



**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 7, Issue 2

Bi-Monthly Newsletter

Mar-Apr 2017

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talk delivered on 20<sup>th</sup> May 2012)

From now on let us stop complaining about anything. There is no point in complaining, grumbling and feeling disgusted with the systems we have. Let us stop complaining but let us begin channelling Light to these systems and the people. I think this is a very important thing. Of course we always complain about others. Sometimes by mistake we also grumble about ourselves, condemn ourselves. Let us not do it. Let us stop complaining, and let us begin channelling Light.

We know, when we channel Light we can bring changes. We can completely prevent destruction. There is no exaggeration in what I am saying. I know what I am speaking of. We can completely prevent destruction, or minimize it at least.

Let us transform ourselves. That is the first requirement. Let us change ourselves. Then the systems change automatically. If you change, people around you also change. You can experiment this. Any system is made up of individuals only. So when individuals change, the systems also change.

## HAPPENINGS

**Jayant Deshpande**

There were no publicity campaigns and yet our Volunteers could touch 1 million children, and inspired them to channel Light on World Channels Day. This was the result of silent efforts of silent Volunteers, for spreading this silent Movement.

Any work involving global welfare, done with selfless intent, is helped specially by the Universe. The Universe has great intelligence to recognize such efforts and It also has the greatest power to channel support for such efforts. The Universe assured us of Its support once again by helping us in Its several special ways on this World Channels Day.

## LIGHT WORKS

**Manoj Chopra**

With the grace of Rishis and Astral Masters, the 7th World Channels Day was a great success. There was help from the Universe at every step. Although there were several hurdles and challenges in the way to success, Light ultimately succeeded.

The whole day was like a blessing. It was the day of perfect execution of meticulous planning. Our dedicated Volunteers put their heart and soul to make this day a great success. They offered a perfect gift to Maharshi Amara on his birthday.

We thank the School Authorities, Teachers, Students and all Light channels for making this day a joyous one. World Channels Day will remain as an unforgettable memory in our hearts forever.

## MANASA FOUNDATION (R)



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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



Volunteers celebrate the success of the World Channels Day 2017

## QUOTES FROM THE LIGHT MASTERS

- When one door closes, there is another door waiting to be opened. One failure is not the end. Perhaps it is good we fail so that we have a better opportunity.
- After experiencing the Light, our thoughts, emotions and actions become universal. There will be absolute peace and no conflicts or problems.
- Humility is one single factor that leads us directly to God without any struggle and confusion.
- We forgive others so that we become worthy of the forgiveness from God.
- Living without grumbling and complaining about life is Contentment.
- Ahimsa is not just not hurting at any level. It is also treating everyone; the whole Creation with kindness and love.
- When we carry love, we also respect others, respect life, respect everything.

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>:</b>	<b>5133</b>
<b>Students channelled Light</b>	<b>:</b>	<b>27.78 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.**

## 7<sup>th</sup> World Channels Day

**Manoj Chopra**

Every World Channels Day is different and special, but this 7<sup>th</sup> World Channels Day was unique. It was unique because there was incredible participation and involvement of several young and enthusiastic Volunteers who added fresh zeal into the Light Channels team.

World Channels Day is the day of sentiments and emotions. It is the day of spreading Love and Peace on earth. It is also a day of celebrating joy and happiness.

Our Volunteers were very excited about this day. We could feel the waves of happiness and togetherness in every team. Our Volunteers started visiting schools a month and a half before World Channels Day, to inform them about the special day. They trained several school leaders to conduct Light Channelling on their own. Hundreds of teachers were taught Light Channelling by our Area co-ordinators. They approached almost 2000 schools. The sincerity and selflessness of the Volunteers touched the School Authorities, who readily agreed to conduct Light Channelling on their own. Several schools invited us to conduct Light Channelling.

On World Channels Day, a few teams of Bangalore planned to do Light Channelling in places which were about 50 to 60 kilometers away from Bangalore. Several Volunteers started very early in the morning to reach their destination. On that day, the first news about Light Channelling came to us from Delhi at around 8 AM, where children channelled Light in spite of extreme cold and fog. Slowly the wave of Light started spreading all over India and Light started pouring on our Mother earth. Apart from Bangalore, Light Channelling was done in Mysore, Hyderabad, Visakhapatnam, Madurai, Chennai, Pune, Mumbai, Amravati, Sangli, Mohol and several other places in Maharashtra and Tamil Nadu. Light Channelling was also done in several places in Rajasthan, Uttar Pradesh, Madhya Pradesh and Gujarat.

