

## 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 5

NEWSLETTER

March 2015

## A MESSAGE

### Guruji Krishnananda

(Excerpts from his talks)

Some people are asking, "Why is it we are talking of Light, now? All these days we did not do it." The reason is simple. Last 5000 years period was the period of Dark Age or Kali Yuga. Light had no chance during this period. It was darkness, which had the opportunity. That is one reason.

The other reason is, now we are entering the Light Age. Naturally we must know about the Light. We must experience Light and spread Light. Nowadays people are awakening to these new energies. They easily understand Light and channel Light. Earlier it would not have been possible. That is why we did not talk of Light.

## HAPPENINGS

### Jayant Deshpande

Channelling of Light once is good but we have to channel Light regularly to go on purifying our systems, to refine the quality of our thinking and emoting. Light helps in every way.

More than half a million children in 1240 schools now channel Light daily. It helps not only the students in all the areas of their lives but it also helps areas surrounding the schools, the cities and the entire world gradually.

Many school authorities have confirmed to us that they have observed behavioural changes in the children after they began channelling regularly. Many have acknowledged the help of Light Channelling in improving their performance in studies.

I hope that some day we will be able to reach this simple technique to everybody in the world, and we enter the New Age soon.

## LIGHT WORKS

### Manoj Chopra

We have completed more than 5 years of teaching Light channelling to school children. In this short span our volunteers have taught Light channelling to more than 27 lakh children. The Light has helped us to spread this work faster and this simple technique has benefited millions of people. Several people are experiencing the Light and utilizing It in their day to day activities.

Love towards humanity and dream of the New Age have kept this wonderful work going. Although there is turmoil, confusion and injustice in the world, there is also a ray of hope for Love, Peace and Justice. One day the whole world will accept the Light and there will be complete Peace on our earth.



## MANASA FOUNDATION (R)

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

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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,  
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.

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



Children channelling Light in Sai Mandir Yoga Center, Bangalore

## IMPORTANT EVENTS

- 30th Jan 2015, 5th World Channels Day - More than 11 lakhs children & teachers of 2350 schools channelled Light all over India and made this day of Channelling a great success.
- 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.

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>4920</b>
<b>Students channelled Light</b>	<b>27.07 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.**

## PEACE MAKER

Usha Satishchandra

Conflicts, confusions, and fear seem to be the order of the day. Children and adults alike are constantly battling between success and failure. The 'ifs and buts', for a safe and secure future, have driven mankind beyond reason to race ahead unthinkingly and unreasonably.

I wonder at times – 'Whom are we competing with? Is it with our fellow human beings or with our own negativities? Are we to deal with human emotions or human beings? Do we seek joy, harmoniously within? Or do we time and again battle to perform and win credits; credit certificates and positions? We need to rethink.

We need a transformation in our attitude to compete. The slogan, for a run for life which is to a great extent 'fear bred success' can be rewritten to be 'Peace led Perfection'. We can make a clear choice to attain a state of innocence, purity, and simplicity. Within each one of us, this waits to be ignited. It needs to be kindled to uncover the Divine essence in us.

Light the 'Peace Maker', the Provider, Sustainer, and Container of Peace & Love can be drawn without any inhibitions at all times, every time. All that it requires is a small opening in our hearts to be filled with joy and love.

Light Channelling is a very simple and unique technique which can be elevating. We can liberate ourselves from the unrealistic pressures of modern life to experience the true joy of learning, experiencing, and enriching the quality of our life. With this, our objectives and goals can be clearly redefined giving no room for confusions and conflicts.

Every cell in our body can breathe Peace & Love. It can be replenished periodically by drawing Light from above. Channelling Light everyday spreads these qualities. Let us together evolve to become 'Peace Makers'. ■

## 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

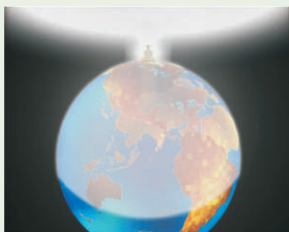
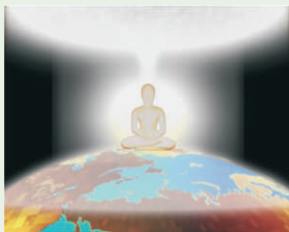
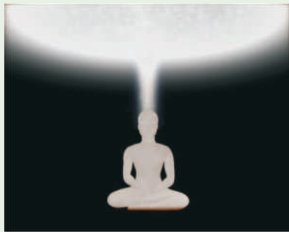
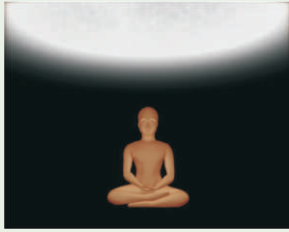
Saturdays (7PM to 7.30 PM)  
Door No. 14-339/19, Flat No. 207,  
Sree Mithra Heights,  
Balaji Garden, Gopalpatnam,  
Opp. APRTC Bus Depot,  
Visakhapatnam-530029.  
☎ 9848628324, Mr. V. Hari Krishnan

### Miraj

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

## EXPERIENCES

(Compiled by Vaishali Joshi)



On 27th January, we had to visit Avadi, for two Light Channelling sessions in two Kendriya Vidyalay schools, which are 40 kms away from my house. And since it is army area, navigation is difficult. I hired a call taxi but was worried about reaching in time. To my surprise, a call taxi driver who hails from the same area came that day. He knew the exact location of the schools and could take us there ahead of time. But he had chosen this trip mistaking it to be the area with a similar name close to his house. He had to travel empty for 27 kms to take this trip and was unhappy. When I explained to him what we are doing in schools, he appreciated fully and when he dropped me off, he offered to come whenever I wanted irrespective of the distance and monetary loss. When I settled the bill I had to pay him extra because of the detour I had taken to cover one more school. As it was a package deal the extra amount was exactly equal to the loss he had suffered for travelling empty ! How thoughtful of the Rishis to take care of even such small details.

- Rajalakshmi R., Volunteer

I could feel heavy energies between the eyes each time I conducted a session on 30th January and 2nd February. I saw yellow specks of Light in all the schools where I went for conducting Light channelling sessions. Conducting Light Channelling sessions on World Channels Day had become automated and I felt as if Master V

had taken over and He was the one who was conducting all the sessions. I was just a medium. As I look back, it is amazing how everything got finalised and schools approved for the sessions. It feels amazing to feel Light's help at every step.

- Jaspreet Kaur, Volunteer

In Chintamani School, the assembly is conducted in a ground. There is an adjoining road with heavy flow of traffic. There is no electricity, hence no mike. As the Light channelling session progressed, the stillness brought by the wonderful energies made the instructions audible to all and the background noise of continuous traffic was forgotten.

At the Mhatoba Vidyalaya at Alandi, the students were seated for the session on the playground in the noon sun. It was quite sunny. As the session reached the point of technique and the students closed their eyes, a gentle breeze blew, cooling the surroundings! And it continued until after we left the school.

We all volunteers felt immense stillness during all the sessions. Masters' grace and presence was evident. The overall surroundings and atmosphere was different before and after all the sessions. As we were returning home the setting sun seemed full of promise and hope ... for sessions in upcoming years, Sadhana, and for everything in life.

- Geeta Joshi, Volunteer