

## 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.
- Helps us and the world to enter into the New Age.

# LIGHT CHANNELS

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Nov-Dec 2021

### A MESSAGE

#### Guruji Krishnananda

(Excerpts from his talks delivered on 18th March 2012)

There are many occasions in Life to feel frustrated. Life is not easy. I am aware of it but when we feel we are very frustrated, then we begin asking questions like - What is this law of Karma? etc. Here we have a lot of knowledge. We know about Karmas. When we reach a point of helplessness, that is, when we feel frustrated and we can't escape the situation in which we are, then instead of grumbling and complaining, face it. Generally, I say we can use Light. But each one will have their own difficult situations. I say we have to design the way. It is possible. Whenever we are in difficulties, the Light Masters help from their level. But at the physical level it is we who have to face a situation. The most important thing is to never lose hope. We are not alone. The Light Masters are with us.

### HAPPENINGS

#### Jayant Deshpande

I was deeply touched when I was told that an old lady in her nineties eagerly waits for the Light Channelling sessions, we conduct from here in Manasa, every third Sunday. She joins remotely from her own place through the live webcast of these sessions. There is something about these sessions that brings people together from different parts of the world. It is the presence of the Light Masters and their Blessings, which make these sessions very special. People come back probably to experience the Presence, the Peace and Divine Grace. People also join because they genuinely wish to spread the Light to others, to help establish the New Age on this earth. Their participation motivates us and strengthens our hope that the New Age is not far away.

### LIGHT WORKS

#### Manoj Chopra

In this festive season, an NGO in Pune conducted Light Channelling sessions for more than six thousand children in their respective branches. The sessions were conducted by their teachers in a single day. These teachers were trained meticulously by our Volunteers recently. This NGO runs special schools for underprivileged children of the slums which are in various parts of the city. I feel they are doing a noble work of spreading knowledge and wisdom to these wonderful souls.

It is good to note that several schools have started offline classes. It is humbling to know that several schools started Light Channelling after request from our Volunteers. A few schools are sharing photographs of the sessions which is inspiring to all of us. My heartfelt thanks to our Volunteers, Teachers, School Authorities and all others who are helping us to spread this noble work.

### MANASA FOUNDATION ®



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## QUOTES FROM THE LIGHT MASTERS

- Karmas are our actions. Everyone is bound by duties and actions, but a person who is established in God has no Karmas. We have to work according to our Dharma, our nature.
- Karma is a law of cause and effect. This is not confined to one lifetime but covers many. If we have accumulated certain things and are unable to clear them off, they are passed on to the next birth.
- We carry our own Karmas from the past. When we take birth, we carry a part of the Karmas of our parents also. We also have to share the Karmas of the place, time and society in which we are living. We automatically have to share the Karmas of our life partners and very close friends. Wherever there is a close link with any one, we attract a part of their Karmas.
- The effects of Karmas is not suffering only. It can also be happy experiences. The purpose of Meditation is reaching the state of God. We should have no Karmas for that; not even good Karmas.
- If we take up Meditations, in the beginning, a cleansing process occurs. Later on, this process continues at subtler levels and clears all past Karmas. Only Meditations can burn out the Karmas and then, destiny changes! Any other way like pujas, charity, vratas etc., will not burn out Karmas, but they do bring benefits separately.
- Usually, people think that Spiritual practices have to be taken up only at a later age, to prepare for the next life. It is not so. Spirituality helps us, here and now, to face life at this moment and to live this life.
- Happiness is a state of mind. It is not dependent on the external conditions. Our own attitudes make us happy or unhappy.
- Every negative thought and emotion will add a layer of ignorance.
- Spirituality is not starving, not denying life sitting in a corner, shut off from the world or it is not living in poverty. It is experiencing life fully and completely. But usually people think that they have to throw away the material world to become Spiritual. A person living in luxury can be most Spiritual.

- Guruji Krishnananda



Members of Corporation Department, Pune Dist. channelled Light on 21st September 2021



One of the schools in Jayanagar, Bangalore, channelled Light on 4th October 2021



Children of Nandi Foundation, Pune, channelled Light on account of Navaratri on 13 October 2021

## EXCERPTS FROM SHRI. JAYANT DESHPANDE'S TALK

19-09-2021

A person told one of the Volunteers that she has been channelling Light for the last 4 or 5 years. She was under the impression that it is not alright to cry while channelling Light. Our Volunteer clarified that it is alright. In Meditation, we go beyond emotions. But if we become emotional while relating to God, while relating to Light, it is alright. In fact, it helps if we relate to Light and become emotional, before we begin the practice. After some time, we will be able to go beyond emotions and enter into Stillness. Thinking of God or Light, being emotional about Him helps in going beyond thoughts and emotions in Meditation.

And about crying – it is alright. With Light, there are no protocols, no conditions, no restrictions as such. Light is like a parent – a mother, a father. We can open up to Him completely. God Himself has manifested as Light.

This Light is manifest in the Life here on this Earth. It manifests Itself through us, when we smile. This Light manifests Itself in the giggles of children, in their innocence. It manifests through our goodness. It manifests when we are engaged in a positive act, when we think positively. It manifests when we are emoting with Great Love. It manifests when we forgive – forgive others or forgive ourselves.

When we practise Light Channelling, we experience Light. And in Life, we manifest this Light through our living. Both are important. Guruji Krishnananda used to tell us that any Spiritual practice is not completed with just the practice of a technique. It gets completed when we manifest the influence of the practice in our Life.

