



**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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Bi-Monthly Newsletter

November-December 2022

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talks delivered on 17<sup>th</sup> November 2002)

When we grow, when we advance, when we expand, we accept everything. So let us make use of these wonderful opportunities that God is providing. We should understand the value of the freedom we have. We will always have this. Everyone will be free always, whoever comes to us, whoever leaves us. As I repeat thousands of times, it is in freedom we grow. If something else comes from outside, we don't accept. Something in us resists, rebels. Even good things should not be imposed. We have this beautiful opportunity and atmosphere here of freedom and Love. Let us grow in this. Let us smile. This is the purpose of Life. Smile and pass on the smile.

## HAPPENINGS

**Jayant Deshpande**

Guruji Krishnananda made great sacrifices to establish Manasa Foundation, a Centre to teach Meditations, in 1988. While living in the hut at that time, where he started this Centre, he dreamt of a world, where people lived peacefully in perfect harmony with nature and other beings. He began teaching Meditations and then Light Channelling to people who came to learn from him. His Dream began manifesting in these people. In the year 2008, he launched the Light Channels World Movement to make the Light Channelling technique available to everybody. Now lakhs are channelling Light, strengthening the vibrations of his Dream, which will become a reality very soon.

## LIGHT WORKS

**Manoj Chopra**

My heart goes out to our Volunteers who are working tirelessly for the Light Channelling Movement. I am always touched by their selfless approach and Love for the work. I feel it is not easy to spare personal time and resources, especially when we are passing through challenging times. I feel it is their Love for Guruji that makes them work year after year. They have imbibed Guruji's dream in their lives. They are the backbone of our work, and their contributions are immense.

Let us rededicate ourselves to the work on the 10<sup>th</sup> Mahasamadhi of our Guruji Krishnananda, which falls on November 23<sup>rd</sup>.

## MANASA FOUNDATION (R)



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### QUOTES FROM THE LIGHT MASTERS

- The Universe is waiting to help us. We must learn to receive the help. To receive the help, spiritualise, be good, be honest, be patient, trust the Universe and wait. You will come out of any type of difficulties.
- We waste so much of Life in unnecessary arguments, unnecessary differences. We can turn any moment into a great moment. The moments that we share can be made beautiful. Even when we discuss ordinary things, we can see them from a higher angle.
- We suffer because of ignorance. We suffer because we will not be making the right choices. We suffer because we pursue the wrong things: entirely wrong things, only the material things. And we develop all types of bondages. In bondage, there can be no peace.
- We follow the ways of our ego. We gather Karmas. We gather problems and because we have followed the ways of our ego for all these lifetimes, we have lost many of our faculties, we have lost the contact with God. We have lost our powers. There is no Peace.
- To regain Peace, power, faculties, etc., we have to give up the ways of ego. We have to give up all that which takes us away from God. Our ultimate state of existence is oneness with God.
- To make progress spiritually, we have to gather energies. We have to cleanse our system with these energies, we have to burn our Karmas, we have to raise our awareness and we have to actually experience God; experience the Divinity at Higher Levels, at different levels.
- “Yoga is being equanimous.” Yoga is a state that is same as that of God. God is Love, God is Truth, He is infinity, He is Light, Light of wisdom and power. If we become any of these or if we are able to manifest any of these or all of these, then we can say that we are in the state of God. Then we are in Yoga.
- “Do all your work in Yoga.” When we are in the state of Yoga, we are full of Love, we are true in all our acts, we will be very broad-minded, our approach and all our dealings will be with this broad-mindedness. When we are in the state of Yoga, we are wise. We emote, think and act in the highest level of awareness.

- Guruji Krishnananda



First Year BCA Students of Ebenezer College in Bangalore channelled Light at Manasa Foundation, Taponagara on 18<sup>th</sup> August 2022



College batchmates of Pune Agriculture College channelled Light at Grapessy Agro Tourism Centre, Junnar on 12<sup>th</sup> September 2022



Teachers of Vagdevi Vilas School, Bangalore channelled Light on 21<sup>st</sup> September 2022

## Ascension of Earth

**Nikhil Gandhi**

On special days, I read out a gratitude note to Guruji Krishnananda. Below is an excerpt from the note – *Light Channelling is such an amazing technique that I feel like pursuing and teaching it to at least a million kids. It's okay if I cannot find the purpose of my Life and fulfill it, but I feel like teaching Light Channelling to everyone and make this the purpose of my Life.*

The whole experience of expressing this as a desire while reading the gratitude note and actually executing it is enormously different.

