

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 10, Issue 1

Bi-Monthly Newsletter

Jan-Feb 2020

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 5th May 2002)

Is prayer necessary? This question is asked very often. What is prayer? If we understand what prayer is, then perhaps we will find the answer by ourselves. We usually think prayer means asking for things. We usually ask for material things, but this is not prayer. Prayer is not just asking, it is talking to God; it is communicating with Him. Nobody else can improve this statement of Kabir - In prayers we talk to God and in Meditation we listen to Him. We can say that while praying we talk to God and in Meditations we experience Him. In Meditations, we don't merely listen, but we experience Him. This is the truth. Prayer is not merely asking for things, it is communicating; it is talking to God. Is prayer necessary? Yes, in that case it is necessary.

HAPPENINGS

Jayant Deshpande

Preparations for the 10th World Channels Day have begun already. Our Volunteers are busy visiting schools and preparing them for Channelling on this special Day. They are planning more than two thousand Light Channelling sessions in schools in various parts of India. Ten years ago, on 1st February 2010, about 30,000 children had channelled Light in about 50 schools. Since then the Light Channels World Movement has spread rapidly and on the 10th World Channels Day, we expect close to a million children in India and thousands of people across the world to participate in this Peace initiative.

These efforts help us take another leap towards the New Age of Purity, Peace and Perfection.

LIGHT WORKS

Manoj Chopra

Every day when we read the newspaper and watch the television, it shatters us with news of violence, non-love, injustice and brutality. We often wonder, when this would stop. We are witnessing several protests against injustice all over the world, but the people in power seem indifferent and insensitive. Our systems are hollow and collapsing. The rage and anger are rising and gaining momentum slowly. I hope one day, it will gain sufficient strength and uproot all injustice and non-love. The new world order will be based on the universal value system.

Light Channelling facilitates such transformation and builds a Spiritual revolution. 10th World Channels Day is another such opportunity to strengthen this revolution which is spreading fast. The day is not far when only Love and Light will rule 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



Meditators channelled Light on 29th November 2019, during 7th Anniversary celebrations in our Channelling Centre at Cooks Town, Bangalore

QUOTES FROM THE LIGHT MASTERS

- ❖ Love and a little *Vairagya* will make our lives totally peaceful. It takes only our willingness to manifest Love and drawing a line of contentment.
- ❖ Every creature is after Peace, after happiness - we too are. If we have to live peacefully, we must manifest Love - the Divine Love. The Divine Love makes all life harmonious. We will never have conflict with anyone, with anything in the world.
- ❖ We have to gear up our entire personality to completely remove any trace of negativity in us. We should not have any negative emotions, any negative thinking or negative feelings. How do we gear up? We gear up by Meditations.
- ❖ We come across many truths - God is infinite, the most powerful, the most compassionate, but we are tiny. If we can understand these truths, this knowledge makes us humble and this helps us to surrender before God.
- ❖ When we meditate, we receive energies from the Higher Planes. These energies cleanse our system. They cleanse the body, Mind and the Intellect.
- ❖ Meditations bring us wisdom. This wisdom helps us know, how we can cope with this life of many complexities. Meditations strengthen us.
- ❖ Wherever there is a churning, whenever our emotions or thoughts are stirred, something higher comes out which we normally do not notice. There will be a higher emotion, a higher thought, a higher intent.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	:	5758
Students channelled Light	:	29.65 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.**

My day with Light

Apoorva Deshpande

As sunlight filtered through my window, I groaned. I covered my head with the blanket in the hopes of the clock reversing itself. I hated myself for binge-watching a show until the wee hours of the morning - bad adulating decision! As I pulled myself out of bed, fighting the gravitational pull of my pillow, I felt mildly jealous of the children laughing and playing downstairs on their half-yearly vacation. Being an adult wasn't as cool as I thought it would be. Amidst all these thoughts, I happened to look at the clock. I was late. I was very very late.

I dashed to the kitchen to make breakfast for my family. I poured a ladle of *dosa* batter on the flat pan and generously drizzled oil around the *dosa*. I then patiently waited for my *dosa* to turn a gorgeous golden brown until I flipped it. But when I went to flip the *dosa*, it broke. It hadn't cooked evenly. The same thing happened with the next two *dosas*. I wondered why this had to happen today, the day I was late!

I then earnestly prayed to my Guru and to Light before I poured the next ladle. To my surprise, all the *dosas* I prepared after that came out perfectly. I secretly thanked my Guru and Light.

As I ran towards my vehicle, I looked at my watch and I knew for a fact that I'd be late to work. I was going to be driving through Bangalore's unforgiving peak hour traffic.

I blamed the TV show for being so engrossing! I prayed to my Guru and the Light once again and requested them to help me reach my destination on time. I knew it was an unfair ask. As I started to drive, I found no traffic whatsoever! It seemed impossible. Even on the days that I leave early, I face some amount of traffic, but on that day I could cruise through to my destination with plenty of time to spare.

As I settled into my workplace, I realised there was something wrong with my phone. I promptly did what every armchair engineer would do - I switched it off and turned it back on. But to my dismay the problem did not fix itself. I did this multiple times. Finally I unconsciously prayed to Light before switching it off again. When I turned it back on, the problem had fixed itself. I was stumped.

I wish I could logically explain all the three events, but truth be told, logic defied me. I was left awestruck. I knew this was the Grace and Love of Light and my Guru, and I was ever grateful, humbled and touched. ■

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

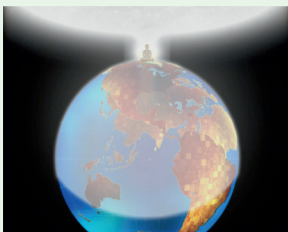
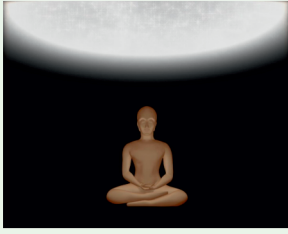
Pune

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



World Channels Day

31st January 2020

A Request from Manasa Foundation

Respected School Authorities,

Kindly join us on the 'World Channels Day' which is on the 31st of January 2020, by following the below mentioned steps during the morning assembly or at any convenient time during the day.

1. Introduce Briefly :

It is 10th World Channels Day today. This is the day of spreading Love and Peace on our Mother Earth. Let us have a strong intent to have Peace on our Earth. Also be aware that more than 8 lakh children across India are Channelling Light along with you today.

2. Practise 'Light Channelling Technique' for a minimum of 3 minutes :

- * Imagine an ocean of Light above you.
- * Imagine the Light descending and filling up your body.
- * Then, experience the Love and Peace of the Light for a minute.
- * Then, imagine the Light spreading around gradually to your home, locality, country and the whole world.

Thank you.

For receiving updates,
please register by giving a missed call to
9625413085