



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 4

Bi-Monthly Newsletter

July-Aug 2021

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 10th Feb 2002)

There are laws unknown to us. We have to share the pains and sufferings of the others. We cannot escape. We are not aware of it. We are not affected directly, but we cannot escape these. We enjoy the benefits when someone else discovers something, and we enjoy and share the benefits. Similarly we have to share the other things also. These pains and sufferings of others create fields of vibrations. These vibrations will be spread all over the world. Everyone will have to receive these vibrations. These vibrations will bring an effect, will touch us, hit us. These vibrations affect us in different ways, various ways and we will not be aware of this most of the time. Suddenly there will be an upset in finance, in personal relations, in offices, in other areas, somewhere. It is difficult to say or define. So we get hit by these vibrations. What can we do about it? We can clear these vibrations. 'Clear' is the word. How do we clear? Receive the vibrations and meditate, pray for others, meditate for others. This is how we have to clear the Karmas of the world. As we, the individuals have Karmas, as we accumulate Karmas, even countries, areas, towns also gather or attract Karmas. There are mass Karmas. We can clear these mass Karmas.

HAPPENINGS

Jayant Deshpande

Many Light Channels continue to channel Light silently. These efforts help the Light Masters who are working tirelessly to bring about a shift in collective human consciousness. When the positive vibrations of collective human consciousness reach a particular level, the darkness will be forced to withdraw. It is then we will be able to witness true global Peace. It is then we will be able to witness a world free of corruption and injustice – the New World we are all waiting for!

Maharshi Amara, the inspiration behind our efforts, passed on this dream of the New World to us. On his Mahasamadhi Day, on 25th August, we wish to express our gratitude by channelling more Light. That will be the best tribute to the Great Master.

LIGHT WORKS

Manoj Chopra

In this Pandemic, people are undergoing several mental health issues apart from physical health. Insecurity, fear of losing loved ones, anxiety and stress are the most common issues people are facing. Society has never witnessed such hopelessness and helplessness. It is our duty to spread hope, trust, Love, and Peace. Light Channelling is the best way of spreading such vibrations. Let us channel more Light and fill this world with wonderful energies.

On 18th May, the Light Channelling team got reinitiated by Guruji and Astral Masters. The team rededicated itself to the work of Rishis. The team is innovating new ways to pursue the work in this challenging time. Volunteers are waiting patiently and would love to start the work at the earliest.



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QUOTES FROM THE LIGHT MASTERS

- The knowledge acquired by the Intellect in one's lifetime will be lost with the death of the person. It will not be carried over into the next Life. But the knowledge acquired by the Soul will remain with us for a long time. It will be carried over to the next Life also.
- We get pleasure or happiness with the experiences that we receive through the five sensory organs and from the experiences of the Mind and the Intellect, but these are temporary. The Bliss experienced by the Soul is the one that lasts long.
- A Guru is a channel of God's Grace, knowledge and energies.
- Love connects us to God. It is to manifest Love that we meditate.
- Spirituality is being tuned to God always. Spirituality is manifesting God. It is filling our entire system, our entire Life, with God.
- Spirituality is emoting, thinking and living with maturity, with wisdom.
- A Spiritual person's thoughts and emotions will always be proper, will always be mature. This indicates that our thoughts and emotions indicate our Spiritual condition.
- We must have desires to share, to share our Love with others, to share our material and Spiritual riches with others. We must have desires to manifest the Divinity we carry within ourselves. Such desires are wonderful. We must have desires.
- Wisdom comes to us when we meditate. We can make use of this wisdom, and live this life beautifully and sensibly. Spirituality is living this life sensibly, not going to extremes.
- A Meditator is a vibrating field of Love and energy. It is enough if we meditate; it is enough if we vibrate, *the New Age* then comes automatically because this field conveys things that words cannot convey. Lectures cannot bring changes quickly, but we can bring many changes by directly influencing through our vibrations.

- Guruji Krishnananda



Students of Kalmadi School in Pune participated in an online Light Channelling session on 7th June 2021

EXCERPTS FROM SHRI. JAYANT DESHPANDE'S TALK 16-05-2021

We have been channelling Light regularly, then why is it that the world and India in particular is still suffering so much with this pandemic? One, we do not know what would have happened if so many people were not channelling Light. Things could have been worse. And the other point is that many more have to join in these silent efforts.

One may say that the Light we are channelling is reaching all corners of the world, then why haven't things changed.

It is true that the Light we channel, the Light we spread reaches everybody. But the Light does not enter people unless they allow It to enter them. The Light respects our Freewill. The Light definitely talks to every individual at a deeper level. If they do not allow, It waits.

The Light we are channelling is not going waste. It has Its impact. There is help from the Light and many Light Masters. Otherwise it is not possible that vaccines are available in such a short time.

Apart from channelling Light, we can consciously bring out Light in our living. Only when we manifest Light, the process of transformation that gets initiated in us, when we begin channelling, gets completed. That is why to help the process reach its goal, we can consciously manifest Light. When we manifest Light, we bring more Light into this world. Then the process of Light spreading through us, continues even when we are not channelling. When we begin manifesting Light, we get connected to the Light and we become a channel of Light.

