

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 4

Bi-Monthly Newsletter

July-August 2019

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 29th September 2002)

We have to live, we have to celebrate this life. There is so much of beauty around us; there is so much of glory around us. All this is gifted to us by God. We have to appreciate this. We have to appreciate and experience the Love in a sunset, in a sunrise. We have to go beyond the boundaries of this ordinary life, the ordinary routine. I wonder sometimes, "How many times do we look at the sky?" I think this is a very important part. I say that this is Spiritual. We have to keep a smile always. Only a strong person can smile, not a weak person. A weak person will keep crying, will go on grumbling. Only a Spiritual person can be strong. A Meditator will always be strong. If we feel weak, it means that we haven't meditated enough. A Meditator will never fail! He will always smile! He will always be strong!

HAPPENINGS

Jayant Deshpande

Apart from the morning assembly sessions, even cultural programs in many schools now begin with Light Channelling. This is slowly spreading to other parts of the world. Recently a school in Maryland, USA, began its cultural program with Light Channelling. It was attended by parents of the children also. One elderly person, who is suffering with persistent body pain, mentioned to our Volunteer there, that she did not feel any body pain during the session, as if the pain had disappeared during the session!

With genuine efforts of our Volunteers and support from people, the Light Channels World Movement gathers strength and spreads further.

LIGHT WORKS

Manoj Chopra

It is heartening to note that several schools have started Light Channelling on their own after vacations. Even this year, a few schools called up our Volunteers and asked them to conduct Light Channelling sessions on the first day of their reopening. We are grateful to school authorities, principals and children for their encouragement and support.

Our Volunteers are already well prepared for the new academic year. In their team meetings, Area Coordinators chalked out the initial planning and delegated work to their Volunteers.

We are completing 10 years of teaching Light Channelling in schools. Children have laid a strong foundation for the World Channels Movement. With every Light Channelling session, they are manifesting Love and Peace and creating a new destiny for the World.

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



Members of Pratham Foundation, Mumbai,
Channelling Light on 7th June 2019

QUOTES FROM THE LIGHT MASTERS

- ❖ When we have strong likes, we also have strong dislikes. Strong likes lead to attachments. Strong dislikes lead us to hatred. We begin hating things, people and even ideas. We have to rise above this. That is Spiritual.
- ❖ Our home is God Himself. We have come here only to experience Life, only to see things, witness this wonderful Creation of God.
- ❖ When we experience God at the highest level, we receive wisdom of the highest sort, we receive very great energies to give us strength, to give us strength to pursue what we believe as truth. This wisdom helps us to live this life, this ordinary material life in a perfect way.
- ❖ When we serve others, the first thing that happens is, it humbles us. Unless there is humility, we cannot serve. Serving others sublimates our feelings, it sublimates our thinking. It expands our Love. Unless there is a greater Love we cannot serve others.
- ❖ This life is to be celebrated. This life is a gift. This life is an opportunity, an opportunity to expand and experience.
- ❖ To live in peace, we have to meditate. To succeed in life, to accept the challenges of life, for anything, we have to meditate. Simply because, we gain strength and wisdom, which is absolutely required even in day-to-day life.
- ❖ When we experience Light, when we experience God, many things will be revealed to us; many truths about ourselves, about this Creation, about this Life. It is then we will automatically be full of Bliss.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	:	5682
Students channelled Light	:	29.42 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.**

SCIENCE AND LIGHT

Apoorva Deshpande

The paradigm is shifting and it is shifting fast. As I look back at my childhood, I feel that the kids these days lead increasingly stressful lives. Gone are the days when we could unenthusiastically saunter into class after lunch and yawn through the rest of the afternoon with our eyes fixated on one thing and one thing alone, the class clock, which seemed to crawl through the afternoon!

Most kids lead lives almost as stressful as adults, if not more. With growing competition, the new mantra for kids has become, 'Keep up or get left behind'. This increasing stress will definitely have an impact on the well-being of children and their performance in school. The West is now embracing Yoga and Meditation. Children in schools across the world practise Meditation as various research studies have proven the varied benefits of Meditation.

Manasa Foundation has taught the simple technique of Light Channelling to millions of students and teachers.

A teacher in a Government School in Bangalore, where children practise Light Channelling regularly, mentioned that her students are able to retain knowledge better, they are calmer and their grades have improved as well. Various scientific studies will echo the teacher. In fact scientific studies on the impact of Meditation on various cognitive and behavioural functions have found that Meditation can change the structure of the brain. Neuroimaging studies have shown that Meditation increases the cortical thickness in the hippocampus which is responsible for learning and memory retention.

