



**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

Volume 8, Issue 1

Bi-Monthly Newsletter

Jan-Feb 2018

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talk)

At any given time our mind is full of many types of thoughts and emotions. Most of them are so unimportant, so unrelated to the purpose of our existence. These thoughts and emotions have caused so much damage, wasted so much of our life we have forgotten the real purpose of being born here.

We have to understand that we are not these thoughts and emotions. We are different from them. We are Light. We are Love. We are Peace. We are Truth.

These disturbing, angry and unhappy thoughts and emotions are not ours.

We have to try to be a witness to our thoughts and emotions. We should not identify with them. When we become a witness, we will automatically distance ourselves from them.

When we are a witness to our thoughts and emotions, we will find them very amusing. We will wonder at the number of thoughts that come and go. We should let them pass. We should not let them in.

We unnecessarily get involved with them and spend all our energy and time on them. We will have no peace. When we create a distance between ourselves and our thoughts, we feel that they are so unrelated to us. We don't feel disturbed. We will be at peace, and we allow others also to be at peace.

## HAPPENINGS

**Jayant Deshpande**

There is something special about the New Year. Every new year brings new energies, new hope and new opportunities to take us closer to the New Age. There is more Light and It fills us with new enthusiasm to celebrate Life. Apart from school authorities and children, who welcomed the Light Channels Movement with open hearts, the intellectuals of the corporate world are now slowly joining us in this noble effort. The Light helps them deal with the stress that has become a part of the lives of the working class. This is a welcome development. Global Peace can be established only when individuals are peaceful!

## LIGHT WORKS

**Manoj Chopra**

Another World Channels Day, yet another opportunity to spread Love and Peace on Earth. Although 8th World Channels Day falls on February 1, 2018, preparations for the day have begun much before. Every World Channels Day is special and unique.

Like every year, Light Channelling Volunteers have geared up for the day. They want to make this day memorable by leaving no stone unturned. It is a gift to their Master Amaraji on his birthday. Our Guruji, Amaraji and Astral Masters always bless this day by bringing down special energies.

I request all the School Authorities to join hands in our effort of bringing down more Light, by participating on World Channels Day.

After World Channels Day, the World may not change completely, but I am sure it will be a better place.

## 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, 17<sup>th</sup> Cross,  
Malleswaram.

☎ 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, 7<sup>th</sup> 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

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

Balamuri Mahaganapathi,  
Sri Rajarajeshwari and  
Sri Lakshmi Narayana Temple,  
8<sup>th</sup> 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](mailto:info@lightagemasters.com)



Employees of IBM, Bangalore, channelled Light on 13<sup>th</sup> December 2017

## QUOTES FROM THE LIGHT MASTERS

- ❖ When you commit a mistake, realize it's a mistake, accept and don't repeat it. Say sorry and it's over, but you have to be careful not to condemn yourself.
- ❖ If you love God, you meditate well. In Meditation you meet Him, you experience Him.
- ❖ When you meditate and manifest goodness everyone cooperates, because there is goodness in everyone. Even if you only carry goodness, but don't actually manifest it, everyone still responds with goodness.
- ❖ Add love to any practice, add love to any effort, add love to any relation and you will see wonderful results.
- ❖ Spirituality begins with small details in life. Punctuality is Spirituality. In every detail of life one has to be prompt, proper. That is Spiritual.
- ❖ When you grow spiritually, you grow in every area; your whole personality will be refined. Every word that comes from you will be full of love. Every thought, every gesture, all your behavior will naturally be of utmost refinement.
- ❖ Spirituality begins not with Meditations but with the details of life, the way you talk, the way you write, your tone, your gestures, etc.
- ❖ When life can be simple and peaceful, we mess up unnecessarily by our egos and emotions.

-Guruji Krishnananda

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>:</b>	<b>5143</b>
<b>Students channelled Light</b>	<b>:</b>	<b>27.83 lakhs</b>
<b>Schools channelling regularly</b>	<b>:</b>	<b>1240</b>
<b>Students channelling 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.**

## Practice to Experience

Karthik N

“Practice Makes a Man Perfect” is a proverb which many of us are familiar with, from our childhood days. We may not be conscious about this proverb. However, it serves as a subconscious guideline to us. The attempt to reach perfection is a continuous process for many of us. If not perfection, we definitely strive to do our best. In our society, and our World, we see many great personalities who make this proverb come true. In the domain of Arts; great musicians, painters and dancers are a fine example. Athletes are a proof of what we can achieve with practice. Doctors, Engineers, Lawyers and professionals in other domains learn precision and develop expertise with consistent practice. In the Spiritual field, Gurus and countless sincere Sadhaks shine as Pathways. Many of us look up to these wonderful personalities who inspire us. They become our role models and we strive to follow a similar path to bring out the best in us. Be it in the material domain or Spiritual domain, many have reached mastery through consistent efforts, through incessant practice.

The Light Channels World Movement is also based on this core aspect of practice. What is it that we practise here? It is not just the technique of Light Channelling. We practise being good, we practise living honestly. We try to remove all falsehood from within and practise Truthfulness. We practise spreading Love and Peace until it becomes our nature. We make continuous efforts to bring out the good aspects from within. This process is greatly enhanced by the Light that we experience while practising the Light Channelling technique. Actually, it is Light that we try to bring out through these efforts. Light is goodness, Light is positivity. The focus here is more on practice - to experience Light.

During every session conducted in a school or college, and in our Regular Channelling Centres, we observe that the Light Channelling Volunteers speak less. They explain the impact and benefits of Light Channelling. They emphasize on the practice of the technique and assist the process. The Volunteers explain only what is necessary and stick to the subject. And they do not spend more than the time needed in the sessions or with the authorities. They consciously do this to drive their message home that practice and experiencing is more important. Though their role is very challenging, their attempt is sincere. The Volunteers emphasize that as we practise more, we will be able to experience Light. And, experiencing provides us the clarity and strength to bring out all the goodness in us. When more of this happens, the not-so-good in us slowly weakens and automatically vanishes. We also contribute towards establishing positive vibrations around us and the society.

Practising more of Light Channelling, leads to experiencing more of Light. This brings out the Best in us. ■

## 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

### Chennai

**Sundays (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, the second volume 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 2018

### A Request from Manasa Foundation

#### Respected School Authorities,

Kindly join us on 8<sup>th</sup> 'World Channels Day' which is on the 1<sup>st</sup> of February 2018, by following the below mentioned steps during the morning assembly or at any convenient time on this day.

#### 1. Introduce Briefly :

It is 8<sup>th</sup> 'World Channels Day' today. 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 8 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**