

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 4

Bi-Monthly Newsletter

July-August 2020

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on, 12th January 2003)

We must start manifesting Love. This is so important and I have talked about this so many number of times. I will not go into details, but I will tell you why it is so important. It is important for our individual Peace. Every creature is after Peace, after happiness. We too are. If we have to live peacefully, we must manifest Love. Whenever I mention Love, I mean the Divine Love. The Divine Love makes all life harmonious. We will never have conflicts with the world; with anyone or with anything. We will definitely have relations; we may definitely have disagreements; we need not agree with everything, with everyone, but there will be a lot of Love, there will be harmony. This manifesting of Love is important for our individual Spiritual journey and also for this earth to enter into a new consciousness. With violence around, with non-love around us, we cannot enter into the new consciousness. So manifesting Love is of paramount importance.

HAPPENINGS

Jayant Deshpande

A group of doctors researching the effect of Meditation on human body have found that, a few days of regular Meditation activates certain physical processes in the human body, which help it fight any infection. Such efforts in researching are appreciated, because they scientifically establish the effect of Spiritual pursuits.

While Channelling Light, before we spread the Light all around us, we experience Light in our system for a brief period. This experiencing is like Meditation. If we can spend a slightly longer time in experiencing before we spread the Light, it helps us a lot.

LIGHT WORKS

Manoj Chopra

The pandemic is not over yet. Every passing day it is throwing newer challenges to humanity. The human race has faced several ruinous situations in the past also, but this problem is complex and it has touched most of us directly. As I understand from our Guruji, every problem should be dealt with at a physical and Spiritual level. Guruji had told us that physical preparedness alone would not be enough if we have not prepared spiritually. We have to prepare spiritually by carrying Love, Light, hope, and positivity. This pandemic will be over in no time if most of us follow the above.

The year 2020, is a challenging year for all of us. Schools remain closed till date due to corona virus crisis. We sincerely pray to Light for the well-being of children, teachers, and school Authorities. We also pray for an early solution to the problem, so that schools can restart their normal activity soon.

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.

In compliance with the Government Directive, to cancel all public gatherings to stop the pandemic, the Light Channelling Sessions in all our centres stand cancelled until further notice.

Bangalore

Monday to Friday (7 PM to 7.15 PM)
Sri Siddashrama, 17th Cross,
Malleshwaram.

Mr. K Chandrashekar
☎ 9480121545

Mondays (6.30 PM to 7 PM)
Anjaneya Temple, Mahalakshmi Layout

Mrs. Anjali Patil. K
☎ 9972111809

Wednesdays (6.30 PM to 7 PM)
Maruti Mandira, Vijayanagar

Mrs. Anjali Patil. K
☎ 9972111809

Fridays (6.30 PM to 7 PM)
39, First Floor, 6th Cross, LIC Colony,
3rd Block East Jayanagar

Mr. Ramesh V Bosekar
☎ +91 7022621407

Fridays (12 Noon)
Siddhi Vinayaka Devastana, 59/1,
Hutchins Road, 3rd Cross, Cooke Town

Mrs. Nirmala Bala
☎ 9980205803

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



Supervisors of Ladli Foundation in Mumbai, Channelling Light on 22-12-2019

QUOTES FROM THE LIGHT MASTERS

- ❖ Surrendering the future is establishing a firm faith in God and having no fear about the future. God takes care of us. This does not mean that we stop making efforts. We have to organize our life, we have to plan, we have to make our efforts, but God helps us; God takes care of us.
- ❖ We have come here to experience the life here, to experience the diversity of life here, and we should not miss experiencing this. We should not miss the sunsets, the sunrises; we should not miss the poetry and the music; we should not miss experiencing God in a bird, in a child. If we miss this, we miss God every moment.
- ❖ Our nature is vastness, we are never small-minded. Our nature is Bliss. We carry the Bliss, we pass on the Bliss, we vibrate Bliss. Our nature is Vairagya, meaning, we draw a line of contentment and not just go on grabbing things.
- ❖ "We get back what we throw into nature, we get back in multiples" is a Spiritual Law. An act of Love gets hundreds of responses from hundred different sources. If you have one good thought, you will have hundreds of good thoughts vibrating from outside. That is why we always have to emotte positively, think positively and act positively, because these things come back to us in multiples.
- ❖ When we realise that it is the same soul that resides in everybody else, we start respecting everyone. Then we don't think of religion and caste. This is Spirituality.
- ❖ If we can manage our emotions, we can manage everything.
- ❖ We know that ego is our negative essence. Some of its characters are: Arrogance, not accepting one's mistakes, falsehood and keeping away from God and Guru.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	: 5758
Students channelled Light	: 29.65 lakhs

AN APPEAL

With special prayers to the Universe to help the humanity sail through these Challenging times, please join us daily from your own places by Channelling Light from 12 noon to 12.30 pm.

The Light Within

Apoorva Deshpande

The past few months have been difficult for everyone around the world. We're grappling with a disease that has no vaccine as yet. Life during the lockdown was full of uncertainty and fear, but through the rather grim lockdown, I've come across some wonderful stories on the news that have warmed my heart. I have also had the good fortune of meeting and interacting with some wonderful people, their actions during these difficult times have left an imprint on my mind forever.