I would always be very scared before a Math exam and no amount of placating would take away the stress of the impending Math exam. Years later, now I understand that clusters of amygdala in my brain would get activated because of my fear of the subject. The clusters get activated when somebody expresses feelings of fear. Functional MRI's have proven that the amygdala is less activated with regular Meditation thereby reducing fear, anxiety and stress, over a period of time. Behavioural studies have also found an increase in 'working memory' and a decline in mind wandering, with Meditation. A student from Pune who earlier felt sleepy and tired during her exams could concentrate and retain knowledge better after she started practising Light Channelling.

Many schools in the USA are trying to use Meditation as an alternative approach to the traditional method of detention. The students who have erred are made to reflect upon their actions and then made to meditate. These schools have seen a decrease in the number of students requiring disciplinary action.

The headmistress of a school in Solapur said that the children in her school were very mischievous and were not doing well academically, but after practising Light Channelling, the Light had invigorated them and brought about a change in them. A teacher of a school in Kengeri mentioned that the number of school dropouts had reduced and the students became more punctual and attentive after Channelling Light.

There are multiple scientific studies that accept the power of Meditation and the positive impact it has on children. The Light Channelling technique is helping the children immensely. There may be cynics who may question the immense impact that such a simple technique has had on children. But more than 30 lakh children have been touched by this powerful technique and that number continues to grow everyday! ■

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

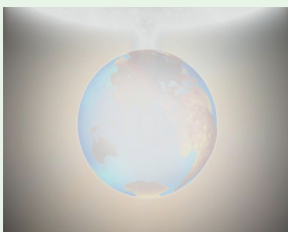
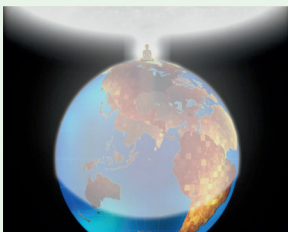
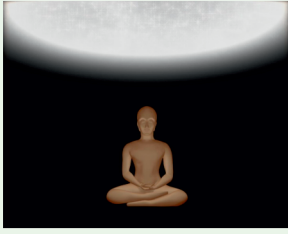
Pune

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

After reading one of our Volunteers' experience in our Newsletter which read - By Channelling Light to the particular office, her overdue pension papers were cleared, I also channelled Light to the office where my husband's pension papers were overdue for more than a decade. It got cleared and along with the due benefits. Light also made me question myself about our over dependence on material things for security and fulfilment, and brought a kind of detachment. I feel Light works both ways – Material and Spiritual!

- Nirmala Bala, Volunteer

I practised the Light Channelling technique for the first time. It was an awesome experience. I felt relaxed. Thank you for the technique.

- Vandana M., Std. VI,
J. S. S. Public School,
Banashankari II Stage, Bangalore

Sometime after I closed my eyes to channel Light, I felt as if I was flying. Then I saw white Light everywhere.

- Sanjitha K. P., Std. VI,
J. S. S. Public School,
Banashankari II Stage, Bangalore

Light Channelling was relaxing and refreshing. I loved it a lot. I wish to practise this every day.

- Hrudhya R. P., Std. VI,
J. S. S. Public School,
Banashankari II Stage, Bangalore

After practising Light Channelling, I felt calm and relaxed, and as if something was beginning to cool inside my body. I felt fresh and peaceful, and loved by Light.

- Purav D. Achar, Std. VI,
J. S. S. Public School,
Banashankari II Stage, Bangalore

When I practise Light Channelling, I feel very peaceful and relaxed. I used to find Maths and Science subjects very tough. After I started practising this technique, I have been able to recollect everything that I study. Now I feel that these two subjects are very easy.

- Sneha S., Std. X,
Chethana Public School, Vaajrahalli,
Kanakapura Road, Bangalore

I used to find Maths very tough. When I practise Light Channelling, I feel relaxed and I recollect everything I study. Also, there were a lot of difficulties at home, but I was relaxed and at peace.

- Nisarga, Std. V,
Chethana Public School, Vaajrahalli,
Kanakapura Road, Bangalore

When I was practising Light Channelling, I could feel the energy flowing through my body. I felt that I was able to concentrate. I felt peaceful and the whole world was peaceful. I feel this is a good practice for our life.

- Annapoorna P, Student

Practice of Light Channelling has transformed my negative character into positive character within a few minutes. This was my first experience of feeling so energetic and fresh; my mind was free from any stress or tension of my board exams. Now I am confident that I will easily pass my board exams.

- Amina Chanda, Lords School,
Hulimavu, Bangalore