



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

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Bi-Monthly Newsletter

July-August 2022

A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 23rd February 1997)

Deep within us is an oasis of Peace and Love. This is a reality. The first step in Sadhana is to establish a relationship with this oasis. If we do, all our problems will vanish. This is not an exaggeration. But we do not do it. That is why, we have conflicts in the world. When we establish a contact with our Source, we will have Peace. Then, nobody can unsettle us, others will be influenced by us. When there is Peace, Love comes out. It has a wonderful effect of harmonizing everything.

HAPPENINGS

Jayant Deshpande

Many are channelling Light now. Some of them share their experiences. Going through these experiences is a wonderful experience for us. A person wrote that after practising Light Channelling for some time, he has become calmer and is able to get rid of anger. If we think of it, it is a Life changing experience. When we become calmer, when we get rid of anger, the experience of Life changes for us. Our interactions become pleasant. Our destiny changes.

Light carries such Life changing possibilities!!

LIGHT WORKS

Manoj Chopra

It was amazing to note that our Volunteers started visiting schools physically after a gap of more than two years. School authorities gave a warm welcome to our Volunteers. It is heartening to know that a few Principals and teachers wanted to begin their school with Light Channelling. Somehow, they know the importance of Meditation in these challenging times. We appreciate their Love for our Volunteers and their eternal trust in Light Channelling.

The world may not change overnight but there is hope. There is gradually growing awareness. People around the world are protesting against war and injustice. We could see growing anger against immoral and corrupt systems. There will be a change soon. There will be Light soon. A new beginning of new Life is going to establish soon.

MANASA FOUNDATION (R)



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QUOTES FROM THE LIGHT MASTERS

- Everyone should have freedom. But our freedom should not come in the way of others' freedom.
- Anything cannot be thrust on another person. Even if it is a thing of value, the individual has to accept it.
- Our attitudes and complexities of Life cause stress. Our ego brings many problems; we are not clear about the priorities of Life. If we want to have real peace, it cannot be done in isolation. We have to positivise and spiritualise. Peace comes only when we completely reorient our lives.
- Diversity is the specialty of this plane. There is beauty in this diversity. Different types of plants, birds, mountains, rivers, colours, musical notes, etc., are a part of this diversity. God manifested Himself here on this plane in this diversity. Diversity is His expression on this physical plane.
- This world is now imperfect. The journey towards perfection has begun.
- We feel insecure when we are not established in God. Align with God. Be aware of Him. He is there waiting all the time to help us and protect us.
- We meditate to align with God. If we are aware of His Presence, He will take care of everything, from the smallest to the biggest problem.
- All corrupt systems collapse either gradually or abruptly.
- The Light has Supreme Intelligence. The Light knows what is best for us and what is not. Even if we think we are wise, our wisdom is nothing compared to the wisdom of the Light.
- We will be able to accept the Light completely when we align with the Light and make Light our inner guide.
- Accept the Light with all your faith. You will be guided properly always.
- Meditations bring more common sense to us. A meditator can cope up with any kind of stress.
- In Meditation, we touch the core, the powerhouse of all strength. We can draw this strength and use it for any purpose. Meditation helps us in every way.

- Guruji Krishnananda



Parents of students of Kalpataru Central School, Tiptur,
Karnataka channelled Light on 27th May 2022



Students of one of the High Schools in Bangalore
channelled Light on 6th June 2022



A student of a school in Bangalore shared his experience
with Light Channelling in one of the sessions

Excerpts from Shri. Jayant Deshpande's Talk

15th May 2022

Guruji Krishnananda launched the Light Channels World Movement on 18th May 2008. We will be completing 14 years of this silent Movement on 18th May. When he launched the Movement, a few hundred of us began Channelling Light. We were his students learning Meditations from him. In these 14 years, the Movement has grown. Now lakhs of people are Channelling Light.

Guruji used to say that any revolution begins with an individual. The individual will be having a dream, a vision. This dream begins to vibrate. Then some closely associated people, who get inspired by this dream, align with the individual and his or her dream. They join him to actualize the dream. Then the dream begins to vibrate more strongly. These vibrations then touch others and some more people get inspired and align with the dream. This way the vibrations of the dream become stronger and stronger. That is how the revolution spreads. If the dream is for a Universal cause, if it is for welfare of the masses, for Spiritual upliftment of people, then it receives help even from the Universe. It receives help from God, from God's channels, and the dream becomes stronger and stronger.

