to bring down more Light to this Earth. The Light brings Peace, Love and much needed Healing energies.

We all deserve a peaceful world to lead a peaceful and happy life on this beautiful Earth. With this conscious silent effort by lakhs of children, we will be taking a huge step towards a peaceful world.

## LIGHT WORKS

### Manoj Chopra

Maharshi Amara was an extraordinary Great Master who brought down rare knowledge from the higher planes. He brought down knowledge of the New Age. He told us that there is no place for non-love and injustice in the New Age. It will be a Golden Era on this earth. Purpose of Light channelling work is to assist or help establishment of this Golden Era on this earth and help those who are already awakened and even those who are yet to be awakened.

'World Channels Day' is the day of spreading Love and Peace on our Earth. It is the day of mass channelling. It is also a day of expressing our Love towards our Master Maharshi Amara by bringing down maximum Light.

Let us work together and make this 'World Channels Day' a great success.



## 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](mailto:info@lightagemasters.com) [info@lightchannels.com](mailto:info@lightchannels.com)

website : [www.lightagemasters.com](http://www.lightagemasters.com) [www.lightchannels.com](http://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 Layout  
☎ 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



Parents and children channelling Light at Nav Jeevan Hiranyagarbha Yog Kendra, Sangli, Maharashtra

## 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

<b>Schools participated</b>	<b>4817</b>
<b>Students channelled Light</b>	<b>26.62 Lakh</b>
<b>Schools channelling regularly</b>	<b>1240</b>
<b>Students channelling regularly</b>	<b>5.34 Lakh</b>

## APPEAL TO SCHOOLS

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

## Dreams

**Usha Satishchandra**

We all nurture dreams. Some significant, many may not be. But dreams there are - distant and endless ones too! A dreamer may appear a little too foolish to an onlooker. Dreaming can be a respite, a space treasured, a hope nurtured until we realize them to be lived. In pursuit of our dreams, we do chase many. In childhood building mud castles, in youth building castles in the air and as an adult we dream to build homes in solid brick and mortar. We seldom realize the foundation to a home is to be laid in love and peace. We land up having heart broken individuals, broken families and fill up our country and world with innumerable such homes.

Mindless to the reality of shattering dreams, we continue to weave more and more. The journey continues in great joy and freedom. An irresistible temptation! We are drawn to dream and hope intuitively. It is our lifeline. Mindlessly we chase them with a die hard attitude. Even in adverse situations dreaming can be a privilege, an opportunity to move on...to lead on....to create new destinies in our own sweet little ways.

Likewise, I am pretty much sure everything in creation, even Nature has a dream. Nature perhaps realizes its dreams through a host of avenues. It gently rubs it on, mildly influences and pleasantly impacts its surroundings in several ways. The diversity, the sheer abundance and beauty in Nature's glorious manifestation, is evidence enough.

Light and Universe probably together, also dream. Perhaps, to create a reflection of their very own true self - A state of pure and sheer perfection. The very thought it seems, so Divine so perfect. I sometimes wonder - can we match theirs? 'Does my dream align with the Dream of the Universe? Do we have a common Dream at all?

Oh yes, we do. It's Universal! An individual or a world filled with Love, Peace and Positivity, is not a single man's dream, its every man's dream. None of us are at peace unless people around us are peaceful, from a friend to a family member. Be it at work place or in the neighbourhood. Light Channels World Movement is the dream of a great Master and Visionary, Guruji Krishnananda towards this end. Light Channelling is a guiding star towards that great vision. It is a vision to build individual homes filled with Peace and Love and extend it to more people, more homes, and create a world radiating only Love and Peace.

Is this vision too big or is it a little too early to realize this Dream? Not really. There are emphatic, infant steps towards that Universal vision. Children have taken the first step. The child has become the adult and torch bearer to realize this. For it to be a reality it needs massive support from all of us, giant strides towards that Dream. Individually each one of us be it a child or an adult needs to radiate Peace and Love at all times. More people intend to do, so we will naturally have an ongoing glorious celebration on this Earth. Our larger home, the Earth, vibrating only Love and Peace can be a dream, come true. A manifestation of divinity, a true reflection of God's state!

A rare opportunity to participate in a Universal event is just round the corner on 30th January 2015. 'World Channels Day' can be a new dawn for dreamers of the world, for the world. A simple, honest formality is a wish to participate, to bring down this Light with love, and channel it to our loved ones, our families, and our extended family. Let us all gather together to realize this one big Dream. Let us give ourselves an opportunity to realize our dreams through God's Dream.

It is an opportunity every moment, every day to fill ourselves and the world with Peace and Love. It is indeed an opportunity to free ourselves from nightmares and continue to nurture peaceful dreams. I recall a small note scribbled as a child in my scrapbook - 'Dream Big'. ■

## 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.

### 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

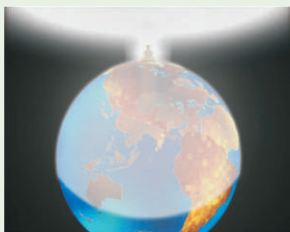
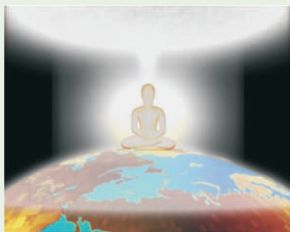
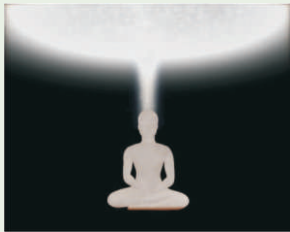
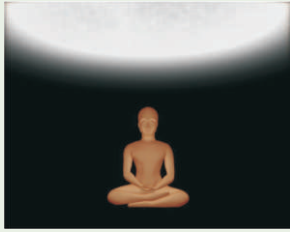
### Visakhapatnam

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





## World Channels Day 30th January 2015

### A Request from Manasa Foundation

Respected School Authorities,

Kindly join us on 'World Channels Day', 30th January 2015, by following the below steps in the morning assembly or at any convenient time on this day.

#### 1. Introduce Briefly :

Today is World Channels Day. This is the day of spreading Love and Peace on our Mother Earth. Let us have a strong intent to have Peace on our Earth and also be aware that more than 10 lakh children across India are channelling Light along with you.

#### 2. Practise 'Light Channelling Technique' for a minimum of 3 minutes :

- ★ Imagine an ocean of Light above you.
- ★ Imagine the Light descending and filling up your body.
- ★ Then, experience the Love and Peace of the Light for a minute.
- ★ Then, imagine the Light spreading around gradually to your home, locality, country and the whole world.

**Thank you**

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