

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 from our own places, when we wake up or go to bed .

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 5

Bi-Monthly Newsletter

Sept-Oct 2020

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 13th April 2003)

What causes fear?

The cause of fear is ignorance; ignorance of certain realities. God is a reality. Somehow, we have neglected this reality, we have kept it in the background. God is a reality! We know that He is Omniscient, meaning He knows everything. He knows everything about everyone at any time. He knows our difficulties and our problems. God is also very kind, very loving. This is also a reality. God naturally takes care of us, helps us even without us asking, helps us even when we are not praying to Him, just like a father takes care of his children. This is a reality. It is because we are not aware of this, because we are ignorant of this, we feel insecure. Insecurity brings fear. We feel threatened. Fear is a kind of animalistic response. An animal tries to strike back, hit back; it is just to defend itself. It is out of insecurity. The tragic part in human life is that somehow in spite of our intelligence, in spite of our education, in spite of our goodness and many things, we have somehow lost contact with God. Call Him by any name - the Ocean of Consciousness, the Greatest Intelligence, any name; we have lost contact with God. If we had this contact, we would never feel the fear. We will be so secure with this contact. We will be so secure in Him.

HAPPENINGS

Jayant Deshpande

Due to the current Covid situation, schools remain closed and gathering of children is not possible, but Light Channelling continues in some schools through virtual sessions, in the beginning of the online classes. Experiences of many teachers and students indicate that Light Channelling has helped them improve their concentration. While coping with the online classes may be challenging for many students, Light Channelling in the beginning of these classes will help the students remain attentive throughout the class.

LIGHT WORKS

Manoj Chopra

On August 25th we observed Maharshi Amara's Mahasamadhi day. With great reverence, we remember him and his teachings. Now, I understand, Maharshi Amara was beyond time. What he spoke about 38 years ago is much more relevant now. He had mentioned about intense Pralaya which we are facing now. He also mentioned that Pralaya means change. We have to recognise the change and accept the change with the least resistance. If we resist the change, only then we face problems. This change is good for the individual and humanity. If we leave our old ways and accept new ways of living, then we can easily sail through this difficult time.

We have to take shelter under Light and spread Love, hope, positivity, and throw away non-love, violence, greed, etc. Only the Spiritual umbrella can protect us.

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.

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

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, Hut-
chins 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



Members of a Pune based Yoga Centre participated in an online Light Channelling session and channelled Light on August 7, 2020

QUOTES FROM THE LIGHT MASTERS

- The whole Creation came out of Love. It is the Love which connects us and relates us to God.
- Spirituality is manifesting Love. We have to fill every emotion of ours with Love, every thought of ours with Love, every act of ours with Love.
- *Dharma* is our nature. Our nature is Love. Our nature is Truth, Peace. We have to always manifest our nature. When we do not do this, we will be manifesting *Adharma*.
- Pranayama cleanses our system, not only does it regulate the flow of energy, but also calms the mind. Whenever we are agitated, wherever we may be, we can just regulate the breath, practise it twice, it is enough. By the time we take the breath for the third time, all our agitation vanishes. We can try this at any time.
- Pranayama brings clarity to the intellect. All our thoughts get this clarity.
- We have to forgive others; we have to forgive ourselves. This forgiving is an act of great Love. If there is no Love, we cannot forgive anyone.
- Let us be aware of our negativities, simply because, only once we recognise them, can we throw them out. We can easily rise above them. When any negativity becomes dominant in this system, rise above it; do not ever respond.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated : 5835
Students channelled Light : 29.87 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.

Stories of Light

Apoorva Deshpande

Light is Grace. Light is Love. Light is a healing touch. Light is all things beautiful! I humbly present to you real experiences of Light touching the lives of beings - both living and non-living!

Lemon Tree - My body had caught an incurable disease. My body drooped towards the ground as the disease sucked the life force out of me. My family tried to heal me with an array of medicines, but to no avail. They then decided to send me Light and Love every day. For a few days, there was no change, but as time passed, I miraculously began to heal. The disease that had infected my stem gradually began to disappear. My branches began sprouting young leaves - a gorgeous shade of green. After a few months, the disease on my body had completely disappeared. My body no longer drooped towards the ground and just last week, my branches were full of brightly coloured lemons, in colours of green and yellow!

