

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 5, Issue 11

NEWSLETTER

September 2015

A MESSAGE

Guruji Krishnananda

(Excerpts from his talk on 5th July 1998)

We have to accept, without hesitation, that there is a great Intelligence behind the whole Creation. We call this great Intelligence God and He is Pure Consciousness, full of Love and concern. If we can accept God as the most important Reality and the most wonderful Presence in our life, we can imagine Him as another person in some form or no form, as Light, or as a mere Presence in us and around us all the time.

If we can accept this reality, it will be easy for us to totally surrender ourselves and our interests in His hands. Then we accept anything in life. It is then, we accept anything that we go through in life as His will, as His gift. This acceptance is very important. Let us bring God into our lives.

HAPPENINGS

Jayant Deshpande

A young boy mentioned that the best period of his day is the period when he is meditating. That is the period when he is with himself and with God. While channelling Light, we will be with the Light. And when we are with the Light, that will naturally be the best period of our lives. This period can be extended beyond the period of the practice. If we can intend that the Light be with us all the time and also be aware of It's presence in and around us, we will be with the Light all the time. Then our actions, our emotions and our thoughts will be in alignment with the Light. And the best will come out of us in any area of life we may be engaged in.

LIGHT WORKS

Manoj Chopra

God's most precious gift to mankind is Light Channelling. This powerful technique helps the individual to pass through this very disturbing period. The Light gives strength, wisdom and helps us to take the right decisions during this crucial time. Regular mass Light Channelling can alter the destiny of the world. Although Light does not impose any changes, It creates a favourable atmosphere for the individuals to transform. As individuals we have to choose and accept the Light and allow the changes to occur.

Let us spread the message of Light Channelling and channel Light regularly and be a part of Revolution by Light.



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.

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 Devasthanana, 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.

Saturdays (6 PM to 7 PM)

Shiksha Sagar Primary School
No. 77, 5th Main, Postal Colony,
Sanjaynagar,

☎ 9686571066 Mr. Sudeep Jayaram



School Teachers of Magadi Taluk of Bangalore Rural District, channelling Light

QUOTES FROM THE LIGHT MASTERS

- Every moment is a gift; every dawn, every flower, every bird, every smile and every tear is a gift for us to experience and expand.
- We should follow discipline out of respect and not out of fear.
- Pain and pleasure are natural parts of our living. Life is complete only when we experience both and rise above them.
- When we completely surrender, all Karmas get cleared; we become Light.
- When you realise that you have committed a mistake, do not judge and condemn yourself. Repent it deeply and decide never to repeat it; it will free you of its Karmic effect.
- Every problem and every pain bears a lesson. Once the lesson is learnt, there will be no problems; no pain.
- When we grow spiritually, we grow in every aspect of life. Our whole personality will be highly refined. Our every thought, word and gesture will be full of love.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	4987
Students channelled Light	29.28 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.**

TOUCHED BY LIGHT

Shruti Sudhakar

We are tiny beings in this world of God – LIGHT.

Light is God. Light is energy. Light is love. Light is omnipresent. Light is omnipotent. Light is omniscient.

We the tiny beings in this massive world of God are again sparks of His Light. Every spark of God has the same energy as the Whole. We are as pure, as loving, and as wise as the Whole. We are already complete. This resonates with our age old knowledge from our sacred texts - 'Aham Brahmasmi'. This seems like a simple sentence we are all too familiar with, but only when we allow it to dwell deep within, will we be able to expand our awareness of our eternal and unbounded nature.

Once we gain this realisation, it is like a new life; a fresh start. Everything else we were before this realisation somehow does not matter. The life comes alive. We become that blissful spark of light experiencing itself in this creation. It is an awakening.

This brings forth the pure essence, the real YOU into this world. Your every thought, dream and action is then in sync with the Divine plan. You experience peace and a sense of joy and connectedness all the time. You will be working for God automatically, without even actually having to try to. Everything you do becomes a blessing in itself.

The light beings are guiding us to help us realise who we are. The awakening may dawn on some with little effort and for some it may take a little longer. With the new energies now available, many who are accepting the help have already started experiencing and living the true beings that they are. Once we decide and seek, the help is made available. Our spiritual journey then begins.

