

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 11, Issue 1

Bi-Monthly Newsletter

Jan-Feb 2021

A MESSAGE

Guruji Krishnananda

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

Everyone should set a goal in Life – either in the material Life or in the Spiritual Life and pursue it sincerely. Choosing a goal is very important. We have to be very clear about what we are after. It applies to everyone; most of us. Studies, career, Spiritual goals – what exactly am I after? If we are clear about the goal, then it becomes easy for us to prioritise things. There will be many goals, but we can achieve only one goal at a time. Let us say we are pursuing one particular goal, then if we are very clear about it, if we are very sincere about pursuing it, then we have to give up the other goals; the smaller goals.

But, if we choose a goal, and then while pursuing it if we do not feel comfortable about it, if we feel we miss something else, if we feel that we should have done something else then we have to immediately look within. Whatever be the goal, if we are not earnest about it, then we feel this unhappiness; we begin to miss the other things. We have to sacrifice so many things to achieve one goal. This we have to. And if we can't sacrifice, if we miss other things, then again it means that we are not very serious about this goal.

HAPPENINGS

Jayant Deshpande

Another New Year brings new opportunities, new energies and new hope. And another World Channels Day. On the World Channels Day, we will take another huge step towards the New Age of Love and Peace, when lakhs are expected to join us in our efforts to bring down more Light.

Please join us from your own places by Channelling Light at any convenient time or join a live session at 8 am or 12 noon or 9 pm (India Time) on 1st February, 2021 on www.lightagemasters.com/WCD2021-Live.

LIGHT WORKS

Manoj Chopra

We are celebrating the 11th World Channels Day on February 1, 2021. Our Volunteers have the same enthusiasm as every year, although their approach this year will be different from other years. Due to the Pandemic, Volunteers may not visit schools in person, but they will inform the School Authorities about World Channels Day by other means of communication.

We request all schools to join us on World Channels Day and channel Light from their places and make this day a great success. A small step by you may initiate a bigger process of Love and Peace in the world. May this World Channels Day help contain the spread of the pandemic and heal our Mother Earth.

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



A Light Channelling session was conducted for children of an online class on 4th Jan 2021

QUOTES FROM THE LIGHT MASTERS

- ❖ Meditation and positivisation take us from the human to the Divine.
- ❖ The walls of hatred, selfishness, greed etc., can only be removed by Love, by Spiritualising; by Meditations.
- ❖ Spirituality takes us above religion, into the Pure Consciousness; into God. Spirituality is beyond religion.
- ❖ Meditation is above all religions. It leads us to the Divine.
- ❖ We meditate to experience Stillness. In Stillness our Awareness expands. In the state of expandedness we manifest Love; Love connects us to God.
- ❖ Sadhana is meditating and positivising our entire Life.
- ❖ Spirituality is coping with all the realities of this plane, following the path of Truth and Love.
- ❖ Prayer is communicating with God. It is a way of expressing our Love to God.
- ❖ When a calamity strikes, we have to do everything that we can. Then, pray and meditate.
- ❖ We spend all our time worrying about the minor details of Life. Then, one day, after the years slip away, we close our eyes without experiencing the sky, the moon, the beauty and the Divinity in all these. Let us not allow our Life to slip away. Let us live a higher Life.

- Guruji Krishnananda

LIGHT CHANNELLING IN SCHOOLS

Schools participated : 5758
Students channelled Light : 29.65 lakhs

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.

A Day of Celebration

Manoj Kumar Chopra

When I think of World Channels Day, I think of a celebration. It is not only celebrating our beloved master Maharshi Amara's Birthday, but it is also a celebration of never-ending joy, Love, and Peace. The magnificent day always starts with excitement and ends with Peace and contentment. It is a unique exhibition of the Life-force of our Volunteers, Children, and School authorities.

I feel this year is unique, although difficult, but full of opportunities. The pandemic has created a physical distance between us, but we have moved closer spiritually. This year, we may not be able to gather children and adults physically, like we do every year, but I am sure Channelling will happen at a higher level individually, where we all are One. Our intent is enough to spread these wonderful energies and to heal our world.

This World Channels Day has come in the midst of a pandemic. I feel this is the most important year than any other year, because like never before, the world is inflicted with pain, suffering, and hopelessness. I pray that the Light channeled on World channels Day heals the world.

Whenever there is a problem and a solution is sought, we always find a solution. The development of a vaccine is the best example of human struggles and perseverance. Without the grace of a higher intelligence, vaccine would not have come in such a short span. The pandemic may get over now, but we should not forget the lesson. We should stop carrying the baggage of hurts and pain. We should throw away our anger, jealousy, non-love, and greed. As humanity, we are on the verge of taking a huge step towards the New Age. No pandemic can touch humanity if we embrace Love, Peace, and generosity. As a world, we have to come closer. We have to seek a solution to all our problems together. Oneness at this level will help us to connect at a higher level. When we are one at a higher level, we will get a solution instantaneously. If we channel Light together or individually at the same time, it can create harmony and order.

Let us celebrate the 11th World Channels Day by Channelling Light from our own places. We dedicate this World Channels Day to all Volunteers, Covid warriors, health care staff, and scientists who worked tirelessly and selflessly to fight the pandemic. ■

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

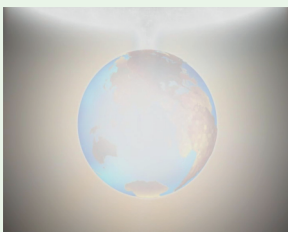
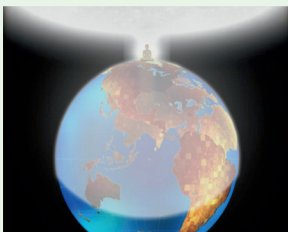
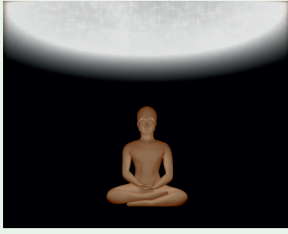
Pune

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 1st February 2021

Respected School Authorities,

Kindly conduct a Light Channelling session in your school by following the below mentioned steps during the morning assembly or during an online class or at any convenient time during the day.

1. Introduce Briefly :

It is 11th 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 lakhs of 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.

3. Close the session by Thanking the Light.

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You may also join us from your own places for a live session of Light Channelling which will be held at Manasa Foundation, Taponagara, Bangalore and will be webcast live on www.lightagemasters.com/WCD2021-Live. The live sessions will be conducted as follows:

In English at 8 AM and 9 PM (India Time)

In Hindi at 12 noon (India Time)

Thank you.

For receiving updates and a video of a recorded session please register by giving a missed call to 7827762701

Due to Covid our volunteers are unable to visit schools. Hence, we request you to conduct Light Channelling Sessions in your schools.