

## 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 1

NEWSLETTER

November 2015

## A MESSAGE

### Guruji Krishnananda

(Excerpts from his teachings)

Spirituality is the essence of all religions. All religions teach love, compassion, forgiveness and accommodation. The essence of all these is Spirituality.

All those who understand spirituality in this way will get connected at a deeper level. They become one at the level of their core. This Oneness is very important now.

Oneness should be the religion of the future. We all have to understand Oneness, become aware of it and experience it, if possible, all the time.

Oneness gives us strength, direction and happiness. We have to experience Oneness, not only with the Divine, but also amongst ourselves, the people on this earth. It is this Oneness that will take us into the Light Age. When we experience Oneness, the Light Age takes birth in us.

The Light Age does not begin somewhere outside. It must begin within each one of us.

## HAPPENINGS

### Jayant Deshpande

On 23rd November, the day Guruji Krishnananda left us on this physical plane three years ago, we specially remember him to express our love and gratitude. He gave us this revolutionary technique of Light Channelling, which has become a kind of hope for many during the times of despair. It has helped lakhs of children and thousands of people to deal with challenges they face in their day-to-day lives.

This revolutionary technique brings the Light or God closer to us. We can reach Him directly without having to take help of any other external agency and seek His help or just enjoy His company.

Such possibilities were unthinkable for a common man a few years ago !

## LIGHT WORKS

### Manoj Chopra

Guruji Krishnananda was a very great and affectionate guide. He passed away three years ago, but he continues to guide us from another level. He carried enormous Love and brought hope and smiles to many who came in contact with him. He emphasised on manifesting our true nature which is Love, Peace, Honesty and Positivity.

He was a great visionary, who dreamt for the whole world. His whole life, he toiled selflessly for humanity. He dreamt of a very peaceful and prosperous world for us. He successfully launched the Light channels World Movement in 2008. Under his guidance millions of people are channelling Light and fulfilling his dream by spreading Love and Peace.

Let us work together and bring out more Love and Light and fulfill his dream.



## 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 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 (5:00 PM to 5:30 PM)

Munchkins, No.890, 38th Cross,  
20th Main, 4th 'T' Block', Jayanagar

☎ 9902025444 Mrs. Shubha S.

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@lightagemasters.com](mailto:info@lightagemasters.com).



Alumni of RBBPAM School, St. Mark's Road, Bangalore, gathered in the school campus on the occasion of Independence Day on 15th Aug 2015 and channelled Light

## QUOTES FROM THE LIGHT MASTERS

- When we base our living on the principles of Love and Freedom, we can live in harmony and peace with other individuals, society and nature.
- Freedom with responsibility combined with wisdom and compassion should be the basis for a peaceful, happy life.
- When a person is ready to change, he gets all the assistance from the Universe.
- Devotion is a combination of love, respect and surrender. It comes out of acceptance and humility.
- Devotion sublimates our negative thoughts and emotions and prepares us to merge with God.
- We can bring God into our lives and make Him our companion by trying to feel His Presence all the time.
- If there is a problem, if there is a pain, never keep it to yourself. You have to express it to someone. You have to place it before the Light, before God silently. It is then you get a solution.

- Guruji Krishnananda

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>5018</b>
<b>Students channelled Light</b>	<b>27.38 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.

## A Choice by Chance...

Usha Satishchandra

Light Channelling over the years has inspired many. The question that always crops up is - Why is this work so enticing? What motivates or inspires us to continue with this work?

During the Light Channelling event held on 26th February 2009, which Guruji Krishnananda, described as a historic moment, A great Universal energy was brought down. The message during this event was, "Light Channelling is a very powerful technique. You experience Light for a minute. You experience Absolute Peace. You channel Light and you will be doing the greatest thing. It is an unconditional purest act."

The event on May 7, 2012, 'Revolution by Light', was for transformation and to help us choose. There was great love, effort, and preparation at all levels for a great experience.

This noble work of teaching Light Channelling helps us to be in communion with God all the time. We relive the great experience of these two events in every Light Channelling session. A similar preparation and ambience is created when we choose to channel Light with children.

This thought got strengthened in me when a teacher, after a session, overwhelmed with tears of joy, told me, "This technique helps you to touch God just like that directly! You open up and you receive Him." I recall Bhimsen Joshi singing live. His booming, rich, deep voice would take us beyond confines. It gets into your entire stream, you can feel it in every cell, and you reverberate. One may not understand the raga or alaap, but he takes you along and you experience what he experiences! I feel all of us can touch God at such moments.

