

**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 10, Issue 2**

**Bi-Monthly Newsletter**

**Mar-Apr 2020**

## **A MESSAGE**

**Guruji Krishnananda**

(Excerpts from his talks delivered on 29<sup>th</sup> September 2002)

This life is to be celebrated. This life is a gift. This life is an opportunity; an opportunity to expand and experience. Somehow I feel, we either don't know this or we don't give importance to it. All of us have problems, our own problems, individual sets of problems. In spite of having these problems; the problems of life, the problems of living, we can celebrate life. In spite of all these things, we can expand. We can expand in any condition. I think we have to make a note of this point and we must try. We can always smile, we can always live, but somehow most of us choose to take on problems heavily on ourselves and get defeated. We will go on surrendering to these heavy problems of life. Life is a challenge; a challenge to smile at any time. Even if we have pain, we can smile.

## **HAPPENINGS**

**Jayant Deshpande**

When many people come together for a genuine positive cause, the Universe blesses in Its unique way. Our Volunteers involved in the work of conducting Light Channelling sessions on the 10<sup>th</sup> World Channels Day, could feel the blessings. Their hard work, sincerity, dedication towards this work of spreading Love and Peace through Light, must have touched the Universe and It sent so much of Love and help to these Volunteers. Their selfless efforts must have touched the School Authorities and children also and they reciprocated with great enthusiasm. Their support encourages us to take this work forward with a new zeal.

## **LIGHT WORKS**

**Manoj Chopra**

The 10<sup>th</sup> World Channels Day brought smiles and joy to millions of people. It was a special day for Volunteers and also for our Manasa family. The whole day was blessed with Love, Peace and Joy.

The 10<sup>th</sup> World Channels Day was yet another effort to bring peace to the world. It was another step towards the 'New Age'. Several miracles and help were experienced by the Light Channel Volunteers. Many obstacles and hurdles were removed for our Volunteers by some unseen force, making it possible for them to achieve their tasks.

We thank School Authorities, Principals, teachers, students and all other Light Channels for their unconditional support for Light Channels World Movement.

## **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.

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, 6<sup>th</sup> Cross, LIC Colony,  
3<sup>rd</sup> Block East Jayanagar

Mr. Ramesh V Bosekar

☎ +91 7022621407

**Fridays (12 Noon)**

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



World Channels Day Celebration on 2<sup>nd</sup> February 2020, in  
Taponagara, Bangalore

## QUOTES FROM THE LIGHT MASTERS

- ❖ We cannot be very comfortable when there is suffering, problem or pain in any part of the world. We may be helpless, we may not be able to do anything, but we can respond in our own way. We can at least pray.
- ❖ If we increase the purity levels by Meditations and positivising consciously, our intuition works, it gets sharpened. It will never tell us the wrong thing.
- ❖ Through the Light, we receive knowledge, wisdom and special energies.
- ❖ We are souls and what is in us is in everyone. If there is Divinity in me, there is Divinity in everybody else.
- ❖ There are Laws of Karma. If I violate and hurt someone, I get it back after sometime. I get back the effect; if not in this life, I have to pay back at sometime in some other life.
- ❖ When people become aware of the Laws of Karma, they do not commit mistakes. We must know that everyone of us is being monitored, being watched. There is a Higher Intelligence, there is God.
- ❖ Surrendering is, putting down our ego completely and allowing the Divine Will to operate in us.

- Guruji Krishnananda

## LIGHT CHANNELLING IN SCHOOLS

<b>Schools participated</b>	<b>: 5758</b>
<b>Students channelled Light</b>	<b>: 29.65 lakhs</b>
<b>Schools channelling regularly</b>	<b>: 1269</b>
<b>Students channelling regularly</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.**

## Tenth World Channels Day

**Manoj Chopra**

All revolutions start with one person. Revolution by Light was started by Guruji Krishnananda on May 18, 2008. It is a Spiritual Revolution. Spiritual Revolutions are always silent and deliberately kept away from publicity. A few individuals took the initiative of spreading the awareness of Light Channelling by directly contacting people and groups. They gathered and after channelling Light for some time, began this work. This work got momentum when we began teaching Light Channelling to school children in 2009. From 2011 onwards, we started celebrating World Channels Day every year. It is the Day to spread Love, Peace, and Harmony.

The 10<sup>th</sup> World Channels Day was yet another effort to generate a wave of Peace in the world, marred by turmoil. It was a disciplined effort of more than 150 Volunteers. Planning for the 10<sup>th</sup> World Channels Day started on 25<sup>th</sup> December 2019. Area Coordinators started working on finalizing the plan in their respective areas. Work was delegated to Volunteers according to their availability and time. Some of the senior Volunteers were given more responsibility.

