



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

Volume 13, Issue 1

Bi-Monthly Newsletter

January-February 2023

A MESSAGE

Guruji Krishnananda

(Excerpts from his talk delivered on 23rd December 1990)

We do everything in our Life, to please others and to create good impressions about ourselves. Why can't we live as we want? It is because we don't have the courage and we lack conviction. This is due to half-knowledge, following wrong ways and double standards.

We have to experience the Truth by ourselves. We should keep ourselves open. Meditation alone gives us the inner strength to stand by the Truth. We should honestly pursue the Path. It will definitely lead us to God. Once we touch God, our Life changes.

We have to root out the dirt that is deep-rooted in us and become pure. Then, we can tune up to God and establish contact with Him. The result of this is Love and Harmony.

HAPPENINGS

Jayant Deshpande

When the media is rife with news of war, chaos at different levels, cruelty and corruption, can we really hope for Peace in this world? The media attention to negative news gives us the impression that the whole world is negative. If we carefully observe Life around us, we will realise that the world is not as negative as we begin to believe after watching the news channels. In the common man we can find the light of goodness still shining. In their goodness we find hope for a better world.

The World Channels Day brings another opportunity to strengthen our hope for a better future, when we fill up this world with more Light.

LIGHT WORKS

Manoj Chopra

The 13th World Channels Day falls on 1st February 2023. It's a day of emotions, excitement and celebration. It is a big day for our Volunteers. Although we celebrate it every year, the experience will be unique every time. Our Volunteers experience special guidance and help from an unseen hand behind their preparation and planning. They began their planning on 25th December after taking blessings from our beloved Masters.

We could not visit schools for the last two years due to Covid protocol, but got a tremendous response from the School Authorities. We expect similar support from all of you this year too. Please channel Light for 3-7 minutes at your convenient time and support the Movement.

MANASA FOUNDATION (R)



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QUOTES FROM THE LIGHT MASTERS

- ❖ Only when the ego is put down can any great work be done.
- ❖ A Guru is a channel of God's Grace, knowledge and energies.
- ❖ Man has to explore the meditative way to resolve the problems of the inner and also the daily Life.
- ❖ In any situation, we have to accept the reality calmly and remain cool. We should keep ourselves away from despair and fear.
- ❖ Love is Divine. It is a natural feeling. The finest example is - our response to the sunrise, a beautiful flower, a child's smile.
- ❖ Our nature is Love. God is Love. He keeps sending us the vibrations of Love, but we are unaware of them.
- ❖ When a person sees God in everything and serves, then, that Love is the noblest and Divine.
- ❖ Service is an expression of Love towards God. Love is the strongest emotion which accommodates everything. Love wins over anger, hatred and all other negativities.
- ❖ If the mind is agitated, the body gets strained. Keep a balanced mind, do not overreact. Allow peaceful thoughts and ideas.
- ❖ Do not move the body violently. Do not strain the body unnecessarily either by overeating or by fasting for too long.
- ❖ Recognise God in everyone and in everything and respect everyone and everything.
- ❖ Keep yourself and everything around you beautiful.
- ❖ The body is a vehicle given by God. We have to keep it disease-free. Beautifying the body is not unspiritual. We have to bring out beautiful emotions in the mind and elevating thoughts in the intellect.
- ❖ Respect the privacy of others and do not disturb it.
- ❖ Anger creates distances. Anger makes us hasty and hateful. In anger, we make wrong decisions. In spite of knowing all this, we succumb to it.
- ❖ In anger, we lose our relations, lose our life and fall spiritually. If we try, we realise that it is possible to overcome the anger.

- Guruji Krishnananda



First Year BE Students of Vijaya Vittala Institute of Technology, Bangalore, channelled Light at Manasa Foundation, Taponagara on 15th November 2022



10th Anniversary Celebration of our Light Channelling Centre in Cooke Town, Bangalore, on 16th December 2022



Students of one of the schools in Mathikere, Bangalore channelled Light on 21st December 2022

Excerpts from Shri. Jayant Deshpande's Talk

18th December 2022

These are very difficult times; times of a lot of confusion. This is a period of transition from the dark age to the New Age. For this transition to take place, we go through a process of churning. This is a period of intense Pralaya. Maharshi Amara had explained that Pralaya means change; change for good. It is not destruction. It is a process that helps us change, helps us transform into a Spiritual being.

The process of Pralaya helps us throw away negativity, throw away darkness from within and become positive; become Light. The Pralaya occurs at the individual level and also at other levels - at the level of society, nations and at the global level. For us as individuals the process of change at the individual level is the most important process. The process helps us become aware of the negativities we may be carrying unconsciously. When we become aware of the negativities within us, it is easy for us to throw them out.

Maharshi Amara had given a very important way to help us sail through this very difficult period. He had told us, "To safely sail through this difficult period of chaos and confusion, take shelter under the Spiritual umbrella." What is the Spiritual umbrella? It is just being good, honest and peaceful; it is just being simple. Practising these values is the most important practice at any time and more so during these times. When we practise these consciously, we come under the Spiritual umbrella.

The practice of Light Channelling helps us practise these values of honesty, goodness and Peace. Light Channelling connects us to the Highest Intelligence, God. This connection helps us receive wonderful energies from Him. The energies bring wisdom and great strength to pursue goodness and honesty. That is why, Light Channelling is a very important practice of these times. It not only helps us individually, but it also helps others. Because of our practice, it becomes easier for others to receive the Light. When we vibrate with positivity, our vibrations help others, inspire others to become positive. This entire process of individual transformation is a very beautiful process; a very beautiful journey.

Whether we know or not, we will be manifesting Light when we practise the values of honesty, goodness and Peace. If we think about it, it is a great honour to play our role. It may appear to be a small role, but it is a very important role in this global process of transition from darkness to 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 : 5779

Students channelled Light : 29.71 lakhs

Please help in strengthening Light Channels World Movement by channelling Light for 3 to 7 minutes during the morning assembly or at the beginning of your classes.

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



WORLD CHANNELS DAY 1ST February 2023

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 the 13th 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 more than 5 lakh children across India are channelling Light along with you today.

2. Practise 'Light Channelling Technique' for a minimum of 3 minutes:

- ✦ Close your eyes and relax.
- ✦ 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.
- ✦ Thank the Light and open your eyes slowly.

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. The live sessions will be conducted as follows:

In English at 8AM and 9 PM

In English & Kannada at 12 noon

In Hindi & Marathi at 6 PM

Thank you.