Mr. Blackie - As a puppy, I had a beautiful black glossy coat and that's where I get my name from. Being a stray isn't easy, it's safe to say that it's a dog's life! Most recently I've been struggling with a skin ailment. I've been scratching away at my skin since the past few weeks, causing my skin to bleed profusely. One day I was in a lot of pain. As I lay whimpering in a corner, my human friend passed by me. As soon as he saw my condition, he sent me immense amounts of Love and Light for a few minutes. And even before I knew it, my whimpering had stopped! The intensity of my pain had reduced almost immediately. I wagged my tail as I looked into the eyes of my human friend to thank him.

The car - I was made to drive people around, but can I really be blamed for not wanting to be driven on the roads, or lack thereof, in my city? Nevertheless, I like the time I spend with my human driver friend, he loves me like his own. We listen to a lot of music together when we're driving.

A couple of weeks ago, as the both of us crooned to a song we both loved, there was a loud thud. We had driven into a rather huge pothole that we did not see. My friend was sure that my tyre was punctured and began to panic, but in a moment of sanity, he sent me Love and Light. He apologised for not being more careful. As he got out to assess the damage and change my tyre, to our relief, my tyre was intact. My friend couldn't believe his eyes, neither could I! He asked another human friend of his to come and check for damages. His human friend told us that there was absolutely no damage whatsoever. My friend thanked Light for all its help as we drove along, this time a little more carefully.

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

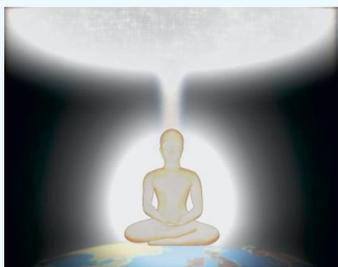
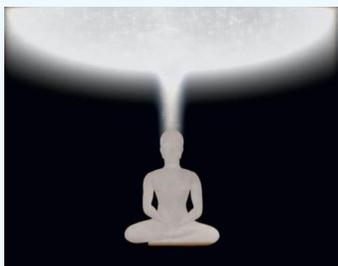
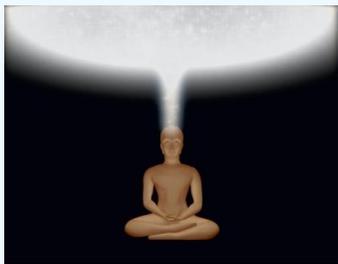
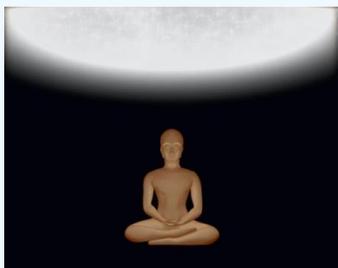
Sundays (7.00 PM to 7.30 PM)

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



During channelling when the Light was spreading through me, I prayed to It to help me learn. I felt that it heard me and blessed me.

- Naveen C., Std. VI, Sri Sai Public School, Bangalore

When I closed my eyes to channel Light, I could feel that I was sitting on the Earth and the Light was spreading everywhere. I saw the Earth full of Light.

- Sowmya S., Std. VI, Sri Sai Public School, Bangalore

When I closed my eyes to channel Light, I felt very happy. I prayed to Light that I want to study well and get the first rank. When the Light was spreading, somewhere in my mind I had a feeling that the Light was telling me – read more and you will get the first rank like others.

-Sangeetha P., Std. VI, Sri Sai Public School, Bangalore

After channelling Light, I felt very cool and calm.

-Jhanushree S., Std. VI, Sri Sai Public School, Bangalore

When I closed my eyes to channel Light, I felt very good. After I opened my eyes, I felt that I was in a new world.

- Ashwini L., Std. VIII, Sri Sai Public School, Bangalore

While channelling, I felt that I was under a tree which was filled with Light and I was meditating very deeply. When the Light was passing through my body, I imagined a ball of Light in my hand and sent it to my brother who was suffering from fever and then I spread it to the whole world.

-Vishal, Std. VIII, Sri Sai Public School, Bangalore

I could feel the Light entering me while channelling and spreading to the whole Earth. I prayed to it to help me in my studies and give me good health. I introduced myself, my parents and sister to the Light and also shared my feelings, my personal information and my problems with It.

- Shwetha V., Std. VI, Sri Sai Public School, Bangalore

When I closed my eyes for channelling, I prayed to the Light to help my friend who had been suffering a lot, and to remove negative thoughts from people's minds and make them good and peaceful. I also prayed that I want to study well for my parents' sake and for myself. I will practise this technique daily and also during exams.

- Nisharika N., Std. VIII, Sri Sai Public School, Bangalore

APPEAL TO SCHOOLS

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