



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 5

Bi-Monthly Newsletter

Sept-Oct 2018

A MESSAGE

Guruji Krishnananda

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

We have to expand the word 'Fraternity' to the entire life. We do not merely love the other person; we love every creature on this earth. We have now realized that liberty is freedom to think, freedom to explore and freedom to live in the way we want to live. This freedom is our birthright. Even God does not impose things on others. This freedom is a birthright, but when we try to interfere with the freedom of the other person then this freedom is not correct. That way in fact there is no freedom at all. It sounds like a joke, a paradox, and it is so. Just because I am free, I can't go on doing things as I want. So there are curbs, limitations, which I impose on myself. Equality, fraternity, freedom - I think we have to understand and live in these expanded ways in the new millennium.

HAPPENINGS

Jayant Deshpande

When a child had unbearable pain in the abdomen, the grandmother of the child began Channelling Light and within minutes the child began smiling. When a meditator's car got stuck in a ditch, he prayed to the Light and within minutes received help from an unknown person who got the car out of the ditch with the help of a few others. Later, when the meditator looked for the person to express his gratitude, he realised that the person had already left and could not be seen!

Light is God Himself. When we are in distress, we seek His help and He always responds.

LIGHT WORKS

Manoj Chopra

This year, Light Channelling work got a great momentum because of meticulous planning and initiatives by our Area Coordinators. During the months of June and July, teams covered maximum schools in spite of several personal challenges and intermittent rain. Mass Light Channelling on third Saturdays is also a great initiative by Area Coordinators. It is helping our Volunteers to work together and get maximum people to channel Light on a single day.

Although there is violence and hatred around, there are also several incidences of Love, Peace and Hope. The World looks more united and is marching towards a better future. Although journey towards the New Age looks difficult, it does not look impossible. Let us wait for a Brighter, Prosperous and Peaceful World. Until then, let us pray and continue Channelling.

MANASA FOUNDATION (R)



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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



Teachers of Mashaal Foundation, Hadapsar channelling Light on 28th June 2018

QUOTES FROM THE LIGHT MASTERS

- ❖ We take up Meditations to achieve Peace, Bliss and Happiness. We can achieve these only when we establish a harmonious relationship with everyone. We should honour and respect the other person's mood, come down to his level, sympathise and understand him.
- ❖ Every negative thought and emotion will add a layer of ignorance.
- ❖ Destruction is the other part of Creation. Both are parts of our life. They go side by side. Old ideas should die so that new ideas enter.
- ❖ Spirituality is not about starving, denying life sitting in a corner; shutting off from the world or living in poverty. It is experiencing life fully and completely, but people usually think that they have to throw away the material world to become Spiritual. A person living in luxury can be the most Spiritual.
- ❖ God is omniscient. He creates and also destroys, simultaneously. He even knows the whisper of ants in all the worlds He has created.
- ❖ If we wish to have Peace in ourselves and wish to make Spiritual progress, let us not give importance to petty details of life. We have to concentrate on the essence, not the details.
- ❖ In Love, forgiveness comes first. We have to be forgiving all the time. It is not easy. Sometimes we have to be tough. When something is not correct, we must tell the person, show that we do not like it, but we should not have any negative feelings in our hearts. We should always think, feel and act big.

- 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.**

Universal Friend

Usha Satishchandra

August 5th was celebrated as Friendship Day. I am sure many children would have enthusiastically tied friendship bands to all their friends as a symbol of bonding of their cherished relationship. It's a very innocent and pure act to express one's love. As children, in these formative years we nurture and cherish every acquaintance as a true friend. What a glorious period childhood days are! We eventually realize we have friends for a reason, friends for a season and friends for a lifetime, and sadly sometimes no friends at all. Some children find themselves in such situations.

After a Light Channelling session in a school, a student of class VIII walked up to me and shared one such bitter experience of hers. Her close friends had chosen to keep away from her. Whenever she tried to talk to them or go along with them, they made excuses and avoided her. She went into her shell. She was deeply disturbed and confused. She was unable to handle this isolation from her friends with whom she shared everything. My heart went out to her. I realized the most painful goodbyes are the ones never said and never explained. The only solace I could think of at that point of time was the most profound knowledge and experience passed on to me; that is to channel Light to her friends. I assured her that all walls of misunderstanding built can be broken with Love and Light.

