

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 8, Issue 4

Bi-Monthly Newsletter

July-August 2018

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 9th April 2000)

Discipline is, first respecting and then following the guidelines or the instructions or certain principles. And again it is not merely or mechanically following like a forced ritual. Discipline is not that which we follow by force. It's a kind of a way, it's a way. There should be willingness, complete willingness and love behind it. If you can follow discipline in this way that is the best way. And if we follow it when we don't have a choice; out of fear or out of a kind of compulsion, it is definitely not good. Anyway, I say it is not very bad compared to not following at all; this is better, at least we follow out of fear.

This is true in case of Meditations also. We must love to meditate. Not because someone else compels us to do it. We meditate very regularly when we have problems; to get out of the problems. Once the problem is eased out we know what happens. Then we have a thousand reasons not to meditate.

Discipline is not a one-time practice: today we follow it, tomorrow we don't follow it. Discipline is a way of living. We have to live it every day.

HAPPENINGS

Jayant Deshpande

Lakhs of children and thousands of people across the world channel Light regularly. The individuals channelling Light are experiencing the benefits in their personal lives. The impact is also observed in their school premises and surrounding areas. The impact is also global, although it cannot be specifically recognized as impact due to Light Channelling; it cannot be quantified. It does not matter.

Guruji Krishnananda had explained to us that there are several Masters working in the higher planes, channelling wonderful energies to help the positive forces. There are many meditators across the world contributing silently to these Peace efforts. We all are One.

LIGHT WORKS

Manoj Chopra

In this new academic year, there was a great beginning for Light Channelling work. Like every year there was an overwhelming response from the schools and there was an instant acceptance for channelling.

Several school authorities invited our Volunteers to begin their first day of school with Light Channelling. It was heartening to observe one of the schools put a small banner on the school gate, inviting children for Light Channelling session on their opening day. What a great inspiration for Light Channelling work! Another school presented roses to our Volunteers after Light Channelling session, as a token of their Love and Gratitude.

We thank all school authorities for their unconditional support. Their motivation is inspiring us to continue this Universal work.

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

website : www.lightagemasters.com, 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, 17th 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,
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

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



Members of Light Channelling Center, Jayanagar, Bangalore channelled Light on the occasion of its 7th Anniversary, on 27th April 2018

QUOTES FROM THE LIGHT MASTERS

- ❖ Yoga is tuning up to God and living all the twenty four hours, the whole life, in Divine Consciousness.
- ❖ Two important factors when we take up this life seriously are love and freedom.
- ❖ Pralaya is not destruction, but change. It is a process of sublimation of emotions and thoughts. Pralaya is a churning process. It is a shift into higher consciousness. It is transformation.
- ❖ We should always think, feel and act big. Vastness and bigness should be at all levels.
- ❖ When we really begin to put efforts towards self-transformation, all help comes from the Rishis in the form of knowledge, guidance and energies.
- ❖ Every time man drives himself to the point of no future and no hope, the forces of Life light the candles of Love and Hope, and Life asserts itself gradually wiping out the forces of destruction.
- ❖ Our nature is Love, Compassion, Non-violence and all that aids the ongoing processes of evolution.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	:	5352
Students channelled Light	:	28.48 lakhs
Schools channelling regularly	:	1240
Students channelling 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.**

Regular Light Channelling Centres

Karthik N

Educational Institutions like schools and colleges are an important and inseparable part of the Light Channels World Movement. In fact, many assume that Light Channelling is only for children and is done only in schools and colleges. The Truth however is that, it is a practice for all age groups. Innumerable adults practise Light Channelling all over the World, its only that the number is not gathered or published.

Lakhs of children gather in their own schools and channel Light regularly. But, it becomes difficult for the adults to gather in a similar way. To facilitate this, Guruji Krishnananda envisioned the "Regular Light Channelling Centres" several years ago. These Centres are for all, particularly the grown-ups who are provided with an opportunity to meet regularly and channel Light together. There are such Channelling Centres which are running for several years now. Recently, some of the Centres completed 7 years of channelling regularly. There are other Centres (details are mentioned in this Newsletter) which are also being run for several years. Other than these, on certain occasions we also hear about a few individuals who gather people in their own homes or in their work places and channel Light in smaller groups.

Anyone can come to the Light Channelling Centres and participate in channelling of Light. There are no lectures, no registrations, no compulsions and no fees here. These Centres are setup with a noble intent of enabling anyone to simply come, experience Light and go back without any strings attached. Many Centres facilitate practice up to 30 minutes! We know that the longer we practise, the deeper is the experience and more lasting is the impact. These Centres anchor higher Energies and silently assist in positivisation of the locality.

