



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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A MESSAGE

Guruji Krishnananda

(Excerpts from his talks delivered on 29th December 1996)

Our inner self is pure. It is full of Love and it is perfect. It is always happy. The problem is with our outer self only, the ego. It is exactly the opposite. If we can establish a relationship between our outer self and inner self, the outer self gets influenced, in the sense that it tunes up to the self that is within. When it tunes up, naturally, it transforms.

In silence, in Meditations, we tune up to our inner self. This silence is to be observed in the normal course of Life. For this, let us minimise our talks and activities. It helps us to establish a relationship with the inner self, a part of the universal self, God Himself. When we establish a relationship with the inner self, we will be establishing a relationship with God Himself. Then, all problems, all ignorance and all conflicts vanish. There will be only pure joy because this relationship is bound by pure Love. This is the essence of all our Sadhana, all our targets.

HAPPENINGS

Jayant Deshpande

A Light Channel who began joining us on every third Sunday explained to me with great excitement that he channels Light daily. His faith and sincerity touched me deeply. I am happy that we began these third Sunday sessions, which provide an opportunity for people to join us from their own places. Many new aspirants join these sessions and many report that they are channelling Light regularly. Most people experience deep Peace while channelling and some have experienced miraculous help from the Light.

We complete 14 years of the Light Channels World Movement started by Guruji Krishnananda on 18th May 2008. We are deeply grateful for his guidance and support and seek his blessings on his birth anniversary on 18th May.

LIGHT WORKS

Manoj Chopra

One of our Light Channels works away from his parents due to his family and financial commitment. He was worried for his parents, who were not keeping good health and facing financial issues due to poor crops. He started sending Light to his parents silently with great Love. To his surprise, within a few months, his parents' health improved significantly. He was also amazed to see the bumper crop and is now facing a storage issue! He profusely thanked Light and shared his experience with our Volunteer.

Light can alter the destiny not only for individuals but also can shape a better future for societies, nations and for the entire world. I remember Guruji's words, 'Anything is possible with Light'. I thank Guruji on his birthday for providing us with a Divine technique that is helping millions of people around the world.

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QUOTES FROM THE LIGHT MASTERS

- Divine Love is of the highest order. It is unconditional and undemanding. Only in Divine Love, there is freedom.
- Happiness is a state of mind. It is not dependent on the external conditions. Our own attitudes make us happy or unhappy.
- A yogi is always happy. He neither enjoys when conditions are good nor worries when conditions are not good. He is always in tune with God. We have to become that.
- The intake of Prana is maximum during Meditation and the flow within the system is very regular and maximum. Prana reaches all parts of the body, including the brain cells, without we making a conscious effort. The efficiency of the system improves and our health improves.
- We have to respect the other person's freedom. When we try to meddle with this, all types of problems come to us.
- Sadhana is completely surrendering ourselves. It is manifesting the Divinity within us. It is manifesting Love, Peace and Vairagya. We have to understand that it is not just meditating.
- If an individual achieves something, it is never an achievement of one single individual but the achievement of the entire human race. This applies to both Scientific and Spiritual fields.
- We are pure essence, but we are subjected to negative forces. We are carried away by these. We have to bring ourselves back to the positive level. For that, we have taken up Sadhana.
- Vairagya is great Love for Life with no attachment or possessiveness. It is to keep only those things that are required. A person who understands Vairagya in this background adores Life, respects every creation, experiences Life in the optimum way. Vairagya should never be mistaken for negation of Life.

- Guruji Krishnananda



Employees of Chakan Corporation and a few children channelled Light in Pune on 11th April 2022



A few children and elders of a Health Club in Amaravati channelled Light on 15th April 2022



Teachers of Nandi Foundation, Pune, channelled Light on Women's Day, 8th March 2022

Excerpts from Shri. Jayant Deshpande's Talk

20th March 2022

A person asked me, "Can we send Light to a bad person to change him, to transform him?" I wish the answer to this question was very simple. I wish it was a 'Yes' or a 'No'. But it requires more explanation. The short answer is that it depends on the person to whom we are sending Light. The possibility of transformation exists always in everyone. By sending Light to the person, we increase the possibility of transformation in him. We create an opportunity for the person to transform. We know that there is freewill always. God has gifted the freewill to every soul. The Light we send, reaches the person, but the person has to permit the Light to enter him or her. Only when the person, the soul, permits, the Light can enter the person. When the Light enters, then of course the process of transformation begins within him or her.