More than 190 Volunteers put in their heart and soul for work on this day. Several Volunteers applied leave and worked the entire day. Some Volunteers, who could not afford a day off due to work pressure, volunteered to conduct early morning sessions of Light Channelling in schools and went back to work in the afternoon. Their motive was to bring down maximum Light. With the help of teachers, school authorities and student leaders, the Light Channelling team could involve more than 2400 schools and made more than one million children channel Light. The most satisfying news was that, after conducting Light Channelling, several schools confirmed their participation by sending e-mails, letters and photographs to us. Thousands of people who received our Light Channelling updates also participated in this event. A few groups in Bangalore, Rajasthan and Gujarat also participated by channelling Light for 7 minutes.

Let this channelling heal our mother earth, from wounds inflicted because of non-love and violence. May this channelling bring soothing effect to all souls who want to transcend from Dark Age to New age.

Let Love and Peace prevail in the World once again. We thank every individual who helped us to spread this Movement. On behalf of Manasa Foundation, we thank School Authorities, Teachers, Headmasters, Principals and Students for supporting our Volunteers and this Movement.

## 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

I am retired, but two of my salary increments were pending. My service record had gone to the office about 10 months back. Due to transfers and some other inconveniences, I could not find my service record. I did not know what to do. So, along with my regular Light channelling, I started channelling Light even to those who were attending to my case. Miraculously, one fine day I came to know about the records and the process started. I have been channelling Light to them for four months. Now, the process has reached the last level of releasing my bill payment. I am thankful to Rishis and Guruji who have given this sacred and powerful way to solve all problems. Let us benefit more and lead a peaceful life by making use of Light.

- Swarnalatha, Volunteer

I have learnt Light Channelling at the Regular Light Channelling Centre at Siddhi Vinayaka temple, Cooke Town and I am practising it every day. As a result of the regular practice, my negativities are gone and I find myself always calm; even in tense situations. It helps me in facing everyday routine with much ease. Sometimes I feel I am amidst a flood of Light. It feels very peaceful.

At our temple, Shoonya Masa bhajan starts by 10 AM every morning. On Fridays, it is followed by Light Channelling. During this entire month, I offer tea and snacks to the bhajan group. On Friday, the 30th of December 2016, I went to post office to encash a cheque. There was a lot of rush and we had to wait. Everyone except me was anxious and tense, as time was running out. Although I was wondering whether I would have enough time before going to the temple, I

remained very calm and started channelling Light. Suddenly my name was called out. I believe, everything went on swiftly and smoothly because of Light Channelling. I went home well in time to prepare tea and take it to the temple!

On November 26th, my daughter and I were going by bus to attend a function. Due to a procession, the traffic was held up. It looked as if we would miss the function. Everyone in the bus was annoyed. I started channelling Light calmly. Soon the traffic cleared up and we reached the venue without any delay!

I firmly believe that instead of getting angry, tense or anxious, we can solve all our problems by channelling Light.

-Vijaya Laxmi V, Regular Light Channelling Centre, Cooke Town, Bangalore

After the Light Channelling session we went back to the class. Surprisingly, my students of class IV asked me to allow them to play for at least five minutes. They have never done this before, so I asked them the reason for this. They replied that they were feeling very energetic so they wanted to play. I allowed them. They played only for five minutes. But in those five minutes, they played as much as they normally play in half an hour. I have never seen them so energetic! Even the children who are not very active, the ones who usually come up with excuses to escape from playing, also played joyfully without any coercion. It was very surprising to see my students playing like that. After that they said, if just one day of practising Light Channelling can bring us so much of energy, what it would be like if we do it every day?

- Ms. Kalyana Sundari G, Teacher, P.S.M. Middle School, Kulasekaran Pattinam

**MORE THAN  
1 MILLION CHANNELLED LIGHT  
ON WORLD CHANNELS DAY  
1<sup>st</sup> FEBRUARY 2017  
THANK YOU**