The benefits of 7 minutes of practice shared by children are printed in these newsletters. With longer duration of practice in the Light Channelling Centres, the list of benefits are definitely more. and the experience helps everyone deal with various challenges in their lives. We have observed that many take up higher Spiritual practices after coming to these Centres. There are several reports of healing and life transforming experiences of those who practised in these Centres. The higher energies not only help in dealing with difficulties, they also help in enhancing the happiness in our lives!

The "Regular Light Channelling Centres" play a quiet and significant role in the Light Channels World Movement. Such Light Channelling Centres will be the places of Worship in the future, where people of all beliefs and faiths can come together to experience their personal connection with God; with Light. More such Centres will be opened in the future. Schools where Light Channelling is practised regularly are also Light Channelling Centres in their unique and special way.

Come along! Join us in these "Regular Light Channelling Centres" and deepen your relation with God. ■

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

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)

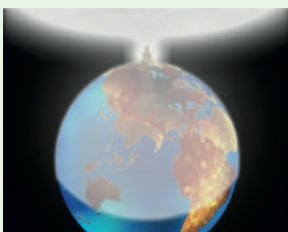
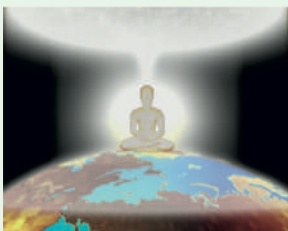
3 - B, Kapila Housing Society,
Gokhale Nagar

☎ 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, the second volume was brought out. Both the volumes of the book can be freely downloaded from our website: www.lightchannels.com

EXPERIENCES

Compiled by Vaishali Joshi



My son is studying in Intermediate II year. He has passed the State Board exam of Intermediate I with 98%. He had channelled Light before he started answering question papers during all the exams. Since we practise Light Channelling daily at home, he carries that positivity. Despite less efforts he got very good results. I am very humbled with Guruji's blessings.

- Jayashri Vasudev, a Light Channel

I had an important appointment last month and I travelled on my bike for the meeting. While I was on the Hosur National Highway, my bike stopped all of a sudden in the middle of the road. I pushed it to the side and tried to figure out what was wrong. I tried for about twenty minutes without success. I had a fever and was worried about the official appointment. I knew that I would have to push it for 3 kilometres to reach the nearest garage or village. I prayed to Light for help. I had pushed the vehicle for hardly 50 metres when a person came and offered to help. He fixed the problem without any tools, and my vehicle started working fine. After going a few meters it struck me that the entire stretch of road was empty, and the person had appeared out of nowhere to help me after I had prayed! And I could reach for the appointment before the scheduled time!

- Rajan R S D, a Light Channel

Wi-Fi is available on two frequencies - 2.4GHz and 5GHz. The Wi-Fi router at my home supported only the 2.4GHz frequency. My phone had stopped detecting the 2.4GHz Wi-Fi signal altogether, since I had its battery replaced. This essentially meant that I had to buy a new phone. I sent Light to it, and prayed to the Rishis that I did not want to buy a new smartphone and asked for help. The very next day my Internet service provider called to inform me that my home broadband plan was due for an upgrade. This upgrade included a brand-new router

which supported 5GHz signal free of charge!

- Vinamra Longani, a Light Channel

Light Channelling really helps the one who has faith in it to succeed in life. I have experienced the results many times. It gives me strength and excitement, and motivates me to accomplish many things. A minute or two is enough to get refreshed by connecting to Light. It's just like a charger for our daily tasks. A few friends near my house were dull in studies. They told me that they were unable to understand and grasp what their teacher taught them. I shared the technique of Light Channelling with them and now they get distinctions in their exams! They also say that their teachers appreciate them for this improvement. They thank me every time they meet me!

- Bhumika B. J, Std. X, Canaan Christ Public School, BTM Layout, Bangalore

After practising Light Channelling, I got a huge amount of positive energy which helped me to speak on stage. I feel good and very confident.

- Madhu, Std. X, Dayananda Sagar International School, Kumaraswamy Layout, Bangalore

When I was studying in Bangalore High School, we used to practise Light Channelling on most of the Saturdays in the school. We also practised before mid-term and final exams, because that was the time when we had to concentrate a lot on studies. Ours was the noisiest class. On the days when we channelled Light we were very calm and peaceful, and the teachers loved our class on such days! Light Channelling helps a lot.

Today, I channelled Light after 5 months. It was a great experience. I could feel the Light entering me and all the darkness, fear and anger going out of me. Thank you for showing me my capability.

- Janvi Singh, I PUC (FAA), NMKRV PU College, Jayanagar, Bangalore