



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 6

Bi-Monthly Newsletter

Nov-Dec 2018

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 5th May 2000)

When we start meditating, we can see the effects, the influence even in our surroundings. Go to your place of Meditation, anyone will feel peaceful there, not only us. Anyone who enters our room, anyone who comes near us will feel this strange peace, strange calmness. We need not meditate in our offices; we are supposed to work. We can't meditate there. But people can feel the peace vibrating and reflecting from a Meditator, even in his or her office, in the surroundings, even in the objects. So a Meditator is virtually a bank, a moving bank of peace. This is a wonderful thing. It's a benefit that we get now; in this life, immediately. These are all the facts we have to go on reminding ourselves always, at least often.

HAPPENINGS

Jayant Deshpande

Some of our Volunteers are so committed to spreading the awareness of Light Channelling, that they continue this work even while travelling to other areas for attending a family program or even when they are on vacation. With such dedicated efforts, Light Channelling reaches unknown corners of India and the world.

Light is available everywhere in the form of very subtle energies. When we channel Light, we act as transformers and convert the subtle energies of Light into slightly grosser form so that these can be absorbed by other human beings. That is why although the Light is present everywhere, Channelling of Light is so important, this effort in spreading the awareness of Light Channelling is so important.

LIGHT WORKS

Manoj Chopra

An innocent 'thank you' letter from a student to our Volunteer for teaching Light Channelling in his school, and inviting her for another session was a gratifying moment for all of us. Such moments are always engraved in our hearts forever. Light Channelling work is full of such moments of joy and happiness. We are fortunate to represent such a great work which is a gift to humanity.

Although the year 2018 was full of turmoil, confusion and surfacing of ugly realities, I feel it also brought more Light to the World. It was also the year of tests and perseverance of our faith in Light and God. New Age is waiting at our doorstep. It is up to us to open the door and receive it.

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,
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, 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



Children of Snehwan, Bhosari, Maharashtra Channelling Light on 26th August 2018

QUOTES FROM THE LIGHT MASTERS

- ❖ A Spiritual person is always liberal, simply because he is always very tall and strong. A strong person will not condemn a weak person; rather, he will sympathise with him. We, as Meditators, have to expand our thinking and tolerance.
- ❖ Deep within us is an oasis of Peace and Love. This is a reality. The first step in Sadhana is to establish a relationship with this oasis. If we do, all our problems will vanish.
- ❖ When we establish contact with our Source, we will have Peace. Then, nobody can unsettle us; others will be influenced by us. When there is Peace, Love comes out. It has a wonderful effect of harmonizing everything.
- ❖ Every problem has a solution. We may not be able to find it, but somebody else may help us find it. It may be difficult to accept, difficult to understand, but the truth is that for all problems, the solution begins with the individual.
- ❖ Diversity is the speciality of this plane. There is beauty in this diversity. Different types of plants, birds, mountains, rivers, colours, musical notes etc., are a part of this diversity. God manifested Himself here on this plane in this diversity. Diversity is His expression on this physical plane.
- ❖ We have to be extra careful - particularly in these times of pralaya - not to interfere with the life of others. Amara said, "During the time of Pralaya if you try to meddle with the world, it will bring you tears."
- ❖ Let us develop humility. Only when we are humble we can surrender and we can go near God. Humility is not a weakness. A weak man cannot be humble.
- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

| | | |
|---------------------------------------|----------|--------------------|
| Schools participated | : | 5503 |
| Students channelled Light | : | 28.84 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.**

Application of Light Channelling

Jayant Deshpande

A person would find it very difficult to sleep at night. She was aware of Light Channelling and would also practise it when she found time during the day, but had never tried practising it at night before sleeping. Once she could not find time for her Light Channelling practice during the day. At night she remembered that she had missed her practice and wanted to practise it before going to bed. Then she channelled Light and slept. In the morning she realised that she had slept undisturbed! She realised that this was due to her Light Channelling practice at night. Accidently she found the solution to her sleep problem on her own.