Many times people ask, "How to improve the quality of our practice of Light Channelling?"

Before we begin the practice, we can think of Light with great Love. We can relate to this Light with great Love, like we relate to a Divine personality. Then there will be a connection and this helps our practice. Living positively also helps improve the quality of our practice. Living positively helps to remain connected with Light all the time. We need not even be thinking about Light and yet we will be connected to It, manifesting It, while living positively.

Incidentally a person asked me, "How do we carry Light?"

I feel this is how we carry Light – by living positively. We can do this consciously. We can be aware of the presence of Light around us. He is all around us all the time. This Awareness helps us to remain positive all the time. This Presence is with us all the time - not to judge us, not to condemn us, but to help us. This awareness helps us to carry Light; to remain connected and to live positively. ■

## 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

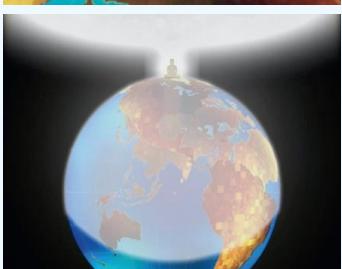
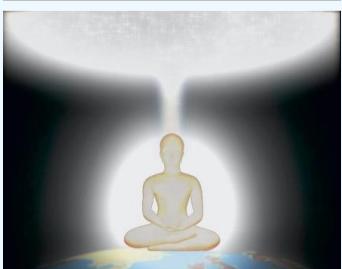
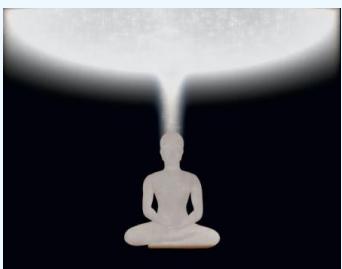
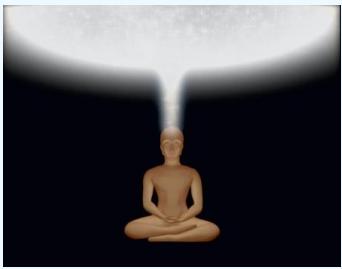
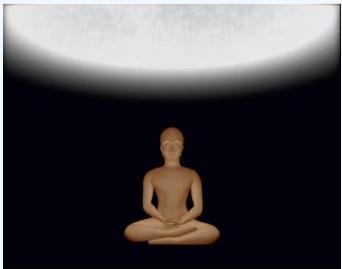
Schools participated : 5758

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](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)



## FEEDBACK FROM SCHOOLS & EXPERIENCES

**Compiled by Vaishali Joshi**

It is with a lot of gratitude that I am penning this letter. It is certainly our fortune that your organisation approached us with an offer to conduct a session to train our children in Light Channelling. We have just initiated Meditation in our school and your sessions have been both timely and rewarding. Though we were initially doubtful about the extent to which it would be beneficial for the younger age group, we are delighted to share with you that it is this age group that has been the most receptive. We have made Light Channelling a routine in our school and hope to continue this practice in future. Thank you once again for this invaluable opportunity.

- Ms. Deivanai, Principal, Chettinad Hari Shree Vidyalayam, Chennai

I had accompanied the students on an excursion to Kanyakumari. The students walked to the shore temple, while we went to get tickets to the ferry to visit the Vivekananda rock shrine. To our disappointment it was closed due to rough sea. We gathered in the park and had lunch. In the afternoon some primary class children eagerly channelled Light and prayed to It to help them visit the shrine. At around 4 PM, though we were ready to leave the place, the students requested the guide and master to try again. Though it was a long walk they agreed and soon they sent word that the ferry was open. We rushed there to find a big crowd waiting and the gates closed, but the guide came out with the tickets with special permission from the Presiding Officer of that office. We were on the last ferry. We meditated in the hall and watched the sunset in a clear sky. We left as the rock was lit up with brilliant lighting, leaving a lasting impression of the wonderful energy we experienced. Thanks to the Grace of Light. I wish to share this little incident with others through your Newsletter.

- Ms. Uma Krishnamurthy, Headmistress, Jnana Bodhini School, Sheshadripuram, Bangalore

When I practise Light Channelling, it not only gives me peace of mind but it also influences others around me. It is the best way to make our life, others' life, the city and the world peaceful.

- Ms. Munaza Yameen C., Karnataka Public School, Bangalore

My daughter studying in Std. VII of Holy Angels School, RPC Layout Branch, Bangalore, practises Light Channelling daily for 20 minutes. It has brought many changes in my daughter. I am heartily thankful to Manasa and wish that Manasa Foundation spreads this Light to every child.

- Ms. Hajira Rafee, Chandra Layout, Bangalore

Light Channelling was introduced to our Staff and students during the last academic year. It is very encouraging, inspiring, motivates towards success, peace and Love. Thank you.

- Shri. Chary C N, Principal, Raghavendra English School, Cholurupalya, Bangalore

The Light Channelling program has made a big difference in our lives. We practise it every day for 5-7 minutes after the Assembly. Teachers have reported that the students have gained more of positive energy as this technique helps them to go about their day well. I myself feel good and can feel the energy flowing in me when I practice channelling. We are and we will continue practising this Light Channelling technique to spread Love and goodwill among us.

- Ms. Sridevi R, Asst. Headmistress, Raghavendra English School, Vidyaranyanagar, Bangalore

### 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.