

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 4

NEWSLETTER

February 2016

A MESSAGE

Guruji Krishnananda

(Excerpts from his teachings on 8th Feb 2009)

These are the most challenging, difficult and again, exciting times, because there are new challenges and new dimensions to the same thing. Great changes are taking place. Some can be felt, they are visible. Some are not visible yet. New systems are taking birth. That is why it is so exciting to see that this world is entering into New Age. It does not happen just at once. It happens gradually. It is happening. But during this time, there will be a lot of turmoil. A Spiritual person will remain a witness to this. He will never align with the agitation. He aligns with the Light.

Mark my words - We have to align with the Light, not with agitations, even mentally. If we do, we get confused, we get misled, we lose sanity. Sanity is Spirituality. Living sensibly, allowing others to live in the same way is the Spiritual part. If we align with the Light, everything will be fine with us, we can also pass on Light. That is what we are trying to do. Light Channels Movement is to channel peace, wisdom, and love. So let us align with Light always.

HAPPENINGS

Jayant Deshpande

Light Channelling is a great opportunity for people to participate in the processes of bringing New Age on this Earth. All it requires is a pure intent to bring more Love and Peace on this Earth. And every World Channels Day helps us strengthen our intent to improve our lives through this silent and peaceful process.

The Light would be waiting to descend and flow through the Light Channels with Its Grace and Abundance. And this gets multiplied when the purest of intentions come together everytime on the World Channels Day.

LIGHT WORKS

Manoj Chopra

World Channels Day brought immense joy and satisfaction to all our volunteers. We felt blessed and peaceful almost the whole day. Whenever you work for a Greater cause, the Universe also showers its Love and Grace. There were miracles and help throughout the day. By the grace of Masters, the 6th World Channels Day went on smooth and it was a huge success.

Our Volunteers' Love and dedication towards work always touches my heart. They have gifted a special present to Amaraji on his birthday. We are grateful to the Management of all the schools, teachers and children for their cooperation. They have always supported and encouraged us.

Let there be more Love and Peace on Mother Earth after World Channels Day.



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,
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.

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 Devasthan, 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.

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@lightgatemasters.com.



Members of Jijamata Mahila Mandal, Sangli, Maharashtra, channelling Light on December 21, 2015

QUOTES FROM THE LIGHT MASTERS

- We have to raise our level of thinking, level of responding, if a person hurts us. To forgive is not easy. When you forgive a person, you grow spiritually. The person who is forgiven also is touched by this.
- A leader is one who dreams for the world and tries to achieve it, tries to live the dream and works for it. He also inspires others to dream and live their dreams.
- A true leader has a lot of courage and creativity in him and he lives all that he talks.
- Anger affects not only the physical body, but also the mind and the intellect. Sometimes the cells in the body, particularly the cells in the brain get damaged.
- Once we experience Light we get connected to God. Then we have access to all His powers, wisdom and love.
- Once we experience Light there will be Love and Light in and around us. There will be absolute peace and no conflicts or problems.
- Our true self is the spark of Light, the soul, which we are. It is pure, unblemished and always aligned with the Light, God. This true self always vibrates Love, honesty and non-attachment.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	5060
Students channelled Light	27.62 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.

6th World Channels Day: A Report

Manoj Kumar Chopra

For every Light Channel Volunteer, 'World Channels Day' is always a memorable day. It is a day of joyous and priceless moments in their lives. Our Volunteers spent the entire month of January preparing for this grand celebration. Every Volunteer wanted to contribute in his own special way on this special day. Each one of them wanted to utilize this opportunity to the fullest.

It is the day of Love and sentiments towards our beloved master Maharshi Amara.

I always believed that "Oneness" in the team is key to the success of 'Light Channels World Movement'. If we have reached any milestone, it is because of Oneness in our team and the grace of Masters. Oneness removes fear and promotes courage. With courage and confidence, when the team decides to achieve, it can achieve the impossible.

Year 2015 was very tough as several of our Volunteers were undergoing health issues apart from personal and professional challenges. We could not do much work till November end. But just 21 days before the World Channels Day, when we met for our quarterly meeting, there was a sudden surge of energies. We felt that our Masters had shifted us to a higher level. All teams geared up and started preparing for the great day.

