



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 7

Bi-Monthly Newsletter

Sept-Oct 2016

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks on 7th March 1999)

It is my personal experience that Meditations and positivising our emotions and thoughts will definitely bring us peace and happiness. It will also definitely bring us, if not prosperity, great relief in material life.

If we meditate and positivise, our emotions and thoughts will be vibrating positivity. We will become a field of positive vibrations. These positive vibrations attract only positive responses from everyone around. People do understand our problems and help us. We get help in every small detail. A stranger takes sympathy and helps us. All problems vanish. Again, in order to understand this, you have to experience this.

HAPPENINGS

Jayant Deshpande

Our Volunteers have been very active in the last two months, conducting Light Channelling sessions, spreading Peace and making the children aware of the benefits of Light Channelling. They covered more than 500 schools and taught Light Channelling to about 2 lakh children.

The Volunteers are silently preparing the future generation to build the New Age, on the foundation laid by Maharshi Amara and other Light Masters. The New Age does not come just like that. To build the New Age, to take us further into the New Age, people have to choose and manifest It.

LIGHT WORKS

Manoj Chopra

Masters like Maharshi Amara are beyond the cycle of birth and death. He was humility personified. His Love for humanity and his commitment to the Light work brings him on this earth again and again. His major work during this transition period is to help and guide humanity towards the 'New Age'. He will take birth again to complete his work.

The consistent work by our dedicated volunteers has built a strong foundation for Light channelling work. With their persistent efforts hundreds of schools are regularly practising Light channelling during assembly sessions. They are spreading the vibrations of Peace in their surroundings and also to the World.

Spreading Love and Light to this World, will be a perfect homage to this great Master - Amara.

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

website : www.lightagemasters.com, www.lightchannels.com

REGULAR CHANNELLING CENTERS

People from the locality join voluntarily to channel Light in a group at our Regular Light Channelling Centers, 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 7.00 PM)
Anjaneya Temple, Mahalakshmi Layout
☎ 9972111809 Mrs. Anjali Patil. K

Wednesdays (6.30 PM to 7.00 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 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,
Shi 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



A Light Channelling Session was conducted for Cancer Patients in Mumbai on April 25, 2016

QUOTES FROM THE LIGHT MASTERS

- When we are really humble, God operates through us.
- An individual can change his future. Collectively, people can change the destiny of a place.
- Happiness is a state of mind, not dependent on the external conditions.
- Every problem has a solution. It may be difficult to accept, difficult to understand. But the truth is that, for all problems, the solution begins with the individual. These solutions are possible only when we establish contact with the inner essence of ourselves.

The inner essence, which is God himself in us, has immense power and eternal wisdom. What is it that we cannot achieve or cannot solve with this contact?

- Love is the highest expression in Nature. Where there is Love, there is Peace, Happiness, Contentment and Light.
- If we base our living on the principles of Love and Freedom, we can live in harmony and peace with other individuals, society and nature.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	:	5075
Students channelled Light	:	27.65 lakhs
Schools channelling regularly	:	1240
Students channelled regularly	:	5.34 lakhs

APPEAL TO SCHOOLS

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

Understanding Light

Guruji Krishnananda

A person asked me, "When I pray to the Light for help, sometimes I get the help and sometimes I don't. Why?"

Remember always, the Light has Supreme Intelligence. The Light knows what is best for us and what is not. Even if we think we are wise, our wisdom is nothing compared to the wisdom of the Light. The Light knows the past and the future. When we ask for something, the Light knows whether it is going to be good for us or not. People will be asking for so many things, good things, not so good things.

Even if we believe that we are asking for something good, we might be asking for it at the wrong time. There could be so many factors unknown to us. The Light definitely wants to help us and grant us whatever we ask for but sometimes, the Light does not oblige us. Please understand that even when we think that the Light is not helping us, It will be helping us by not helping in the way we expect.

You can understand this easily when you love the Light. When you have great love for the Light, you will understand and trust the Light completely. You will trust the Light's discretion and judgment and accept it totally. You will be able to accept the Light completely when you align with the Light and make Light your inner guide.

Accept the Light with all your faith. You will be guided properly always. ■

REGULAR CHANNELLING CENTERS

Please join us in channelling of Light at one of our Regular Light Channelling Centers 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

Mondays and Thursdays
(7 PM-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 Samartha Seva Kendra.

☎ 9822421463 Mr. Mahajan

Chennai

Saturdays (10.00 AM to 10.30 AM)

481, SAIPREM, 19th street,
4th sector, K. K. Nagar.

☎ 94448 80409 Mrs. Rajalakshmi R

Pune

Saturdays (7.00 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

EXPERIENCES

Compiled by Vaishali Joshi



I shared the Light Channelling technique with some of my friends. They were touched by the simplicity and flexibility of the concept. They felt fresh and experienced calmness. My friend, Maithili Shere experienced a warm heavy feeling around head and neck region while channelling.

- Geeta Joshi, Volunteer

I am practising Light Channelling regularly in the morning and before going to bed. It relaxes my mind and helps me very much with my studies, concentration and many more things. While channelling at home, my brother also joins me. He was weak in studies. But now he has improved. I also tried to spread this to our neighbours, friends and others, so that our whole world will be at peace and everyone will interact in peace. Thank you for this opportunity.

- Sowmya H K, Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

It feels good to practise this technique. When I am practising Light Channelling, I feel very precious.

- Chandan, Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

After channelling all the pressure on my mind was gone and my mind became fresh. There was a new and pleasant feeling. I like to

practise this technique and I can face any challenge by practising this.

- Sunil Kumar, Std. IX, Basaveshwara High School, Byatarayanapura, Bangalore

I feel Light Channelling is very good for our health and it relaxes our mind. Sitting for 7 to 8 minutes also relaxes our legs and hands. My family members are also practising it. It is very good for their health too.

-Naveen, Std. VI, Sri Sharadha Primary School, Jayanagar, Bangalore

By practising Light Channelling I feel calm and happy. My concentration has improved and I am able to concentrate better on all the subjects. I would like to be a good friend to everyone.

- Tarun R, Std. VI, Sri Sharadha primary School, Jayanagar, Bangalore

Before Meditation, my mind was not stable but after doing it, I felt happy. During channelling, as I closed my eyes, I felt cool breeze and Light spreading all over my body. It was spreading to our school and surrounding areas. I felt I was sitting above the whole country and spreading Light.

- Shubha B. S, Std. VII, Govt. Higher Primary School, Parangipalya, Bangalore

When I channel Light, I feel that I am in the Light world. I forget all my tensions and feel very calm and peaceful. I channel Light for 24 minutes in the morning and evening and I am very happy doing it. I thank Light for such an experience.

- Anusha R, Std. X, St. Rohith High School, Bangalore