

**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

Volume 13, Issue 2

Bi-Monthly Newsletter

Mar-Apr 2023

## A MESSAGE

**Guruji Krishnananda**

(Excerpts from his talks delivered on 3<sup>rd</sup> March 1991)

Each one of us enjoys or suffers Karmas from our previous births. These are called *Prarabdha Karmas*. A person may suffer due to the Karmas of his friend. This is *Parechcha Karma*. Mass Karmas affect all the people in the area.

All of us have problems. The solution to all our problems lies in Meditations. It burns out our Karmas of previous births and also of the present.

In any situation, we have to accept the reality calmly and remain cool. We should keep ourselves away from despair and fear. The present is very important. In any difficult situation, think of the great Masters. A definite solution will be given by them. We should have faith and patience.

We should understand the purpose of Life and pursue it. Then, all else becomes less important. Total surrender to God is very essential to achieve the purpose of Life. We should surrender and rest assured in God. God helps.

## HAPPENINGS

**Jayant Deshpande**

The Universe waits probably for us to be ready to receive Its Grace. When we are ready, when we are willing to receive, It showers Its Grace abundantly. We experienced this on the World Channels Day, when we experienced immense Peace throughout the Day.

The Universe wishes to gift us with the New Age, if the world is ready to receive it. The vibrations of the Light channelled on the World Channels Day, will help the world prepare itself to receive this gift. This hope and our faith in the vision of our Masters, encourages us to persist with our efforts to spread this Light Channels Movement.

## LIGHT WORKS

**Manoj Chopra**

The 13<sup>th</sup> World Channels Day was an unforgettable experience. The day dawned with Light and ended with Light. It brought everyone together who had the common goal of spreading Peace. I believe such occasions remove distance from our hearts and help us work together towards one common goal. It was a Day of Joy and Bliss.

Honestly, I am touched by the Love of our Volunteers, who worked very hard. Their dedication to our Masters is phenomenal. We are overwhelmed by the tremendous response from School Authorities, teachers, children, adults and all Light Channels who supported us by channelling Light on the World Channels Day.

## MANASA FOUNDATION (R)



Taponagara, Chikkagubbi (Off Hennur - Bagalur Road), Bangalore Urban - 560077. INDIA.

Phone : (080) 2846 5280, 99000 75280 (10 AM to 5 PM)

e-mail : [info@lightagemasters.com](mailto:info@lightagemasters.com)

website : [www.lightagemasters.com](http://www.lightagemasters.com), [www.lightchannels.com](http://www.lightchannels.com)

## QUOTES FROM THE LIGHT MASTERS

- Yoga is tuning up to God and living all the twenty four hours, the whole Life, in Divine Consciousness.
- We take up Meditations to achieve Peace, Bliss and Happiness. We can achieve these only when we establish a harmonious relationship with all. We should honour and respect the other person's mood, come down to his level, sympathise and understand him.
- Every negative thought and emotion adds a layer of ignorance.
- Tuning up our vibrations with the Divine vibrations is Yoga.
- Spirituality is not starving, not denying Life sitting in a corner, shutting off from the world. It is not living in poverty. It is experiencing Life fully and completely.
- *Pralaya* is not destruction but a change. It is a process of sublimation of emotions and thoughts. *Pralaya* is a churning process. It is a shift into a higher Consciousness. It is Transformation.
- Miracle is what man cannot perform; what only God can perform.
- Spiritual progress is becoming capable of forgiving.
- Worship is offering our Love and respect to God. We have to be aware of God's presence all the time; try to experience Him. We can experience Him as Infinity, Vastness, Love etc. If we can remain in this experience, we will be worshipping God.
- In Love, forgiveness comes first. We have to be forgiving all the time. It is not easy. Sometimes we have to be tough. When something is not correct, we must tell the person, show that we do not like it. But we should not have any negative thoughts in our hearts.
- Vastness and bigness should be at all levels. At the level of thoughts, we should always think big; at the level of our emotions, we should always feel and emote big.
- Textbook knowledge helps us to understand the outlines in any area starting from Music to Meditation. But actually, only when we put the knowledge into operation, we get complete knowledge.

- Guruji Krishnananda

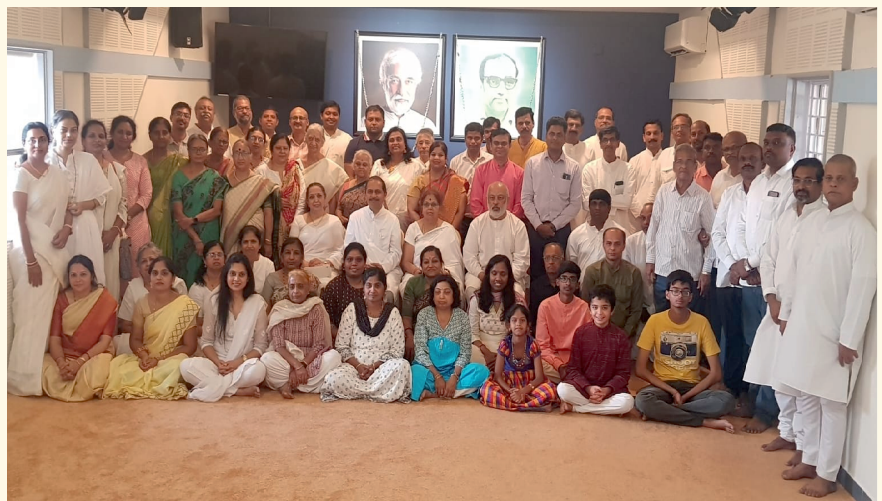
## 13<sup>th</sup> World Channels Day Celebration



Students of one of the schools in Pune channelled Light on the 13<sup>th</sup> World Channels Day on February 1, 2023



Students of one of the schools in Bangalore participated in the 13<sup>th</sup> World Channels Day on February 1, 2023



Volunteers of Manasa Foundation celebrated the success of the 13<sup>th</sup> World Channels Day on February 5, 2023

## 13<sup>th</sup> World Channels Day: A Report

**Manoj Kumar Chopra**

It is a popular African proverb: "If you want to go fast, go alone. If you want to go far, go together." It perfectly suits our team, which worked together as One to achieve their single universal goal. It is only when we put our efforts together, we can make it big. We need to realise that we might face a lot of difficult situations along our journey, but a team that aspires together will eventually be able to crack it big.