Channelling of Light with the help of this Light Channelling technique is one part of the practice. The other part of the practice is manifesting Light in our living. Manifesting Light means manifesting goodness, being honest, being peaceful.

THE POWER OF LIGHT

Apoorva Deshpande

The power of Light never ceases to amaze me and more importantly leave me truly humbled. The technique of Light presented by Guruji Krishnananda illuminates our path, removes many hurdles and brings to our Life - Peace, Love and prosperity.

With a great amount of trepidation did I start sending Light to people whose actions have hurt me and to people who have felt I have wronged them. Seasons have come and gone, but the weight of disappointment, anger and pain would lie heavy in my heart. It was very difficult the first time I did it. More than anything, genuinely asking for forgiveness is hard. The ego tries to reason with you. It justifies your actions. Similarly with the people who have hurt you, you want nothing to do with them, let alone send Light to them.

I religiously sent Light to people, both letting go and asking for forgiveness. In a few days, I was feeling much lighter. Years of pain seemed to dissipate. I realised it is only when we let go and forget do we truly begin to heal.

A person wrote in our newsletter that by channelling Light every day, she feels very calm and peaceful. She went on to say that all the bad thoughts that she had have vanished. After reading this person's experience, I thought to myself about how we cannot comprehend the power of Light. It helps us in a myriad of ways. Our interpersonal relations improve. More importantly, our outlook towards Life and how we view ourselves improves. Slowly but surely we stop looking for Peace on the outside and turn inwards. Our self deprecating thoughts, our anger that is directed inwards soon vanishes and we are left feeling content. The squabbles around us don't bother us, nor do we partake in the squabbles. We are at Peace.

I was not able to drive my vehicle for quite some time. I was wondering if my vehicle would start because it had gone unused for so many weeks. The day I finally saw it, I instinctively sent lots of Light and Love to it, as I walked towards it. To my surprise my vehicle started without needing a jump start. I felt so happy. I could also feel the Love, happiness and warmth that my vehicle was passing on to me. Our Guru, Guruji Krishnananda would say, "Even inanimate objects can feel and reciprocate." Feeling such an outpouring of Love from my vehicle was nothing short of touching.

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.

LIGHT CHANNELLING IN SCHOOLS

Schools participated : 5758
Students channelled Light : 29.65 Lakhs

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

Millions have benefitted by practicing 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

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

Thank you for your guidance in Light Channelling. Due to this, my approach in daily activities has been more positive and it has made me more energetic. Everything around me gives me pleasant and positive vibes.

- Leena Vijay Shinde, A Light Channel

Since I have started channelling Light, I am experiencing so much of positivity in me and positivity is also being felt in my family. I have also received financial support in business, which I had never ever expected.

- Suman Vijay Parab, A Light Channel

I practise Light Channelling every day. When we invoke Light, an energy, a liveliness is created in us and as it spreads, it gives a feeling of satisfaction, of giving. I am an artist, a painter. It has helped me very effectively to expand the wings of my creativity.

- Asmita Dabholkar, A Light Channel

A student studying in the 7th class, who comes for tuitions had difficulty in reading, as he was unable to recognize and frame words with alphabets. He would always make mistakes with spellings. So I made him channel Light before and after the tuitions every day and now he is able to read and write fluently; he is able to concentrate on his studies. His handwriting has also improved. I thank Guruji and Rishis for everything. I also thank Jayant Sir who is continuously guiding all of us.

- Sujatha R, A Light Channel

I am practising Light Channelling for a month. I have seen a lot of positive changes in myself. My thoughts have reduced and I can focus better on the subjects.

- Prathamesh Kulkarni, Student, Garware College, Pune

All the members of our school, including the Headmaster and 29 teachers joined the 800 students to welcome the Light thoughtfully and blissfully in prayer and spread it to all the members of our locality. It made every one of us feel happy and peaceful. We also prayed for good results for 10th standard students and the well being of all in the world. Thanks to the almighty and the organisers of Light Channelling.

- Shri. U. Muniramaiah, Headmaster, Chennai High school, MMDA II, Chennai

Light Channelling has helped to bring silence in me. I have understood the power of silence. It is infinitely greater than lectures, talks, advices, orations and discourses. It made me understand myself better. I experienced inexplicable joy and indescribable happiness.

- Vedhalakshmi S., Std. X, SBS Mootha Girls Senior Secondary School, Chennai

My Life has totally changed after I started practising Light Channelling. I had a lot of ego and was very short tempered but now whenever I get irritated or angry, I practise Light Channelling and get relaxed. I am an emotional person and I get hurt very quickly. But now I am becoming strong and have no fear of anything. I am lucky that I got an opportunity to learn about Light Channelling.

- Kajal Bhandari, Std. X, SBS Mootha Girls Senior Secondary School, Chennai

ONLINE GUIDED LIGHT CHANNELLING SESSIONS

We conduct guided Light Channelling sessions on the third Sunday of every month from 11 AM to 11.30 AM and will be webcast live on www.lightagemasters.com/lc_live. We request you all to participate in these sessions.