In Light Channelling sessions we all agree and prepare to connect and experience and channel God's energies. But the nuances to experience God, like the nuances of music, are something beyond comprehension. These elevating experiences can grow deeper and stronger over a period. The instantaneous connection with the Ocean of Light can open our hearts to receive this Divine energy. In such a state and ambience, we experience, with least effort, the best and finest... Light!

A teacher who participated in four sequential sessions, said, "In the first session I could not experience anything. With every session it started getting better and in the last session, I could experience all that you spoke of about Light."

'Can practice make a man perfect or is the choice to experience the best a doorway to perfection?' Such experiences open up avenues for us to contemplate. ■

## 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](http://www.lightchannels.com).

### 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

### Miraj

Thursday (7:45 PM)

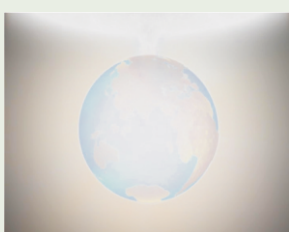
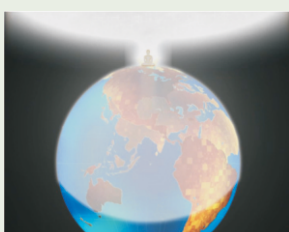
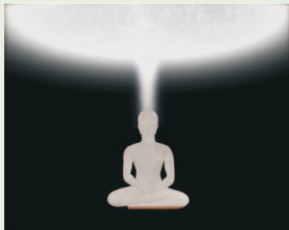
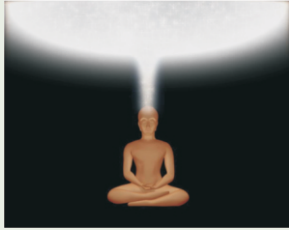
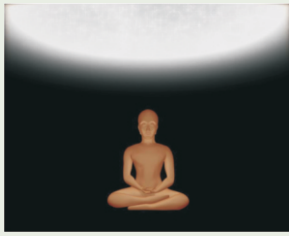
Shri Shivarudra B. Belaganvi  
A-Gat Plot No-135

☎ 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](http://www.lightagemasters.com).

## EXPERIENCES

(Compiled by Vaishali Joshi)



A school Principal shared a beautiful experience when I asked how Light Channelling was benefiting her. She said, 'What can I say? I am experiencing Grace all the time. This technique is so beautiful. You are just asking the Universal Light to flow through you. When you are so unselfish, when you are not asking for anything personal, Grace will descend! In my school without asking for anything I receive whatever help I want. I can quote many instances where Grace just flows.'

- Usha Satishchandra, Volunteer

I learnt Light Channelling at the regular light channelling centre, Siddhi Vinayaka Temple, Cooke Town, Bangalore. I am practising it twice a day. It is a very powerful technique. I feel peaceful. My acidity has reduced and I also do not have BP now. My family is very happy about this.

- Kanti, A Light Channel

I felt as if I was sitting on the Ocean of Light and that was an awesome and superb experience. This is the first time I am doing Meditation so well.

- Amogh P., Std. IV, RMS International School, Bangalore

Today's students are exposed to so many things. There are distractions and there is more of confusion. It is very important to focus or concentrate and I think

Light Channelling helps a lot in this direction. Also, I believe that it helps to maintain good health.

- Mr. Venkata Royappa,  
Headmaster, Smt. Muniobamma  
Corporation High School,  
Bangalore

I used to quarrel a lot. After practising Light Channelling I realised the importance of being calm and I am very happy about it. I like to channel Light.

- Renuka S., Std. IX, Maharshi  
Agasthya Vidyalaya, Bangalore

While channelling I felt that the Light was entering my body and I was flying in the air.

- Amogh V., Std. IV, RMS  
International School, Bangalore

When I was channelling Light, I felt that I was in the centre of the Earth.

- Veeresh, Std. IV, RMS  
International School, Bangalore

During Light Channelling I saw a big Sun.

- Harsha B. A., Std. IV, RMS  
International School, Bangalore

I am very happy. I thought my body was full of Light and I was in a huge Ocean of Light. I love Light.

- Pooja K., Std. IV, RMS  
International School, Bangalore

My experience was great. The Light had love in it. My concentration has improved.

- Rani., Std. IV, RMS  
International School, Bangalore