The TV: One evening, I kept switching between channels in the hope of finding slightly less morbid news. I was pleasantly surprised to see a news channel doing a segment on kids making contributions to various charities. It was heartwarming to see kids emptying their piggy banks and donating all the money they had painstakingly saved!

Irfan uncle: After a few days of hiding from the virus under my trusted blanket, I decided to venture out of my house to buy some mangoes. I stepped out of my house fully armed with multiple sanitisers, gloves and a mask. That is the day I met Irfan uncle.

Irfan uncle sells fruits for a living on his rickety push cart. Ever since I met him, our conversations have often revolved around the different varieties of mangoes. With no family and not enough money to afford a room, Irfan Uncle sleeps under his push cart. He's managed to find some tarpaulin to cover the underside of his cart to shield him from the harsh sun during his afternoon naps.

One afternoon as I waited for my change after buying some mangoes, I felt something wet on my toe, to my surprise, it was a puppy licking my toe. Irfan uncle picked up the puppy introduced the puppy to me with great pride. He told me that the puppy's mother had given birth to a litter just over a month ago but only one had survived. He went on to tell me that the puppy and the mother stayed with him under his cart. I peeked under his cart to find a cloth on which the mother and the puppy slept. He fed the mother and the puppy everyday with the money he made. I could feel my eyes brimming with tears. Here was a man with absolutely the bare minimum, but he had opened the doors of his house and his heart to a puppy and its weak mother.

As I walked back, I thought to myself about Irfan uncle and his little puppy. The next time I went to buy mangoes, I made sure I was carrying plenty of treats for all three of them!

I have been a witness to sheer selflessness during these times. I wish I could pen down everything that I have witnessed during these times. A group of women in my society have collectively come together to cook for the migrants stuck in the city. I also know of people who have partnered with an NGO that delivers packages of food to people who've lost their jobs during the lockdown. I also know of people who religiously feed the animals around their homes. I've seen people at a petrol station providing food and shelter to three men who got stuck with their interstate bus in Bangalore.

I've seen acts of goodness. I have seen acts of Light. ■

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

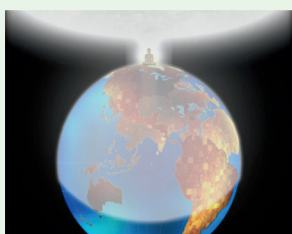
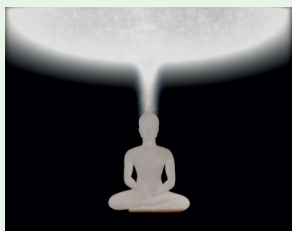
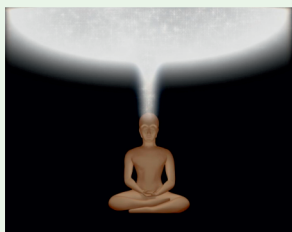
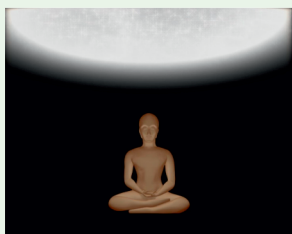
Pune

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

During the Light channelling session, I experienced that I became very small and went up and reached the stars.

- Deepak, Std. IV, Sobhana Memorial High School, Cox Town, Bangalore

When we were channelling Light, the Light came down and spread all over me. It was very nice.

- Dishant, Std. IV, Sobhana Memorial High School, Cox Town, Bangalore

The Light channelling session was very peaceful and I felt that my negativities were going away.

- Shanti, Std. VII, GKMP School, Lingarajapuram, Bangalore

While channelling, the Light was very bright and I was feeling very happy and peaceful.

- Anjum, Std. VI, GKMP School, Lingarajapuram, Bangalore

I don't get any negative thoughts after I started practising Light Channelling. I feel very calm.

- Kashish Uttam Navale, Std. IX, Ahilyadevi High School, Pune

I felt very nice after practising Light Channelling. I felt satiated and I have taught this technique even to my parents.

- Siddhi Tushar Chavan, Std. IX, Ahilyadevi High School, Pune

My mind is always confused with thoughts. I have fear. I cannot take decisions, but after I channelled Light, for the first time I experienced that my mind had become very peaceful. Thoughts had stopped completely. I did not feel like opening my eyes. Now I will channel Light every day.

- Prachi Kapse, First Year B.A, Garware Night College, Pune

I felt good while practising Light Channelling. Before channelling, I had unwanted thoughts in my mind, but after channelling I am relaxed and cool.

- Anand Raj, Student, AMC National Public School, Bannerghatta Road, Bangalore

I was having a headache. After practising Light Channelling I don't know how, but the headache vanished.

- Akash, Student, AMC National Public School, Bannerghatta Road, Bangalore

Light Channelling was a very pleasant experience. I feel very nice and rested. My mind is free. I will practise it regularly.

- Purvi N., Student, J.S.S. Public School, Banashankari II Stage, Bangalore

AN APPEAL

**Please help in strengthening Light Channels
World Movement by Channelling Light for
3 to 7 minutes at the beginning of your online classes.**