The awakened souls welcome the future, accept the present and are at peace with their past. Our Rishis - our light beings are here to guide us, to help us. They have given us this wonderful yet simple technique of Light Channelling. This simple technique is like a magic formula which helps us in this awakening. With this technique, we can experience the Light every day. 'We will be touched by the Light and we will soon realise the Light, we already are.' ■

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

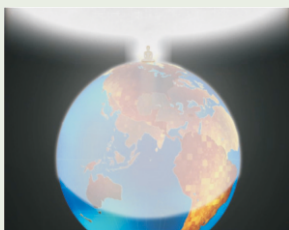
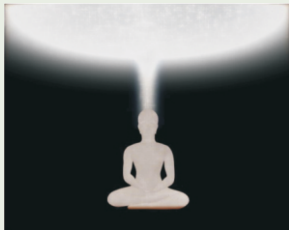
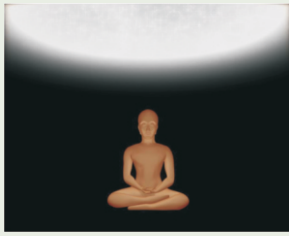
Saturdays (7PM to 7:30 PM)
Door No. 14-339/19, Flat No. 207,
Sree Mithra Heights,
Balaji Garden, Gopalpatnam,
Opp. APRTC Bus Depot,
Visakhapatnam-530029.
☎ 9848628324, Mr. V. Harikrishnan

Miraj

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

EXPERIENCES

(Compiled by Vaishali Joshi)



While channelling I experienced that I was floating in the Ocean of Light.

- Ambruni A., Std. IV, RMS International School, Bangalore

The Light Channelling technique was very simple. I saw a huge ball of Light entering my body.

- Adhidhi Siri B. J., Std. IV, RMS International School, Bangalore

While channelling I felt as if I was sitting on the Earth and the Sun. Then I thought I was in a desert. I also thought I went into water. It was amazing and beautiful.

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

While channelling light, I saw a very beautiful peacock with its feathers. I saw the bright Sun and the neat and tidy ocean. I saw so many animals like lion, tiger, leopard and deer. I was very surprised and I enjoyed it very much.

- Rakshitha K. R., Std. IV, RMS International School, Bangalore

After practising Light Channelling, I could control my anger.

- Jiya Singh Hada, Std XI, Tiny Tots Senior Secondary School, Banswara

After practising Light Channelling, I stopped reacting to small and trivial issues.

- Pakhi Rajkumar, Std. IX, Tiny Tots Senior Secondary School, Banswara

During channelling, I saw blue Light in front of my eyes. My mind was free. I felt confident and happy. My mind became pure. With Meditation I am able to concentrate better on my studies. I feel my

dreams are coming true and I am reaching my goal.

- Kishore S., Std. IX, Govt. PU College (High School Section), Kadugodi, Bangalore

After practising Light Channelling, I am able to remember most of the things happening around me. I am interested in studies. I feel joy in doing every work.

- Hitarth Pathak, Std. IX, Tiny Tots Senior Secondary School, Banswara

Light Channelling has increased my concentration power. Previously my mind used to get diverted towards petty matters but now I have full control over it.

- Sakshi Dixit, Std. XII, Tiny Tots Senior Secondary School, Banswara

When I channel Light, I forget my problems. After channelling I have more confidence to deal with my problems.

- Ms. Vatsala, Teacher, Little Angel's English School, Bangalore

I had a headache for two days but after the Light Channelling session, it reduced. I was very happy. Again, in the night I had severe headache and I practised the same technique and the pain was gone. Now I know that whenever I have any pains I have to practise this technique.

- Ms. Brunda, Teacher, Bharatiya Vidya Nikethana High School, Devasandra

Nowadays, the Light Channelling sessions at schools are good and nice. No doubt Light is taking care of everything. Once, after a session a teacher mentioned that she saw Light in me. I replied that it is the grace of Light and a blessing.

- Padmini S., Volunteer