

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 3

NEWSLETTER

January 2016

A MESSAGE

Guruji Krishnananda

(Excerpts from his teachings on 4th Jan 2009)

This is the time to act. This is the time to channel Light. **Light heals.** These two words will go on ringing in the world hereafter. Healing is required for the individuals and for places. The whole world requires healing. A lot of Light is required; a lot of Love is required. It is our job, it is our responsibility. We have to bring down the Light. Light is Love. We have to bring down a lot of Love and experience Love. We have the greatest power available with us. This is the time to become aware of our own power, our own potential.

We can bring down Light. When we channel Light and spread Light, Light not only heals, It cleanses. This cleaning process will cleanse not only the individuals but also the systems. Recently we talked of the collapse of systems. How do they collapse? By this process of cleansing. Very shortly the false systems will collapse like a pack of cards. Whatever is false has to collapse, has to come down. This is the time, this is the beginning. The beginning is already made.

HAPPENINGS

Jayant Deshpande

1st February, 2016 is World Channels Day. Close to a million children and teachers in thousands of schools along with other Light Channels will be channelling Light on this day to bring more Love and Peace on this earth. Whenever people engage themselves in noble acts for the welfare of masses, for bringing more Love and Peace in our lives, the Universe blesses and helps in Its own unique way by sending Its wonderful Energies and Love.

This is another unique opportunity for us to participate in this noble event from our own places. We can participate just by channelling Light for a minimum of 7 minutes.

Please join us on this day, by channelling Light from your own places, and help our world take a big leap towards the New Age of Love and Peace.

LIGHT WORKS

Manoj Chopra

Year 2015 was full of turmoil and tests at the individual as well as at the global levels. The world faced the biggest challenge of terrorism, which made several world leaders come together to take unanimous decision to combat terrorism. To fight terrorism, we have to be unbiased and take collective responsibility. We have to reject violence completely and spread Love, hope and peace.

Light channelling is the solution for all our problems. Millions have practised this technique and thousands have benefitted from it.

Let us pray that the 6th World Channels Day on the 1st of February, 2016, brings more hope and smiles in this World.

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 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@lightagemasters.com.



Teachers of HMR International School, Hennur, Bangalore, channelling Light on July 11, 2015

QUOTES FROM THE LIGHT MASTERS

- Being clean is a part of being Spiritual. Outer cleanliness leads to inner purity. A clean body purifies our mind (emotions) and intellect (thoughts).
- When you manifest goodness, the goodness in others also manifests.
- Let there be love in all your practices, pursuits and relations. It will refine and elevate your living.
- When we transform, love flows out naturally, automatically. We will be naturally honest, naturally good and naturally not angry.
- We feel insecure when we are not established in God. Align with God. Be aware of Him. He is there waiting all the time to help us and protect us.
- When we receive gifts, we will be happy. But sometimes we don't get what we want. Accept even that as a gift because God knows what we should have and when.
- God is everywhere, as Light, as Consciousness, as His own Creation. We are always living in God whether we are aware of it or not. Becoming aware that God is everywhere and we live in Him is itself a great step in our Spiritual journey.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	5043
Students channelled Light	27.49 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.

A Quest

Usha Satishchandra

There is this constant quest in each one of us ‘to ape somebody’, ‘to become somebody’, because we are told repeatedly even as a little child that ‘a nobody’ is just not acceptable. We are fed with stories and anecdotes from ancient to modern times. Stories of kings, leaders, scientists, intellectuals, businessmen, sports people, family members who are famous or rich for various reasons. Stories of power and strength, good over evil....

Day in and day out such things are reeled into our system to such an extent that this becomes our mainstream and focus. They become our real life heroes or role models. We try to emulate them to become ‘most successful’. In pursuit of these we choose several goals, several options. And at the end of it all, we still remain sometimes, disappointed, dissatisfied and totally dejected. What is worst is, despite being successful, we experience failure. The joy of winning is always a losing battle. Imagine there are several of us leading and living our lives in such compartments, rubbing it off on the younger generation too.

How does one get out of such a confined, defined, so called structured life style and find space and time to nurture ones true self? How does one unburden oneself from the pressures of life? Guruji Krishnananda, a Master ahead of times, introduced us to a true story of Creation. “We are specks of Light and we have the potential to become Light”, were his watchwords. He often used to tell us, “It is our birthright to be happy always, to be problem free and the whole Universe is waiting just to help us.”

He introduced “Light Channels World Movement” and inspired many of us to spread this message of Light Channeling in schools to nurture these youngsters to become Light. How do we choose Light? We choose the right thoughts, right emotions and right actions. We choose the right goals and also choose the right friends and associates. This may sound very ancient, outdated and impossible. It appears there is no longer a right and wrong.

We as Light Channels have experienced a revival of this hope of the right choices. When we choose to channel Light this hope is vibrant and alive. A person writes down in his diary after channelling Light, ‘This is the best day of my life’. A child expresses, ‘I like to be a good friend to everyone’. A class six student channels Light to his aged grandparents when they come home after a day’s hard work, their body filled with aches and pains. A class ten student shares, ‘After channelling when we went back to our class it was unusually peaceful. None of us felt like talking unnecessarily’. He had found his time and space in the confines of his classroom by choosing Light.

Light unfailingly unravels its mystery to each one of us. Very lovingly, subtly and gently it introduces us to the finest and transforms us. Now we know the right path; we need only to invoke the Light, invite It, experience, and spread It. When you carry Love and Light, others can feel the peace in you. By vibrating Peace and Love, let us embrace many into this fold. With this the quest for greater happiness begins! ■

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

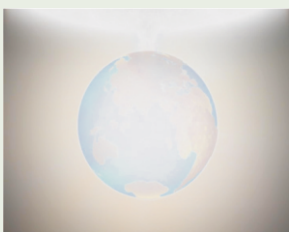
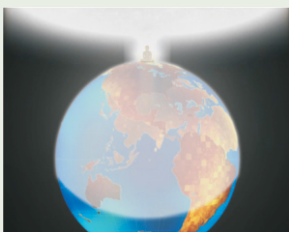
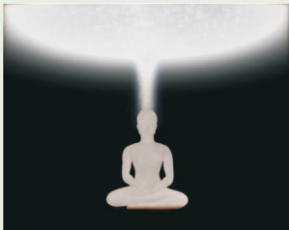
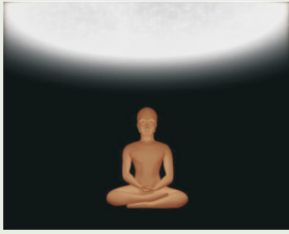
Miraj

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.



World Channels Day 1st February 2016

A Request from Manasa Foundation

Respected School Authorities,

Kindly join us on 'World Channels Day', the 1st of February, 2016, by following the below steps in the morning assembly or at any convenient time on this day.

1. Introduce Briefly :

Today is World Channels Day. This is the day of spreading Love and Peace on our Mother Earth. Let us have a strong intent to have Peace on our Earth and also be aware that more than 10 lakh children across India are channelling Light along with you.

2. Practise 'Light Channelling Technique' for a minimum of 3 minutes :

- ★ Imagine an ocean of Light above you.
- ★ Imagine the Light descending and filling up your body.
- ★ Then, experience the Love and Peace of the Light for a minute.
- ★ Then, imagine the Light spreading around gradually to your home, locality, country and the whole world.

Thank you

For receiving updates, please register by giving a missed call to **022-61816363**