

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 6

Bi-Monthly Newsletter

Nov-Dec 2019

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 10th November 2002)

Cleanliness and order are a part of Sadhana. In fact, Sadhana begins with this. Cleanliness of the body; the physical body, cleanliness of the mind or emotions, cleanliness of the intellect or thoughts and cleanliness of our living place; our surroundings, are essential. This is simply because, they build up a field of very beautiful vibrations; clean and Divine vibrations. In these vibrations, all positivity takes birth. If I am clean, I will also be strangely at peace. If there is cleanliness in my entire system, I will be emanating only the vibrations of purity. Cleanliness is purity. When we meditate, the whole system gets cleaned, it gets purified. An order is absolutely necessary. If we study the Creation deeply, we will see that there is so much order in the entire Creation. There is order in nature, and there must be order in our lives also. Cleanliness and order are the first steps in Sadhana.

HAPPENINGS

Jayant Deshpande

Going through the Light Channelling experiences of children and teachers is a very beautiful and inspiring experience. One cannot stop wondering, "How does Light make this happen?" People apply the Light Channelling technique in different areas of their lives. A person seeks help from Light while cooking, another while studying, somebody else while playing. People seek help while working, learning, healing, writing, singing ... There are innumerable possibilities with Light. Each one of us is a part of the Light and we can approach It directly. It is a joy to know that the children understand such truths and they are exploring different possibilities.

LIGHT WORKS

Manoj Chopra

Guruji Krishnananda was a great visionary and mentor for humanity. When he launched Light Channels World Movement in May 2008, he could foresee New Age in the near future. Light Channelling team and Manasa family is working to fulfill his dream. The physical presence of Guruji was a great inspiration for all of us. After his demise, he is continuing to guide us from the background. We would have achieved nothing without his blessing and guidance. He loved us, so he trusted us. He has left us with a great responsibility to continue his work.

Light Channelling work is going fine and our Volunteers are focused and are marching towards another successful year. Let us continue this great work silently and fulfill our Guruji's dream.

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,
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



Students of Vijaya Vittala Engineering College, Bangalore,
Channelling Light in Taponagara on 7th August 2019

QUOTES FROM THE LIGHT MASTERS

- ❖ When people take up social service or any work relating to uplifting the welfare of others, uplifting the material welfare or even the Spiritual condition, it always helps them grow spiritually.
- ❖ We have to remember that every moment is a gift to us. We have to celebrate Life in every moment. We have to fill up every moment with joy; whatever our circumstances are. We have to fill up this moment with gratitude.
- ❖ With God there is no unhappiness. Every one of us will be happy every moment.
- ❖ Manifest Love. We will be able to accommodate everyone and everything. We may disagree. It doesn't matter. It doesn't stop us from loving the other person.
- ❖ We have to smile - smile from within - whatever be the circumstances, whatever life may have given to us. To a few people, life circumstances and situations are wonderful and smooth sailing, but for some others it is very difficult. It does not matter, because everything is a gift from God.
- ❖ Having freedom is important, allowing all others to enjoy their freedom is important. We shouldn't impose ourselves on others. We have no right to impose even the good things on others. The others will learn by themselves.
- ❖ Everyone can vibrate Love and Peace. We have to live like models wherever we go, in our places of work, in the place where we live. People should notice us as wonderful people, people of the New Age.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	: 5682
Students channelled Light	: 29.42 lakhs
Schools channelling regularly	: 1269
Students channelling regularly	: 5.24 lakhs

APPEAL TO SCHOOLS

**Please help in strengthening Light Channels
World Movement by making Light Channelling a
part of daily prayers in your School.**

CELEBRATION

Sujatha Rama Rao

Whenever there are special occasions in one's life like birthdays, success, promotion, marriages, anniversaries, festivals etc., then it is a time for celebration. To share one's happiness with others is one of the special features of celebration. To celebrate any event, people join together dressed in their finest attires. They are happy and joyful as it is a gathering of their dear ones and friends. Oneness is experienced, but after the celebration, people are filled with stress and tension to face their baggage of challenges, except a few who always lead a balanced life. The chirping of birds, the colourful flowers and trees, the sketches drawn by the clouds to our perception and imagination in the sky and the most beautiful things created only for us out of love in the Universe are unseen by many. Most people tend to overlook the pleasantest things even though they themselves are the reservoirs of unconditional Love.

