

**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 18<sup>th</sup> 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 5

Bi-Monthly Newsletter

Sept-Oct 2019

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talks delivered on 14<sup>th</sup> May 2000)

When we face the world, when we deal with the world; interact with people, we may get disappointed everyday or even every moment. We come across a lot of injustice, corruption, selfishness and other such things, and we develop a kind of bitterness which is natural. I am also a human being. I am not a different person. I am living like you in the society. I am also facing all that you are facing, but I have seen that this bitterness affects us more than others. Throwing this out from our system is a very important thing. It is not easy, but I think we have no choice. We have to forgive the whole world. We have to be very magnanimous. Bitterness eats into our system; it corrupts the whole system.

## HAPPENINGS

**Jayant Deshpande**

Maharshi Amara and Guruji Krishnananda had told us about the Spiritual awakening that would take place, as we advance into the New Age. We can see that happening, as more and more people take up Spiritual practices in search of Peace and Truth. About half a million children from about 5000 schools in and around Bangalore alone channel Light regularly during the assembly sessions in their schools! This is slowly spreading to other parts of India and the World. This silent Revolution for Peace by Light may not have caught the media headlines, but it is working at a different level helping strengthening of the Spiritual awakening.

## LIGHT WORKS

**Manoj Chopra**

Recently, we had a request from a mother to help her child who was in depression due to poor performance in studies. Her daughter is studying in the USA. She wanted to discontinue her studies and planned to come back to India. We suggested her to wait and not take any hurried decision. We told her to channel Light and hold Light. After about 10 days we got a message from her mother. She informed us that her daughter was fine and has decided to continue her studies. Light has millions of ways to help. The only thing is, we have to open up and receive Its help.

If we practise the Light Channelling technique every day for a minimum of 7 minutes, at a convenient time, I believe it will refine our personality. We will develop a positive attitude and strength to face the challenges of life.

## 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](mailto:info@lightagemasters.com)

website : [www.lightagemasters.com](http://www.lightagemasters.com), [www.lightchannels.com](http://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, 17<sup>th</sup> 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, 7<sup>th</sup> Cross,  
7<sup>th</sup> Main, J.P. Nagar, III Phase.

☎ 9900110351 Mr. Ramesh V Bosekar

**Fridays (12 Noon)**

Siddhi Vinayaka Devastana, 59/1,  
Hutchins Road, 3<sup>rd</sup> Cross, Cooke Town

☎ 9980205803 Mrs. Nirmala Bala

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 'The Association of People with Disability',  
Lingarajapuram, Bangalore channelling Light on 13<sup>th</sup> July 2019

## QUOTES FROM THE LIGHT MASTERS

- ❖ When we take up Meditations, we become not only channels but also special beings. We can say that we become higher beings. We become wiser, become more creative. We will be more peaceful. We spread Peace very efficiently, very fast.
- ❖ God is Energy. God is Light. We must try to experience Him, feel Him. The more we do, our Meditations will be more intense, very satisfying and of course we will be making progress in Sadhana.
- ❖ When we transform ourselves, God enters us. Untill that time, we will not be opening our doors to God. God enters us, God lives in us, we live in God.
- ❖ Spiritual knowledge makes us aware that we are just tiny particles in the ocean of Light. We are very insignificant. Mere awareness of this reality, even at the intellectual level, will make us humble.
- ❖ Cultivate humility. Put down the ego. Ego always takes us away from God, away from Peace, away from Perfection. Ego misleads.
- ❖ If we allow the ego to operate, we will never have friends, simply because we will not be able to cope up and live with others.
- ❖ Everyone and everything around is Divine. This awareness, we have to keep it alive, we have to keep it sharp. We can do this and when we do this, we see everything around us as Divine.

- Guruji Krishnananda

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>:</b>	<b>5682</b>
<b>Students channelled Light</b>	<b>:</b>	<b>29.42 lakhs</b>
<b>Schools channelling regularly</b>	<b>:</b>	<b>1269</b>
<b>Students channelling regularly</b>	<b>:</b>	<b>5.24 lakhs</b>

## APPEAL TO SCHOOLS

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

## LIGHT - A STUDENT'S TESTIMONY

**Apoorva Deshpande**

As I strolled along the beach on a cold winter night, I suddenly found tears coursing down my cheeks, unchecked, insuppressible. It was in that moment I realised that I was terribly homesick, probably even depressed.

Moving away from home for university was probably one of the hardest things I have had to do. I missed my family. I missed the cows merrily chomping away at whatever they could find right in the middle of the road. Surprisingly I even missed the moon like craters on the roads, somehow having perfectly paved roads with footpaths just did not feel 'right'.

Research shows that 70% of students feel homesick in their first year of university when they're living away from home, and I was very firmly a part of that 70%. I would find myself too sad to eat, too sad to pay attention in class, even too sad to sleep.

