

**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**

**Volume 12, Issue 1**

**Bi-Monthly Newsletter**

**Jan-Feb 2022**

## **A MESSAGE**

**Guruji Krishnananda**

(Excerpts from his talks delivered on 5<sup>th</sup> January 2003)

I wish to give one or two hints, two hints to be particular: Love and a little Vairagya will make our lives totally peaceful. And it takes only our willingness to manifest Love. We must be willing to manifest, that is all. We can do it consciously. We can manifest Love at every level, at all times, with everyone, everywhere. As I said earlier, it requires only our willingness. We have to decide to allow the Love to come out. And a little Vairagya, as I suggested, it's not a difficult thing. It is just drawing a line of contentment. Let us be very pragmatic. These lines of contentment vary from individual to individual, but these lines can be drawn. If we draw these lines, there will be no unhappiness, there will be Peace. Simple truths, when they are practised, when they are applied in our Life, bring very very great effects.

## **HAPPENINGS**

**Jayant Deshpande**

Another World Channels Day! One more opportunity for us to take a leap further towards the New Age of Peace and Perfection. One more opportunity for us to throw away unnecessary baggage we may be carrying. One more opportunity for us to free ourselves from negative emotions and thinking and move towards positive living. One more opportunity for us to receive and spread more Light.

Please support us by channelling Light at any convenient time on February 1, 2022 or join us at [www.lightagemasters.com/lc\\_live](http://www.lightagemasters.com/lc_live) for a guided Light Channelling session at 8 am or 12 noon or 9 pm.

## **LIGHT WORKS**

**Manoj Chopra**

The year 2021, was a challenging year for most of us. Apart from the challenges, it was an opportunity to expand our emotion and compassion for others. We may not be affected directly but we felt the pain and empathy for others.

As Volunteers, we miss visiting schools and conducting sessions in the Assemblies. We miss meeting Teachers, School Authorities and Children physically. A few of us could conduct online sessions and several schools continued Light Channelling by themselves. We thank all of you for your unconditional support despite of personal challenges.

We are approaching another World Channels Day on February 1, 2022. Kindly support us like every year by conducting Light Channelling sessions in your school or in the classroom. We wish to bring down maximum Light on this day. We wish and hope Light brought down on that day will help to control the Pandemic and also pray that it would restore Peace and Harmony in the world.

## **MANASA FOUNDATION (R)**



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### QUOTES FROM THE LIGHT MASTERS

- During Meditations our sensitivity will be maximum. Only during Meditation, the Cosmic energies enter our system. These Cosmic energies purify our system thoroughly. The last traces of impurities can be cleared only with these energies and the Karmas can be burnt.
- Only during Meditation, we experience more. We see our Love expanding. We experience God, Vastness, Infinity. In Meditation, there are no limitations, we are absolutely free.
- Meditations change the very chemistry of our system. After Meditations we become calm and sensible.
- We have to understand that everything is temporary. We should understand Birth, Death, Creation, etc. Knowing about such truths, will make us transformed people.
- “Love and Respect everyone and everything.” If we realise that all of us have come from the same origin, we love everyone. At deeper levels we have to experience the Oneness of Creation.
- By keeping the body clean at the physical level, having only the positive emotions at the mental level and having only the right thoughts at the intellectual level, we practise purity at all levels. Purity brings fearlessness. Only in purity, we can talk of freedom, liberty and Moksha.
- Non-attachment is not cutting off relations, not throwing away comforts. It is not being possessive, not worrying about ordinary happenings of Life. It is also shifting our interests to things of higher value. In non-attachment, we expand our Love and attention to the entire creation.
- Most of our problems are our own creation. We created them now, in the present Life or earlier, in previous Lives. We earned Karmas. These Karmas are our problems. We have to learn the lesson and transform. Once we transform, we won't see a problem as a problem.

- Guruji Krishnananda



Assistant Registrars from Konkan, Pune and Mumbai Divisions channelled Light at CIRT BHOSARI, Pune, on 19th November 2021



Several Schools in Bangalore are conducting Light Channelling Sessions on their own and sharing the photos with us.



## Excerpts from Shri. Jayant Deshpande's Talk

19-12-2021

Maharshi Amara was the first person that we are aware of, who spoke about the Light Age. Before this Truth was shared with us, people mostly believed, especially in India, that the dark age runs for lakhs of years. But Maharshi Amara told us that the dark age has ended. He told us that we are passing through the Transition period and very soon we will be in the Light Age.

This is the period when our Earth transitions from the dark age into the Light Age. This is not an easy period. This is the period when the forces of the dark try their best to extend this period of darkness. But the forces of Light initiate many Spiritual processes to bring the Light Age. They initiate the processes of cleansing and purification. This process of purification first brings out the negativities from within us, if we are carrying them. Once the negativities are brought out, these can be dealt with or washed away.

This process of purification, although very beautiful, may make us go through some pain for some time. If we are carrying more negativities, and not willing to let go of them, then the process can be more painful for us. If we are carrying positivity, then this process will make us even stronger positively. When we carry positivity, we will be carrying Light. We also feel light, you would have experienced. You will agree with me that when we are thinking negatively, when we are filled with negative emotions, we feel a kind of heaviness. This negativity is like a burden. If we can throw this burden out, we will feel lighter. This we can experience.

The current cleansing processes help us throw this burden.

If we can experience Light and channel Light, this process of cleansing within us, brings faster transformation in us. This practice of Light Channelling helps us align with these processes of purification. When we align with the processes, there will be no resistance within us against these cleansing processes. When there is no resistance, there will be no pain. This purification and cleansing happen not only at the individual level but also at other levels.

The truth surfaces. The dark gets exposed. When it is exposed, people see the truth and reject the dark. It helps people choose Light. Then people begin to choose Light and spread the Light. As this happens more and more, we begin to move closer to the Light Age. The faster people choose Light, the faster we move towards the Light Age. We can speed up this movement towards the Light Age by channelling more Light, by experiencing more and by manifesting more Light.

Our role as an individual is very important. Our efforts make a difference, make an impact on this movement towards the New Age. That is why channelling Light is so important, doing this regularly is so important. By doing this we will be helping the forces of Light in a significant way. ■

### APPEAL TO SCHOOLS

Please help in strengthening Light Channels World Movement by making Light Channelling a part of daily prayers in your School.

### LIGHT CHANNELLING IN SCHOOLS

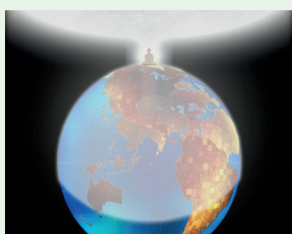
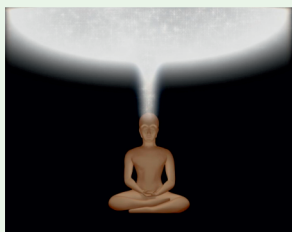
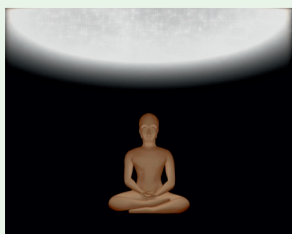
Schools participated : 5758

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)



## World Channels Day

1<sup>st</sup> February 2022

### Respected School Authorities,

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

#### 1. Introduce Briefly:

It is 12<sup>th</sup> 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.

\* \* \*

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/lc\\_live](http://www.lightagemasters.com/lc_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.