



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

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Bi-Monthly Newsletter

Mar-Apr 2019

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 14th May 2000)

We generally live for ourselves. We think of ourselves, we emote for ourselves. It is natural. If we can expand this, if we can expand our emotion, it helps. We can emote for the whole earth, think for the whole earth. We may not be able to do anything. Think of drought; the drought in our own country, think of whatever is happening in other countries; think of places where people are fighting – there is so much pain, so much suffering. At least we can emote for them, emote for the other people. Pray to God. Let us not think that our emoting and prayers are of no use. Our prayers will never go waste. There is one way - if we have money, we can donate; if we have things, we can help physically. You must see; you must admire the people who go to the remotest corners of the world and serve. People go there. They sit and serve. They don't talk. That's one way of service. But everyone cannot go; you can't go, I can't go. Let us sympathise. Let us share. Let us emote for them. Let us think in terms of the globe, in terms of this entire Universe. This helps us grow, this helps us to grow spiritually.

HAPPENINGS

Jayant Deshpande

Like it happens every year, this World Channels Day also brought special blessings, special energies and unique experiences. During an afternoon session in a school, children had to sit in the sun and channel Light. It was quite difficult to sit in the open and out of concern for the children, our Volunteer prayed to the Light and to her surprise a cloud covered the sun and children could sit comfortably and channel Light.

During another session in the hot sun, a cool breeze began blowing suddenly, bringing special relief to the children.

There were many such experiences of special help from the Universe. These unique experiences fill our hearts with Gratitude and inspire us to work more to spread this Light Channels World Movement.

LIGHT WORKS

Manoj Chopra

The 9th World Channels Day brought waves of happiness, joy & peace to the entire world. I feel Light was showered on Earth to its maximum on this blessed day.

It was a jubilant experience for all of us. Every Volunteer had something special to share. In one incident, the whole school cheered for our Volunteer when she was coming out of school after the Light Channelling session. She was thrilled by this experience. Many Volunteers are often greeted as Light Teachers by the students. There are several such memorable experiences in a Volunteer's life. I feel such moments are gifts from the Universe.

We thank all Schools, Institutes, Authorities, children and adults for joining us in our endeavor to spread this Light Movement.

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,
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



The success of World Channels Day 2019 was celebrated by Light Channel Volunteers.

QUOTES FROM THE LIGHT MASTERS

- ❖ When we live in extremes, we will be living a part of the life, not the whole of it.
- ❖ We can be affectionate towards people. We can love people, places, anything, but again remain unattached. If we have an element of possession, if we try to be possessive, the same affection turns out to be a kind of attachment.
- ❖ A simple way of dealing with despair is to develop a relation with God. Seek help from Him, and we will get it. Maybe sometimes there will be some delay, but we always get the help.
- ❖ Our nature is Love, Truth, Peace and Vairagya (non-attachment). Purity in every way is also our nature. Dreaming is also our nature! Dream, visualize, build up ambition, dream for the entire world. And moving towards God and perfection is also our nature.
- ❖ Praying is asking for the Grace. We ask for Grace of God, for help. God definitely responds. He responds in His own way and in His own time. We have to accept this. We have no choice.
- ❖ Meditation brings out the best in us. The best in us are these – Love, selflessness, Peace, nobility, honesty, patience, accommodation, respect for others; think of anything good.
- ❖ Love activates very subtle Spiritual processes that no technique on earth can activate. It is the Love that has brought out the entire Creation.

- 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.**

A Report on 9th World Channels Day

Manoj Kumar Chopra

World Channels Day is the day of spreading Love and Peace on Earth. It was Maharshi Amara's dream to establish New Age on our earth. Every World Channels Day is a step forward. It is also a test for humanity to choose Light and manifest Love, which is the future of our Earth.

