



**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

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Bi-Monthly Newsletter

Jan-Feb 2017

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talk on 24<sup>th</sup> July 2011)

We have to do a lot of Light channelling. Look at the world outside. Watch TV, read newspapers. There are so many disturbing factors, so many disturbing realities. What makes a gunman kill 92 people? Why the bomb blasts? So much of negativity, violence and anger. Sometimes we wonder whether we will be able to remove all this from the face of this earth. I know that it is possible. I can see life beyond, where people will live happily. My Guru had said, "In Satya Yuga people will not know what a lie is." Those days are not very far away. But right now, there are very disturbing factors. The leaders are not capable of leading this world towards Peace. They don't have the moral strength; they don't have enough wisdom. I don't see any world leader. Personally, I had expected certain changes by this time. They did not happen. But the changes for better will occur. For that we have to work overtime. Channel as much Light as possible to the whole world.

## HAPPENINGS

**Jayant Deshpande**

Whenever people come together to work for the welfare of society, for a global cause, they are specially helped by the Universe. We experience this in our work. Our Volunteers are experiencing this special help from the Universe while preparing for the World Channels Day.

With great enthusiasm to spread the awareness of Light Channelling in newer areas, when our Volunteers visited a new town near Bangalore, they were welcomed by a group of teachers who had gathered for their periodical cluster meeting. Our Volunteers could address all of them together in the same place. To reach so many school teachers would have required several separate visits from Bangalore to this town! We are overwhelmed by such help from the Light and support from School Authorities.

Please join us in this special effort to spread Peace on this earth on 1<sup>st</sup> February 2017 by channelling Light at any convenient time on this day.

## LIGHT WORKS

**Manoj Chopra**

Light is the subtlest energy which brings all transformation. Light works at all the levels and supports every small and big revolution which is taking us towards New Age. World Channels Day is a great opportunity to bring down maximum Light and hence hasten up the great changes.

It is also a day to offer our Love and gratitude to our Master, Maharshi Amara on his Birthday, who is the life force behind this activity.

Our volunteers have already chalked out a plan for this day. They always work like mentors. Their superlative planning always supersedes my imagination.

Let us work as one force to make this day the most memorable day of our lives.



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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, 17<sup>th</sup> 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,  
7<sup>th</sup> Main, J.P. Nagar, III Phase.

☎ 9900110351 Mr. Ramesh V Bosekar

**Fridays (12 Noon)**

Siddhi Vinayaka Devastana, 59/1,  
Hutchins Road, 3<sup>rd</sup> 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



23 people in Domlur, Bangalore, Channelled light on the death anniversary of one of their friends in July 2016.

## QUOTES FROM THE LIGHT MASTERS

- Divine Love is the highest, finest and the subtlest of vibrations. Using these vibrations, God brought out the entire Creation.
- Our nature is Divine Love. At the level of the soul, the Divine Love will be vibrating.
- Love is not a single act. Through Love we can do anything, sacrifice, accommodate, tolerate, avoid complaining and overcome hatred.
- The secret of success in life is in balancing. Extreme living cannot bring us fulfilment or peace.
- Likes and dislikes are our instant reactions to people, places, ideas, etc. These are not based on reason. We have to rise above them.
- If you really believe that there is God in another person and in all things living and non-living, you will love any person, place or thing.
- The Universe is eager to take care of us and share Its Love and abundance with us. When we live in alignment with the Universe and open up to It, we receive all the Love and abundance.

- Guruji Krishnananda

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>:</b>	<b>5119</b>
<b>Students channelled Light</b>	<b>:</b>	<b>27.74 lakhs</b>
<b>Schools channelling regularly</b>	<b>:</b>	<b>1240</b>
<b>Students channelled regularly</b>	<b>:</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.**

## Add Love

Karthik N

During a Light Channelling Session, a person remarked – “These sessions are good when we attend. I have tried many similar Meditation techniques, but after a few weeks, all these techniques become routine and mechanical and the impact diminishes.”

What the person remarked is a common experience for many of us; the practice sometimes becomes routine and mechanical. It may even become boring. But, does Light Channelling technique or other similar techniques lose their efficacy? Do these stop helping us? How to get back that impact?

If a student in a school doesn't feel interested in studying a subject, and makes a mechanical effort to memorize the topics only because it is mandatory to study, it may only lead to boredom. And the effort becomes strenuous and tiring. But, does the knowledge contained in the subject lose its value? No! We can say, the involvement from the student is not enough, and probably the approach is not right. The approach should be to develop an interest in the subject and this can be done in many ways.

Similarly, we can approach the practice of Light Channelling by slightly increasing our involvement. Along with the daily practice, we can attempt to understand more about Light, Its multi-dimensional aspects, Its healing capacities, etc. We can try to ponder about the Source of Light and the Life Force that it contains. We can probably discuss about our practice with our like-minded friends, and listen to their experiences. We can talk to the school children who so easily employ Light and experience the varied benefits.

The Master who initiated the Light Channels World Movement often used to say, “Add Love to all activities that you do.” We can add Love to the practice of Light Channelling. I believe, we can attempt to build a relationship of Love with Light, Light being God Himself.

When we add Love to the mechanical efforts, the practice shifts to a higher level. We then begin experiencing the finer aspects of Light and will be gifted with many benefits. Then, the impact becomes permanent!

Light is the Intelligence behind Life, the Source of Life. When we practise Light Channelling with Love for Light, we slowly, but surely go beyond expectations. We begin to carry Light and the effect becomes everlasting.

With such a relationship, we then become a Channel of Love. And the Love permeates our entire being and spreads to all aspects of our daily lives, beautifies all relationships in our lives. When many of us channel Love that way, we will strengthen the vibrations of Love in the Society, in our Nation and the World at large.

Let us all attempt to add Love to our practice, Love Light, and slowly elevate to become the Beacons of Love.

## 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 Samartha 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,  
Gokhale Nagar  
☎ 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)



## World Channels Day 1<sup>st</sup> February 2017

### A Request from Manasa Foundation

#### Respected School Authorities,

Kindly join us on the 'World Channels Day' which is on the 1<sup>st</sup> of February 2017, by following the below mentioned steps during 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**