

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 9

NEWSLETTER

July 2015

A MESSAGE

Guruji Krishnananda

(Excerpts from his talk on 18th March 2012)

As we understand the Spiritual realities better and better, as we become aware of the happenings now and of the future, a conscientious person naturally thinks what am I doing in this world. There is so much of injustice, corruption in the world where we are working, living. Naturally we believe that we do not fit in this place. It is as if we are living in a different world. Not everyone does feel this but people who are really serious, conscientious do feel this. At such times we wonder what should we do. We cannot do anything other than channelling Light.

We cannot come out of this world. We cannot leave our jobs. Even if we leave our jobs, we have to live with our neighbours. We have to live in this world. That is the challenge. This world is imperfect. We too are imperfect. We have to live in this world. For that we have to devise ways. We have to have enormous love and patience. Not that we have to put up. But we cannot fight always. When we can not fight we have to put up. At such time are we compromising? Yes, we have to compromise. We have no choice.

HAPPENINGS

Jayant Deshpande

Wherever our volunteers go, they carry their work of teaching Light Channelling. One of our volunteers has moved to Rajasthan and has begun teaching Light Channelling in schools there.

Our volunteers covered 200 schools in June and 70,000 children participated in the Light Channelling sessions conducted by them. Apart from this, more than half a million children in more than 1200 schools are channelling regularly in their schools.

So far we have taught channelling to more than 27 lakh children in close to 4900 schools.

LIGHT WORKS

Manoj Chopra

With every passing day after vacations, Light Channelling work is getting momentum. Like every year there is red carpet welcome for our volunteers in the schools. Children were waiting for the sessions, which they love the most. Like the children, our volunteers too were waiting for the schools to reopen so that they could start Light channelling work, which is closest to their hearts. Children's love for Light channelling inspires our volunteers to reach out to more and more new schools.

The World may be looking the same; changes might not be visible at this level, but I feel changes are happening at a different level, which will slowly descend down to our level ultimately. Let us continue our part by channelling Light regularly.

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



Parents channelling Light in a School in Rajajinagar, Bangalore

QUOTES FROM THE LIGHT MASTERS

- Purity of emotions and thoughts always brings joy, peace and nobility to every moment we share.
- Spirituality is not denying Life's gifts of songs, sunsets and Love. It is living life fully, experiencing the beauty and seeing God in it.
- When we meditate, the efficiency of the brain increases, more brain cells open.
- When we are really humble, God operates through us. We are always protected and guided.
- Being emotional is human and natural. It is not a sign of weakness. Only when we allow emotions to affect our judgments and actions, it becomes a weakness.
- To deal with negativity first we have to recognize it, then disown it, reject it and drive it out. It is possible if we are alert.
- We must be aware that by nature, by birth, we are totally, absolutely positive. This awareness itself will give us strength and work as a shield. Negativity cannot touch us.

-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.**

HOPE

Jayant Deshpande

In one of the news channels, I saw the life in the refugee camps in one of the neighbouring countries to Syria. While the elders were discussing something very seriously, a few children had gathered and were playing happily, oblivious of the mountainous problems lying ahead in the journey of their lives. Where do they get their next meal from? Which school - if at all – will they go to? How will they survive the bitter cold weather expected in the days ahead? Will they ever go back to their homeland?

Do the children ever think of such questions? They were enjoying the moment present then, engrossed in their game, having surrendered all their worries to their parents.

Children in the refugee camps will somehow find their way through in this world. The Light takes care of everybody and helps them. But do they not deserve a better and dignified life? As citizens of this world, what is our responsibility? Should we just watch meekly, sitting in the comforts of our homes, not only the life in these camps but also the violence and injustice widespread in many parts of the world, affecting lives of millions of innocent people.

We may not be able to do anything directly. But we cannot be indifferent to the events of this world. We have to emote and think for these people. When we do this, we share their burden in a way. It is difficult to explain these things logically but somehow it helps. May be vibrations of our Love reach them and facilitate the Universe in easing their burden. The Universe has to operate through people.

I say this based on what I have learnt from my Guru, Guruji Krishnananda. He taught us to emote and think for the world and also gave us the most important and effective way of helping the world. He taught us Light Channelling. We can channel Light to the whole world and send more Light to these people in the refugee camps, people in the war torn areas, people facing injustice and violence. The Light is our Hope for a better world. The Light is our Hope to find solutions to these complex problems, which appear unsolvable now. The Light has all solutions. More and more people have to join in this silent effort of bringing and spreading more Light. The Light spread by us enters the people and helps them awaken and transform. When more and more people transform, the positive forces gather strength and the forces behind violence and injustice become weak and get wiped out eventually.