It is the individual, the person, who decides about it. The Light helps always. By sending Light, we will be doing our best silently. The Light communicates at a deeper level with the person. If the person is open, then he will follow the guidance from the Light and will change gradually.

This is what happens to us also, when we channel Light. We receive the Light first, before we spread to the world. When we receive the Light, the same process takes place within us also. If we follow the guidance from the Light, we change gradually. We are sending Light to the world. The world doesn't change overnight. But the process of change sets in, gets initiated. This process gathers momentum as we go on Channelling and as more and more people join us in the process of Channelling.

Similarly, when we receive the Light, do we change overnight? It depends on us. The speed of change, transformation varies from individual to individual. I think, if we wish to hasten the process of change in the world, if we want the world to transform quickly, the best is to hasten the process of transformation within us. When we change, the world around us changes. To sustain the process of transformation, we have to channel Light regularly. That is why we say that Channelling once is not enough. We have to go on Channelling. And as we go on Channelling, we have to also consciously try to manifest the Light in our living. We have to consciously try to grow spiritually.

The process of self-transformation or helping others to change, involves two parts. Receiving and sending Light is one part. The second part is to make conscious efforts to change. By changing ourselves, we strengthen the vibrations of Light that we are spreading. In fact, we suggest here that we need not focus on transformation of others, and let our focus be our transformation only. By doing this we have the best chance, not only to change ourselves, but also others and the world. ■

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 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



We had taught Light Channelling to Smt. Atre, Teacher, Kalmadi High School, Pune and her class. Smt. Najnin from the same school was suffering from cancerous growth in her stomach and was in pain. Smt. Atre started sending Light to her for healing. Miraculously the test for cancerous growth is negative in last few weeks. Now she has no pain. They are thankful to Light and our Guruji.

- Santosh Kore, Volunteer

Yesterday I channelled Light with an autistic boy and his mother in our regular group Channelling session. She told me that yesterday her son showed small changes in his character, especially in his speech. He expressed his feelings, and his relation with other people. Her husband was really happy with his performance. She thanked me and wants to join the group Channelling whenever possible.

- Maithreyi Sasank, Volunteer

A person residing in my building was suffering from pre-cancerous symptoms. I started sending Light to him. After a few weeks I found positive development in his health.

My parents live in Sarsam village, Nanded District. They were facing health and socio-economic problems. So, I started sending Light to them. Now they are happy and in good health, and they are getting bumper agricultural production, so much that now they are having a storage issue!

- Rahul Sarsmkar, A Light Channel

The effect of positive thinking is enhanced by the practice of Light Channelling technique taught by Manasa Foundation, Bangalore. It also increases happiness, peace of mind and

creativity. It is a beautiful tool without any restrictions, that leads us to God.

By constantly embracing it, we can overcome the stresses of daily Life, and we can solve the problems with a calm attitude.

Light helps a lot to live a simple Life with happiness. I really like the practice of Light Channelling. I have accepted it as a Spiritual seeker, and as a teacher I want to spread it everywhere.

- Vijayashree Mahadik,
A Light Channel

I was in need of an induction compatible fry pan to manage the morning rush. I bought a set of one induction compatible fry pan and two saucepans. But to my dismay I found that none of them were working on my induction stove. Since I did not want to accumulate more pans, I resorted to the only other way I knew. I explained my problem to the Light and prayed to It for help. Then I channelled Light to the fry pan and placed it over the induction stove. It started working! Encouraged by this I tried the same with the other two saucepans which are of same make with similar metal and base. But they did not work. My real need was taken care of. The saucepans are not my immediate necessity. Light knows better!!

- A Light Channel

I joined the Light Channelling sessions when a Light Channelling centre was started in a temple near my house in Cooke Town in November 2012. Practising Light Channelling has become a part of my life since then. I love to channel Light for 30 minutes every evening. It has become a daily routine now. It helps my physical and emotional well-being. Thank you.

- Shanti Rao, A Light Channel