Every team worked day and night and prepared a meticulous plan. Several Volunteers sacrificed their personal time and helped their co-volunteers to accomplish the given task. Some Volunteers travelled hundreds of kilometres and covered distant schools and several others applied leave and took time off from their busy work schedule for this universal cause. Our Volunteers worked like leaders and completed their planning much before the stipulated time.

Our Area Co-ordinators are like Mentors. They crossed several hurdles and kept cool in difficult situations. They are the role models for Volunteers in their teams.

On the World Channels Day, our day started at 6 am by offering our respects to Maharshi Amara, followed by 7 minutes of channelling. The whole day was like a blessing. Everyone experienced special energies and grace throughout the day. Hundreds of schools joined us in channelling of Light voluntarily. Few residential groups also joined us by channelling Light. The day ended by thanking our Masters, followed by 7 minutes of channelling.

6th World Channels Day was a huge success. More than 1 million children from 2,370 schools channelled Light. I have no words to thank school Authorities and children who joined this day whole heartedly.

I wish Light brought down on this day brings more Peace on our Earth and brings smiles on the faces of millions. ■

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.

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,
Gokhale Nagar, Pune-411016
☎ 9011038169 Mr. Ashutosh Navangul

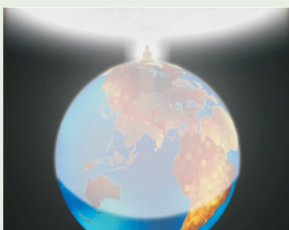
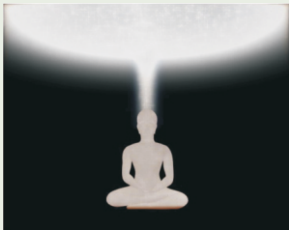
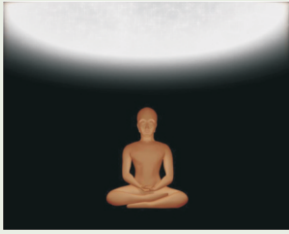
Miraj

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.

EXPERIENCES

(Compiled by Vaishali Joshi)



I am practising Light Channelling every day. Whenever I channel, I feel that my body becomes very light and relaxed. One day I was very upset due to something, and was sad and stressed. When I came to the temple I had a feeling of heaviness and felt as if there was a huge block in my system. During the Light Channelling session, as soon as Light descended on my body I felt that the block was removed totally and also felt very light and peaceful!

Later I came to Taponagara for the Special Meditation on Christmas. I sat in Guruji's Samadhi and channelled Light for an hour. Though I am not a Meditator, I did not know how that hour passed and I also did not have my usual knee pain. It was an amazing experience!

- Mrs. Vijaya Laxmi S., a Light Channel at RLCC, Siddhi Vinayaka Temple, Cooke Town, Bangalore

I like Light Channelling. We are practising it for two years and I am in good health. When I channel Light I feel happy, my mind is fresh and relaxed, and my body is full of Light. When I am tensed I channel Light.

- Rithesh, Std. VI, Lords School, Bangalore

I practise Light Channelling in school for 7 minutes and also regularly at home. My mind has become fresh and there is no pressure on it now. This is a new feeling and I have become a pleasant soul. My

health is good after I started practising this technique. I want to reach my goal with the help of Light.

- Nandan M. S., Std. X, Basaveshwara High School, Bangalore

I practise Light Channelling both at school and at home. I can feel the Light entering me. And I feel I can reach my goal by using this Light. I have shared this technique with my parents and sister. It improves the mind and is good for health.

- Manoj M., Std. VIII, Basaveshwara High School, Bangalore

I feel like an ocean of bright Light when Light enters my body. By practising this, I have developed good concentration. There are many changes. I love this Meditation.

- Dhruv R., Std. IX, Basaveshwara High School, Bangalore

After I started practising Light Channelling daily at home, I feel my mind is very peaceful and I can study more.

- Ajith Kumar, Std. X, Smt. Muniobbamma Corporation School, Bangalore

Before channelling, I prayed to the Light that no one on Earth should cut trees and plants and then I spread Light to the whole world. When I opened my eyes I could feel freshness around me and it was nice and wonderful.

- Ajay G., Std. VI, Sri Sai Public School, Bangalore

**MORE THAN
1 MILLION CHANNELLED LIGHT
ON WORLD CHANNELS DAY
1ST FEBRUARY 2016**

THANK YOU