



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 7

NEWSLETTER

May 2015

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks)

When we experience the Light it is as if we have gone back to our home where we are completely at peace. There is bliss. We require nothing more when we are there, when we are experiencing the Light. We feel we are whole, complete. We require nothing. We can say we are perfect. At that moment we feel the perfection. Of course there will be absolutely no negativity, no negative thought. There will be no thought at all. There is this feeling of security. There is so much of stillness there. We have to be aware of it. This stillness is the stillness of the core.

Think of a huge storm. It will be very still at the centre of the storm. The turmoil will be at the periphery. Similarly whenever we experience Light we will be in the core. All other things of the world, of life etc., will be at the periphery, at a distant. This experience is a kind of wholesome experience. I wish you practise this more whenever you have time. You can practise this while travelling or at any time convenient to you.

HAPPENINGS

Jayant Deshpande

On 18th May 2015, we will be completing 7 years of the 'Light Channels World Movement'. In these 7 years the Movement has silently reached different corners of the world through unknown individuals. Millions have channelled Light and lakhs – specially the school children – channel regularly. A lot of Light has been brought down to this earth plane. At the individual level, people have experienced palpable impact of the Light in their lives. Similarly the Light channelled by these pure souls will be strengthening the positive activities at the global level, although it may be difficult to pinpoint the global impact specifically now. It does not matter. When the individuals change, when the individuals transform the world changes, the world transforms.

Guruji Krishnananda, who launched this Movement, worked with great Love to bring Light into our lives. His Dream will be fulfilled when every individual shines with the Light and we enter the New Age soon.

LIGHT WORKS

Manoj Chopra

Several Spiritual Masters work for the humanity, silently & selflessly without coming into the glare of publicity. There is a higher purpose to remain in the background. They are the greatest and the purest souls who take birth along with us. We will never understand fully, their Love and sacrifices for the humanity. From time to time they have saved humanity from wars and natural calamities.

Our Guruji Krishnananda was one such great soul, who lived and died for the betterment of society and he continues to guide us from the higher realms even now. We are fortunate to become his students and work under his guidance for his dream project.

On his 76th Birthday, let us pledge to spread his message of Love and Light.



MANASA FOUNDATION (R)

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

Phone : (080) 2846 5280, 99000 75280 (10 AM to 5 PM)

e-mail : info@lightchannels.com website : 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



Children of Samarthanam trust for disabled and blind channelling Light

QUOTES FROM THE LIGHT MASTERS

- Light transforms the world. Brings Peace and Prosperity. Brings the New Age.
- We have to choose Light and un-choose the Darkness. We can choose Light and also spread Light. Light is Peace. Light is Love.
- When we spread Light around us and all over the world, all violence vanishes, all acts of non-Love will disappear and we enter the New Age of Light and Peace.
- Light works. It has Intelligence and Power. And It has worked earlier, whenever we bungled and brought the life on earth to the states that we are in now politically, economically, environmentally and spiritually.
- Light knows everything. It is waiting for us to ask for the Change; the Transformation. Transformation is to be sought. It will not be imposed.
- We channel Light for bringing Peace, for bringing New Energies for the New Age, for resurrection, for transformation and for saving the planet from man-made catastrophes.
- Light is our Hope. Our strength. Our future.

- 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.**

STAY WITH LIGHT

Karthik N.

Once, a young girl was sharing with me, how stressful her life had become. She was employed just then and was finding it tough to cope up with the challenges and the high expectations at her work place. The stress influenced her moods and she would end up having mild discords with her parents, and sometimes with friends too! Relationships and situations at home and elsewhere were slowly growing unmanageable and were entering troubled waters. She would often feel helpless and frustrated. She was disturbed.

Without explaining much, I suggested her to try the practice of Light Channelling and told her that many have found it helpful. After a few weeks of practice, to her surprise, she found the situations improving and inching towards balance. She found a strange strength in dealing with the situations. Relationships improved, disturbances within got minimized; she found some Peace! She continued for a few more days and found her life becoming manageable. Feeling contented and happy, she stopped practising Light Channelling!

