



**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 18<sup>th</sup> 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

Sept-Oct 2017

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talk on 11<sup>th</sup> February 2001)

Stress is a kind of pressure. It is built up because of our inability to cope up with situations in life. Stress is caused because of our own helplessness. We will be helpless so we feel this pressure. It gets built up. This stress originates at three different levels - body, mind, intellect. If the body is affected, then stress is built up in the body. It affects the other two entities naturally, because all these three entities are interlinked. We cannot separate these from one another.

What is it that we have to do to remove stress? We have to remove the helpless part. We have to strengthen ourselves. How do we do it? Start Meditation, regularise Meditation. Meditation is the answer. And when we meditate there is another advantage; not only do we get the strength, we also get a kind of wisdom. This wisdom helps us to take the right decisions. So dealing with stress through Meditations is a kind of holistic approach.

## HAPPENINGS

**Jayant Deshpande**

An elderly couple from India used to teach Light Channelling to people in the USA, whenever they travelled to meet their children settled there. When a person visited us here in Bangalore, he told us that he came to know about us in a temple in Chicago! Without any publicity, this Movement is growing in the hearts of people. Silently of course.

It is very touching to know that after passing over of her husband, wife continues her efforts to teach Light Channelling in the USA, in spite of all limitations of language and the local accent. Inspired by her genuine efforts, a Pranic Healer there has begun teaching Light Channelling in her school.

The Movement is spreading; the Light is spreading - Silently.

## LIGHT WORKS

**Manoj Chopra**

Recently a senior Volunteer from Bangalore visited her relatives in the neighbouring State. Along with her personal work, she travelled to some interior places of the state and covered many schools for Light Channelling. I remember, when she travelled to Sri Lanka a few years back, she had conducted Light Channelling even there. She thinks of spreading the Light Channelling movement 24/7. Her dreams are big and her energy levels are high.

She is an amazing Light Channelling worker. Her incessant enthusiasm for work inspires her team and other Volunteers. We have several such wonderful Volunteers who are dedicated and focused. Because of such consistent efforts by all our Volunteers we have been able to lay a strong foundation for Light Channelling work.

Let us once again commit ourselves to this great Light Channelling work.

## MANASA FOUNDATION (R)



Taponagara, Chikkagubbi (Off Hennur - Bagalur Road), Bangalore Urban - 560077. INDIA.

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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, 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



Teachers of Harohalli, Kanakapura Road, Bangalore, channelling Light during one of their cluster meetings in the month of December 2016

## QUOTES FROM THE LIGHT MASTERS

- ❖ The purpose of our birth is freedom from negativities; only then can we think of final freedom.
- ❖ While talking to another person, we should address the Divinity in him with love.
- ❖ We have to pay equal attention to all things - Meditation, conscious efforts, positivising our thoughts and emotions, duty towards family, towards whatever work we have taken up and also towards experiencing life.
- ❖ Whenever we do something negative, even when we think negatively, we will be inflicting wound on Mother Earth.
- ❖ We have to think several times before doing anything. Even after the action, let us review our actions every day. Let us recognize our mistakes and improve ourselves.
- ❖ We can never truly enjoy by being possessive and trying to possess things.
- ❖ The best way to transcend is by increasing the positive part of our lives. Allow the Light to expand, and the darkness vanishes by itself.

-Guruji Krishnananda

## 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.**

## Light - the Hope

Jayant Deshpande

Can Light solve all problems of this world? Light has solutions to all problems; individual or global. The Light carries wisdom to address the most complex issues that appear almost impossible to be resolved at this human level. The solutions that Light carries may not be in the way we want them to be solved. Our vision may be limited. But Light carries the solutions from a higher level. And we may resist or reject the solutions offered by the Light because we may not be willing to let go of our positions, if we are ruled by our egos.

I think, that is the challenge we face at the individual level or at the level of the society or nation or at the global level. The problems take birth or persist because, the people at different levels are holding on to their positions. The solution Light offers has to manifest through the people. Which means that the people responsible for the problems have to accept the Light and the solution offered by It, which they receive through their conscience.

If we are open to the Light and listen to our conscience, we can easily solve problems at the individual level. The global problems require acceptance of Light by powerful people holding responsible positions in this world.

When we channel Light, we make more Light available to the people in this world. If more people open up to this Light - even if powerful people reject It - they can strengthen the vibrations of positivity in this world. These vibrations also carry rejection of the unjust, rejection of the dark. And as this positivity gathers more strength, the people in power will be forced to accept these solutions or else they may have to lose their powerful positions.

This is how changes occur slowly at the individual and at the global level.

Light Channelling is a life changing, destiny changing practice. It has the power to change individual destiny and the destiny of this world. We will see this happening, as more and more people join us in channelling and as the intensity of our channelling increases.

Light is the Hope for a better world.

## 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

My day starts with Light before coffee. It is a booster. My energy level remains the same all through the day till evening, and it feels like being in a temple. Both students and teachers have benefited by practising Light Channelling daily for 7 minutes during assembly.

- Ms. Swarooprani, Headmistress,  
New Carmel School, Hegganahalli,  
Bangalore

On 24<sup>th</sup> June, we conducted a Light Channelling session in Yelwadi village school. During the session I narrated how Light helps us in every way in our life. We also channelled Light to clouds. The session was very calm and good. After the session I told them how it had rained in Latur last year after we had channelled Light to the clouds. As I was speaking about this experience, it started raining! It rained for five minutes and then stopped. The students were so happy that they started clapping at once with joy.

- Santosh Kore, Volunteer

The highlight of today's (09-7-2017) Light Channelling session at Christ Global School was, when the students started channelling Light, the borewell which was too noisy went quiet all of a sudden. The silent prayers were answered. Thanks to Light.

- Vijay Kumar, Volunteer

On World Channels Day, during the Light Channelling session in Gulabbai Kataria School, I could experience a lot of Light. The energies were palpable. After the session a teacher told me that the technique had calmed her and had she known about it earlier she would have cut short her "Om"

chanting. Another teacher shared that the bus she was travelling in, had a breakdown on the way, so she had to walk back two stops to catch another bus. This had made her tense, as she had to reach the school on time. But after channelling Light, she was feeling fresh and energised for the day, in spite of the mental and physical exertion in the morning. Yet another teacher, Ms. Hema Gore, shared that this would really help her. She had really enjoyed the session.

- Geeta Joshi, Volunteer

Light Channelling brings out a new good thing in me every day, which I want to develop more in myself and apply in my studies. I feel that my surroundings are peaceful and clean.

- Janhavi B K, Std. X, Basaveshwara  
High School, Byatarayanapura,  
Bangalore

By practising Light Channelling daily for 7 minutes my mind is relaxed. I feel very happy to spread Light to the whole world. My concentration has increased and behaviour has improved. There is no ego or jealousy in me.

- Bhoomika N, Std. X, Basaveshwara  
High School, Byatarayanapura,  
Bangalore

Light Channelling was a very good experience for me. It relaxed me and made me tension free. I felt that Light was with me for a minute. Practising it daily will make me a good human being.

- Ashwini T, Std. X, Basaveshwara  
High School, Byatarayanapura,  
Bangalore