



**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 8

Bi-Monthly Newsletter

Nov-Dec 2016

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his teachings on 15<sup>th</sup> May 2011)

A very young boy sits in a park, closing his eyes. People think he is meditating. Some elderly person asks, "What are you doing?" The boy says that he is channelling Light. When asked why he is doing that, the boy says, "I love this nature, these trees, these plants." The elders are amused. They don't know anything about channelling, or Meditation. Some of the elders ask questions, they go home and they begin channelling. A schoolboy can be an inspiration to old men.

## HAPPENINGS

**Jayant Deshpande**

Behind simple Meditation techniques, there is always great effort, great Love, consistent practice and experimentation for a long period. The Light Masters receive such simple but very effective techniques from the Light Itself after their consistent efforts in deep Stillness. This simple but revolutionary technique of Light Channelling was received by Guruji Krishnananda.

People have practised and benefitted. Everybody can practise and take this world to the New Age of Love and Peace.

Guruji Krishnananda was the channel chosen by Light to pass on the gift of Light Channelling to the entire world. Practising and transforming ourselves will be the best way to offer our tribute to the Great Master.

## LIGHT WORKS

**Manoj Chopra**

We are completing seven years of teaching Light channelling in schools. With encouragement and support from School Authorities, we could teach this simple technique to around 3 million children. Our volunteers were welcomed by schools and children loved Light channelling. Apart from improving memory power and concentration, children are applying Light channelling in their day-to-day life; for improving self-confidence, to control anger, to improve interpersonal relations.

After taking blessings from Guruji, a handful of volunteers took initiative and Light channelling began in schools in October 2009. Slowly and steadily this World Movement got momentum. I salute the courage and determination of all our volunteers who have taken up this work on war footing.

It is the promise from the Masters that there will be Light at the end of the tunnel. Hope for a better World will never die.

## 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@lightagemasters.com](mailto:info@lightagemasters.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,  
Malleshwaram.

☎ 9480121545 Mr. K Chandrashekar

**Mondays (6.30 PM to 7 PM)**

Anjaneya Temple, Mahalakshmi Layout

☎ 9972111809 Mrs. Anjali Patil. K

**Wednesdays (6.30 PM to 7 PM)**

Maruti Mandira, Vijayanagar

☎ 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 Bosekar

**Fridays (12 Noon)**

Siddhi Vinayaka Devastana, 59/1,  
Hutchins Road, 3rd Cross, Cooke Town

☎ 9980205803 Mrs. Nirmala Bala,

☎ 9880162766 Mr. Vinu Verghese

**Saturdays (6.30 PM to 7 PM)**

Balamuri Mahaganapathi,  
Sri 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 guide others. Please share your experiences with us. Please write to us at:  
info@lightagemasters.com



Students and Teachers of Industrial Training Programme of the Association of People with Disabilities, Channelling Light on 30<sup>th</sup> September 2016

## QUOTES FROM THE LIGHT MASTERS

- Love is the power that is behind this Creation. To manifest Divine Love we have to experience Light, we must experience God.
- Manifest Love, experience Love, experience Light and your whole life will be full of joy.
- When we allow the influence of Meditation to work through us, there will be no negativity in us.
- Light expresses Itself in many ways - as Love, Peace, Truth, as expanded Awareness, joy, dreams, ambitions, urge to adventure, inspiration to share, intolerance towards the falsehood.
- Light is a reality. Perhaps, Light is the one reality that does not change. Light is eternal. Light is there, always waiting around us, within us.
- Channel the Light, not once, not for a minute, but all the time. The more we channel Light, the faster we enter into the New Age.
- We have to always be aware that it is we who create, it is we who build and it is we who make a happy future by our thoughts and dreams.

- Guruji Krishnananda

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>: 5092</b>
<b>Students channelled Light</b>	<b>: 27.68 lakhs</b>
<b>Schools channelling regularly</b>	<b>: 1240</b>
<b>Students channelled regularly</b>	<b>: 5.34 lakhs</b>

## APPEAL TO SCHOOLS

**Please help in strengthening Light Channels  
World Movement by making Light Channelling a  
part of daily prayers in your School.**

## This is my Prayer...

**Usha Sathishchandra**

Our day begins with prayers, a Prayer to God to seek! It could be simple to complex prayers. The way we offer our prayers is immaterial. But the most important factor is that through our Prayers we are trying to establish and build our relationship with God. And of course we seek ... we seek several things, from blessings and grace to demands of our wish list to be fulfilled!

I was deeply touched when a little boy of 10 answered me innocently and said we pray to God to seek His strength. I was dumbfounded for a moment. Then I quickly recalled one of the best poems by the Nobel laureate, Rabindranath Tagore. This is the most common School Anthem across the country – “This is my Prayer to Thee my Lord”, a profoundly sensitive, fresh and beautiful verse. This poem is held very dearly by many. Children may not understand the depth of the verse, but such rendering set to music and rhythm and sung gracefully can go deep into your heart. Oh my God! I could almost hear the song rendered by a school choir...