Guruji Krishnananda would always ask us to apply the Spiritual knowledge in our daily lives. He would urge us to make use of the Light Channelling practice to build a relationship with Light. He would urge us to take help from Light. Light is like our father or mother. He used to tell us that this is a plane of opportunities and this also is a plane where we have to make efforts, we have to struggle to achieve our goals. We have to apply the Spiritual knowledge. Application of the knowledge is important. Even the gifted people – people who are gifted with unusual talent – have to make efforts; have to struggle. They have to practise regularly. Without practice or efforts, the most gifted people also cannot reach their goal. This is true in every field – Material or Spiritual.

In this plane of struggles, we are helped when we struggle; when we continue our efforts. This person was helped to find a solution to her problem with sleep. When we receive help like this from the Light, from the Universe, we naturally feel motivated. The Light shows us, through such experiences, that It is with us. That gives us the inspiration to continue our efforts. We may take time to reach our goal, but the journey towards our goal is also a very beautiful experience. That is why I believe that we should not stop the journey. We should not give up – even after a million failures. Failures as we see them, are a part of the journey.

None of us want difficulties, but it is so true that the difficulties bring us closer to God. We have to make sure that we do not go away from Him again. Then the difficulties will not affect us even if they do not stop. God is always with us but we probably realise His closeness only when we are in difficult situations. Guruji Krishnananda would always tell us – the Life here on this earth is so Divine. We are living in God.

In spite of the corruption, the injustice, the dark showing its horrifying manifestations in grotesque deeds, the Light shines in our ordinary lives.

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



For the last few months I have been suffering from pain due to sciatica. I was unable to stand even for ten minutes. I visited the doctor and also requested Light to help me. I had planned to attend a programme where four renowned doctors were giving lectures. Two of the speakers were Dr. Amate and Dr. Bharat Watwani. I went on time, but the hall was packed and no seats were empty. I had to stand at the back. I was aware that I wouldn't be able to stand for more than 10 minutes. After some time the sciatica pain started. I felt sad, but I did not want to leave the hall. So I closed my eyes and requested Light to enter my body. I filled my body with Light and requested Light to help me. To my surprise somehow the intensity of pain slowly became less and I was able to stand for the next forty minutes. I enjoyed the programme. It was a great evening as I felt the presence of our Beloved Guruji. I know that Light helped me.

- Santosh Kore, Volunteer

I had taken permission for a Light Channelling session in a school. But I was feeling uneasy in the morning and started vomiting. I kept calm, and prayed to Light and the Masters. I became alright and could conduct the session well.

- Padmaja Bajpai, Volunteer

Light is very powerful and takes us to the path that we seek in our life. When we share our feelings, thoughts, problems etc., with the Light we seem to instantly connect ourselves to our needs. Light is full of positive energy and I believe that we can get solutions to the problems in life. I, along with my colleagues and students, have

experienced this flow of positive energy. Practising Light Channelling on a regular basis brings peace, joy and reverence to the mind and soul.

- Ms. Hemavathi, Headmistress,
Nalanda English High School,
Kurubarahalli, Bangalore

Our student, Darshan brought laurels to our School by securing 94% in the Standard X Board Exams (2017-18) without taking help from tuitions outside school. He studied and prepared from the coaching given in our school. Light Channelling is the inspiration behind this achievement. We are proud to say that this was possible for him because of Light Channelling.

- Mr. R. M. Naidu, Secretary,
New Carmel School,
Hoskerekhalli, Bangalore

The Light Channelling session was very peaceful. I enjoyed it. Thank you.

- Jagjit Singh Bedi,
Guru Nanak Vidyalaya Society,
GTB Nagar, Mumbai

I channel Light every day. It is helping me. I used to be very scared whenever I was scolded, but now I am alright and also enjoy my studies. I am very happy.

- Susheela, Student, RBBPAM High
School, Bangalore

I channel Light at home every night after the TV is turned off and everyone goes to sleep. Now I am smiling all the time. I have also improved in studies.

- Jothi Prakash, Std. IX,
Shalini School, Bangalore