

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 3

Bi-Monthly Newsletter

May-June 2020

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 17th Nov 2002)

We must become aware that there is such a beautiful Creation around us, that there is so much of Love to be experienced, that there is so much of Love in us to be manifested, and there is so much of beauty in the life around us. It is true that this life has its own complexities. This is the challenge. We have to smile, smile from within whatever be the circumstances, whatever life may have given to us – to some life is wonderful, smooth sailing, but for some it is very difficult. It does not matter. Believe me, everything is a gift from God. A smile and a tear, all the pains - they are all gifts. If there was no pain, if life was very smooth, then perhaps we would not have understood the Truth.

HAPPENINGS

Jayant Deshpande

There is a Higher Intelligence, the Light, which knows about the challenges the world is facing currently. It does not leave the humanity alone in dealing with this crisis. It helps us in finding solution to this challenge. It has to work through Its human channels of course and that is where we as Light Channels can do our bit by channelling more Light. When we bring down and spread more Light, we silently help the scientists, the health workers and others involved in fighting this challenge directly.

In our efforts to bring down and spread more Light, we are specially channelling Light daily from 12 noon to 12.30 PM. You are welcome to join us in these efforts, by channelling Light from your own places.

LIGHT WORKS

Manoj Chopra

The present situation of the world suggests that we as humanity are moving towards a major shift. Now it is up to us to not resist these changes and accept the transformation. This pandemic has pushed us to the corner and taught us Universalism. It has taught us that we are one family. A problem in any part of the world is a problem for everyone. We all have to outgrow our differences as a nation, as a society and as human beings. We have to break the barrier of caste, creed, religion, rich and poor - to deal with the present situation.

Light Channelling by lakhs of children is strengthening positive changes and helping millions of Covid Warriors who are helping humanity to contain this outbreak. During this challenging time, let us channel more Light, because Light is the only hope and the way forward.

MANASA FOUNDATION ®

Taponagara, Chikkagubbi (off Hennur-Bagalur Road), Bangalore Urban—560077. INDIA

Phone: 9900075280 (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

Everyday (7 PM to 7.15 PM)

Sri Sidashrama, 17th cross
Mallechwarm.

Contact No.: 9480121545

Mr K Chandraseker

Mondays (6.30 PM to 7.00 PM)

Anjaneya Temple,
Mahalakshmi Layout

Contact No.: 9972111809

Mrs. Anjali Patil.K

Wednesdays (6.30 PM to 7.00 PM)

Maruti Mandira, Vijaynagar

Contact No.: 9972111809

Mrs. Anjali Patil.K

Fridays (6.30 PM to 7 PM).

39, First Floor, 6th Cross

LIC Colony, 3rd Block

East Jayanagar

Contact No.: 7022621407

Mr. Ramesh V Bosekar

Fridays (12 Noon)

Siddhi Vinayaka Devastana, 59/1,

Hutchins Road, 3rd Cross,

Cooke Town,

Contact No.: 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 S B College of Nursing, Bangalore, channelling Light on 21-01-2020

QUOTES FROM THE LIGHT MASTERS

- Doing whatever work we are doing - wherever we are - very properly, that is Spirituality. We have to live this life very sensibly, balancing both the material and the Spiritual life.
- A Spiritual person is a wise person. He will never throw away the material life and create confusion. A Spiritual person will not run away from anything, he will not run away from responsibilities.
- We as Spiritual people cannot rest, until the last tear is wiped out. We have to go on channelling energies, bring down energies, manifest Love and build up positive vibrations.
- We have to become universal, from a mere individual. It automatically happens when we start meditating, but again, we also have to consciously expand. Seeing anyone in tears should move us.
- If we make up our mind, if we genuinely want to change, we can change ourselves. The time has come. We can take great leaps, we can change our entire lives, but again, it is we who have to decide about these things.
- We should not escape from any work, we should not escape from any of our duties or responsibilities. If we escape, we are not Meditators. If we escape, we fail in our Sadhana, we cannot make any progress.
- We have to be in tune with God always. We will be in tune with God when in every way we manifest Love, when we are honest and when we are expanded. When we are in tune with God, we are full of Light; full of wisdom.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated	: 5835
Students channelled Light	: 29.87 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.**

Pandemic and Hope

Jayant Deshpande

Everybody's mind is filled with questions about these recent events. What is happening? Why are we facing this Corona virus challenge? What message is the problem conveying? Is the Universe conveying something? Everybody is forced to think, whether we should continue to live in this way or should we change the way we are living?

This world is like a body. Any pain in any part of the world impacts everybody on this earth. This Corona virus pandemic has directly impacted all human beings on the earth. Everybody is touched directly whether they are infected or not infected.

What is the Universe trying to tell us?

I share what I understand based on the knowledge we have here. This is the time to choose the Light, because we are moving towards the New Age, the Light Age. The Light Age demands that we live in alignment with the Light. We may not be able to live in perfect alignment with the Light right now. We may not become saints overnight. That is fine. That is not the expectation at this point. The only expectation at this point is that we choose to live in alignment with the Light. We make a choice now and learn to live in alignment gradually.