The Movement started by Guruji is gathering strength. Thanks to all of you and thanks to thousands of schools, the authorities of these schools and lakhs of children who are participating, channelling Light regularly. Guruji's dream was to see the New Age on this Earth. It was to see that every individual is able to connect with the Light directly. Light, as we know, is God Himself. The idea was that every individual connects with God directly, receives energies from Light or God directly and spreads these energies. He or she gets the benefits directly and gets guided by Him directly. That was Guruji Krishnananda's dream, and although to connect with God no technique is required, this Light Channelling technique given by him, helps. It helps us to consciously connect with God and to remain aware that we are connected to Him. When we practise the technique, we become aware about this connection. We become aware that we are receiving energies from Him and that we are spreading the energies. I think this Awareness helps. The entire system can then consciously participate in the process. We receive these energies and then as we begin to live our lives guided by these great energies, we begin to live the values of the New Age.

When every individual on this Earth, if not every individual, when more individuals on this Earth, begin to live the values of the New Age, then we will have the New Age here. That is why, our roles are very important. New Age is a destiny we are waiting for. Guruji has shown us the way to actualize this destiny. The destiny has to manifest through us. We have to create this destiny. If we do not participate in the process of creating this destiny, it will still manifest because some others will participate in the process of its creation. It is a great opportunity for us to participate in this process. The New Age is waiting to descend through us and we have to allow it to descend.

How do we do that? By channelling Light, by beginning to live in alignment with Light, by beginning to live the values of Light. ■

REGULAR LIGHT CHANNELLING CENTRE

People from the locality join voluntarily to channel Light in a group at our below mentioned Channelling Centre, periodically. All are welcome to participate. There is no fee, no membership.

Fridays (11 am to 11.15 am)
Siddhi Vinayaka Devastana,
59/1, Hutchins Road,
3rd Cross, Cooke Town
Ph: 9980205803, Mrs. Nirmala Bala

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 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

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



Some years ago, I was about to leave the office late in the evening by car but could not start due to heavy rain outside. Somehow the driver drove the car from the office premises to the office main gate. We could not move forward as the wipers were stuck in the middle and there was no visibility. I prayed to the Light and channelled It to the car. The driver and others did not know about it. Suddenly, the wipers started working and we could move. It was a miracle. I was very happy and thanked the Light. When we reached the town, the rain had almost stopped, and the wipers also stopped! The driver tried to use the wipers but they did not work. I once again thanked Light for the help.

Recently, when I was travelling on my office bus, my colleague who was also travelling on the same bus, sent me a message that he had severe back pain. I channelled Light to him for some time. Later I received another message from him that the pain had reduced.

- Harikrishnan V, A Light Channel

It is wonderful to start the day with Light Channelling. I feel peaceful and focused.

- Member, HIFEN Club, Bangalore

I joined the Light Channelling session for the first time. It is a great start to the day as I felt relaxed in the morning. Thank you.

- Gopinathan K. P., A Light Channel

I was in a confused state before the Light Channelling session. But after channelling I feel very relaxed.

- Omkar, Student, The Association of People with Disability, Bangalore

We will be finishing the course in a few days and there was fear in my mind about the future and getting a job. Now I am hopeful and at peace.

- Priyanka, Student, The Association of People with Disability, Bangalore

I was worried about my family. After practising Light Channelling I find relief and I am at peace.

- Viswanath, Student, The Association of People with Disability, Bangalore

I had taught the Light Channelling technique to my farmer friend Shri. Vilas Patil from Takari, Sangli. Today he narrated his experience. One of his buffalos was not conceiving for the past 2-3 years. He tried to get help from many veterinary doctors but was not successful. He was worried because if the animal doesn't conceive for few years, it becomes infertile and the milk yield from it stops. After learning about Light Channelling he started channelling Light to this buffalo. Now she is pregnant. He said that this had become possible due to help from the Light. Light works in such a great way also. It can make an infertile animal fertile.

- Santosh Kore, Light Channel Volunteer

We conducted Light Channelling session in Limaye Vidya Mandir, Diveagar, Raigad. Smt. Adhulkar, Principal of the school and her husband participated in the session. After the session Shri. Adhulkar told us that before we visited them, they were discussing a problem due to which they were tensed. But after channelling Light he felt very fine, cool and was free of thoughts.

- Santosh Kore and Suchita Kore, Light Channel Volunteers