This is my prayer to thee, my Lord - strike, strike at the root of penury in my heart.

Give me the strength lightly to bear my joys and sorrows.

Give me the strength to make my love fruitful in service.

Give me the strength never to disown the poor or bend my knees before insolent might.

Give me the strength to raise my mind high above daily trifles.

And give me the strength to surrender my strength to thy will with love.

A prayer so deep and true ... coming out of my reverie. I whole heartedly agreed with the young boy. Thus began another interesting phase in Light Channelling session. Through this I could very easily draw the attention of the group to 'Light'. God as Light is everywhere. He is waiting with great love for us to seek his energies, energies of Peace, Love and Positivity. We gather His strength, to remain undisturbed under all circumstances. We develop the strength to love all and hate none and gain strength to rise above our negativities and negativities of others.

In Light Channelling, we meditate. It is one of the best and highest kinds of prayer; very silent and simple. A prayer with such a deep intent and request can easily establish a connection to this reservoir of strength; wherein we seek His Light and channel His Light. Through this, we also seek His energies, to help us resolve all our weaknesses. We seek Him not only to nurture us with His strength, but also to help us emerge pure and positive from all our daily trifles. We seek to shine in His Light.

Light Channelling is the noblest of all prayers. As we channel the Light around, we also strengthen the collective prayers of the entire humanity - to seek, to move into the Kingdom of God. The strength of such prayers lies in such innocent pure hearts. Let us all gather strength from such noble intents. This is my Prayer to Thee my Lord ...

## 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

**Mondays and Thursdays**  
(7 PM to 7.15 PM)

Bal Ganesh Mandir, Bushar Peth,  
Mohol

☎ 9860967066 Mr. Vivekananda Swami

☎ 9970800279 Mrs. Swaroopa Swami

### Miraj

**Thursdays (7.45 PM)**

Shri Shivarudra B. Belaganvi,  
A-Gat Plot No-135,  
C/o Shri Swami Samarth Seva Kendra.  
☎ 9822421463 Mr. Mahajan

### Chennai

**Saturdays (10 AM to 10.30 AM)**

481, SAIPREM, 19th Street,  
4th Sector, K. K. Nagar.  
☎ 94448 80409 Mrs. Rajalakshmi R

### Pune

**Saturdays (7 PM to 7.30 PM)**

3 - B, Kapila Housing Society,  
Gokhalenagar  
☎ 9011038169 Mr. Ashutosh Navangul

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



## EXPERIENCES

Compiled by Vaishali Joshi



Students practise Light Channelling every day for 15 minutes. They have become confident. Now they are able to think independently and take decisions on their own. Their grasping power and discipline has improved. We see that the leadership qualities in students are increasing. This technique is very good and we thank Manasa Foundation for introducing Light Channelling in our school.

-Ms. Jayanthi T. K., Headmistress,  
Swami Vivekananda High School,  
Kuvempu Nagar, Kunigal

For one academic year (2015-16), we practised Light Channelling every day for 15 minutes with an intent to protect children from accidents and falling. It worked amazingly. Children who are not feeling well are encouraged to sit at a particular place and practise Light Channelling for 7 minutes. After practising they feel better and go back to attend the classes.

-Ms. Vijaya D., Headmistress,  
Maharshi Aravind School  
Panchasheelanagar, Bangalore

After observing children practising Light Channelling at home, parents visited the school to note down the technique from the poster on notice board to start practising Light Channelling.

-Headmaster, Sarakari Hiriya  
Prathamika Shale,  
Tiglara Palya, Bangalore

School results have improved. In the months of January, February and March, the tenth standard students practise Light Channelling for 30 minutes before the special coaching class begins.

-Mr. Laju P. Naik, Headmaster,  
Shreyas High School, Kamakshipalya,  
Bangalore

Channelling Light was a good experience. My mind and heart were free from all tensions. I felt as if I was shifted to some other place and that a special spirit has covered me. I became confident about my exams.

- Pramila, Student, Tarbes Community  
College, Frazer Town, Bangalore

I felt that something was coming into me, which was filled with Light. Once it entered, it was like magic. I suddenly felt very peaceful and all my tensions went away. I was just wondering how did this happen within a fraction of a second!

-Nadiya, Student, Tarbes Community  
College, Frazer Town, Bangalore

Someone had scolded me in the morning and I was feeling very bad about it. Now after channelling Light I have forgotten about it and I feel happy.

-Dafney, Student, Tarbes  
Community College, Frazer Town,  
Bangalore

Though not regularly, I have channelled Light many times during the last year. Ever since I have learnt this new technique, even during any issues, I am able to remain confident and I don't lose my balance.

-Martina, Student, Tarbes Community  
College, Frazer Town, Bangalore

After channelling Light, my mind is peaceful. I forgot my problems and myself for some time. I feel happy.

-Nancy Thomas, Student, Tarbes  
Community College, Frazer Town,  
Bangalore