

## 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

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## A MESSAGE

### Guruji Krishnananda

(Excerpts from his talks delivered on 8<sup>th</sup> Dec 2002)

What can we do when we are in a very depressed state of mind? There are many books, there is a lot of literature and there are many ways; techniques suggested. But I suggest these things - let us go out into the nature, let us sit in a park, let us walk under trees, spend time with flowers. These trees, plants, flowers will always be vibrating Love. When we sit under a tree, we will find a lot of peace descending on us particularly if we open up to it, if we are aware of it. Nature will be emanating the vibrations of Love and Peace always. When we just go out there, without our effort, we will have this peace, we will get over this depressed state of mind. And of course, we can always practise Meditations if we can.

We have to remember that every moment is a gift to us. We have to celebrate Life in every moment. We have to fill up every moment with joy. Whatever our circumstances are, we have to fill up this moment with gratitude. If we don't, perhaps we will be failing God, because He has gifted all these gifts of Life. This is very important – Celebrating Life, acknowledging that this moment and every moment is a gift from God.

## HAPPENINGS

### Jayant Deshpande

Many have expressed that the online Light Channelling sessions conducted by Manasa Foundation on third Sundays are very powerful. The Universe helps specially when we come together and make such genuine efforts to raise the quality of our vibrations through Light Channelling. That is why these sessions are so powerful. We have to then consciously bring this powerful experience into our living. That is the Spiritual solution to this challenge we are facing currently. While we continue to take all precautions at the physical level, our efforts have to be strengthened at the Spiritual level.

## LIGHT WORKS

### Manoj Chopra

We are facing another wave of the pandemic. As humanity, we are in a similar situation in which we were in the last year. A big question arises - Could we have avoided the present situation? I feel we could have avoided the second wave and can avoid the consecutive waves by learning a lesson from the pandemic. As humanity, we have not spiritualized enough. It is also true that, after the pandemic goodness and positivity on earth have increased, but it is not enough. We are holding on to old energies and delaying a wonderful Sunrise. The New Age Sun has already dawned, but we are delaying its Rise by holding on to our old ideas and understandings. We have to allow our true nature to surface by letting go of our acquired nature.

Let us channel Light, which is the best way to bring out our true nature which is Love and Peace.



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## QUOTES FROM THE LIGHT MASTERS

- Spirituality is living, following the principles of Love, *dharma* and Truth.
- Spirituality is moving towards God, trying to tune up to God.
- Spirituality is living this Life perfectly, very sensibly, fully.
- When we recognise God in other people, in everything around us, that is living spiritually.
- We must do 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 very 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.
- When we meditate we automatically become a channel. Through us so many energies pass through, so much of Love from above descends down through us.
- The Light is not merely light, It is energies, It is Love, It is God Himself. With channelling and covering this Earth with these vibrations, one day we will be able to wipe out all non-love. It is then the New Age begins.
- Unless we meditate, we will not experience, we will not experience the highest truths and we will not be able to grow. Only experience brings wisdom.
- When the individual chooses an option by himself, it will remain with him permanently. But even if a good thing is imposed, it will remain with the individual only for a very temporary period.

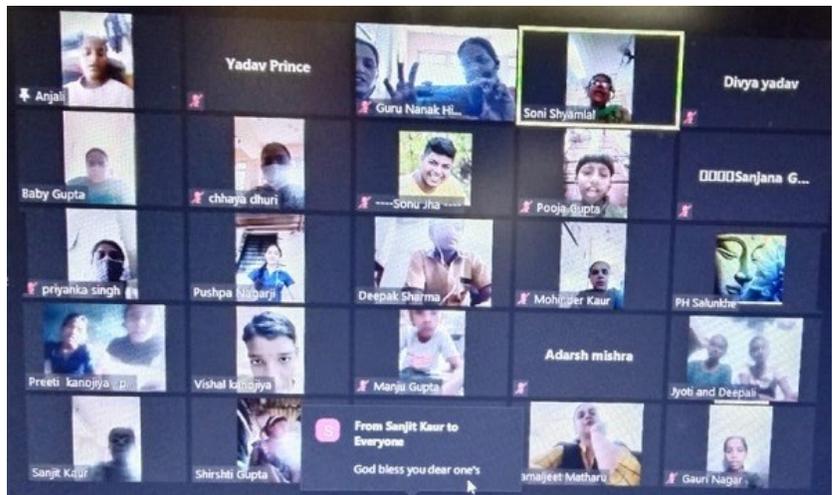
- Guruji Krishnananda

### 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](http://www.lightagemasters.com/lc_live). We request you all to participate in these sessions.