Each person wants to be loved and encouraged. This can happen only when everyone loves each other. In all situations if people are accommodative - which is not easy - then the love blossoms. So to make this task easy, Masters are born to remove the ignorance of people through their unconditional Love and service to mankind. Masters fuel our system to gear ourselves up to meet the challenges and incidentally help us to explore new dimensions within us, so that the Love becomes our very nature. The Light Channelling technique is one such fuel given by them.

Light helps people live their life happily in spite of all challenges. The Earth is advancing towards the Golden Age or The New Age as the Light from Masters is spreading on Earth, which enhances Peace and happiness of Mankind. A keen outlook on the global events reveals that people are choosing Love and Peace and are changing the existing systems with the aid of modern technology.

Everyday there are Light Channelling sessions conducted in different Schools, and also many other people gather in groups to channel this Light. This is bringing Peace and hope to mankind. If the space shuttle takes us to space in the future, then Light Channelling takes us to the inner space within our system to explore the unknown realms.

Light Channelling leads to Oneness on this Earth. If a person imbibes Light in his life, then the quality of his emoting refines. His attitude changes and his health improves. His life is ignited with the Light helping him to lead a meaningful and a happy life. When people carry Light, they will be full of Love and joy. Life becomes a celebration on this Earth. ■

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

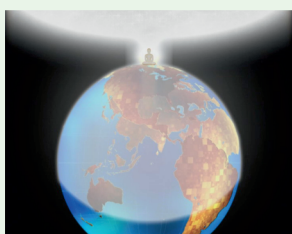
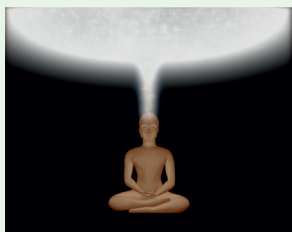
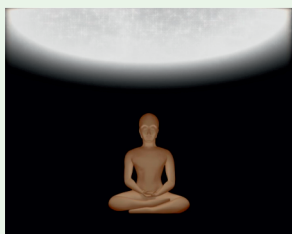
Pune

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

On 28th July 2019, we conducted two Light Channelling sessions in Paithan. After the sessions two things happened. One, my colleague Tushyar Khisti who lives and works in Paithan started Channelling Light regularly, which I believe is by the grace of Light. Secondly, rains across catchment area of Nathagar dam started. Now the dam is 75 percent full. On the contrary, last year there was severe drought in Paithan.

- Santosh Kore, Volunteer

While conducting the Light Channelling session in GKMP School, I observed that the children were more disciplined. All of them were sitting in an orderly manner, in rows and were silent. They were answering and responding freely. The teachers participated with more enthusiasm.

- Nirmala Bala, Volunteer

The students never sat like this during our morning assembly sessions. They were very calm today during the Light Channelling session.

- Principal, Veer Baji Pasalkar Vidya No. 1, Saswad, Purandar, Pune

Light Channelling is a very nice technique. It is Light for the whole life. We will practise this technique even at home.

- Principal, Zilla Parishad Prathamik Shala, Supekhurdh, Pimpale, Purandar, Pune

Sometimes while studying at home, a lot of questions arise in my mind and then I get a headache. At such times I practise Light Channelling. My mind

and head become calm, and I feel inspired to study.

- Antara Ankush Kakade, Std. IX, Ahilyadevi High School, Pune

I channel Light and I like it a lot, because I feel peaceful while Channelling. It also helps me in my studies. My self-confidence has increased.

- Vaishali Salunke, Std. IX, Ahilyadevi High School, Pune

I feel very nice after practising Light Channelling. I remember what the teachers teach, the questions they ask and I feel fresh. I feel that there is an improvement in me because of Light Channelling.

- Hima Tupe, Std. IX, Ahilyadevi High School, Pune

After channelling Light, I feel interested in studies and I feel like studying more. Anger and irritation have reduced. I feel fresh. There is a change in me.

- Utkarsha Gaikwad, Std. IX, Ahilyadevi High School, Pune

Since the time I started Channelling Light, I don't feel sleepy in class. I feel fresh. I have also taught this technique to my mother.

- Komal Jeevan Pawar, Std. IX, Ahilyadevi High School, Pune

After practising Light Channelling, I find a change in me; my mind has become still. Earlier I was not able to focus on studies, but now I am able to do it.

- Gauri Kolambade, Std. IX, Ahilyadevi High School, Pune