



**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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July-August 2023

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talks delivered on 2<sup>nd</sup> October 2011)

How can we manage our relationships with others sensibly?

If we carry Love, we can manage any relation. We have to Love others, respect others' sentiments and emotions. We should not intrude others' space and let us not be aggressive. While dealing with others, from time to time, we have to shift our focus beyond this world. Let us think of the Presence, which is God Himself.

Let us be aware that there is something higher than the horizontal living. It will make us stop fighting for petty things in Life. There is so much of Love and Life here, so much to experience and share. We can communicate more in silence.

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.

## HAPPENINGS

**Jayant Deshpande**

The International Yoga Day provided another opportunity for us to strengthen our resolve to establish Peace in the World by bringing and spreading more Light. Many schools conducted Light Channelling sessions in their premises to celebrate the International Yoga Day.

Authorities from the Education department of Pune District welcomed our Volunteers to conduct two separate sessions for about 300 school teachers on 16th June and about 800 school Principals on 23rd June. The senior authorities from Pune also participated with great reverence.

Increasing support from the school authorities of different regions, strengthens our hope to see the New Age on this earth very soon.

## LIGHT WORKS

**Manoj Chopra**

We are at the brink of a new era of transformation. The New Age energies are flooding the earth and carrying Truth, Love and Peace. We have to tune in to these energies to receive their benefits. We have to cultivate Love and develop humility. Love alone is enough to transform our personalities. And when we are humble, the whole universe will come to help. Let us accept the change and transform. By transforming, we can build a new destiny for ourselves and for the World.

The schools have opened again, and Volunteers have started their work with fresh zeal and enthusiasm. Their Love for the work is amazing! The Light Channels who have joined the Movement and channel Light daily are the hope of the World.

## MANASA FOUNDATION (R)



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### QUOTES FROM THE LIGHT MASTERS

- Our ultimate goal is to go back to our Source. Until then, we must learn to live our Life fully. Meditation helps us understand the Source and our goal to begin with. It then helps in realizing it.
- God is everywhere, as Light, as Consciousness, as His own Creation. We are always living in God whether we are aware of it or not. Becoming aware that God is everywhere and we live in Him is in itself a great step in our Spiritual journey.
- Each one of us has a special purpose for taking birth here at this time. Meditation helps us realize the purpose of our Life.
- The quality of Meditation can be measured by the quality of Peace that we experience during and after Meditation. The quality of Meditation can also be measured by the stillness that we experience during and after Meditation.
- The quality of Meditation can also be measured by the Light, Love and Peace that we carry and manifest. We carry them for a long time if our Meditation is good.
- Our own behaviour, the way we relate to people and the world, the way we look at things indicate the quality of our Meditations. Good Meditations make our Life full and refined.
- During Meditation we just surrender and make our system of body, mind and intellect available to higher intelligences so that they can work on it, cleanse, purify and refine it.
- Faith depends on Love. Where there is Love there is trust and faith. Where there is no Love there is no faith.
- Love connects us to people, Masters and God. Without Love there is no relation at all. This connection is important everywhere, not only in Spiritual Life.
- The primary purpose of Life is to experience Life, manifest life-force, manifest Love and manifest the Divine.
- Non-love comes from the ego. The ego is the root cause of all our problems. Ego makes us intolerant, stubborn and insensitive. Love expands and positivises us.

- Guruji Krishnananda



A Light Channelling Session was conducted in one of the schools in Rajajinagar, Bangalore on June 14, 2023



A Light Channelling Session was conducted at Lokpanchayat Organization, Sangamner Taluka in Pune on June 6, 2023



Secretaries of Vividh Karykari Sahakari, Branch Managers of Central Cooperative Banks, Ahmadnagar District and Officers and Directors of ADCC Bank channelled Light on June 2, 2023



## Excerpts from Shri. Jayant Deshpande's Talk

June 18, 2023

Why is it that sometimes we get instant results when we seek help of the Light to find solutions to our problems, and at other times, we do not get instant resolution to our problems? Does it mean that the Light helps only sometimes and does not help at other times?

