



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

May-June 2019

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 18th March 2012)

As we understand the Spiritual realities better, as we become aware of the happenings now and of the future, a conscientious person will naturally think - what am I doing in this world? In the sense that, in the world where we are working and living, there is so much of injustice, corruption and all such things. Naturally we wonder if we fit in here. It's as if we are living in a different world. Not everyone does feel this, but people who are really serious and conscientious do feel this. At such times we wonder what we should do. We cannot do anything other than channelling Light. When we are alone, let us think about this deeply.

The reality is that we can't come out of this world. We can't leave our jobs. Even if we leave our jobs we have to live with our neighbours; we have to live in this world. That is the challenge. I have said this often, "This world is imperfect, we too are imperfect." We have to live in this world. For that, we have to devise ways. We have to have enormous Love and patience. Not that we have to put up with everything, but we can't always fight. When we can't fight, we will have to put up with things. Are we compromising at such times? Yes, we have to compromise. We have no choice.

HAPPENINGS

Jayant Deshpande

Guruji Krishnananda used to say that every revolution begins with an individual. The Revolution by Light, which began with Guruji Krishnananda, has found millions of channels now. It is spreading slowly to different parts of the world. This silent and peaceful Revolution is inspired by the Dream of Light Masters – the dream of a peaceful world, of the New Age. When the Revolution spreads more and becomes even stronger, the Dream will begin to manifest at the physical level.

LIGHT WORKS

Manoj Chopra

Guruji Krishnanada was an ardent Rishi worker. He accomplished several astral and material tasks, which were given to him by the hierarchy. He is the man behind World Channels Movement. This movement was started on his birthday, the 18th of May, 2008. This month we will be completing eleven successful years under his guidance. We all are fortunate and feel honored to be part of his great work.

We should always be aware that the Rishis represent Truth, Love, honesty and harmony. We have to represent them by inculcating their teachings in our personality. I feel it is a great responsibility. Let us work together and take this Movement to newer heights.

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 'Mind Body and Beyond Fitness Studio', Mahalakshmi Layout, Bangalore, Channelling Light on 5th April 2019

QUOTES FROM THE LIGHT MASTERS

- ❖ Light means always two things – knowledge and energies. More number of Meditators means more channels for Light, channels for knowledge, channels for new energies. That is how we build up the New Age. That is how a new Consciousness descends down.
- ❖ We have to respect everyone, everything, all Creation. We have to respect others' ideas, although we may not agree with them. We have to respect others' ideas, others' ways of living. We shouldn't disturb.
- ❖ Transformation is positivising every thought, every emotion, every action - our whole life. When such a thing occurs, there will be no problems, there will be no confusion, and we will have almost touched our goal, our Spiritual goal.
- ❖ We know that all the living beings strive to move towards Peace. Only when we transform, we will see this Peace; we will be living in Peace. We will know what it is. Now, it's just a word or maybe a glimpse of it.
- ❖ What is the purpose of this life? What are we after? We are after Peace. We are after - at a different level - perfection. Peace comes only when we are pure, only when we are perfect.
- ❖ The easiest way to establish contact with God is through Meditations. Meditations take us nearer God.
- ❖ When people take up Meditations, they will always lead a better life. The quality of emoting, the quality of thinking, the quality of our living changes.

- 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.**

LIGHT HAS ALL SOLUTIONS

Jayant Deshpande

A person wrote to me about his amazing experience with Light. In the past, whenever he travelled to his native place, he would always have very negative experiences with people there. This would cause him a lot of mental stress and financial loss. This time before he travelled to his native place, he prepared by meditating and filling himself up with a lot of Light. He also consciously sent more Light to the place daily during his daily practice of Light Channelling. When he travelled to the place this time, he had very positive experiences with people there and did not have to undergo any mental stress or financial loss!

In another instance a person experienced a lot of unpleasantness with relations within the family. Then she meditated specially for half an hour and prayed to the Masters for help. Within two hours things changed and there was improvement in the situation.