Of course, nothing bad happened! With our direct experience, we know that Light can never bring us harm. The girl retained the little peace that she had found with those few weeks of practice. And as few more weeks passed by, her life began slowly reverting back to the old state and

I pondered— if few weeks of Light Channelling could bring such soothing changes, could it have been better if she had practised it longer? Is regular practice so tough?!

Having practised Light Channelling for quite some time, and observing many who have practised it for long, I notice that regular practice is difficult for some of us. After the initial benefits, there comes a phase when we don't find any significant changes or miracles in our lives on a day-to-day, or even week-to-week basis. We would probably be left with only those few minutes of calmness and peace, and may wonder if the practice is really as effective as it was during the initial days?

As I understand, this is probably because we don't need such significant changes and miracles so often, as Light would have already placed us on a progressive and positive track! We would be continuously improving and transforming. Looking deeper within, we will be able to recognize a qualitative shift in our lives. We can observe that Light also starts working in the background and slowly improves all aspects of our lives. And, significant changes and miracles do occur – though more silently and unannounced!

After our immediate problems are solved, after we receive some kind of help from Light Channelling, we may tend to stop. But, let us make little more efforts to allow the Light to remain with us, in us. Let us attempt to practise regularly; longer if possible.

The stress, frustrations and helplessness which the young girl faced, are similar to what many of us face these days. With the help we receive from Light, we can rise beyond such frustrations and struggles. Light teaches and helps us to experience the Beauty and Glory of Life... only if we stay with It... only if we allow It! ■

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. Harikrishnan

Miraj

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

EXPERIENCES

(Compiled by Vaishali Joshi)



I work as a household maid. I have been channelling Light daily since two years. After my mother-in-law's death, I was worried about my sister-in-law who is handicapped and staying alone in the village. I started sending Light to her daily with the intention to get her settled in her life. One day after channelling Light I saw matrimonial ads in the newspaper for her. Now her marriage is fixed. The boy is working at a good place and has no bad habits. He is very compassionate. All this happened due to 'Light' and I am very happy.

- Jayanti, A Light Channel

In January I had to visit a school for the World Channels Day, which is about 50 kms away from my place and a new area for me. When I was 20 kms from the school the road was empty and there was no one around. It looked like a forest area. I was not sure if I was on the right way. I just stood in a place and waited. Suddenly a person appeared and offered help. I was very happy. He guided me on the correct route and I reached the school without any difficulty. The school authorities were very happy and showed their love and respect towards me. The principal told their experience about Light Channelling. Their results were good and the school had secured a good rank in that area. Students come to school regularly. They behave well. Light is also helping their parents.

At another time at Kendriya Vidyalay, a student told her experience - "While channelling Light I lost my consciousness but I could see other students filled with Light."

- Moorthy K. E., Volunteer

When Mrs. Kulkarni was speaking about Light Channelling, I was doubtful whether it is really so effective. Then I heard our student Pranita Karve express her thoughts and felt it was a miracle! Pranita was always under a lot of stress. She is a quiet person, and when she came up on the platform to speak, I was very happy. I have promised Mrs. Kulkarni, that we will channel Light every day in our college. We will train some teachers and students so that we can do Light Channelling on our own.

- Mrs. Swati N. Sayankar,
Principal, Bachelor of Computer
Applications College, Cummins
College Campus, Pune

For the last six months I had been travelling because of my job and hence my Light Channelling work had stopped. I was feeling very bad about it but couldn't spare any time. This World Channels Day I was not sure if I could work. But on 2nd January I lost my job. So I started the Light Channelling work again. It was an amazing and beautiful experience. I remembered Guruji's words - "If you really want to work you will work." I realised that we are all here just for one reason - work, work, work, nothing else, and if I did this everything else would be taken care of. Every problem of mine has been taken care of and the good news is that now I have a better job with a good hike, which is not easy in my field of work. But I think that was the Masters' plan. The Masters take care of both the things - Spiritual and material.

- Dhamodharan D, Volunteer