The fact is that the Light helps always. And It knows what is best for us. Sometimes it is possible that we take time to learn our lessons. A problem comes to help us grow, help us change and probably to help us learn our lessons. The Light knows everything about us and when we grow, when we change, It removes the problem.

We do not channel Light only to find solutions to our problems. Although it is true that when we have a problem, we approach the Light for help. The Light is like a parent to us. We naturally seek Its help. It knows the best, when to help and when not to help. It will be helping us in fact by not helping. That way It will be helping us grow. Ultimately the Light wants us to become independent.

We channel Light for bringing Peace to ourselves and to others, to bring positive changes in ourselves, and of course to bring changes in the World. The best way to bring changes in the World is by bringing changes in ourselves. The Light helps immensely here. That is why we channel Light - to grow Spiritually, to change positively, to experience Peace and to spread Peace, to gather wisdom and strength to live this Life sensibly, to deal with the stress we may have in our Life.

When we change, when we grow, problems generally vanish. If the problems still remain, we know how to deal with them. And the most important point is that we channel Light to establish the New Age within us and also in the world outside.

How do we know that the Light we are channelling is bringing the results?

We will know by observing our own behaviour, by observing our own thoughts and emotions, and by observing the world outside. In the world outside, it may be difficult to pinpoint what exactly has brought a positive change in certain areas. But this much I know that all our efforts will not go waste. Our efforts supported by many other positive processes initiated by the Masters are bringing results. Someday we will know things clearly. Until then, with great faith in the Light and Light Channelling, let us continue to channel Light. ■

### APPEAL TO SCHOOLS

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

### 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)

## LIGHT CHANNELLING EXPERIENCES

Compiled by Vaishali Joshi



I have been a student of this Path and I also give advice to people who come to me seeking guidance with their personal problems. I suggest that they practise Light Channelling. Many are channelling Light regularly and are happy about it. Some of their experiences are as below:

A lady had some health problems and personal issues. She says that she has benefitted immensely after practising Light Channelling. Her husband who was pressing her to resign from the job has now allowed her to continue. Her relatives have stopped harassing her.

A boy who had joined an engineering college had several issues with his classmates and a lecturer. One day a lecturer who was known for being a strict disciplinarian scolded the students and expressed that he would take them to task more severely the next morning. I advised him to practise Light Channelling and also to send Light to the lecturer. He did so. The next day when the class started, the students were tense and expected fireworks from the lecturer. The boy practised Light Channelling even at that time. To everyone's surprise the lecturer started the class on a jovial note and was humorous throughout that class. The boy now says that after practising Light Channelling he is more focussed in his studies and is always cool.

A female employee had brought her legal problem related to a land issue to me for guidance. After giving her legal guidance I asked her to practise Light

Channelling. Though the legal case is still pending in the court, she says that she is able to be calm and confident, and her anxiety has lessened. She feels less depressed now.

I too carry Light and feel it is with me and I have had many wonderful experiences. My daughters and little grandsons are practising Light Channelling and the kids have been showing a very good attitude.

- Gurudas M. Bhat, A Light Channel

Light Channelling is like giving yourself at least a minimum of 7 minutes from all the hassles of Life, all the stress related to exams and tests, and telling yourself that you are your own Light. And we can also make our surroundings positive. I really love it. I practised it when I used to have frequent headaches and found relief. When I was unmotivated, I used to practise this technique and would feel really motivated. It's really good to tell yourself that you are all what you need. Thank you.

- Student, Greenwood High School, Warangal

I feel very good after I channel Light. After I started practising Light Channelling, I became interested in studies, my mind has become peaceful.

- Sanskruti Rajendra Bhalekar, Std. V, Murkute Primary School, Pune

I like Light Channelling and I practise it every day. Because of it I am able to study and I am at peace.

- Bhakti Sachin Gargate, Std. VII, Murkute Primary School, Pune