While I was going through these and many other experiences of Light Channels, I wondered how miraculously Light helps. When we pray and channel Light for a peaceful experience or a peaceful resolution of a conflict, we express our intent to the Universe. Any positive intent expressed is always supported by the Universe and Its channels. With the help of Light, our positive intent reaches others and they generally reciprocate with a positive response. They become the channels of the Universe and with the help of all such channels, our intent manifests at the physical level.

Can this phenomenon be extended to the global level? It is possible. If an individual intends for Global Peace, the Universe responds. But It needs many channels to receive Its response and strengthen the vibrations of this intent. As the intent finds more channels, these vibrations become stronger and in turn attract more channels. This process continues and when these vibrations reach a certain level, the intent of global peace can manifest physically.

That is why Light Channelling is so important. This simple technique was given by Guruji Krishnananda – a Master, an individual. His pure intent has found millions of channels now. But for Global Peace, many more have to join. When we channel Light, we channel Love and Peace. These vibrations of Love and Peace reach others and influence them at a deeper level. When they reciprocate to this influence, they help strengthen the vibrations of Love and Peace. This is how the Light spreads further. A day will come when the majority of people in this World accept the Light and strengthen the intent of Love and Peace, and then the Global Peace will become a reality.

We can take inspiration from the experiences of many people who have tried Light Channelling. We need not accept Light Channelling blindly, but we can have an open mind to try. We can practise this ourselves and apply it in the sphere of our individual lives to see its efficacy. When we are convinced, we can become a regular channel to help ourselves and the world. ■

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

The Light Channelling session was conducted in our school during the Assembly on 5th January 2019. I participated and had a few wonderful experiences. I could experience a few warm feelings - I could hear birds chirping, leaves rustling, sand dunes passing by and a peaceful silence everywhere. Overall, it was a wonderful day to start with, and I was hoping to practise it continuously in our school for everyone to benefit from the same.

- Ms. Veda Bysani, Principal
The Paradise Residential School,
Hosur Road, Bangalore

Ever since I joined college and moved into a hostel, it has become difficult to motivate myself to channel Light or meditate. Today I channelled Light properly for a long time. My eyes didn't want to open! Beneath my eyelids I saw waves of white Light dancing. At that moment I felt completely at peace and perfectly calm. Light is always there, we just have to call It!

- Aishwarya Viswamitra,
A Light Channel

On the 9th World Channels Day, I woke up with migraine and nausea in the morning. I was wondering whether I would be able to travel to Tumkur in that state of health to conduct the Light Channelling sessions. After I completed the first session at Tumkur, I had relief from nausea. After completing the second session I had relief from migraine.

After the third session at Kalidasa High School, the Headmaster who had participated in the session said, "While practising Light Channelling my

thoughts had ceased, mind had become quiet and I fell asleep for a brief period, which is difficult to achieve so quickly with any other means I know." He expressed surprise to have seen the students so engrossed in the session, which he had neither expected nor seen before during any other event at school.

By the end of the day I was feeling healthier, energetic and fresh. The Light and Rishis took care of me, healed me and helped me to complete the allotted sessions.

- Manoj Deshpande, Volunteer

We conducted a Light Channelling session at Ushatai Gogte School, Pune during the 10th standard farewell function. The Principal said, "When my children are stepping out of school, I am giving them the best gift by organising this session."

- Geeta Joshi, Volunteer

Light Channelling has helped our students to become more calm and quiet.

- Choughule, Principal,
Smt. Satgonda Patil School, Sangli

We are going to practise Light Channelling every Saturday for ten minutes, as it is a very nice technique which helps us to become calmer.

- Shri. Jangam, Principal
Udhgaon Technical Secondary
School, Jaysinghpur

Light Channelling has brought positive changes in our students. They have become more studious and disciplined.

- Pathan, Principal
Mahatma Gandhi Vidyalaya, Sangli