During Guruji's birthday celebrations of 2022, I was initiated as a Volunteer for teaching Light Channelling. I never guessed how beautiful this journey was going to be. For the first time in my Life, I experienced the expression – soul satisfying – after sharing this technique with students.

I feel alive on the days I teach Light Channelling. For the first time I am happy that this system is worthy of Breathing. There's a fire in me and it drives me despite difficult weather or health to go and do the work of the Rishis with unwavering commitment and Love. Sometimes, I would experience a sore throat and I would wonder how I would take tomorrow's session, but a commitment is a commitment and when I would go for the session the next day, I wouldn't experience any pain! Sometimes, I had to skip meals, but the body never felt deprived. I am always taken care of.

Different problems of the world need different solutions and sadly world leaders aren't on the same page as everyone wants to push their own agenda. Amidst the unprecedented crisis, Guruji gave us a wonderful leverage point – Light Channelling technique – which resolves not only all the problems of the present but also the problems of the future. Quite surprisingly, it effortlessly makes us loving and peaceful and thus we can live harmoniously amongst each other and with Nature, especially when the world is reaching 8 billion population mark soon. Guruji's vision is too great to comprehend but most easy to implement!

Light Channelling has alleviated my concerns about the prevailing negativity in the world and hopeless situations like – stressed minds, failing health, failing economies, poverty, hunger, unemployment, environmental destruction, resource depletion, corruption, war, drug abuse, etc.

I see so much hope, as the practitioners of Light Channelling are going to be the future leaders in the form of Politicians, Bureaucrats, World Leaders and also Decent Human Beings.

Therefore, I would appeal to all the people to channel Light as much as possible. The ascension to Light Age is in our hands too. ■

### 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,

3<sup>rd</sup> Cross, Cooke Town

Ph: 9980205803, Mrs. Nirmala Bala

### LIGHT CHANNELLING IN SCHOOLS

Schools participated : 5779

Students channelled Light : 29.71 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)

## EXPERIENCES

Compiled by Vaishali Joshi



Light Channelling has helped to reduce my negative feelings. Earlier I was continuously bogged down by it. I feel the Light of God fills me inside out and I am in God's protective shield always. When I feel low, I channel Light. I can feel the Light covering me and consoling me. Light is removing my fears and anxieties slowly. I used to feel sleepy, tired and always low on energy. Now I feel more energetic and enthusiastic. I channel Light for a long time in the night. I go to sleep with the happy feeling of God's protection and get up energetic and enthused to do my chores in the morning. I am able to complete my daily jobs faster and with more joy and vigour. My mind and body feel better. I feel healthier. Light is my Life. Thank you!

- Uma Devi M., A Light Channel

Light Channelling is excellent. It is an easy method that relaxes me. Thanks.

- Bhuvana, A Light Channel

I believe that Light Channelling has helped my long ailing, bedridden mother-in-law to pass over peacefully.

- Rajalakshmi, A Light Channel

I am 88 years old. Light Channelling brings the restless running of the mind in all directions to a still state, thus infusing me with fresh energy. My memory power and general health has improved.

- Kannan R., A Light Channel

Light Channelling helps me stay calm and peaceful all through the day.

- Manodivya, A Light Channel

I am a businessman. During the Corona period I had many problems and I had no idea how to overcome them. I learnt Light Channelling in October 2021, and with great faith I began practising it daily in the morning and night. I had wonderful experiences. The best thing that happened due to Light Channelling was that frivolous thoughts in my mind subsided. My mind became very calm, so I was able to take the right decisions. I have been trying for many years to pass the share market exam but have not been successful. I passed the exam in December 2021. I give full credit for this to Light Channelling because now my mind has become very focused and my confidence has increased. My communication with people at home is better now, so there is a happy atmosphere in the house. The benefit of this is that I am getting a lot of time for business. I am able to sleep well as tension and worries have reduced. My mind has become serene, and I am able to enjoy Life.

- Ashish, Bhujbal, A Light Channel

Light Channelling is something that was very much needed. I felt fresh. I sent Light to all my colleagues and neighbours.

- Ms. Sushma, Teacher,  
SSPMS school, Pune