One day somebody close to me said that he would send me Light to help me sleep, he also asked me to fill up my system with Light and try and close my eyes. The next thing I knew, it was dawn! I had slept through the night and I woke up feeling refreshed, rested and most importantly happy!

Research states that anxiety and stress are the biggest triggers of depression, and Meditation can alter our reaction to those feelings. Whenever I found myself feeling stressed before a big exam or a presentation, I would channel Light.

One day I had a presentation that would contribute heavily towards my final grade. As I anxiously awaited my turn, I went blank; I did not remember a word of what I had tirelessly prepared. I prayed to Light to help me. When my name was called to present, the words flowed effortlessly and my presentation was appreciated by my peers and professors alike. I came back to my desk feeling elated, relieved and also confused, because I did not know what I had just presented! I would have to say, the success of the presentation was Light's doing.

Research goes on to state that when our emotions override our thinking, it is Meditation that trains our brains to achieve a sustained focus. Meditation also rewires the brain circuits and boosts both mind and body health, also known as neuroplasticity. The process of Light Channelling involves experiencing the Light before we spread It. This process of experiencing the Light is like Meditation itself. Whenever I would channel Light, I would feel a sense of calm come over me. I would find solutions to problems that seemed insurmountable. I felt stronger, both physically and mentally.

As I strolled along the beach on another cold winter night, I found myself smiling unexpectedly after a very long time... ■

## 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](http://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

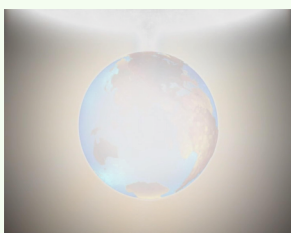
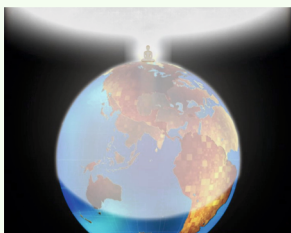
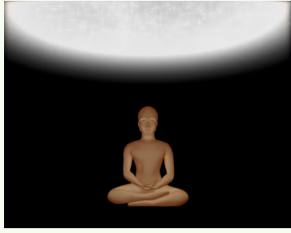
### Pune

**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](http://www.lightchannels.com)



## EXPERIENCES

Compiled by Vaishali Joshi

On 14<sup>th</sup> June 2019, we conducted a Light Channelling session for Marathi teaching schools in Maryland, USA, for about 40 kids and 60 adults. People were very receptive and the session went well. Their feedback after the session was very positive.

A girl child said that she had a different feeling during the session. A Reiki practitioner mentioned that he was able to see and feel the Light during the session. An elderly lady doctor who usually has body ache said that she did not feel the pain during Light Channelling; as if the pain had stopped for that time. She was really amazed and mentioned it several times to me. Another lady said that she felt very peaceful while channelling. The School teachers also mentioned that the session was very good.

- Purva & Harshad Oak, Volunteers

I was working in an MNC. I had also taken part in sports activities during that period. But suddenly due to hypertension, I had a paralytic attack and my left side is paralysed now. Life has completely changed and I need not say how my feelings are. I practise Light Channelling every day. Light has helped me accept the situation. It has motivated me to start thinking about how I should lead my life from now on, and what I should do to go ahead.

- Ravindranath, Industrial Training Centre, The Association of People with Disability, Lingarajapuram, Bangalore

While conducting a Light Channelling session in Bharati Vidyapeeth's English Medium School, Pune, the students were not manageable at the beginning of the

session, but once the session started, it went on smoothly for 5 to 6 minutes. After the session one of the students, Anjali Sharma, thanked us saying that she was able to send Light to Bihar where her grandparents live and have been affected by flood, and that Light would help them.

- Santosh Kore, Volunteer

Children are practising Light Channelling every day in the morning without fail, and because of this they have become calm and more positive. They are able to concentrate on their lessons and show more interest towards studies. Their knowledge is also improving. We are observing that students are developing a Spiritual attitude, discipline, patience and a sense of time. So we are able to imbibe discipline and punctuality in our students. We wholeheartedly thank Manasa Foundation for introducing Light Channelling to us.

- Shri. Anjappa, Headmaster, Prema Kannada Higher Primary School, Yelahanka, Bangalore

Light is life and Light is all in my life. As the Light enters me I get boosted and feel fully spirited. It keeps me alive and alert throughout the day, helps me to inspire and encourage others too. Thanks to this Light of Life.

- Meena Mohan, Headmaster, The New Cambridge English School-ICSE, Vijayanagar, Bangalore

My handwriting was very bad. While practising Light Channelling, I used to send Light to my handwriting. Now it has improved and I also always feel fresh.

- Shruti, Student, Chikkabadri Higher Primary School, Bangalore