In the first week of January 2020, most of the teams finalized their plans and started working on them. Our Volunteers visited more than a thousand schools and informed the school authorities about the World Channels Day. They were requested to join us on this Day by organizing Light Channelling in their schools. Most of the schools happily accepted our request and promised to join us on the World Channels Day. Request letters were posted to several far-off schools. Hundreds of schools were called upon telephonically and informed about the World Channels Day. Response from school authorities was incredible as they were waiting for this opportunity. Whenever our Volunteers visited the schools, they were given a warm welcome. They were offered beverages and some of them were even offered breakfast and lunch.

The 10<sup>th</sup> World Channels Day was a grand success. A very peaceful Day started at 6 AM with prayers to our Masters followed by 7 minutes of Light Channelling. Between 7 AM and 11 AM thousands of Light Channelling sessions were conducted all over India. Several sessions were also conducted in the afternoon and evening by our Volunteers. The Day concluded around 6.30 PM after an evening session was conducted by the Pune team in a college. It is astonishing to know that our dedicated Volunteers conducted sessions in more than 300 schools and close to 2 lakh children channelled Light in those sessions. It is also heartening to note that apart from these 2 lakh children, more than 8 lakh children from over 2,000 schools also channelled Light in sessions conducted by schools themselves. More than 1 million children and adults from over 2,300 schools and institutes channelled Light. Light Channelling sessions were conducted in Bangalore, Tumkur, Chennai, Madurai, Hyderabad, Visakhapatnam, Udaipur, Mumbai, Pune, Sangli, Amarvati and different parts of India.

Swami Vivekananda's words are perfect for our Light Channelling work. He had said, "We need infinite energy, infinite zeal, infinite courage, and infinite patience, and then only great things will be achieved." Our Volunteers have all these. They have immense Love for work, which is helping us spread this Movement year after year in spite of challenges.

We thank all children, adults, school authorities and all Light Channels who supported us in our effort to make this world a peaceful place. ■

## 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

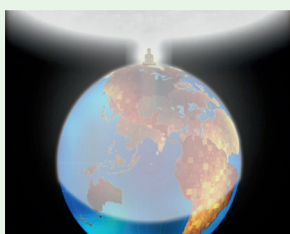
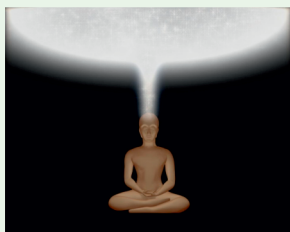
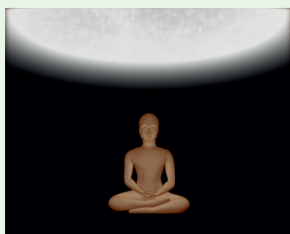
### Pune

**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

I liked this technique very much. When I was Channelling Light, I felt that I was walking on a path and saw that everyone was happy and filled with love. Thank you for teaching this technique.

- Sparsh Ramhit Yadav, Std. IV,  
IES primary English medium school,  
Mumbai

During the Light Channelling session, I could feel a lot of silence and there was no other sound except the voice of the Light Channelling instructor.

- Girish, Std. VII, Prakruthi Vidya  
Mandir, Tumkur

After practising Light Channelling, I felt very fresh and my mind was relaxed.

- Rohith, Std. VII, Prakruthi Vidya  
Mandir, Tumkur

Earlier I used to behave rudely with people, but after regular practice of Light Channelling, my behaviour has changed. Now I behave politely with everyone. Even if I behave rudely by chance, I apologise immediately.

- Priya Sathe, Std. VI, PCMC School,  
Pune

I am practising Light Channelling twice a day; in the morning and evening. After channelling Light I feel very calm and happy and my concentration and memory power has improved. When I channel, I can feel the Light passing through my body from head to toe. I feel as if I am a bird flying higher and higher.

- Swetha, Std. X, Vishwa Bharathi  
School, Uttarahalli, Bangalore

I attended a function of a relative. Apart from getting a warm welcome, one of the ladies was fascinated with me and we talked as if we knew each other very well from a long time. The others were also very comfortable with me. Later, I realised that it was the effect of keeping Light in my system. This happened because of our beloved Guruji, Amaraji, Rishis and Light.

- Shardha Maa, A Light Channel

On World Channels Day this year, we planned to leave our home by 8 AM for the Light Channelling sessions. As usual I got up early in the morning, but suddenly at around 5.50 AM I had severe stomach pain. I was shivering and could not work. I lay down on the bed wondering how I was going to prepare breakfast and send my daughter to school. My husband gave me a tablet for the pain, but I did not take it. I did not want to miss the opportunity on this special day. I prayed to the Light and Amaraji to relieve me of my stomach pain, so that I could attend the Light Channelling sessions. After half an hour, my pain gradually reduced and vanished after some time. I could finish all my work and was ready by 8 AM Everything happened like a miracle by the Grace of the Light and Amaraji's blessings. We could conduct the scheduled sessions, and also in an additional school on the way back, which was another miracle.

- Supraja Chandran, Volunteer

**MORE THAN 1 MILLION CHANNELLED LIGHT  
ON WORLD CHANNELS DAY  
31<sup>st</sup> JANUARY 2020  
THANK YOU**