I recalled this statement from the Master of Light Channels World Movement, Guruji Krishnananda, "Choose from your heart, you will find a true friend in Light." Guruji experienced Light as a personality, as God Himself. He said, "When this happens you will never falter. You will blindly trust Light. You will find in Light not only a friend but also a guide and a Guru. It takes care of us. The Light will never let us down. Be aware of this friend. Love the Light. Make this Light your companion." I silently passed on this Light to her. Such communications happen in every Light Channelling session. Light communicates to the individuals at whatever level they choose to communicate and caters to them individually – A Universal Friend indeed!

You can communicate with Light and you get all answers. Light is the most powerful! You get all help. It protects, guides, helps us in every way. Friendship isn't about whom you have known the longest, it's about who walked into your life and assured you through his acts, "I am here for you." Well, here is the most wonderful opportunity to choose to channel Light and to experience this greatest everlasting friend, who will help you enter into the band of Universal friendship where you experience eternal bonding of Love and fulfilling relationships. We can then not just survive but live joyously. Let us bond with this one friend every day, communicate periodically, experience great Love and in turn build better relationships with people around us and also help humanity at large to go through such an experience. 'Channel Light and Spread Light', can be the mantra for a Friendship Chain. We are yet to weave this amongst ourselves and others. Let us pass on the Great Light.

If you want to strengthen your friendship and have more friends, then gift the technique of Light Channelling. The bond increases with this kind of Universal bonding.

A statement, I came across as a student, by Kahlil Gibran is probably one's dream friend – 'For without words, in friendship, all thoughts, all desires, all expectations are born and shared, with joy that is unclaimed.' Light, a true friend is all this and much more. A bonding from our side is all that is needed. With this, a celebration of everlasting Friendship begins.

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,
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

EXPERIENCES

Compiled by Vaishali Joshi



Light Channelling sessions are held regularly in our school. I channel Light every day. It helped me not to feel the pressure of Class X, State Board examination. The school which was my centre for the Board exams was located in a very crowded area, with a lot of traffic. There was a lot of noise during the exam and I could not concentrate on my paper. I channelled Light for some time. My mind became calm, and I could recall everything that I had studied. I could write my papers very well and I have obtained very good marks.

- Sunita Rathod, Student, Murkute High School, Pune

Light Channelling helps to create positive thinking in everyone's mind. It helps in concentration and creating critical thinking ability in all individuals.

- Ms. Shayma, Teacher, Poorna Prajna Education Centre, New Thippasandra, Bangalore

In my previous school, we practised Light Channelling daily for three years. Our class, Section 'C' was considered a dumb class. But because we channelled Light, we became school toppers along with section 'D'! The other sections went through a lot of stress due to school hours being doubled for achievers and they scored less than their potential. Light Channelling also helped me personally to cope with my skin disorder and to heal myself.

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

I felt very fresh when I was Channelling Light. I could really feel the Light entering into me and filling each and every part of my body, and I could feel the others' energy as well! I could literally feel that everything was animated. I felt that all the negative energy in me was removed by Light's positive energy. And when I rubbed my palms on my eyes, I felt softness in me. Thank you!

- Disha Gurunath, I PUC (SSA), NMKRV PU College, Jayanagar, Bangalore

We are practising Light Channelling twice a week in our school. The Class leaders conduct it during the assembly. The students also practise in their classrooms. I have observed that the General Knowledge of students has improved. Also, they are showing more interest in studies now.

- Ms. Prema S. G., Head Mistress, Loyola Higher Primary School, Gottigere

When I was in 4th Standard, during the second semester examination, I could not understand a few things in the English question paper. I practised Light Channelling for 7 minutes and then I was able to recall whatever I had learnt. I was able to answer all the questions given in the paper. So, now I practise Light Channelling every day in the morning and evening.

- Yashasvini J., Std. V, S.R.G.V.V.K. Trust, Gottigere