A glorious future is waiting for all of us.

More and more people have to awaken to this reality and embrace Light, which is our only Hope. ■

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

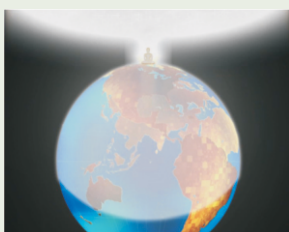
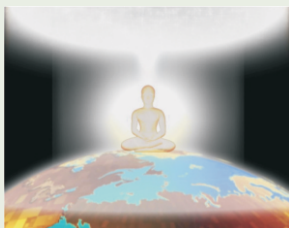
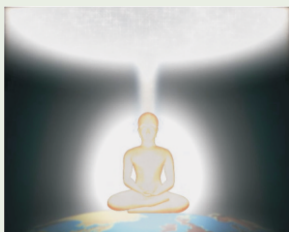
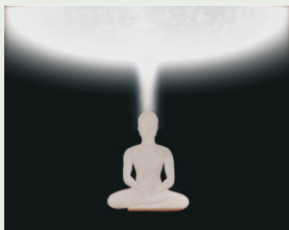
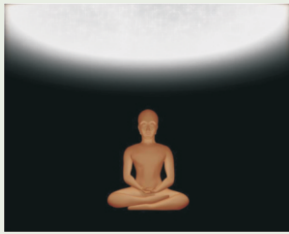
Saturdays (7PM to 7:30 PM)
 Door No. 14-339/19, Flat No. 207,
 Sree Mithra Heights,
 Balaji Garden, Gopalpatnam,
 Opp. APRTC Bus Depot,
 Visakhapatnam-530029.
 ☎ 9848628324, Mr. V. Harikrishnan

Miraj

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

EXPERIENCES

(Compiled by Vaishali Joshi)



On 18th May 2015, Guruji's birth anniversary, my aunt and uncle requested me to channel Light in their house. I stood in front of Guruji and Amaraji's photos and prayed to them. The entire house was filled with bright white Light, which entered me. I said, 'please make me feel your presence.' Then, Guruji touched my hand. The Light came from Guruji and entered me, and I became Light. I felt as if my body did not exist. It was a thrilling experience and I did not feel like coming out of it.

- Anisha Pati, A Light Channel

Before attending the interview in May 2013, I prayed to Light to help me. I got the job though I was not happy with my performance in the interview. Working as an Agriculture and Finance Officer in a rural area has been a challenging job. Initially, I faced a lot of harassment. Light Channelling has given me the courage to face bravely the challenges that I come across day-to-day while doing my work, and removed the surrounding negativity. I have been able to handle difficult situations calmly. I am able to reside in a positive environment that is helpful for Meditation and Spiritual growth. Light has always kept a watch on me and protected me. It has answers to all my questions and solutions to all the problems.

- Avinash Kumar, A Light Channel

Three days before the World Channels Day, both, my wife and myself had some health problems and we were not sure how would we be able to complete our work for the special day. When we started in the morning I prayed to Master V and the Rishis that the day should go well. Throughout the day we reached different schools on time and completed the scheduled sessions in

time. In spite of our health, the day went very smoothly for us and I was very happy. I thank Master V and the Rishis for giving me energy throughout the day. From that day I am not exerting much but I am able to do the Light Channelling work in the happiest manner and I really enjoy it.

- Ramesh Bhosekar, Volunteer

On World Channels Day I enjoyed all the sessions. In one school I could see all the children participating one hundred percent. One child narrated her experience. She said, 'I don't know where I am.' I was very happy to watch all of them channelling with such innocence and purity. It will multiply.

- Indu Rao, Volunteer

In GKVK, all the students participated very beautifully. They never wanted to open their eyes. In the Horticulture department, the HOD was very particular that the Light Channelling session should be conducted under a Banyan tree, which is 300 years old. The tree started speaking to us! Both, Shobhana and me could sense so much of love emitting from the tree that we were literally in tears. It was so beautiful. Even the honeybees did not disturb us. Every leaf, every stem was just emitting love. About ten people were channelling Light but the tree was enjoying the most. I was really thrilled.

- Mala Suresh, Volunteer

My memory has improved because of regular Light Channelling. During confused moments I focus my mind in Light Channelling and feel very peaceful. Seeing me, my family has also started following this technique.

- N. Siva Selvi, Std. XI, Valliammal Girls High School, Kulasekaran Pattinam