What do we mean by choosing the Light? It means we have to choose goodness, honesty, Peace and Love. One may ask - how will this help me in protecting myself from the virus? It is difficult to explain logically, but it helps. And I am not talking of survival here. It is not about whether we die or live. It is about an opportunity to choose the Light; an opportunity to choose the New Age. When we choose the Light we act responsibly. We take precautions at the physical level, follow the advice of the experts at the physical level and at the Spiritual level we make a conscious choice of being good and honest.

In May 2012, Guruji Krishnananda delivered a message that is relevant in these times. His message was the message of hope and assurance. Hope of a better world and a glorious future. The Light Masters assured us through him, that they will guide us and help us. They assured us that if we follow Spirituality, if we choose goodness, honesty and Peace, then the Universe will reciprocate with Grace and a lot of destruction will be avoided. He assured us that nobody will be left behind. Everybody will be contacted at the Astral level and will be guided.

We know clearly that the ultimate future of this world is the New Age. That is the destiny we are all awaiting. But what happens in the near future and how we reach that ultimate destiny is very important. Do we go through very painful, corrective experiences or do we reach there gracefully? It depends on us.

What is it that we are expected to do as individuals? As mentioned earlier, we have to choose goodness, honesty, Peace and Love. When we do this, we will be helping the world in our own significant way. This is the focus. This is what I understand and believe. The world does not end. We will learn to live with the Corona virus. If we change, we will walk gracefully towards the New Age.

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
Contact No: 9860967066
Mr. Vivekananda Swami
9970800279
Mrs. Swaroopa Swami

Chennai

Sundays (10.00 AM to 10.30 AM)

481, SAIPREM, 19th street
4th sector, K K Nagar.
Contact no.: 94448 80409
Ms. Rajalakshmi R

Pune

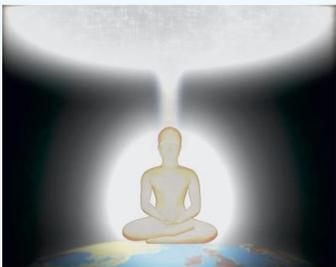
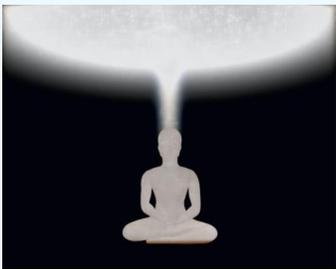
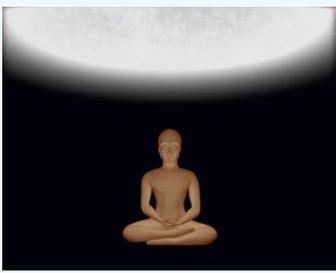
Sundays (7.00 PM to 7.30 PM)

3 – B, Kapila Housing Society
Gokhalenagar
Contact No.: 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 of the book was brought out. Both the volumes of the book can be freely downloaded from our website www.lightchannels.com

EXPERIENCES

Compiled by Vaishali Joshi



In a school in Maharashtra, the Light Channelling was so cool and calm, that after the session I had to ask students to open their eyes, I had to literally wake them up from their deep state. I experienced very nice energies too.

- Santosh Kore, Volunteer

As the news of the possibility of presence of the virus in Bangalore came, I prayed to Guruji and Rishis for a solution for the entire humanity. After sometime, I heard, that a solution will reach everyone as we channel Light, and everyone will be protected. It was so assuring, I felt good, blessed and relieved.

- Sudeep Jayram, Volunteer

When I was channelling Light, suddenly I had the thought that, "Light is Happy." And strangely I was feeling that even if these are times of pain and suffering there is a lot of happiness and positivity in the surroundings. I could experience strong energies that day. I did not realize how 25 minutes had elapsed while channelling Light. I have never had such an intense experience before.

- Pushkar Patki, Volunteer

Practice of Light Channelling has changed both our students and teachers. Wandering of mind has decreased in the students and their concentration has improved. They are filled with positive energy.

On behalf of our School and students I wholeheartedly thank Manasa Foundation for coming to our School and bringing awareness of Light

Channelling to our students every year.

- Headmaster, Govt. Model Primary School, Bagalagunte, Bangalore

Light Channelling gave me a wonderful experience. I understood myself better. It has improved my concentration power and my thoughts are more positive now.

- Mallikarjuna M, Principal, Lal Bahadur Shastri School, Bangalore

Light Channelling is a very easy and effective method. I practise it every day. It helps me to stay healthy and fresh every day, it has reduced my stress, tension and anger. It has improved my memory and I am able to remember things and lessons for a long time. I can concentrate in the class and don't get diverted during class hours. I recommend it to all my friends and family members.

- Gagana Sindhu G. M., Std. X, Lal Bahadur Shastri English School, Ram-pura, Bangalore

I channel Light every day in the morning and evening. I have asked my husband also to channel Light. My mind and body have become very calm. I am feeling very light and healthy. There is a lot of peace in our house.

- Wagh, Pratham Foundation, Pune

Today when I closed my eyes for channelling Light, I felt very calm and light. My mind was full of Love, Peace and happiness. It became free from all the negative thoughts. I am feeling very enthusiastic now.

- Chaaya Sahu, Pratham Foundation, Pune

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.