The thirteenth World Channels Day was a huge success. Light was channelled by over 6 lakh children from 1,400 schools and thousands of adults in online sessions. I am glad 'Manasa Family' worked together as one team and crossed all the hurdles. I feel such events are tests of our perseverance and endurance. We would not have achieved such success without the blessing of our Masters and Love from the Universe, in my opinion.

The preparations for World Channels Day began more than a month ago. Our Volunteers were busy visiting schools, inviting them to participate in the World Channels Day. Our Area Coordinators were busy with planning, meetings and area allocation. Our technical team was also busy preparing short videos of Light Channelling for schools. Videos were recorded in English, Kannada, Marathi and Hindi, and forwarded to hundreds of schools. Several schools appreciated our efforts, and they used these videos to conduct Light Channelling sessions on World Channels Day.

Like every year, our team started their day at 6 AM by praying and offering energies to our Masters. Then they started moving towards their destination—the few sessions we always have early in the morning. Our first online session began at 8 AM, followed by sessions at 12 noon, 6 PM and 9 PM. Simultaneously, thousands of sessions were happening throughout the day. The work of online sessions was handled by the Webcast team. It is wonderful working together. I feel, working the whole day for Rishis is the best gift we can offer humanity.

This year, we could channel Light in different parts of Karnataka, Tamil Nadu, Maharashtra, Hyderabad, Uttar Pradesh, Madhya Pradesh, New Delhi and Amritsar. We could conduct online sessions in Malaysia. Thousands of people joined our online sessions in India and other parts of the world. Many experienced unusual Peace and Bliss in our sessions. After the conclusion of the online session at 9.30 PM, the joyful and blissful day came to an end.

We should not be disheartened if there are no dramatic changes in the world. Every change takes time. Before the world changes, we can bring about change by changing ourselves. What we carry will definitely impact the world. I am confident that the changes initiated by the Light Channels will take effect in the coming days. I am grateful to School Authorities, children, adults and all the Light Channels who supported and strengthened our Movement. ■

### 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 : 5811

Students channelled Light : 29.88 lakhs

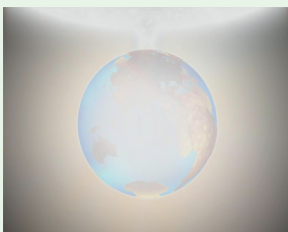
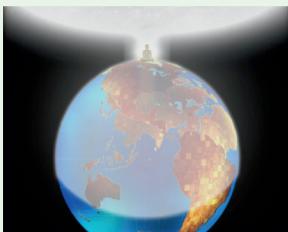
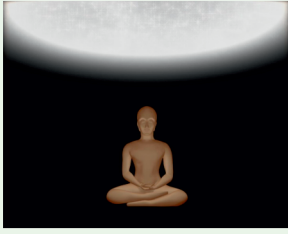
Please share this Newsletter with family members and friends. A free PDF version of this Newsletter can be downloaded from our website: [www.lightchannels.com](http://www.lightchannels.com)

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



Today (05-7-2022), after approaching some schools for Light Channelling work for the first time in my Life, I felt alive. I felt this Life is worth it. Thank you beyond words for giving me the opportunity to be a part of this Light Age Movement. Immense gratitude to all of you.

- Nikhil Gandhi, Light Channel Volunteer

What I have understood from Light Channelling is that whenever we feel depressed, we can practise this and find self-motivation. We can motivate ourselves in any situation in Life and we can regain our vigor.

- Student, Greenwood High School, Warangal

After the Light Channelling session conducted for the 4<sup>th</sup> Standard students of GKMP, Lingarajapuram, Bangalore, a student, Dinesh said spontaneously and emphatically, "There was silence and I enjoyed it." Another student, Sri Devi said, "There was darkness first. Then the Light

came." The session was very peaceful.

- Nirmala Bala, Light Channel Volunteer

My Life had become dull and I was very upset with the day-to-day Life experiences. Then my mother told me to practise Light Channelling twice daily; once in the morning and again in the night. It has given me relief. Now I feel more energetic. I am able to work with speed in my office. I am in a good mood the whole day. My concentration has increased a lot.

- Krishna Abhishek, A Light Channel

On 18<sup>th</sup> August we conducted a Light Channelling session in LCR School, Yeshwanthpur, Bangalore. One of the teachers was in severe pain due to hairline fracture in her leg. But she somehow managed to sit in the assembly room, where the session was arranged. At the end of the session, she said that the intensity of the pain had reduced. And she expressed gratitude for the wonderful session. The Principal was very happy and requested us to visit the school every Saturday.

- Chandrakala D., Light Channel Volunteer



More Than 6,00,000 Channelled Light  
on the 13<sup>th</sup> World Channels Day  
February 1, 2023



Thank You  
for Your Participation

Join Us for a Guided Light Channelling Session on Every 3<sup>rd</sup> Sunday  
from 11 AM to 11.30 AM (India Time)

Live on: <https://www.lightagemasters.com>

Heal Yourself. Heal the World.