Like every year we started our day at 6 AM by offering our Love and energies to Maharshi Amara. There was profound stillness in the atmosphere. It appeared as if the trees, sky, birds, lakes, roads etc., were perfectly tuned for the day. I felt the Universe also joined hands to gift the great Maharshi Amara in a special way on his 100th Birth Anniversary. Around 7.15 AM the first channelling happened and the sessions continued till late evening. News of Light Channelling sessions started coming from Bangalore, Tumkur, Koujalagi, Madurai, Visakhapatnam, Nellore, Chennai and Hyderabad. Light Channelling also was conducted in western India - Mumbai, Pune, Sangli, Solapur, Amaravati and different parts of Maharashtra. Several sessions were also conducted by our Volunteers in North India - Delhi, Rajasthan and Uttar Pradesh. More than one million children and adults channelled Light on that day. More than 2,400 schools participated in this great event. I feel it was the biggest gift to Maharshi Amara on his 100th Birth Anniversary. Joy and happiness was experienced all over.

There was great excitement and enthusiasm among the Volunteers for the 9th World Channels Day. They prepared well in advance for the day in a special way. Many teams chalked out their plans several months in advance. They worked very hard to execute their plan to perfection. They left no stone unturned. Their determination is higher than the mountains. Their will power and the Grace of the Rishis removed all the obstacles which came in their way. It is also the Love and bonding of our Volunteers as one team which made an impact to the work.

Our Volunteers visited more than a thousand schools personally and requested them to participate on World Channels Day. To our surprise, the schools also showed the same enthusiasm. They welcomed our Volunteers and promised that they would participate in channelling on their own. On World Channels Day several schools confirmed their participation by sending messages, photos and videos on WhatsApp. Several schools in Chennai joined Light Channelling in spite of the strike there. 198 schools, affiliated to a Mumbai based NGO, also participated on World Channels Day with the help of dedicated school coordinators. We are grateful to the authorities of Schools and Institutes, and other Light Channels for their involvement and participation in our work. We are overwhelmed by their Love and support.

I always believe that it is not only the number of children, but also the intensity of channelling which impacts the world. Above all, the presence of our Astral Masters does everything. The World may look the same after the 9th World Channels Day, but I am sure that channelling at such a large scale and the presence of great Masters would have wiped out tears and pain of several human beings. It would have silently eased out several complicated problems of the world.

Let us continue this beautiful work and fulfill the dream of our beloved Maharshi Amara.

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

Light Channelling is a beautiful experience. I channel Light every day, before I sleep and after getting up in the morning. I feel relaxed as the calm and soothing energy is in me all the time. I feel de-stressed. Surprisingly my temper has gone down significantly. This is very much needed for us to have a healthy body. I am very happy and I send Light to my friends so that they can achieve their goals. It is very useful to the students to relax their mind and body.

- Student, Oxford English School,
Bangalore

Light Channelling is done twice daily in our School, each time for five minutes. It helps to improve the memory and discipline in the students. The students can focus well on the subjects and do their work with love and interest.

- Ms. Kavitha, Headmistress,
Luminary School, Andrahalli,
Bangalore

Light is brightening the life of students and staff. It is improving our consciousness and will power to help us make the right decisions. It is removing negative feelings, and positive things are happening in my school.

- Ms. Sharada, Headmistress,
Soundarya Sri Vidyamanya Vidya
Kendra, Andrahalli, Bangalore

Whenever I find any obstacle, I practise Light Channelling and I overcome it. It is an easy and affective

technique. We practise it twice daily in our school, each time for five minutes.

- Ms. Drakshayani, Headmistress,
St. John's High School,
Papareddy Palya, Bangalore

I have observed that Light Channelling has increased the leadership qualities among the students and they are doing well in group activities. Concentration of the students has improved.

- Ms. Sarojamma, Headmistress,
Sarakari Hiriya Prathamica
Paathshale, Sreegandhada Kavalu,
Bangalore

Light Channelling is practised daily in our school for ten minutes. It helps in many positive ways. Our minds are calm, our results are good, there is silence in the school, and students don't get punished any more. Students practise it at home as well.

- Ms. Sowbhagya, Headmistress,
S V S School, Bangalore

Light Channelling is a part of our academics. Every day, we begin our day with Light Channelling for five minutes. It improves the brain cells, so mathematics is becoming easy for the students. There is improvement in the level of confidence, memory power and health of the students. Students no longer get punished in the school. Our results have also improved. We are happy with Light Channelling.

- Ms. Shanthi, Headmistress,
S W E S, Bangalore

**MORE THAN
1 MILLION CHANNELLED LIGHT
ON WORLD CHANNELS DAY
1st FEBRUARY 2019
THANK YOU**