



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 9, Issue 1

Bi-Monthly Newsletter

Jan-Feb 2019

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 15th Jan 2012)

When we experience the Light, it is as if we have gone back to our home where we are completely at peace. There is Bliss. We require nothing more when we are here, when we are experiencing this Light. We feel we are whole; complete. We require nothing. We can say we are perfect. At that moment we feel the perfection. Of course there will be absolutely no negativity, no negative thought, I should say no thought at all. There is this feeling of security. There is so much of Stillness here. You have to be aware of it. This Stillness is the Stillness of the core.

Think of a huge storm. We know that at the center it is very still. It is at the periphery that there is a lot of turmoil. Similarly whenever we experience Light we are in the core. All other things of the world, of life etc., are at the periphery, at a distance. This experience is a kind of wholesome experience. I wish you practise this more whenever you have time. You can practise this while travelling or at any time convenient to you.

HAPPENINGS

Jayant Deshpande

Through Light Channelling, we are working to actualise a Dream; the Dream of our Masters. It is the Dream of a world full of Peace and Perfection. Will we actually be there to see the Dream actualised? We do not know. It depends on the people of this world. But all such noble dreams vibrate and become a reality as more and more people join and strengthen the vibrations. It may take time to manifest fully, but we can see the glimpses in the school children now. That encourages us and strengthens our hope.

LIGHT WORKS

Manoj Chopra

This year we will be celebrating the 9th World Channels Day. Light Channelling Volunteers want to celebrate Maharshi Amara's 100th Birthday in a very special way by conducting a huge number of Light Channelling sessions. This will be their offering to him. So they started preparing several months ago for the upcoming World Channels Day. It is their love for the Masters, which made them toil hard in spite of many challenges. They are working diligently towards a perfect planning, so that they can make maximum number of people channel Light on World Channels Day.

Every World Channels Day opens up new opportunities to choose Light and transform. It opens up yet another door towards Light Age. Let us gather in groups in houses, parks, temples, schools, colleges, old age homes, orphanages etc. on World Channels Day and bring smiles to millions.

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



Ex-students and faculty of University Visvesvaraya College of Engineering (UVCE) Channelling Light during their reunion in Bangalore, on 4th November 2018

QUOTES FROM THE LIGHT MASTERS

- ❖ When we have a very genuine, simple, sincere, pure emotion and thought, we will feel so much of happiness. There will be no confusion. We feel as if we are Gods.
- ❖ Whenever we take extreme positions, we commit a mistake. We have to understand that this world, this plane, is a plane of diversity. A person is neither completely good nor completely bad. There are proportions, variations.
- ❖ If we meditate regularly, we never miss a good thing and we never make a wrong choice. That's why, in anyone's life, the most important activity should be Meditation.
- ❖ The thought power is important. Every thought is a force. It affects our life. If we have good thoughts, there will be good effects. With our own thinking and emoting we build up our own happiness or destroy it.
- ❖ Selflessness is living for others; living for the world, and not just thinking of oneself and living for oneself.
- ❖ A Spiritual person will be a very good teacher. He will also be a very good student. Unless we learn, we can't teach. He will be a very good businessman and also a very good customer. Whatever the role he chooses, he will be the best there; in that particular role.
- ❖ Meditation will not just give us strength, it will also give us enough wisdom which helps us deal with life.

- 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.**

The Inspiration

Jayant Deshpande

It was in 1974, when the Light Masters initiated the processes for establishment of New Age on this earth. Maharshi Amara was one of the prominent Masters involved in that work. At the human level, he initiated the New Age Spiritual Movement. He was the first person to talk about the New Age. Since 1974, the world has moved forward towards the New Age. There is a kind of awakening which is spreading and people in huge numbers are turning towards Spirituality. Millions are meditating and a lot of research and study is being done in the field of Meditations. Researchers and along with them people in huge numbers are beginning to accept that Meditation has a positive impact on the human body and consciousness.

Maharshi Amara had explained that in the New Age, people would reach the highest in the field of Spiritual and material sciences. People will be so advanced Spiritually that they will not know how to speak a lie! And they will be so advanced materially that they will have spaceships to travel to other galaxies! There will be changes in nature. There will be no thorns! There will be Peace at all levels and people will channelise their energies to bring out the best of their inner creative potential. It is difficult to imagine a world like that now. But then who could have imagined a few decades ago that the world would be what it is now. Nobody would have imagined, even a couple of decades ago that mobile phones would be an inseparable part of our lives!

Maharshi Amara is the inspiration behind the Light Channels World Movement launched by Guruji Krishnananda in the year 2008. He is the inspiration behind our efforts to teach Light Channelling in schools. On February 1, 2019 - World Channels Day- we will be celebrating his 100th Birth Anniversary. What a tribute it will be if the whole world joins us in channelling of Light on that day and asks for the New Age. The New Age is waiting to descend, but it has to wait until we are ready to receive it and really intend for it. Nothing is imposed on us by the Universe, not even good things. Light Channelling prepares us to receive the New Age. The encouragement we have received from the schools is overwhelming, considering that we have a handful of Volunteers working for this cause. But we want the whole world to join us.

Our work is based on Freedom and Love. There should be freedom to accept or reject. Love, Freedom and Patience are the principles of the New Age. How can it be established by means that are not based on these principles? We wait patiently for the world to join 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

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



World Channels Day

1st February 2019

A Request from Manasa Foundation

Respected School Authorities,

Kindly join us on 'World Channels Day' which is on the 1st of February 2019, by following the below mentioned steps during the morning assembly or at any convenient time during the day.

1. Introduce Briefly :

It is '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. Also be aware that more than 8 lakh children across India are channelling Light along with you today.

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
8929849652