A guided Light Channelling session conducted in Manasa Foundation, Taponagara, Bangalore and was webcast live on April 18, 2021



Students of a school in Mumbai participated in an online Light channelling session on February 1, 2021



Students of Pratham Foundation, Pune channelled Light on February 1, 2021

## With us, in us, for us

Apoorva Deshpande

Late one evening, a person walking down a dark street happened to see a scared street dog. The person smiled warmly at the dog. The dog wagged its tail back in response. It was only once the person had walked past the dog did he realise that he was wearing a mask and there was no way the dog could have seen him smiling at him. What made the dog wag its tail in response? Light has its own intelligence; a higher intelligence that we often cannot comprehend. The dog experienced the Light and reciprocated.

Our Guru, Guruji Krishnananda, wanted kids to channel Light because they are innocent and pure, not because they don't question things but they do not blindly reject things. When Guruji visited a school almost two decades ago, he said he felt reassured again, it is easy to awaken the Divine in the innocent hearts and minds of children. When the children meditated with him for a few minutes, he saw Light in them.

Whenever I write about Light, I get an opportunity to relive the beautiful moments in the way Light has touched my Life and millions around me. Many find themselves unconsciously sending Light towards a person or to a situation and the Love and wisdom in Light always helps alleviate the situation or help the person in the best possible way.

A young student would send Light to her father who would drink copious amounts of alcohol and would resort to violence. Light would've spoken to the father at another level, a subtler level. The father eventually gave up drinking altogether. A person's brother, who was on the brink of death, miraculously got better as people sent him Light. A person prayed to Light seconds before an angry family member came to lash out at him. As soon as the two made eye contact, the enraged person found himself to have mysteriously calmed down! He also apologized to the person he was going to lash out at.

Channelling Light can be a very cathartic experience. We not only help people around us, we also heal ourselves, bit by bit. We find ourselves more at peace with ourselves. We find ourselves less critical of those around us and more importantly also of ourselves. On occasions when situations seem bleak, Light provides us with the strength to deal with the situations.

## 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.

Please feel free to contact us if you need a live online Session in your institution.

## 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](http://www.lightchannels.com)

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](mailto: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](http://www.lightchannels.com)

### Compiled by Vaishali Joshi

February 1st, World Channels Day was a great, wonderful and happy day. I was in a blissful state till 3rd February. I wish to dwell in this Divine state forever.

- Padmini, Volunteer

This time I found that people were more willing and readily agreed to participate after knowing the special arrangements we had made to celebrate the World Channels Day. Though most of the students were not reachable, the teachers were determined to reach out to them with ingenious ways like sending the message along with midday meals packets!

With the pandemic still going on, people, generally were feeling the need for such relief. And quite a few Headmasters/Headmistresses highly appreciated this noble selfless work. Though we could not meet them physically, the warmth, love and respect reflecting in their voices were unmistakable.

Though the RLC Centre is closed for more than ten months, the lady participants there said that they were channelling Light regularly and would participate in the World Channels Day.

Technology surely is a boon to continue this work in the present times. Though I missed the school visits, there was a rare satisfaction when I realised that there was a deeper understanding about Light Channelling among the people, and a shift in the attitude towards Spirituality.

There is a desire in me to grow more in order to reach more and deeper through this wonderful opportunity.

- Nirmala Bala, Volunteer

It's an attempt to assemble in words the profound love and affection of Amara and the Masters experienced on this World Channels Day. As we connected to the schools, there was an array of responses. Some schools readily agreed, while others agreed to participate later. It was touching that the teachers, Institution heads called back when they were free and responded. There was participation even from Pune Blind School. The day was full of bliss from morning and the Descent of Light was actually experienced.

Shri. Sharad Mahajan, Director, Mashaal Foundation said, "This technique is needed in these times when we all are facing hardship on economic, health and relationship fronts."

Sunanda Joshi, who is partially vision impaired said, "This technique is so good. I could connect immediately."

- Geetha Joshi, Volunteer

When I take support from Light, I can face the challenges of today and tomorrow gracefully. This year I noticed that all the schools were very welcoming and went an extra mile to organise the World Channels Day program in their schools. Like every year even this year's WCD preparation had quite a lot of challenges. I fell sick and with just 15 days more to go for the WCD I had not made even one single call to the schools. I was very sad and disappointed that I was not able to contribute. Miraculously I got a call from my Area Coordinator and she gave me a good pep talk and a few techniques to follow. To my surprise I was healed the next day and I was able to finish the work in just 3 days. It was really miraculous.

- Anusha, Volunteer

